John Perry Primary School

Mental Health & Wellbeing Newsletter - Issue 5 (May 2026)

Welcome to the fifth issue of our Mental Health & Wellbeing Newsletter for the academic year 2025-2026.

Primary schools have a vital role to play in supporting children's mental health. At John Perry, we believe that teaching young people the skills they need to recognise and deal with their emotions, and helping those with difficulties get the support they need, is key to giving them the best start in life.

These newsletters are sent out half-termly and they aim to provide hints and tips for looking after your child's and your own mental health and wellbeing.

We are always open to constructive feedback and suggestions. Please speak to a member of SLT or email the school office (office@johnperryprimary.co.uk) if you would like us to include information about a particular area of mental health and wellbeing or if you have any ideas or suggestions to improve the mental health and wellbeing of our staff, pupils and John Perry community.



Being healthy is a success that many people forget to celebrate

Wellbeing Top Tip: Keep Active

Keeping active has profound, scientifically proven benefits for both the body and mind, acting as a natural preventative measure against numerous diseases while enhancing overall quality of life. Regular physical activity, even in small amounts, can reduce the risk of early death by up to 30%!

You don't need to run a marathon, but even gentle exercise such as a walk releases happy hormones such as endorphins and serotonin. Find an activity you enjoy- it could be walking, dancing, football or swimming for example – and do it 3 times a week.



Barking and Dagenham: Community Food Clubs

You could reduce your food shopping bill by having access to roughly £20 worth of shopping each week.
Membership is available for one person per household, to visit once a week and is valid for three months.
Your membership will give you access to support from a wide range of services providing advice on finances, health, employment, training and skills.

Who is eligible and how to apply

You must be a resident of the borough, on a low income or having financial difficulties. Please bring proof of your address if you come to one of their drop in sessions for joining the community food club.
You will only be able to access one site at a time during your membership.
You can apply online to become a member of the Marks Gate or Thames Community food clubs by completing the application form here.
Once you have completed and submitted the application form online, a member of their team will contact you and update you on the progress of your application.

Effective Ways to Lower Your Blood Pressure

High blood pressure, or hypertension, is called the "silent killer" for good reason. It often has no symptoms, but is a major risk for heart disease and stroke.
Your blood pressure is measured in millimeters of mercury, which is abbreviated as mm Hg. There are two numbers involved in the measurement:

- Systolic blood pressure. The top number represents the pressure in your blood vessels when your heart beats.
- Diastolic blood pressure. The bottom number represents the pressure in your blood vessels between beats, when your heart is resting.

Your blood pressure depends on how much blood your heart is pumping, and how much resistance there is to blood flow in your arteries. The narrower your arteries, the higher your blood pressure.

Blood pressure lower than 120/80 mm Hg is considered normal. Blood pressure that's 130/80 mm Hg or more is considered high. If your numbers are above normal but under 130/80 mm Hg, you fall into the category of elevated blood pressure. This means that you're at risk for developing high blood pressure.

The good news about elevated blood pressure is that lifestyle changes can significantly reduce your numbers and lower your risk — without requiring medications.

Visit Healthline to find out 17 effective ways to lower your blood pressure.



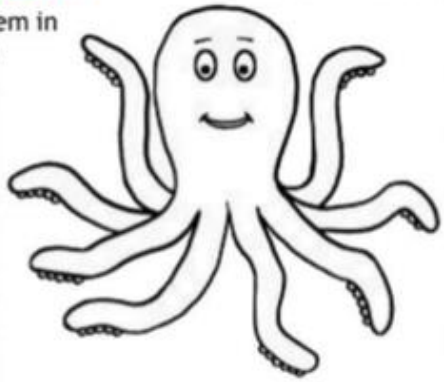
Barking and Dagenham's SEND Local Offer is for children and young people with special educational needs (SEN) or disabilities and their families.
Their site is being regularly updated, so please visiting to discover what's happening with Barking and Dagenham's SEND Local Offer.
Click on the image to find out more.

Use the Problem-Solving Octopus to make a plan

Write down the problem in one or two sentences

On each tentacles write a possible solution, starting with your child's ideas.

No matter what it is!!



Make a time to review how it went, together and decide what's next.

Discuss each possible solution, weighing up the pros and cons before choosing one to try

Make a plan including

1. What you will do
2. When you will do it
3. How you will do it
4. Who will might you do it with
5. What will help to overcome difficulties

SAFETY TIP!

With the warmer weather and the abundance of flowers that springtime brings, the bees and wasps are waking up and getting ready for summer.

Take care when out and about to avoid stings and carry insect repellent. Teaching children to identify which insects can be harmful is a useful preventative measure.

Please be sure to seek medical help if you or someone in your family displays severe symptoms following a sting such as swelling, loss of consciousness, vomiting or breathing difficulties.

The "Square Breath" (Try it together!)

The Goal: A simple tool to use when feelings feel "too big."

"Imagine you are drawing a square in the air with your finger. Follow the square as you breathe:"

1. **Up the side:** Breathe in for 4 seconds.
2. **Across the top:** Hold your breath for 4 seconds.
3. **Down the side:** Breathe out for 4 seconds.
4. **Across the bottom:** Rest for 4 seconds.

Surviving hay fever: A guide for sufferers

Hay fever, also known as seasonal allergic rhinitis, is an allergic reaction to pollen. It can be triggered by allergens in the air around us, like grass, tree, plant pollen and mould. Between May and July, during the traditional growing season, trees and plants create more pollen, and this, together with warmer more humid temperatures and winds, can bring about a spike in our symptoms.

Hay fever affects almost 10 million people in England, of all ages. This equates to almost one in four adults and 1 in 10 children, and research shows that the number of sufferers is rising, year on year. The good news is many people find their symptoms improve as they get older. Around half of people report some improvement in symptoms after several years. What's more, symptoms disappear completely in around 10-20% of people.

If you would like to find out the best way to treat hay fever, visit the Met Office website.