

# Lindsworth School

## 2025/ 26 Newsletter

Autumn 1



### KEY DATES

- 24.10.25 – Break up for October half term
- 03.11.25 – Students return to school for Autumn 2 Term
- 03.11.25 - Year 11 mock exams begin
- 05.12.25 – Progress Review Day\* (10.30 am - 13.30 pm)
- 19.12.25 – Break up for Christmas Holiday
- 05.01.26 – INSET day
- 06.01.25 – Students return to school for Spring 1 Term

\*students should only attend on this day with parents/ carers



**Do you have X?**

**Follow our school to see what we're up to, shout outs to specific pupils and more! @lindsworthsch**



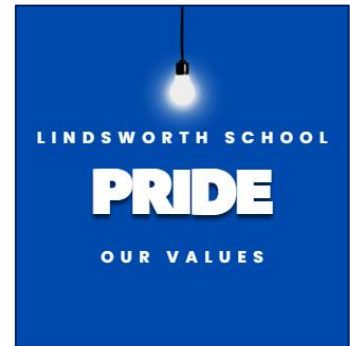
# Lindsworth School

## Headteacher's Message



As we wrap up the first half term of the 2025/26 academic year, I want to say a huge “well done” to all our students. It’s remarkable how quickly the time is passing - one sixth of the school year already behind us! Your energy, resilience and enthusiasm have made for a fantastic start.

At the heart of our school community are the values we live by every day: **positivity, respect, independence, determination and equality**. These aren’t just words on a wall, they shape how we learn, how we treat one another, and how we grow as individuals. Whether it’s showing resilience in the classroom, supporting a friend, or standing up for fairness, we see these values reflected across our school, and they continue to guide us in building a culture where everyone can thrive.



Our current Year 11 students are now gearing up for their November mock examinations, and we know how important this moment is in shaping the year ahead. Looking back at last year’s cohort, we saw every student gain a qualification and successfully move on to further education. Their achievements remind us what’s possible with hard work, focus and the support of our school community. We hope their journey inspires our current Year 11s to aim high and believe in themselves.

A heartfelt thank you goes to all our teachers and support staff for their dedication and commitment to our students. Your efforts, day in and day out, are what make this school thrive. A special mention to our new colleagues, Sarah, Jyoti and Llinos, who have settled in brilliantly and are already making a positive impact.

Students have been enjoying the refreshed spaces across our site following recent renovations, and it’s been wonderful to see these improvements being used so well. There’s more to come - so keep your eyes peeled for further updates!

We’re absolutely delighted to have achieved Silver awards in both TIASS and the School Games. These accolades reflect the breadth of opportunity and excellence across our school. Let’s not forget our Gold award in reading last year, a milestone we continue to build upon. Our latest reading data shows a clear increase in fluency and comprehension across all year groups, reinforcing the vital role reading plays in academic success and lifelong learning.

Wishing everyone a restful and well-deserved half-term break. Take time to recharge, reflect, and return ready for the next chapter.

Kate Beale

# Lindsworth School

## Pastoral Managers'

### Overviews



|                                |   |
|--------------------------------|---|
| <b>KS2<br/>with Kate</b>       | This half term key stage 2 have been completing the topic 'Ola Mexico' this has included learning about the location of South America, Mexican traditions and the Mayan tribe, film reviews and character descriptions of the film Coco and learning some Spanish, we have really enjoyed this topic. For personal development we have been developing our resilience with Circus Skills and learning life skills with cooking - of course with some Mexican recipes!   |
| <b>Year 7<br/>with Meera</b>   | As we wrap up the first half term, we're incredibly proud of our Year 7 students for the brilliant start they've made to secondary school. They've settled into routines quickly, embraced new subjects with enthusiasm, and shown great progress in lessons. It's been wonderful to see them forming friendships and supporting one another, especially those joining us from different primary schools. Their personal development has been impressive, with team-building activities helping them grow in confidence and collaboration.                  |
| <b>Year 8<br/>with Vicky</b>   | Year 8 students have returned with enthusiasm and a strong start to the academic year. Many show good retention of Year 7 material, especially in English, where engagement and discussion are strong. Behaviour has been positive, with students respecting rules and settling into routines. Positive strategies are reinforcing expectations and celebrating success. Pupils are actively involved in personal development through activities like film club, swimming, and bowling.   |
| <b>Year 9<br/>with Trevor</b>  | As the term ends, Year 9 pupils deserve recognition for their hard work and commitment. Their enthusiasm for learning and support for one another have helped create a positive classroom atmosphere. Many have grown in confidence and skill, embracing new challenges with determination. Their achievements are commendable, and there's real excitement about what's to come. With continued effort and focus, they are well-placed to build on this progress. After a well-earned break, they'll be ready to continue learning and developing further. |
| <b>Year 10<br/>with Tracey</b> | Year 10 have made a promising start to the academic year, with many pupils settling in well and showing a mature attitude towards their learning. In English, students have been studying either An Inspector Calls or The Strange Case of Dr Jekyll and Mr Hyde, exploring themes, characters, and context in preparation for their GCSEs. Alongside their academic work, careers interviews have begun, giving pupils the opportunity to reflect on their future pathways.  |
| <b>Year 11<br/>with Carmel</b> | Year 11 have made an excellent start to the term, staying focused on their GCSEs and successfully completing their first piece of English coursework. They've shown great maturity in embracing college opportunities and preparing for the next stage of their education. With mock exams beginning in November, their commitment is commendable. Wishing everyone a restful and well-deserved break to recharge for the busy weeks ahead!   |

# Lindsworth School

## Exciting Site Improvements to Enhance Student Learning



Lindsworth School is proud to announce a series of transformative upgrades across its site, reinforcing our commitment to providing the very best learning environment for our students.

### Cadbury Building: A Fresh Look and Enhanced Facilities

The Cadbury building has undergone a vibrant makeover, now boasting fresh decoration that brings warmth and energy to the space. New fire doors have been installed to ensure safety and compliance, and outside, a brand-new Multi-Use Games Area (MUGA) offers students a dynamic space for physical activity and recreation. The atmosphere within Cadbury is now more inviting than ever - a positive, nurturing place where students feel inspired to learn and thrive. We have also put up new signage throughout.



### Shakespeare Building: Improved Access and Security

Our Shakespeare building has also seen improvements, with the installation of new doors that enhance both the aesthetic and functional quality of the space. These upgrades contribute to a more secure and welcoming environment for students and staff alike.



### Tolkien Building: Modernised for Comfort and Learning

The Tolkien building has received a comprehensive refresh, including newly fitted windows that improve natural light and insulation. Refurbished toilet blocks now offer cleaner, more comfortable facilities, and the entire building has been redecorated to create a brighter, more engaging learning atmosphere.



### A Commitment to Excellence

These site improvements reflect our ongoing dedication to ensuring that every student at Lindsworth School is taught in the best possible learning spaces. By investing in our buildings and facilities, we are investing in the future of our students - creating environments that are safe, stimulating, and conducive to success. We still have a rolling schedule of works with additional improvements taking place over the coming holidays.

# Lindsworth School

## Silver TIAAS Certification for Trauma-Informed Practice



Lindsworth School is delighted to announce that we have achieved the **Silver TIAAS** (Trauma-Informed Attachment Aware Schools) **Certification**, awarded by Birmingham Educational Psychology Service in partnership with Birmingham Virtual Schools. This recognition marks a significant milestone in our journey to becoming a truly nurturing and emotionally responsive learning environment.



The TIAAS framework celebrates schools that embed trauma-informed and attachment-aware principles into every aspect of their practice. At Lindsworth, we understand that emotional safety and secure relationships are the foundation for learning. Our staff are trained to recognise and respond to the impact of trauma, and we work tirelessly to create spaces where every child feels seen, heard, and valued.

From restorative approaches to behaviour, to our emphasis on co-regulation and relational support, we are committed to building a culture of compassion and trust. This certification reflects our belief that education is not just about academic success, but about healing, growth, and connection.

We are incredibly proud of our team and our pupils for embracing this ethos with such heart. The Silver TIAAS award is not just a badge - it's a promise to continue putting relationships at the centre of everything we do.

Together, we are creating a school where every child can flourish.

# Lindsworth School

## Crafting Creativity: Students Dive into Design Technology



We are thrilled to announce the introduction of Design Technology to our curriculum this academic year—a subject that is already sparking creativity and enthusiasm among our students. Leading this exciting new venture is Jyoti, our dedicated and passionate Design Technology teacher. With a strong background in both practical and theoretical aspects of the subject, Jyoti brings a wealth of experience and energy to the classroom. Her approach centres on hands-on learning, encouraging students to explore, experiment, and problem-solve through making.



Design Technology offers a unique opportunity for students to develop practical skills while deepening their understanding of design principles, materials, and processes. This term, students will be introduced to a range of tools and technologies, including our state-of-the-art 3D printer and laser cutter. These machines will allow pupils to bring their ideas to life, from initial sketches to fully realised prototypes, fostering both creativity and technical confidence.



We believe that hands-on learning is vital for developing critical thinking, collaboration, and resilience. Through practical projects, students gain a tangible understanding of how design impacts the world around them—skills that are increasingly valuable in today's fast-evolving landscape.

To kick off the year, students are working with soft materials such as felt to design and create their own Christmas decorations. This festive project not only introduces basic textile techniques but also encourages personal expression and thoughtful design.



# Lindsworth School

## Ola Mexico! A Colourful Half Term in Key Stage 2



This half term, Key Stage 2 pupils have been immersed in the vibrant and exciting topic of *Ola Mexico*. From geography to culture, language to film, the children have explored a wide range of learning experiences that have brought the spirit of Mexico into the classroom.

We began by locating South America on the map and zooming in on Mexico, discovering its diverse landscapes and rich history. Pupils were fascinated by Mexican traditions, including Día de los Muertos, and delved into the ancient world of the Mayan tribe. Through engaging discussions and creative activities, they explored how the Mayans lived, their beliefs, and their lasting influence. A highlight for many was watching the animated film *Coco*, which beautifully ties together themes of family, tradition and remembrance. Pupils wrote thoughtful character descriptions and film reviews, showcasing their understanding of narrative and emotion. These writing tasks not only developed literacy skills but also encouraged empathy and cultural appreciation.

Language learning was another exciting element, with pupils picking up some basic Spanish phrases and greetings. This introduction to a new language helped build confidence and curiosity about global communication.

In addition to academic learning, personal development has been a key focus. Pupils have been building resilience through Circus Skills workshops, where they practised juggling, balancing and teamwork. These sessions have encouraged perseverance and a positive mindset.

Life skills have also been on the menu—literally! Pupils have enjoyed cooking sessions, preparing simple dishes inspired by Mexican cuisine. From salsa to tortillas, these activities have combined practical skills with cultural exploration, and of course, plenty of tasting!

Overall, *Ola Mexico* has been a joyful and enriching topic. Pupils have embraced every opportunity to learn, create and grow. We are proud of their enthusiasm and achievements, and we look forward to continuing this journey of discovery in the next half term.



# Lindsworth School

## Exploring Learning Beyond the Classroom: Geography in Action



This term, our Geography students have been taking their learning outdoors—embracing the world around them as a living classroom. Through field sketching and data collection, pupils are developing a deeper understanding of geographical processes and landscapes in a hands-on, engaging way. Rather than relying solely on textbooks and screens, learners are spending lesson time outside, observing and recording real-world features. These field sketches help students sharpen their observation skills, interpret physical and human geography, and understand spatial relationships in a meaningful context.

By working in the field, students are learning how to collate geographical data—from land use patterns and environmental features to weather conditions and human activity.



This practical approach not only reinforces theoretical knowledge but also builds essential skills such as critical thinking, analysis, and teamwork.

Our aim is to make Geography come alive, and the response from students has been fantastic. They've enjoyed the opportunity to explore their surroundings, ask questions, and apply classroom concepts to real-life situations. Whether sketching urban landscapes or examining natural features, pupils are gaining confidence in their ability to interpret and explain the world around them.

These outdoor sessions also support our wider commitment to active and experiential learning, helping students connect with their environment and appreciate the relevance of Geography in everyday life.

We're proud of the enthusiasm and curiosity our learners are showing, and we look forward to more fieldwork opportunities throughout the year—including local area studies and environmental surveys.

# Lindsworth School

## Reading with All the Senses:

## Making Storytime Magical at Home



At our school, we are deeply committed to nurturing the skill of reading, not just as an academic requirement, but as a lifelong joy. We know that when children are engaged, curious, and emotionally connected to stories, their progress in reading can flourish.

One powerful way to support this at home is through *sensory storytelling*.

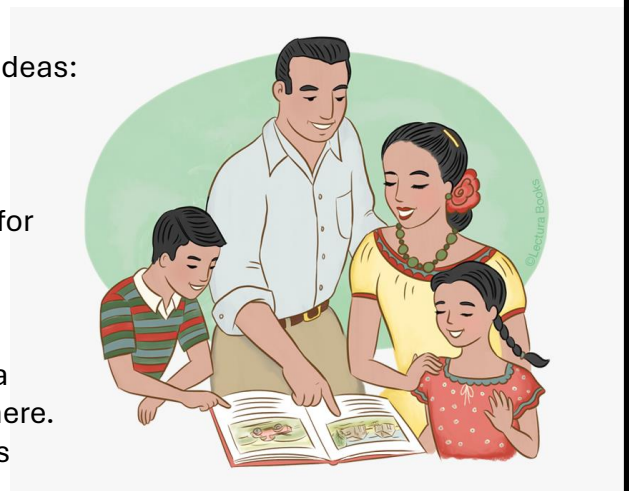
Sensory storytelling brings books to life by engaging all five senses. It's about making stories immersive - adding sounds, textures, smells, and movement to help children experience the narrative in a vivid and memorable way. Whether it's rustling leaves during a woodland tale or the scent of spices in a market scene, these sensory cues help children connect more deeply with the story.

Children learn in different ways, and sensory storytelling taps into a range of learning styles. It's especially helpful for reluctant readers or those who struggle with traditional reading methods. By making stories interactive and playful, children are more likely to stay focused, understand key ideas, and build vocabulary naturally.

### Tips for Home

You don't need special equipment or training to try sensory storytelling at home. Here are a few simple ideas:

- **Use props:** Everyday items like scarves, cups, or cushions can become magical tools in a story.
- **Create sound effects:** Clap for thunder, whisper for wind, or use kitchen utensils to mimic footsteps.
- **Act it out:** Encourage your child to become a character—how would they move, speak, or feel?
- **Explore smells and textures:** A dab of perfume, a pinch of herbs, or a soft blanket can add atmosphere.
- **Ask open questions:** “What do you think happens next?” or “How would you feel in that moment?”



By making reading a shared, sensory-rich experience, you're helping your child build confidence and curiosity. These moments don't just support literacy—they create lasting memories and a positive attitude towards books.

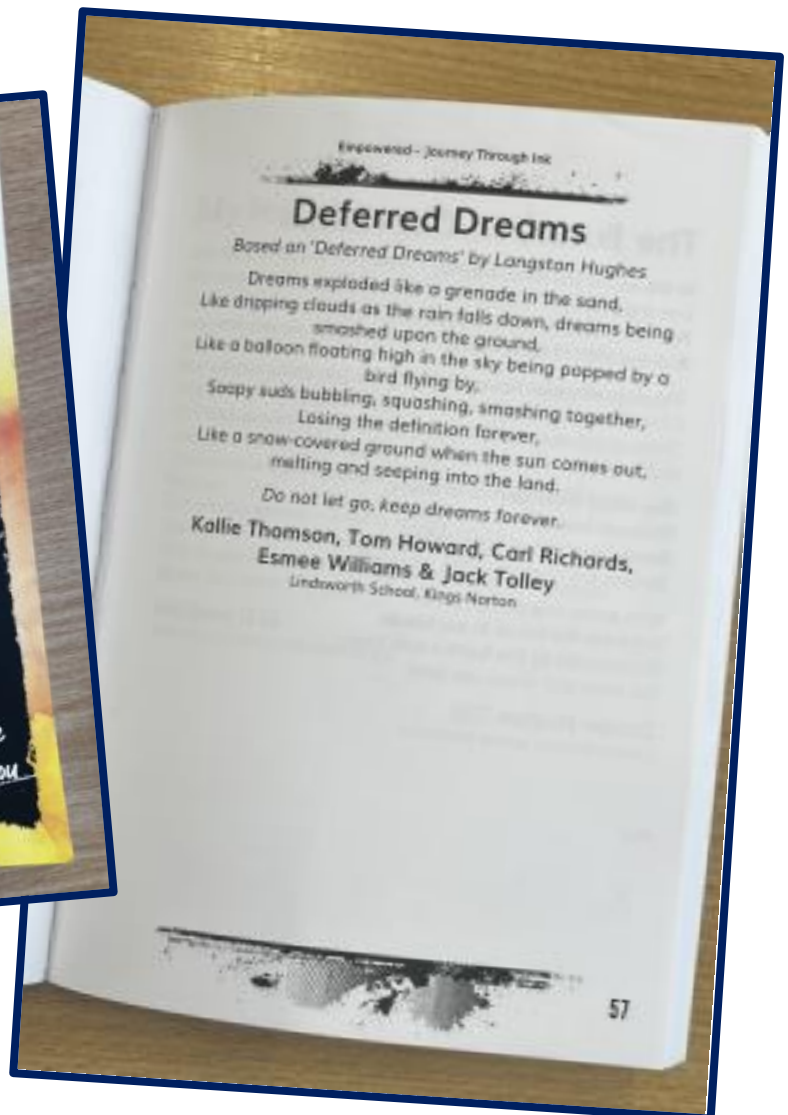
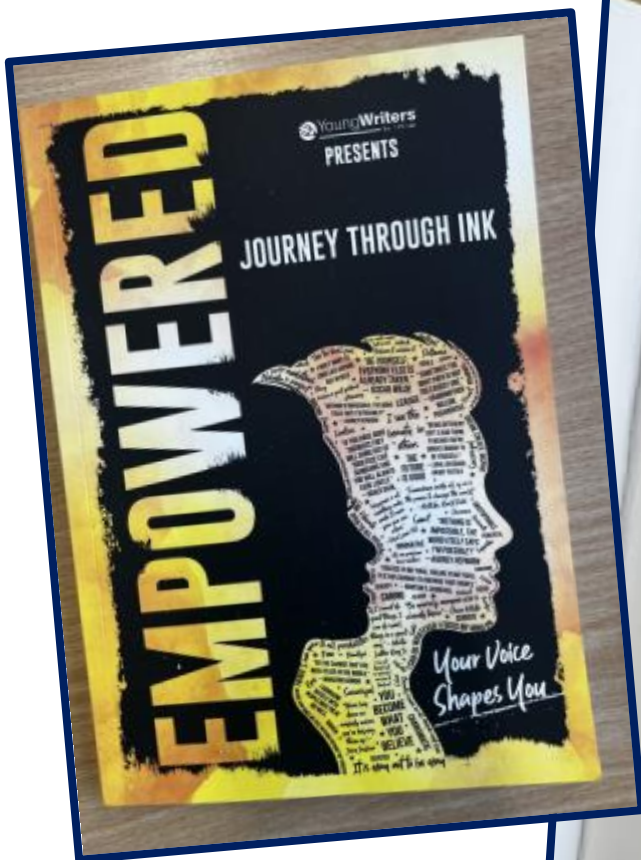
As a school, we remain dedicated to the skill of reading and the many ways it can be nurtured. Thank you for all you do to support your child's journey with words, stories, and imagination.

# Lindsworth School

## Workbooks to Published: Our Students' Words Take Flight



We're incredibly proud to celebrate a group of our talented students whose powerful poem *Deferred Dreams* has been published in the anthology 'Empowered – Journey Through Ink'. Their creative voices now sit alongside others in a book that champions expression and imagination. As a school that deeply values the joy and importance of reading, this achievement reflects our commitment to nurturing a love of literature - not just as readers, but as writers shaping the world with their words.

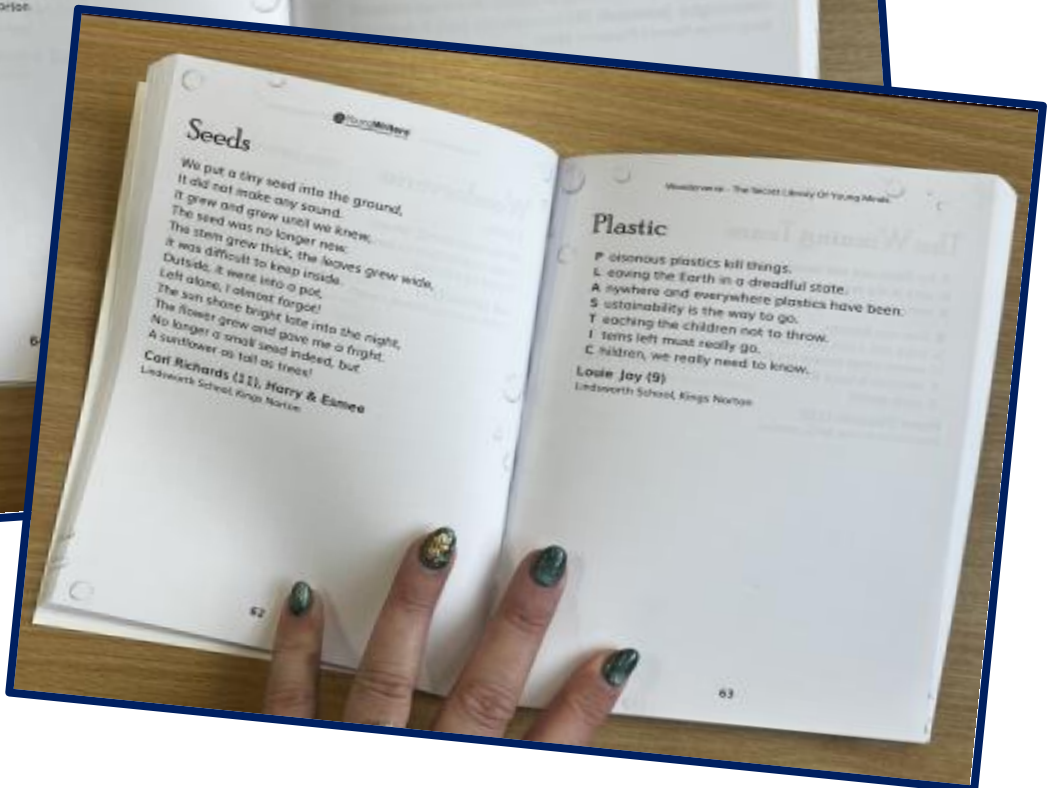
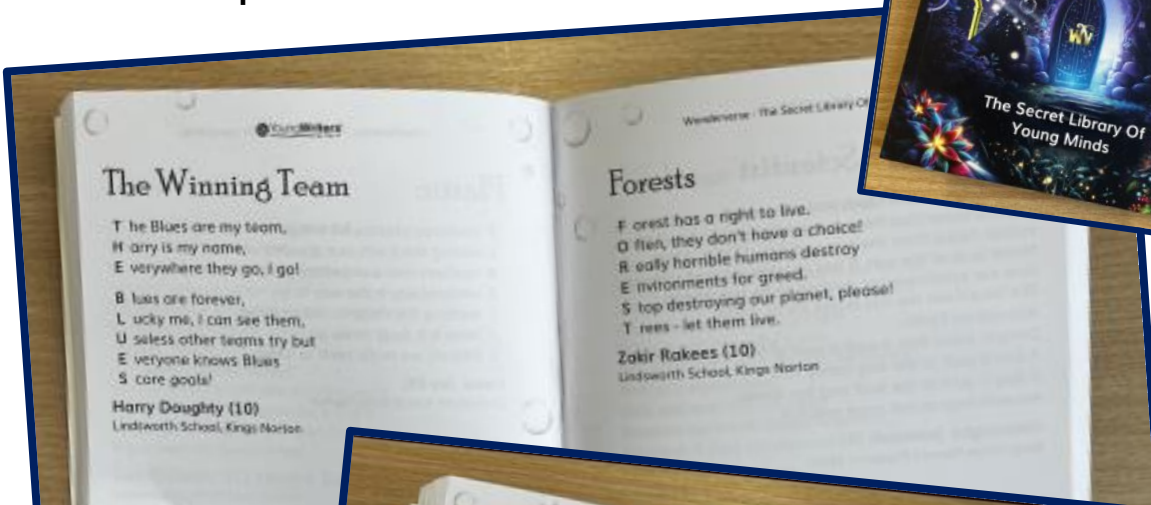
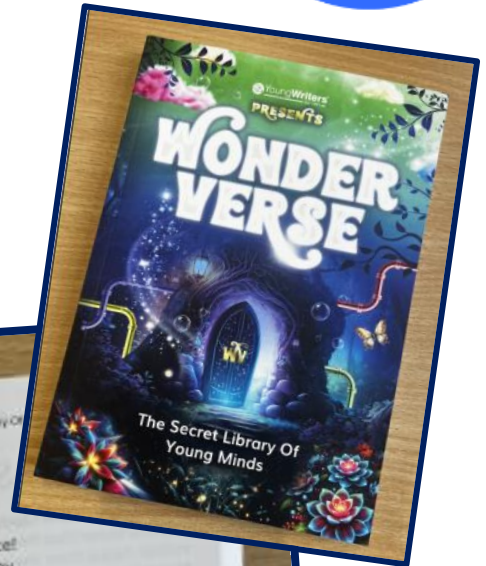


# Lindsworth School

## Poetic Power: Four Student Voices Shine in Wonder Verse



We're thrilled to share that four of our students have had their poems published in the anthology 'Wonder Verse.' This exciting achievement reflects our commitment to nurturing young writers and celebrating the power of creative expression.



# Lindsworth School

## Lindsworth School Vs. Solihull

### Academy by Nick Mason-Mohammed



Lindsworth Lion's 1<sup>st</sup> league fixture of the 2025-2026 season was played on **Thursday 9<sup>th</sup> October 2025** against Solihull Academy (at home). What a tremendous fixture this turned out to be. A highly anticipated match being our first of the season and due to late start back for pupils this year, the fixture being delayed.

The Lions got straight down to business and came out looking the hungrier of the two teams. This meant they applied immense amount of pressure to the defence and forced an "own goal" error (after just 3 minutes), to put them in the lead. This did not dissuade their opponents from trying to recover the mistake, and they immediately had a battle on their hands to keep their goal protected from counter attacks. However, they managed to survive the immediate pressure and resume possession.

After another couple of minutes striker Nathaniel slotted home a cool 'finesse' low shot which the caught the defence napping during a wonderful passage of play. Again, Solihull tried to retaliate straight from the kick off, but the Lions and our newly placed goalkeeper Charlie were having none of it. Passes blocked, players marked out the game and any time Solihull worked even half a chance of a shot it was either blocked by the defenders, stolen from under their nose or emphatically saved by "Lindsworth's New No.1".

The next few minutes of football were scenes reminiscent of a professional game. Lindsworth players were hounding the ball, chasing loose passes, making runs, backing each other up and trying to create chances from all angles to score again. Then from nowhere, a clearance lob which transpired to be a well-placed cross from his own half courtesy of right back Baylee. Went sailing into the opposition box and saw striker Nathaniel blast home a superb header, out leaping the keeper and leaving him "no man's land without a prayer". This gave us goal number three in just over 8 mins.



This is where the game really started heating up. The opposition clearly were not best pleased to be losing, particularly to a smaller looking side, and this began showing even more following the third goal. Frustrations lead to errors in tackles or forcing fouls as they tried to regain possession, and this gifted the Lions their first free kick of the game at 12mins. Nathaniel still running on a high from his header stood over the ball to claim it, and after a nod from the manager to go for the shot, did not hesitate. He took a deep breath to regain composure, before smashing an absolute screamer of a shot into the top left-hand corner of the goal. The finish left most people in awe and some in absolute disbelief at what had just happened, including their keeper, who had to be told it had gone in and come back out again before he even had chance to raise a hand. Despite an additional two unsuccessful penalties for Lindsworth the game ended 4-0 to the emphatic lions.

An utter belter of a game and a spectacular performance from the Lions ensured victory, so well done to them all and roll on the rest of the season.

# Lindsworth School

## KPMG Inspires Future Talent with 'Work Ready' Sessions



In a dynamic effort to bridge the gap between education and employment, KPMG UK visited Lindsworth School to deliver their innovative 'Work Ready' sessions to Year 9 and Year 10 students. These sessions, rooted in emerging technologies and real-world business challenges, are part of KPMG's broader commitment to social mobility and future skills development.

The 'Work Ready' programme is designed to expose students to the evolving landscape of modern careers, with a strong emphasis on technology, AI, and sustainability. Delivered in collaboration with The Talent Foundry and supported by The Careers & Enterprise Company, the sessions offer students hands-on experience with the kinds of challenges professionals face in industries such as finance, aviation, retail, and tech.



During the sessions, students engaged in interactive workshops that simulate real-world scenarios. These included problem-solving exercises using digital tools, discussions around ethical AI, and insights into cybersecurity and data analytics. The aim is to equip students with essential soft skills and foundational knowledge that will serve them in any career path.



KPMG's learning strategy reflects its internal culture of lifelong learning. Through its "Space to Learn" initiative, the firm has invested in agile curricula and advanced learning technologies, including an AI-powered assistant named Spark, which delivers personalized learning experiences to employees and now, indirectly, to students.

The sessions are part of KPMG's ambitious goal to support one million young people by 2030. By inviting students into their offices and delivering school-based workshops, KPMG is helping to democratize access to high-quality career education - especially for those from lower socio-economic backgrounds.



# Lindsworth School

## Black History Month: Standing Firm in Power and Pride



This year's theme celebrates the strength, resilience, and achievements of the Black community, honouring those who have shaped history and continue to inspire progress. This year's theme is **Power** and **Pride**.

**Power** recognises black trailblazers in politics, civil rights, education, business, and the arts - individuals whose courage and unity have helped build a fairer future.

**Pride** celebrates cultural heritage and black excellence. Through music, art, and storytelling, pride connects generations and affirms the beauty and impact of black culture around the world.



Together, **Power** and **Pride** remind us of the importance of honouring the past while building a future rooted in empowerment and unity.



This year at Lindsworth School, we marked Black History Month through a wide range of activities - from form-time sessions and lessons in English, and history, to the meals we prepared and served in the canteen and the music played during social times. Throughout, we encouraged all pupils to take pride in our city and country's rich diversity and multiculturalism, which embraces and respects everyone. We also recognised the ongoing positive influence of Black history on our lives in 2025.

**BLACK  
HISTORY  
MONTH.**

**Standing Firm  
in Power and Pride**

# Lindsworth School

## Silver School Games Mark

### Certification



Lindsworth School is proud to announce that we have been awarded the prestigious **Silver School Games Mark**, recognising our ongoing commitment to sport, physical activity, and the holistic development of our pupils.

This national accolade celebrates schools that go above and beyond in promoting inclusive and competitive sport, and we are thrilled to be acknowledged for our dedication to the School Games programme. Throughout the year, our students have enthusiastically participated in a wide range of sporting events, both within school and across the wider community, demonstrating teamwork, resilience, and a passion for healthy living.



At Lindsworth School, we believe that physical wellbeing is deeply connected to mental health. Our “Healthy Bodies, Healthy Minds” ethos is embedded across the curriculum, encouraging pupils to stay active, eat well, and develop positive habits that support emotional and cognitive growth. From daily movement breaks to mindfulness sessions and inter-house competitions, we strive to create an environment where every child feels empowered to thrive.

Achieving the Silver Mark is a testament to the hard work of our staff, the enthusiasm of our pupils, and the support of our families. We look forward to building on this success and continuing to inspire a love of sport and wellbeing in every corner of our school.

Let's keep moving, growing and celebrating together!

# Lindsworth School

## Peripatetic Music Lessons: Nurturing Students' Talents



At our school, we are proud to offer **Peripatetic Music Lessons** - a vibrant extension of our curriculum that allows students to explore their musical passions beyond the classroom.

Delivered by experienced visiting tutors, these lessons provide tailored instruction in a range of instruments and vocal styles. Whether your child is just starting out or already showing promise, our programme is designed to **enhance individual talents, develop technical skills, and develop a lifelong love of music.**

Importantly, our Peripatetic Music Lessons reflect one of our core school values: **determination**. Learning an instrument requires patience, perseverance, and the courage to keep going - even when the notes don't come easily. Through regular practice and personalised guidance, students build confidence and resilience, qualities that serve them well both musically and academically.



These sessions are timetabled to complement the school day, ensuring that every child has the opportunity to grow creatively while staying connected to their learning journey.

If you'd like to find out more or register your child, please contact the school office. Let's make music - and determination - part of every child's story!

# Lindsworth School

## World Mental Health Day

### Initiatives



On World Mental Health Day (18th October), our school proudly took part in raising awareness and promoting positive mental health across our community. As part of this initiative, we embedded strategies for recognising and managing poor mental health into our form time sessions and PSHE programme, ensuring that students were equipped with practical tools to support their emotional wellbeing.

Please see below some techniques designed to help manage feelings of anxiety and stress.



| <b>5 Minute Techniques</b>  |  |  |
|---|--|--|
| <p><b>333 Rule</b></p> <ul style="list-style-type: none"> <li>Identifying 3 objects of varying sizes</li> <li>Noticing 3 sounds</li> <li>Finding 3 things they could touch or move</li> </ul>   | <p><b>Box Breathing</b></p> <ul style="list-style-type: none"> <li>Pupils imagined a square shape</li> <li>Breathed in for 4 seconds</li> <li>Held for 4 seconds</li> <li>Breathed out for 4 seconds</li> <li>Held again for 4 seconds</li> <li>They mentally drew each side of the square with each breath</li> </ul> | <p><b>Distraction Techniques</b></p> <p>Students practised ways to side-track anxious thoughts, such as:</p> <ul style="list-style-type: none"> <li>- Doodling or mindful colouring</li> <li>- Drinking cold water</li> <li>- Listening to unfamiliar music</li> </ul> |
| <b>10 Minute Techniques</b>   |  |  |
| <p><b>5,4,3,2,1 Grounding</b></p> <p>A sensory exercise that helped bring attention back to the present moment:</p> <p>5 things they could see<br/>           4 things they could feel<br/>           3 things they could hear<br/>           2 things they could smell<br/>           1 thing they could taste</p> | <p><b>Adrenaline Burn-Off</b></p> <p>Pupils engaged in physical activity to help burn off excess adrenaline. Examples included:</p> <ul style="list-style-type: none"> <li>- Brisk walking or jogging</li> <li>- Dancing to music</li> <li>- Skipping, star jumps or cycling</li> </ul>                                | <p><b>Progressive Muscle Relaxation</b></p> <p>In a calm space, students practised slow breathing while tensing and relaxing isolated muscle groups, starting at the feet and working up to the eyes.</p>  |

In addition to these techniques, we are also sharing resources from the Mental Health Foundation on how to manage during times of bad news, including practical advice for reducing doomscrolling. We have also included Wellbeing Bingo, a fun and engaging activity from the Young Minds Charity that encouraged positive habits and self-care (see the following pages).

We'd like to thank all parents and carers for supporting these efforts at home. Together, we've helped our young people build resilience and develop lifelong strategies for maintaining good mental health.

# Tips to manage overwhelm during global events and relentless bad news



Constantly hearing about negative news from around the world can feel like a lot to take in – **and that's because it is.**

Feeling overwhelmed by current events, no matter how big or small, can take a toll on our mental health. Here are some tips to help you cope with global news overwhelm and find your way back to balance.



## Set boundaries with the news

Ask yourself how much news content you're happy to take in, and how often.



## Use grounding exercises

Grounding yourself in the here and now can ease your stress response.

## Have phone-free times

If you often find yourself doomscrolling, having set phone-free times or zones could help break this habit.



## Talk with others

When you feel overwhelmed, it can help to connect with other people. You could spend some quality time with loved ones, family or friends.



## Give yourself permission to rest

Taking time to look after yourself doesn't mean you've stopped caring about anything else; it means that you are looking after yourself so that you can keep on caring.



## Focus on what you can control

Small actions still matter. Taking positive action can help shift feelings out of helplessness and into purposefulness.



**Everyone deserves good mental health.**  
For more tips and information, visit [mentalhealth.org.uk](https://www.mentalhealth.org.uk)

# Practical ways to manage DOOMSCROLLING



It's normal to feel down from time to time when we come across bad news, but constant exposure to negative online content could negatively affect our mental health.

'Doomscrolling' is a relatively new term used to describe the impact of consuming large amounts of upsetting news online.

If you're looking for ways to spend less time doomscrolling, here are some suggestions that might help.

## Turn off 'push' notifications

Turning off instant alerts for social media or news apps can give you a break from anxiety-provoking information.



## Consider phone-free zones

You're allowed to have quality time that isn't interrupted by notifications every few minutes.



## Manage your social media feeds

You could make changes to what appears on your feed by blocking or hiding certain profiles, allowing you to limit the negative content you are exposed to.



## Set a time limit

Setting a time limit on your scrolling can help, as long as you stick to it. Find something that gives you a gentle signal that it's time to put the phone down.



## Use a watch or an alarm clock

If you often doomscroll in bed, it may be because your phone doubles as your alarm clock. Switching to using a watch or a physical alarm clock may help.



## Balance the negative with a positive

Mindfulness, reading, spending time with others, and exercising are all great self-care activities that can benefit your wellbeing.



# Wellbeing Bingo

Play our wellbeing bingo by crossing off the activities you've done in the last week. You can also add your own ways that you look after your wellbeing to the blank squares.

In the past week I have...

add your own

Made sure to rest



Spent time with family/friends



Listened to my favorite songs



Spent time outdoors



Read a good book



Watched a great movie/TV show



Eaten something delicious



Exercised



Stayed hydrated



Drawn a picture



Had a good laugh



Danced



Looked after myself



Explored a new place



add your own

Illustrations by Jen Springall

# Lindsworth School

## Protecting Your Child in the Online World



In our increasingly digital world, helping young people stay safe online is more important than ever. At Lindsworth School, we are committed to ensuring our students understand the importance of digital safety and responsible internet use. This newsletter provides guidance on how you, as parents and carers, can support them in navigating the online world safely.

### Understanding the Online Landscape

Social media platforms, apps and online gaming are a huge part of young people's lives. While they offer opportunities to connect, learn, and have fun, they also come with risks, such as cyberbullying, exposure to inappropriate content or online scams.

Did you know? In the UK, there are legal age restrictions for most social media platforms:

13 years and over: Facebook, Instagram, Snapchat, TikTok, and X (formerly Twitter); 16 years and over: WhatsApp

These limits are set under the UK Data Protection Act 2018 and the Children's Online Privacy Protection Act (COPPA) to protect young people from exposure to harmful content and ensure their data is handled appropriately.



### Practical Tips for Supporting Online Safety

- Talk regularly with your child about their online activities. Ask them which apps they use, who they interact with, and how they feel about their experiences online.
- Most devices and platforms have built-in parental controls. These can help you monitor screen time, block inappropriate content, and set age-appropriate filters.
- Children often mimic adult behaviours. Show them how to use technology responsibly by modelling safe and respectful online interactions.
- Remind them to never share personal information (like their address or school) online and to use strong, unique passwords.
- Make them aware of dangers such as cyberbullying, phishing scams, and the potential impact of sharing personal photos or videos. Encourage them to think carefully before posting anything online.

# Lindsworth School

## Staff Shout Outs



All our students have achieved this half term; however, we wanted to share a few personal shout outs...



Well done to Ria for creating her own graphic novel; it is such a good read!

*Kate K*



Well done to all our Year 7 students who have started school so well this year; keep up the hard-work!

*Dean, Meera and Angela*



Romeo in Year 9 – well done on always putting his best foot forward. Keep going!

*Courtney*



Sara is doing brilliantly in Design and Technology, showing a range of skills and always striving to improve. Great work!

*Jyoti*



# Lindsworth School

## Free Spaces to Eat, Connect & Recharge



As the colder evenings roll in and heating bills start to climb, many families in our school community may be feeling the strain. Birmingham's Warm Welcome Spaces offer free, friendly places to stay warm, enjoy a hot drink or meal, and connect with others

### Why Visit a Warm Welcome Space?

- Free refreshments and sometimes meals
- A safe, warm place to relax or study
- Friendly faces and community connection
- Help with money, energy, and wellbeing advice



### Here are a few local gems where you'll find warmth, support, and community:

- Cotteridge Church (Persore Road, B30 3EJ)  
Offers hot drinks, snacks, and a welcoming atmosphere. Great for meeting others or simply relaxing in warmth.
- Kings Norton Library (Persore Road South, B30 3EU)  
Free Wi-Fi, computer access, and a quiet space to study or unwind. Staff can also help signpost to other support services.
- St Nicolas Place (The Green, Kings Norton, B38 8RU)  
A beautiful historic venue offering community activities, refreshments, and a warm welcome to all.

**These spaces are open to everyone - students, parents, carers, and staff — and many offer additional support like advice on energy bills, food banks, and wellbeing services.**

You can find even more spaces by visiting [Birmingham City Council's Warm Welcome page](#) or using the [national Warm Welcome map](#).

# Lindsworth School

## Championing Strong Attendance for Student Success



At Lindsworth School, we are committed to ensuring every pupil can thrive - academically, socially, and emotionally. A key part of this journey is regular school attendance. The government sets out that attending school is mandatory, and we know from experience that consistent attendance leads to better outcomes and a stronger sense of well-being for our pupils.

Even short-term absences can disrupt learning and progress, unless a child is genuinely too unwell to attend. Patterns of regular absence can quietly build over time, making it harder for children to re-engage with their education and peers. That's why we work closely with parents and carers to support every child in attending school regularly and punctually.

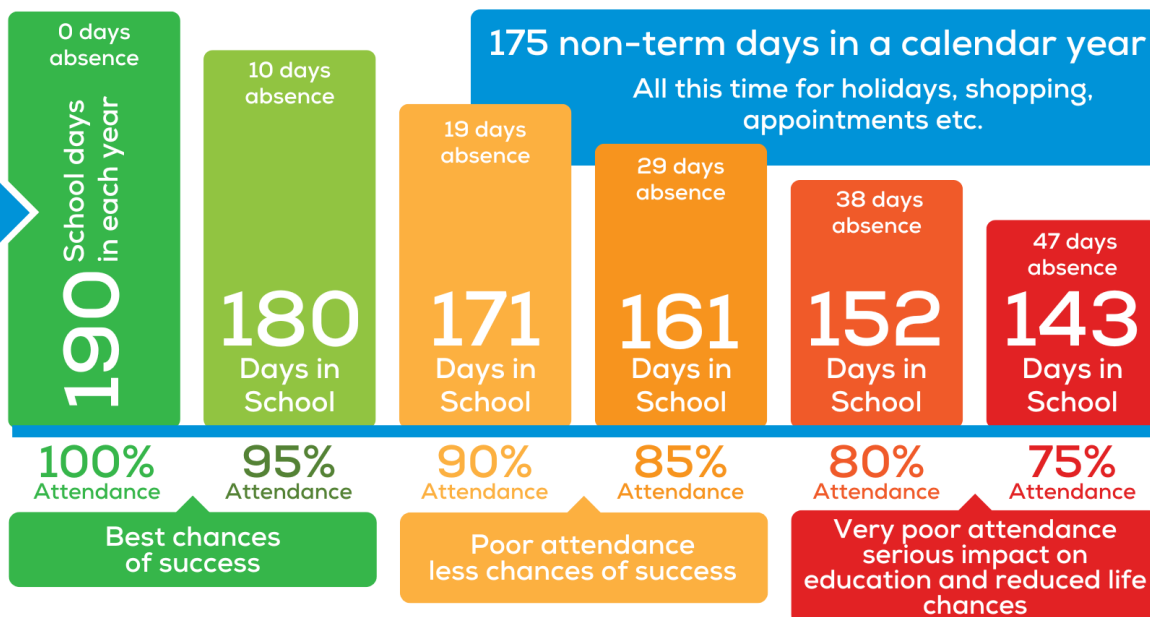
We are also required by law to monitor attendance in partnership with our colleagues at Birmingham City Council. Where concerns arise, we will intervene early to offer support and guidance. Our aim is not to penalise, but to collaborate—ensuring that barriers to attendance are addressed with empathy and care.

If you are finding it difficult to support your child's attendance, please don't hesitate to contact their Pastoral Manager. Together, we can help your child achieve their very best—both in the classroom and beyond.

### ATTENDANCE MATTERS...WHY IS IT IMPORTANT?



365 days in a  
calendar year



# Behaviour as Communication: Supporting Emotional Regulation



Mental Health Support Team  
(MHST) Workshop

## OBJECTIVES

- Understand why children display challenging behaviours.
- Learn about the link between emotions and behaviour.
- Gain strategies to help children regulate and manage frustration.

## TAKEAWAYS

- Behaviour is often a sign of unmet need, not defiance.
- Co-regulation (staying calm yourself) helps children self-regulate. Positive reinforcement is more effective than punishment.

November  
12th



12-1:30pm or  
7-8:30pm

[bsmhft.schools@nhs.net](mailto:bsmhft.schools@nhs.net)