

Codnor Community Primary School

Wellbeing



Newsletter

Summer 2026

Feeling hot, hot, hot! What a fabulous build up we've had to the summer break. Keeping our fingers (and toes) crossed that there's plenty more sunshine to come.

May your summer be a delightful mix of chaos and calm!

Key dates

28th July...National Milk Chocolate Day

10th-16th Aug—Afternoon Tea Week

1st-30th Sept—Move More September

We would like to introduce you to...

Compass Changing Lives,
your Mental Health Support Team.

They provide prevention and early intervention emotional wellbeing and mental health support to children, young people and families across Derby and Derbyshire.

They are able to offer support for children and young people aged 5-18 and up to 25 years for those leaving care or with SEND.

Compass also provide parent and carer support around improving their knowledge and understanding of how best to support and improve their child's mental health and wellbeing.

Get to know the Team and find out more about them, including their parent/child workshops, at our coffee morning in September... Keep an eye out on Parent Hub next term for the date—it would be great to see you there!



Chocs Away!!!

A big thank you to whoever decided we should have a National Milk Chocolate Day! A whole day where you're invited to indulge...as if we need an excuse!



But, do you know your Galaxy from your Cadburys or your Lindt from your Lidl. Why not have a chocolatey taste test? Use a selection of bars (with a variety of cocoa content if you really want a taste sensation) and see who is Chief of Chocs in your house!!!

Now for the science bit...In moderation, milk chocolate can boost mood and provide essential nutrients like calcium and anti-oxidants!!!

Try to build the **Five Ways to Wellbeing** into your daily routine to improve your family's mental health.

Connect: Talk with your family or friends. Ask them about their day.

Be Active: Take a walk in the park. Play a fun game in the garden.

Take Notice: Use your senses to be in the moment. What can you see, hear, smell, taste?

Keep Learning: Try a new skill—you might discover hidden talents!

Give: Do something kind for a neighbour or friend.



If you are feeling overwhelmed this holiday, you may find the following numbers useful...

Derbyshire Mental Health Support—0800 028 0077 (or dial 111 and select option 2 if in Derby/Derbyshire)

SHOUT—24/7 text messaging service (free and confidential) for those who don't wish to talk—85258