



## Weekly Bulletin 8th June 2026

### [Headteacher's message](#)

#### **Have Your Say on School Uniform**

Our school uniform is an important part of who we are. It helps to set high standards, creates a sense of belonging, and ensures students are ready to learn each day.

We are currently gathering feedback on how our uniform works in practice. This is a focused consultation—not a redesign—and our expectations around appearance, consistency and behaviour will remain the same. However, we want to better understand your views on practicality, affordability, inclusion, and how well the uniform supports students in their learning.

We really value your voice. All feedback will be carefully reviewed alongside responses from students, staff and governors, and will help inform any future refinements, in line with national guidance.

Thank you for taking a few minutes to share your thoughts—your feedback will help us make sure our uniform continues to work well for everyone in our school community.

<https://forms.office.com/e/wMgRVVXHBZ?origin=lprLink>

## Key Dates



8th June Y9 exam window opens

10th June Y7 & 8 to Big Bang show

11th June Y8 Parents Evening. If you have not received the email notification to book, please call school.

15th June Year 11 Leavers Assembly

## Safeguarding Focus



### Understanding the Prevent Strategy

The Prevent strategy is a national initiative that helps protect children and young people from the risks of radicalisation and extremist influences. It encourages schools and families to work together to promote shared values such as democracy, individual liberty, and mutual respect. Creating an open, supportive environment at home and in school helps young people feel confident discussing their worries and asking questions.

### How Parents and Carers Can Support

- **Advice and guidance** The Prevent UK website offers helpful articles for parents and carers, including how to talk to your child about difficult topics and what to do if you're worried about their safety. You can find these resources at [prevent-uk.org](https://prevent-uk.org).
- **What children learn in school** In school, students learn about the risks of radicalisation in an age-appropriate way. This includes developing critical thinking skills and understanding how extremist ideas—whether political, religious, or ideological—can be harmful.
- **Noticing changes in behaviour** Parents and carers are encouraged to look out for unusual changes, such as a sudden lack of tolerance for others or expressing extreme views. If you notice anything concerning, please reach out to the school or another trusted professional so we can support you.
- **Further support networks** The ACT Early initiative, run with Counter Terrorism Policing, provides additional advice for families who are worried about a loved one. Their website includes expert guidance and ways to access support.

### **Working Together**

By staying informed and making use of the support available, parents and carers play a vital role in keeping young people safe. Open conversations, curiosity, and awareness of changes in behaviour all help us work together to safeguard our community.

# Parent Guide: Building Emotional Resilience

At The National College, our **WakeUpWednesday** guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, links and tips, please visit [thenationalcollege.com](https://www.thenationalcollege.com).

## 10 Top Tips for Parents and Educators

### SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

- #### 1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue allows them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps using digital tools to explore fun questions such as "What's made you happy today?" This encourages children to express themselves openly.
- #### 2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, welcome your family and explain how you plan to handle it, such as "I've had a rough day, but I'm going for a walk to clear my mind."
- #### 3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive and resilient mindset. Explain that every problem has a solution, even if it requires creative thinking. For example, if a child is stuck on homework, suggest they break it into smaller steps, saying things like "let's focus on just this bit for now for now".
- #### 4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset sees them as setbacks on part of the process, rather than something to be ashamed of. When a child has a game or performs poorly on a test, for example, talk to them about what they learned from the experience. This reframes the idea that effort "and even failure" leads to improvement.
- #### 5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and educators could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.
- #### 6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Roleplay or group activities can be instrumental in showing children how to resolve conflicts with friends by modelling and practising calm communication.
- #### 7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child is upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing those emotions.
- #### 8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.
- #### 9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises and try to bring breathing practices into their daily routine. Reinforcing this behaviour by young people will allow a teacher for them to use these techniques of their own accord during stressful moments.
- #### 10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces persistence and encourages children to keep trying. After a child completes a difficult task, make a progress card or poster or receive another type of personal goal, praise their ability to persevere and keep going. Try to put in and be sure to let them know how proud you are!

**Meet Our Expert**  
 Adam Elliot is Associate Vice Principal for Personal Development at Penistone Grammar School and works on a secondment one day a week for Mind Ahead, which works with schools on improving their mental health provision.

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 The National College

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