Thursday 18th December 2025 - Issue No 6

# The Adderley Post

Arden Road, Saltley, Birmingham B8 1DZ • 0121 464 1500
www.adderleyprimary.co.uk • @adderleyschool

Dear Parents and Carers,


We would like to express our sincere gratitude for your continued support throughout this term. Your dedication and involvement in your child's education has not gone unnoticed, and we truly appreciate the efforts you make each day. Your commitment to ensuring regular school attendance is greatly valued and plays a vital role in your children's academic progress and overall well-being.

Your support and generosity during our fundraising days has helped the school raise **over £5,000** for important causes, including the **Pakistan Floods Appeal**, **Jamaican Hurricane Appeal**, and **Heartlands Hospital Children's Star Appeal**. We are extremely grateful for your kindness and community spirit.

Afterschool clubs will restart from **Monday 12th January**. If your child is already enrolled in a club, they will continue from this date and there is no need to reapply. Please note that the British Sign Language Club will now take place on Mondays instead of Thursdays. Drama Club has now finished and will not be returning in January. Year 6 Booster Clubs will begin in January, and further information will be shared in the New Year.

As we approach the Christmas holidays, we hope that you and your family enjoy a restful and enjoyable break. The term will end on **Friday 19th December 2025**, and children will return to school on **Tuesday 6th January 2026**, following a **Teacher Training Day on Monday 5th January**.

In the event of adverse weather conditions, such as snow, which may result in school closure, please check the **school website** or listen to your **local radio station** for updates. Please also ensure that children come to school dressed in weather-appropriate clothing, including suitable footwear and coats. All items should be clearly labelled with your child's name and class.

Thank you once again for your continued support. We look forward to welcoming the children back after the break for another successful term ahead.

**Warm regards,**

**Mrs R. Darr**
**Head Teacher**

# Mental Health & Emotional Wellbeing

**Your mental health is important – just as important as anyone else's and you deserve as much love and compassion as you give to your children. Regularly taking time for yourself can help you manage your own mental health, preventing things like anxiety and depression.**

**Change is an inevitable part of life and school! Sometimes change is exciting but sometimes it can be scary and trigger anxiety. Often it is both at once. Whilst it is very common to feel anxious about change, this can often affect your mental health and wellbeing if it becomes overwhelming.**

## WHY CAN CHANGE BE HARD?

**Whether it's a good change or bad, change can be stressful. It can make you feel like you're not in control, or you've lost things that helped you feel comfortable. Change can sometimes mean having to learn new things or leave you with questions about your own identity.**

**Changes can be big or small, and sometimes more than one change can happen at once. Difficult feelings about change will often pass and there are ways to make things easier.**

## TALK ABOUT IT

**Asking questions, sharing what's difficult and getting advice from people who can really help. Talking to people you trust can help you feel better or see things in a different way.**

## KEEP A HEALTHY ROUTINE

**Make sure you are eating healthily, getting enough sleep and doing things that can help keep you busy. Keeping a routine helps to improve our mood and help you feel more in control.**

## MAKE TIME FOR YOURSELF

**Find time each day to do things that you enjoy or help you feel a sense of accomplishment. Even if it is just a few minutes, it is important to take time just for you.**


## LEARN TO ACCEPT THINGS

**Acceptance isn't the same as giving up, but can mean focusing more on the future and on ways to feel positive. When you're ready, it can help to set goals for the future or think**

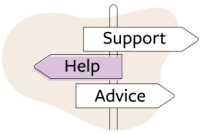
## TAKE YOUR TIME

**It is natural to need time to adjust to a change. You might feel surprised, happy or even angry and that's ok. Feelings can pass in time, but give yourself time and keep doing things to feel better.**

**In an emergency dial 999**

**For further advice and information about Mental Health & Emotional Wellbeing;**

1. **Contact your G.P**
2. **Visit the NHS website**
3. **Contact Samaritans — 116123**
4. **Text Shout to 85258**




## HELPLINES

**For Women -**
**Birmingham and Solihull Women's Aid—0808 800 0028/webchat-Mon/Fri 10.00—4.00 https://bswaid.org/**

**For Men -**
**Cranstoun Helpline 0121 633 1750/Trident Helpline 0800 111 4223**

**The Waiting Room - Directory for health wellbeing services across Birmingham Solihull—Website: www.the-waitingroom.org**

**Online Safety - Skips Educational - www.skipssafetnet.org/Tel: +44 121 227 1941**

**NSPCC - TEL: 0808 800 5000/Email: help@NSPCC.org.uk**