

Wellbeing Newsletter

December 2025

Christmas is fast approaching, and we have lots of celebrations and fun activities planned in the run-up to the end of term.

We are pleased to continue receiving support and workshops from the Bucks Mental Health Team, which have been incredibly valuable for the children over the past 12 months. Our next workshop will be with Year 6 and will focus on friendships, which can become more challenging for some children, particularly as they approach puberty.

Neurodivergance at Christmas

Christmas can be a particularly tricky time for neurodiverse children and those with SEND, as their senses can easily become overwhelmed. They may find it difficult to adjust to different lights, colours, sounds, smells, textures and tastes.

TOP TIPS FOR NEURODIVERGENT FAMILIES AT CHRISTMAS

PLAN

Think ahead about triggers. Use visual schedules and create plans WITH your child. All autonomy where appropriate & possible.

IDENTIFY TRIGGERS

Places, people, music, smells, tastes, words... Go through them with your child if possible.

WORK TOGETHER

Caregivers (parents, teachers, family members etc) can plan and work together to reduce overwhelm where possible.

PICK YOUR BATTLES

Adjust and adapt what you can to make it suitable. But accept when you just need to abandon some plans in favour for sustainability! This includes food, socialising and family traditions.

NO SURPRISES!

They're stressful.



DESIGNED BY SUNSHINE SUPPORT
Using information from our award winning team.
www.sunshinesupport.org

<https://autismearlysupport.org.uk/>

<https://portal.autismearlysupport.org.uk/>

An interactive 24/7 community of support, resources and guidance. Wherever you are on your journey, the portal will help you with what you need to know and when you need to know it within Bucks.

Top tips for devices at Christmas

<https://saferinternet.org.uk/guide-and-resource/top-tips-for-staying-safe-online-at-christmas>

<https://www.bamford.derbyshire.sch.uk/Online%20Safety/online-safety-12-days-of-christmas.pdf>

During Christmas, the increased use of devices can impact children's mental health due to factors like overstimulation and the pressure of social media.

Need something to keep the kids active and entertained over Christmas? Want to try improve your family's health or fitness? Have a go at these...

<https://www.naturalsuperkids.com/keeping-your-kids-healthy-over-christmas/>

Check out the many videos and games from BBC Super movers. There are TV related links for KS1 and KS2 and even dance moves to help learn your times tables!

[https:// www.bbc.co.uk/teach/supermovers](https://www.bbc.co.uk/teach/supermovers)

Get Kids Moving is an initiative with videos from superheroes to Harry Potter, the Grinch to Disney themes. You can take part as a family or put one on the kids while you have a well-deserved cuppa!

<https://www.youtube.com/channel/UCokO71NW3TgndaSNyHIqwtQ>

Cosmic Yoga is always a winner in EYFS and the festive videos are lots of fun.

[https://www.youtube.com/playlist? List=PL8snGkhBF7nilgIbF-cL8d9BOcQIPay44](https://www.youtube.com/playlist?List=PL8snGkhBF7nilgIbF-cL8d9BOcQIPay44)

The build up to Christmas and the expectation to make it wonderful can be a stressful time for families particularly in this financial climate

If you need help...

Family Information Service (help with finances, wellbeing, housing)

Restore Hope - 01494 765555

MIND - 01296 43732

Chiltern Foodbanks - 0808 2082138

Employment Support - 01494 463364 EXT 2

Safe Haven Crisis support - 01494 218098

Have a safe, happy and restful Christmas and New Year from all the staff