



Lavant

C.E. Primary School

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Summer Wellbeing Newsletter

Dear Parents and Carers,

As we approach the long summer break, we wanted to share some thoughts and resources to help support both your wellbeing and your child's during the holidays. This time can be a wonderful opportunity for rest, connection, and adventure, but it can also be intense, particularly when routines shift and everyone is under one roof a little more than usual.

Let's Talk About Arguments...

It's completely normal for tensions to rise over the summer especially when routines are off, sleep patterns are disrupted, and everyone is in close quarters for longer stretches of time. Arguments, both between adults and between siblings, are a natural part of family life. But how we *handle* those disagreements really matters. Research shows that children are very sensitive to conflict in the home, and unresolved or aggressive arguments can impact their emotional wellbeing even when they're not directly involved.

The good news? Learning to *argue well* is a powerful skill, and one that children benefit from seeing in action. These brilliant websites offer practical tips on how to navigate conflict in healthy ways:

- [Healthy Relationships - Reducing Parental Conflict Animation \(Pan Sussex\) - YouTube](#)
- [Better Conversations Access \(1\)](#)
- [We can Relate to parents and co-parents | Relate](#)
- [YoungMinds – How to manage family conflict](#)

Reconnecting in Nature

Time outdoors can do wonders for both adult and child wellbeing. It supports physical health, lifts mood, reduces stress, and helps regulate emotions—plus, it's often free!

Here are just a few ideas to enjoy West Sussex's natural spaces:

- **South Downs National Park** – open trails, stunning views, and family-friendly walking routes.
- **Local beaches** – from West Wittering to Littlehampton, the coast is a great place to unwind.
- **Nature reserves and parks** – check out [Sussex Wildlife Trust](#) for events and locations.

Even just a picnic in your local green space or cloud-watching in the garden can be grounding and calming.

If You're Finding Things Difficult...

If things start to feel overwhelming for you or your child, you're not alone and help is available.

- **Samaritans** – 116 123 (24/7 free helpline)
- **YoungMinds Parent Helpline** – 0808 802 5544
- [West Sussex Mental Health Support Services](#) – Find local support

Talking things through can make a real difference.

Transition Support

Is your child moving to a new school in September? Whether they're heading to Reception or transitioning to Year 7, it's normal for both children *and* parents to feel a mix of emotions.

This website offers guidance, resources, and activities to help manage transition:

- BBC Bitesize – [Starting Primary](#) or [Secondary School](#)
- YoungMinds – Supporting Transitions

Keep talking to your child, name their feelings, and remind them (and yourself) that it's okay to feel uncertain—change takes time.

Final Thought

Summer doesn't need to be 'perfect' to be positive. Focus on the little moments of connection: a shared laugh, a walk in the woods, an apology after a disagreement, and a quiet story at bedtime. These are the things your child will remember most.

Wishing you all a safe, restful, and joyful summer holiday.

Warm wishes,

Nicola

Nicola Ellis
Mental Health and Wellbeing Led