

Mindfulness Monthly

Issue 23: October 2025

Welcome to the second edition of 'Mindfulness Monthly' for this academic year. We hope that the start of the year has started well – it certainly has been a really positive start in school. This month's newsletter includes seasonal wellbeing tips, information about World Mental Health Day, as well as profiles from staff about how they look after their mental health and well-being.

World Mental Health Day (Friday 10th October)

This year's theme is 'Mental Health is a Universal Human Right', reminding us that everyone deserves access to mental health support, regardless of age, background, or circumstance. In school, we'll be encouraging students to think about what mental health means to them and how they can support their own well-being, as well as that of others. At home, small conversations can make a big difference. Try asking open-ended questions like "What's been the best part of your day?" or "Is there anything you're worried about at the moment?" These gentle prompts can help children feel heard and supported. You can also explore resources from organisations like YoungMinds, Mindworks Surrey and Mind for further guidance or support.



Autumn well-being tips

As the days grow shorter and the weather turns colder, it's common for energy levels and mood to dip. This is a natural response to seasonal change, but there are simple ways to support well-being during this time. Encourage your child to spend time outdoors when possible - even a short walk in daylight can boost mood and help regulate sleep. Maintaining consistent routines around bedtime and meals can also provide a sense of stability. At home, creating warm, cosy spaces for relaxation can help young people feel safe and calm. Whether it's a quiet reading corner or a shared family movie night, these moments of connection matter.

Digital well-being

With darker evenings and more time spent indoors, screen time often increases. While technology can be a great tool for learning and socialising, it's important to maintain healthy boundaries. Consider setting a 'tech curfew' (for example, no devices after 8pm) to support better sleep and reduce overstimulation. You might also try having device-free zones, such as during dinner or family time, to encourage conversation and connection. Most importantly, keep communication open: talk to your child about what they're doing online, who they're talking to, and how they feel about their digital experiences. As screen time increases during the colder months, it's a good time to revisit online safety. Here are three simple ways to help keep your child safe online:

- 1. Know what they're using:** Ask your child to show you the apps, games, and websites they use regularly.
- 2. Use parental controls:** Most devices and platforms offer settings to limit content and screen time.
- 3. Keep communication open:** Let your child know they can come to you if something online makes them feel uncomfortable or confused.

We'll continue to explore digital safety in school, but your support at home is vital in helping children navigate the online world confidently and safely.

Thamesmead Staff Profiles

As with previous editions of Mindfulness Monthly, this month we are going to learn about some of our fantastic Thamesmead staff and what they do to support their mental health;

What is your role at Thamesmead?

I am the Maths intervention tutor.

How long have you worked at Thamesmead?

Only one year - this is my second.

Have you had other careers prior to working at Thamesmead?

What haven't I done!? I was a waitress and bartender until my 20s. Then I worked at Specsavers for a bit and followed that with a few years managing a charity shop for 'Shooting Star Chase'. I then decided to become a Maths teacher! I now run my own tutoring business.

What do you do to support with your own mental health?

I am a bit feisty (like a few of our students) and I always hated people telling me what to do. Somewhere along the way a teacher told me "It's okay to go against people as long as you do it for your own good". That has stuck with me. Every time someone tells me I can't do something, I can't help but want to prove them wrong. It helps my mental health massively to spin the negative things people tell me into something that will benefit me. And it feels good when I do prove them wrong. It reminds me that I can do anything if I stick with it. Mindset is such a powerful thing.

Miss Hernandez



Mrs
Bulathsinalage

What is your role at Thamesmead?

I am a Teaching Assistant at the school.

How long have you worked at Thamesmead?

I have worked at Thamesmead for 7 months.

Have you had other careers prior to working at Thamesmead?

Yes; I have been a Lecturer/Teacher, Project Administrator and a Researcher.

What do you do to support with your own mental health?

I like to read books, particularly ones that help me to stay calm and peaceful (particularly 'The Things You Can See When You Slow Down'). I also meditate for 15 minutes in the morning. I also do a 30 minute dancing workout with my two beautiful girls (6 and 8 years old) at least 5 days a week.

Website recommendation of the month

HappyMaps (<https://www.happymaps.co.uk/>)

A brilliant NHS-backed site created by doctors and parents, HappyMaps brings together trustworthy advice on children's mental health, behaviour, and well-being. Whether your young person is struggling with anxiety, sleep, or screen time, this site offers age-specific tips and links to helpful resources - all in one place.



Halloween anxiety

Halloween can be a fun and exciting time, but for some young people it may also bring up feelings of anxiety. Whether it's fear of costumes, loud noises, or social pressure around parties, it's important to validate your child's feelings and offer alternatives. Let them know it's okay to opt out of activities that feel overwhelming. You could suggest quieter celebrations, like pumpkin carving at home, watching a family-friendly film, or doing Halloween-themed crafts. Reassure your child that their comfort and safety come first, and that there's no 'right' way to take part.

Personal Development curriculum

The Personal Development curriculum offers students a wide range of support and guidance about a number of issues that they may face, including how to maintain a healthy lifestyle and tips to support with maintaining positive mental health. The Programme of Study for Personal Development (2025-2026) can be seen below;

	Year 7 lessons	Year 8 lessons	Year 9 lessons	Year 10 lessons	Year 11 lessons
Lesson 1 12/09/25	Being safe and healthy: Emotions and well-being	Being safe and healthy: Healthy body and healthy eating	Being safe and healthy: Raising awareness of drugs	Being safe and healthy: Healthy eating and food labels, or Careers: What is a CV?	Study skills: Memory boosting
Lesson 2 22/09/25	Being safe and healthy: Physical and mental health	Being safe and healthy: Healthy lifestyle and mental well-being	Being safe and healthy: Alcohol awareness	Being safe and healthy: Healthy eating and food labels, or Careers: What is a CV?	Study skills: Skimming, scanning and mind mapping
Lesson 3 03/10/25	Being safe and healthy: How to be healthy	Being safe and healthy: Body image	Being safe and healthy: Tobacco and vaping	Being safe and healthy: Poor nutrition and allergies	Study skills: Revision timetables, or Careers: Work place skills and attributes
Lesson 4 07/10/25	Being safe and healthy: The importance of sleep	Being safe and healthy: Body image and mental health	Being safe and healthy: Body image	Being safe and healthy: Benefits of long-term physical fitness and sleep	Study skills: Revision timetables, or Careers: Work place skills and attributes
Lesson 5 23/10/25	Being safe and healthy: Dental hygiene	Being safe and healthy: Substance awareness	eSafety: Risks online, or Careers: What are learning styles and pathways?	Being safe and healthy: Blood, organ and stem cell donation	Being safe and healthy: Healthy relationships
Lesson 6 17/11/25	Being safe and healthy: Puberty (Changes in boys)	Careers: What are apprenticeships?	eSafety: Risks online, or Careers: What are learning styles and pathways?	Being safe and healthy: Immunisations and vaccinations	Being safe and healthy: Consent and the law
Lesson 7 26/11/25	Being safe and healthy: Puberty (Changes in girls)	Citizenship: Dealing with loss	Being safe and healthy: Building blocks to good relationships	Citizenship: Family dynamics, or Careers: Study skills and habits	Being safe and healthy: Identifying sexual pressure
Lesson 8 09/12/25	Careers: What are creative pathways?	Citizenship: Gender identity	Being safe and healthy: Consent	Citizenship: Family dynamics, or Careers: Study skills and habits	Being safe and healthy: Sexual relationships and red flags
Lesson 9 18/12/25	eSafety: How the internet can impact mental health	Citizenship: Equality and equity	Being safe and healthy: Sustaining relationships	Citizenship: Relationships and family	Being safe and healthy: Fertility and reproduction, or Careers: Completing CVs
Lesson 10 09/01/26	eSafety: Breck's last game	Being safe and healthy: Healthy and positive relationships	Being safe and healthy: The male and female body and pornography	Being safe and healthy: Gender, power and consent	Being safe and healthy: Fertility and reproduction, or Careers: Completing CVs
Lesson 11 19/01/26	eSafety: Grooming behaviours	Being safe and healthy: Sexual consent	Being safe and healthy: Fertility, or Careers: How to make informed decisions	Being safe and healthy: Intimate and sexual relationships	Being safe and healthy: Pregnancy choices
Lesson 12 28/01/26	eSafety: Gaming	Careers: What is your dream career?	Being safe and healthy: Fertility, or Careers: How to make informed decisions	Being safe and healthy: Sexual harassment	Being safe and healthy: Contraception and sexual health
Lesson 13 09/02/26	Careers: How to find the right path	eSafety: Digital resilience and digital footprints	Being safe and healthy: STIs and safe sex	Being safe and healthy: Dating and relationship behaviours	Being safe and healthy: Self-examination, or Careers: How to transition to your next steps
Lesson 14 12/03/26	Citizenship: 'The Rights of the Child'	eSafety: Social media and cyberbullying	Being safe and healthy: Sexual response	Being safe and healthy: Contraception	Being safe and healthy: Self-examination, or Careers: How to transition to your next steps
Lesson 15 23/03/26	Citizenship: Rights and responsibilities	eSafety: Safe and risky online behaviours	Being safe and healthy: Readiness for intimacy	Being safe and healthy: Risky behaviours, or Careers: What are your career options?	Personal Finance: Living independently
Lesson 16 14/04/26	Citizenship: Identity and diversity	Citizenship: Knife crime	Citizenship: Community and diversity	Being safe and healthy: Risky behaviours, or Careers: What are your career options?	Citizenship: Rights and responsibilities
Lesson 17 24/04/26	Citizenship: British values	Citizenship: The work of charities	Citizenship: Human rights, stigma and discrimination, or Careers: Exploring jobs	Personal finance: Living independently	Study skills: Revision and revision timetables
Lesson 18 01/05/26	Citizenship: Communities and why they are important	Personal finance: Banks and saving	Citizenship: Human rights, stigma and discrimination, or Careers: Exploring jobs	Personal finance: Understanding pay slips	Being safe and healthy: Mindfulness and coping with exam pressure
Lesson 19 03/07/26	Careers: Preparation for the Business and Enterprise Summer Fair	Careers: Preparation for the Business and Enterprise Summer Fair	Citizenship: Community, diversity and the Prevent agenda	Citizenship: Diversity in the UK	
Lesson 20 14/07/26	Personal finance: Money and budgets	Being safe and healthy: Resilience and coping strategies	Personal finance: Savings, borrowing and debt	Citizenship: Community contribution	

Well-Being Quote:

"Vulnerability sounds like truth and feels like courage. Truth and courage aren't always comfortable, but they're never weaknesses"

Brené Brown

Optimistic October 2025

MONDAY



6 Remind yourself that things can change for the better

TUESDAY



7 Look for the good in the people around you today

WEDNESDAY

1 Write down three things you can look forward to this month

THURSDAY

2 Find something to be optimistic about (even if it's a difficult time)

FRIDAY

3 Take a small step towards a goal that really matters to you

SATURDAY

4 Start your day with the most important thing on your to-do list

SUNDAY

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in the people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time



28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month

