

Falcons Primary School Wellbeing Newsletter

Spring Term Issue 3—Friday 13th February 2026

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We hope you enjoy reading our termly **Wellbeing newsletter**. It is filled with top wellbeing tips as well as keeping you up to date about the work we do at Falcons around wellbeing.

Children's Mental Health Week 2026

Children's mental health week runs from **9 to 15 February 2026**. It is led by the UK children's charity Place2Be.

The week helps families, schools and communities talk about children's mental health. It also shares simple ways to help children feel **safe, valued and supported**.



Why belonging matters

Feeling included helps children:

- build confidence
- manage stress
- form healthy friendships
- feel understood

Small actions at home can make a big difference. Even a short chat or shared activity can help a child feel valued.



Simple ways to support your child

1. Talk about feelings

Let your child know it is okay to talk about how they feel. Listen without judging or rushing to fix things.

Try this tonight: "What made you feel happy today?" or "Was anything hard today?"

2. Use creative play

Drawing, colouring or building can help children share thoughts in a gentle way. Talk together while you create.

Try this: Spend 15 minutes making a picture called "**My Place**" and ask your child to explain it.

3. Keep calm routines

Regular times for sleep, meals and play help children feel safe. Predictable days can lower worry and stress.



Try this: Pick one evening this week for a **screen-free family activity**, like a walk, a game or reading together.

4. Encourage kindness

Talk about how it feels to be left out. Help your child notice when others may need support.

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A child's "place" can be:

- their home
- their school
- their group of friends
- their local community

When children feel they belong, they often feel safer.

They may find it easier to talk, learn and try new things!



At Falcons this week children created lovely pieces of Art work showing places and people that help them to feel a **sense of belonging**.



Children were also reminded about

'The 5 Ways to Wellbeing!'



Classes also discussed how feeling part of something can have a really **positive impact**



The **5 ways to wellbeing** are five things we can do every day to look after our mental health. Connecting with others, giving, learning a new skill, being active and taking notice of all the wonderful things in life are sure fire ways to boost your mood! Listen to the 5 ways to wellbeing song and have a sing along! <https://youtu.be/fvI2Or7w3HM>



50 things to do before you leave Falcons Primary School



Have you got your certificate for completing 10 activities yet?



Motivated by our desire to provide children with a richness of experiences beyond the classroom, we have created a list of 50 things to do before leaving Falcons Primary School.

The aim of this is to ensure that our pupils have the childhood experiences that all young people deserve. How many can you complete over half term with your family and friends?

Half term—What's on in Leicester?

National Space Centre (14-22 Feb): "Astronomical Adventure" with workshops and science activities.

UK Kids Comedy Festival (4-22 Feb): Various comedy events for children across the city.

Manor Farm Park & Woodlands (14-22 Feb): Special half-term activities in Loughborough.

Chinese New Year (21-22 Feb): Cultural celebrations in the City Centre.

Pets at Home (19, 21 Feb): "Pet Pals" workshops at Beaumont Leys.

Leicester Museums & Galleries: Family-friendly exhibitions, including the King Richard III Visitor Centre.

Active Leicester: Various holiday activities at local leisure centres.

Free Things to Do

Museums: Visit the Leicester Museum & Art Gallery or Leicester Guildhall.

Parks & Nature: Explore Bradgate Park or the Leicester Botanic Garden.

Storytime with Bluey (22 Feb): Free sessions at Harborough and Lutterworth Leisure Centres.

Useful apps for parents

www.healthforkids.co.uk

Find top tips and advice on all aspects of children's emotional and physical health, from keeping kids active and eating well, to building their confidence and equipping them with skills to keep them safe.

There are also fun games for children to play while learning at the same time!

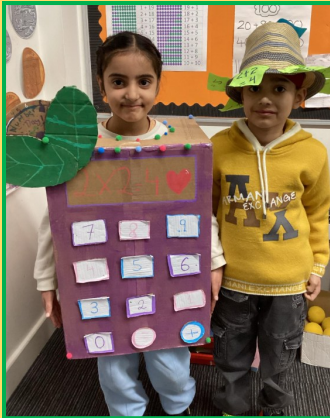
There is a great section for parents!





We had an amazing day taking part in Number Day at school last Friday. Well done to the children who got creative and looked fantastic in their number themed outfits! It was a day full of fun, maths-based activities that everyone thoroughly enjoyed.

Thank you for your donations in support of the NSPCC. We are pleased to share that we raised **£152.00**. The money raised will help the charity continue its vital work supporting children and young people across the UK.



FALCONS PTA

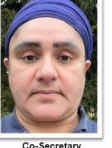
The Falcons PTA held their Annual AGM last week and successfully selected their committee for the year ahead.

We would like to warmly welcome our new committee members and thank them for volunteering their time to support our school community. We are looking forward to the exciting events they will be organising throughout the year.



2026 Falcons PTA committee



 Chair Anisha Mohinudeen (Anee)	 Event Organiser Lauren Lightfoot	 Co-Treasurer Karen Kaur	 Co-Treasurer Lakhvir Kaur
 Co-Parent Liaison Sarah Bignall	 Co-Parent Liaison Chandrika Bamhaniya	 Co-Secretary Einderpreet Kaur	 Co-Secretary Parminder Kaur

DIARY DATES

- **School Closes for Half Term:** Friday 13th February
- **School Re-Opens:** Monday 23rd February
- **School Photographer:** Wednesday 25th February
- **World Book Day:** Thursday 5th March
- **Parent/Teacher Meetings:** 17th & 18th March
- **Comic Relief—Red Nose Day:** Friday 20th March
- **School Closes for Easter:** Friday 27th March
- **School Re-opens:** Monday 13th April
- **Vaisakhi Day:** Tuesday 14th April

