



Safeguarding Bulletin

JANUARY 2026

HAPPY NEW YEAR

Dear Parents and Carers,
As we embark on a new year, we know that for many children, the start of a new school term is an exciting time, filled with fresh opportunities, new friends, and a chance to learn and grow. However, it's also important to recognize that the transition back to school after a break can bring its own set of challenges. Whether your child is eager and full of enthusiasm, or feeling a little anxious or uncertain, it's natural to experience a mix of emotions. In this bulletin, we hope to provide some helpful advice to support you as you help your child navigate the start of the new year—whether they're excited or worried—and to encourage emotional wellbeing during the school day and beyond.

RECOGNISING SIGNS OF WORRY

Some children may feel a little anxious about returning to school. This could be because they are facing new challenges, such as a change in class, a new teacher, or perhaps social worries about making friends or fitting in. It's important to watch for signs of anxiety and offer support:

- Physical signs: Complaints of stomach aches, headaches, or feeling unwell.
- Emotional signs: Increased irritability, sadness, or being tearful.
- Behavioral signs: Withdrawal, reluctance to talk about school, or avoiding school-related activities.

If you notice any of these signs, talk to your child and ask them how they are feeling. Sometimes children may have trouble expressing their worries, so it can be helpful to use gentle, open-ended questions such as, "What are you most excited about for school?" or "Is there anything about school you're feeling unsure about?"

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COUNTDOWN TO SCHOOL: FRIDAY RESET

School starts again on Monday — and for many children, that shift can feel big, even if they're excited.

Today isn't about doing everything perfectly. It's about nudging the body and brain back into rhythm.



Start gently adapting routines.
Bring bedtime a little earlier.
Wake up slightly closer to school time.



Not suddenly — just enough to remind the nervous system what's coming.



If snacking has been constant over the holidays, that's okay — holidays are different.

But now is a good time to ease back towards predictable meal and snack times.

Regular fuel helps regulate energy, mood, and focus far more than we realise.



Talk about school in a low-pressure way.
Who are they looking forward to seeing?
Is there a teacher or friend they've missed?
What would they love to find in their packed lunch next week?



These conversations help the brain rehearse the return — reducing anxiety and surprises.

And remember: mixed feelings are normal.
Excitement and worry often live side by side.
We don't need to fix that — just make space for it.



Gentle preparation now can mean fewer explosions later.

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COUNTDOWN TO SCHOOL: SUNDAY EMOTIONAL RESET



Tonight isn't about uniforms, bags, or checklists.
It's about helping children feel emotionally ready to return.

Start by slowing things down.
A quieter day. Fewer demands. Less rushing.
When the nervous system feels safe, emotions soften.



Make space for talking — without fixing.
“What are you most looking forward to?”
“What feels a bit wobbly?”
“What would help tomorrow morning feel easier?”
You're not solving the feelings. You're showing they're allowed.

Name the feelings you notice.
Excitement. Worry. Relief. Sadness.
Children often feel more than one at once — and that's normal.
When feelings are named, they feel less overwhelming.



Offer regulation before reassurance.
Connection, cuddles, calm play, shared breathing, quiet time.
A regulated body helps a worried mind far more than words do.



End the day with predictability and comfort.
A familiar bedtime routine.
A reminder of who will be there in the morning.
A clear, calm goodbye plan.



This isn't about removing nerves.
It's about helping children carry them safely.

FREE DOWNLOAD - an extended Sunday Emotional Reset: Helping Your Child Feel Ready for School - FOLLOW the page, LIKE the posts and comment SUNDAY below. Be sure to follow all the steps to receive the link.

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