

# Inclusive Learning Federation



## Wellbeing Newsletter

Welcome to our Autumn Term ILF Wellbeing Newsletter.

As the days get shorter and routines shift, this time of year can bring extra tiredness and changes in children's sleep patterns. This newsletter shares some simple ideas to help keep everyone feeling well during the darker months.

- Boost morning light exposure - open curtains as soon as your child wakes.
- If possible, a 5–10 minute walk or fresh-air moment before school makes a big difference.
- Aim for a consistent bedtime and wake-up time, even on weekends.
- Create a calming bedtime routine: warm bath, quiet story, soft lighting.
- Busy after-school schedules, late meals, or exciting screens (TV, YouTube, games) can delay the brain's "wind-down" process.
- A 30–60 minute screen-free buffer before bedtime helps children fall asleep more easily.
- Low-key activities like reading, colouring, Lego, or puzzles can help overstimulated children settle.

Christmas can sometimes feel like a competition. Children remember simple, connected moments far more than expensive or elaborate plans. The holiday can be a wonderful time to slow down and enjoy simple moments together. Consider:

- A cosy film night
- Baking something simple together
- Reading a festive story by the tree
- Winter walks



### Useful links if you need any support over the break.

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

<https://www.milton-keynes.gov.uk/health-and-wellbeing/mental-health-and-wellbeing>

<https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/nspcc-helpline/>

For Safeguarding concerns contact:  
Milton Keynes Multi Agency Safeguarding Hub (MASH)  
Call 01908 253169.  
Email [children@milton-keynes.gov.uk](mailto:children@milton-keynes.gov.uk)

### Key Dates

30 January Parent Mental Health Day  
6 February Time to Talk Day  
9 -15 February Children's Mental Health Week

There is a range of free activities and food for young people from 4 – 16 years who are in receipt of benefit related Free School Meals (FSM) to access from 29 December - 2 January 2026. Funded by the Department for Education, the aim of the Holiday Fun and Food programme is to offer free holiday clubs or activity places over the school holidays to children who receive benefits-related free school meals.

For more information click the link:  
<https://www.milton-keynes.gov.uk/children-young-people-and-families/holiday-activities-and-food-programme-2025>

### **Resource Spotlight**

Book: Ruby's Worry (great for helping children talk about their feelings).

Wellbeing resources:

<https://rise.childrenssociety.org.uk/wellbeing-resources>

Try at Home: A "gratitude jar" — each evening, add one thing your child enjoyed that day.