

WEST CRAVEN HIGH SCHOOL NEWSLETTER



Principal's Welcome

Friday 24th April

Dear Parents / Carers

As I write this address for this week's ebulletin, I am looking out at clear blue skies and the hint that some warmer spring weather may finally be here. Our sports teams have been enjoying the lighter evenings with an unbeaten run of games in The Pendle Schools Netball tournament. They won the event, drawing games with Park and Fisher Moore and winning against Primet and Pendle Vale. Congratulations to all involved!

With the warmer weather it is a good opportunity for me to remind parents to try and ensure students have a water bottle. We do sell bottled drinks, including water, but we have drinking fountains and taps for re-filling water bottles. We encourage students to do this before and after school or in the 20-minute break or 40-minute lunch, rather than in lesson time. It is best if the water bottle is filled at home, so that students only need to top up their bottles. We are also continuing with our school uniform, with teachers allowing students to remove their blazers if it ever decides to get hot this year!

I will be going into forms next with our Pastoral Year Leads to check uniform next week. Having a uniform is much more than just a school rule. Our uniform serves many purposes. Wearing the school uniform is part of belonging to our community and creating a shared identity. As I said last week, it also removes peer pressure and the distraction to wear the latest trends or fashionable items. One of our key values is equality and having a uniform helps promote this. Our uniform also prepares for life after school; many careers require a uniform or have professional dress code. All of this is to help secure high standards and expectations. Not least of all, our students look fantastic in full uniform, and this often receives positive comments from members of the local community. I want local people and businesses to recognise our students and know that young people from this school are well-mannered, polite and respectful. Our uniform is based on common sense with very few branded items. Our uniform is generic and easy to obtain. You can get school badges and ties from the main office. We insist on sensible black shoes and we have shared guidance with the students this week about what is acceptable. We do appreciate that this can be costly, especially footwear, so please contact us if there is an issue and we will work with you to resolve the situation.

I missed the opportunity to welcome our new staff to the school last week. We have been very fortunate in our recruitment to have some great people join the trust. Mrs. Zalaki joins us as an experienced teacher of English and an addition to our extended Leadership team. Mr. Hargreaves is an excellent teacher joining our Maths department. We have Mrs. H Smith joining us to lead Year 9 as their new Year Lead. We also congratulate Mrs Gartland in being successful in her new post as Attendance Manager. As I say to the students all the time, 'What makes a great school is the people; the staff and the students!' I am grateful to everyone that works so hard for the young people in this community.

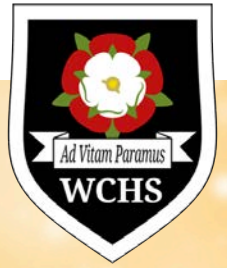
Thank you for your continued support.



Mr Bates, Principal



STARS OF THE WEEK



7

Isabella 7 AOP
Madelyn 7 MFO
Jack 7 OCA
Jesse 7 YGR



8

Daniel 8EAJ
Muhammad 8KSN
Oscar 8 NHU
Aimee 8RSW

9

Layla 9HWH
Cole 9AYO
Laaibah 9LWI
Ellie 9 WDA

10

Samuel 10ABA
Amalie 10CMC
Leon 10DWI
Ella 10 JPE
Amy 10 ASC

11

Noah 11API
Mikolaj 11DRA
Yvette 11ECU
Izobel 11MBA
Thomas 11MMO
Kai 11MTU

Congratulations to this week's top students from each form group.

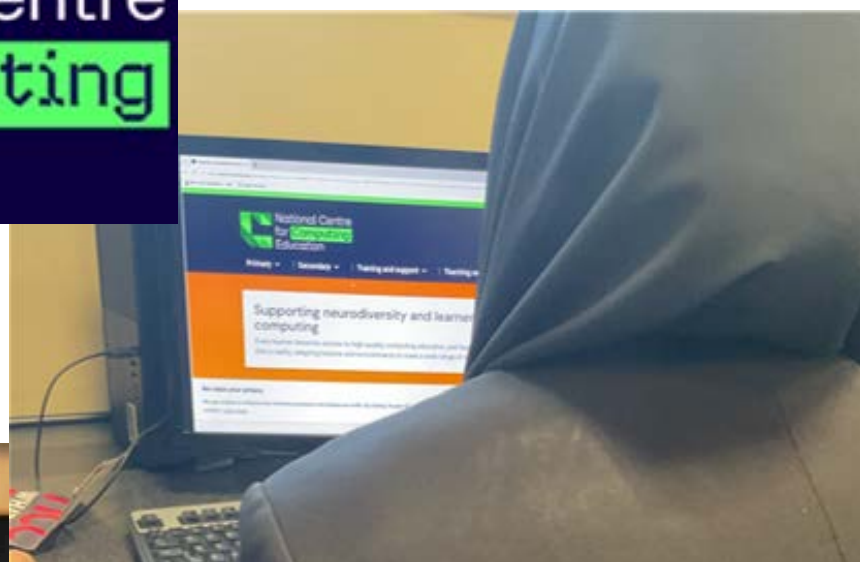


CURRICULUM UPDATE : COMPUTING

Exploring App Development: From Idea to App

Today, there really is an app for almost everything – and our learners are discovering how they're made. In the App Development unit, Year 8 students explore the complete design and development process behind creating their own mobile applications using App Lab from code.org.

Learners begin by designing with the user in mind, thinking carefully about usability, accessibility and purpose. They explore how smartphone hardware features, such as sensors and alerts, can be used to enhance both user experience and safety. Alongside this, students develop their coding knowledge and skills to build a fully functional app. By the end of the unit, learners gain valuable, hands-on experience in turning creative ideas into real, usable digital solutions – building skills that are essential in today's technology-driven world.



Mr Hussain
Head of
Computing



OFSTED LETTER

Dear Parents and Carers,

I am writing to tell you about some important changes to the way schools in England are inspected by Ofsted. I also want to explain what this may mean for you and your child's school.

From November 2025, Ofsted started using a new way to inspect schools. This is different from what many parents are used to, so it is important to understand how inspection results now work.

What has changed?

In the past, schools were given one overall judgement, such as good or outstanding. These single word judgements are no longer used.

Instead, schools now receive a report card. This shows how a school is doing in different areas, such as:

- leadership
- teaching
- inclusion
- attendance
- behaviour
- wellbeing



Each area is checked against what Ofsted expects schools to achieve across the country. This gives more detail about what a school does well and where it needs to improve. However, it can take a bit more time to understand at first.

What this means for parents

The new inspection results are not the same as the old Ofsted grades. If a school does not meet the expected standard in one or more areas, this does not mean it is the same as being judged inadequate in the past. The systems are different and should not be compared.

Some schools work in very challenging situations. For example, they may support children and families who face many difficulties. Even when staff work very hard and make a real difference every day, it can be harder to meet national targets. The inspection does not always show the full picture of a school or the progress it is making over time.



OFSTED LETTER

For this reason, we encourage parents to read the full inspection report, not just the headlines or grades. The written sections explain what inspectors saw and give important detail.

We also encourage you to think about what you already know about your child's school. This includes how your child feels about school, how well they are supported, and the progress they are making.

Our support for schools

Schools across Lancashire are full of staff who care deeply about the children they work with. The new inspection system has added extra pressure for school leaders and staff, and we know this can affect wellbeing.

As a local authority, we visit schools regularly and work closely with headteachers and governors. We see the hard work, care and commitment that goes on every day, often in very difficult circumstances.

We remain fully committed to supporting schools, supporting staff, and working with families to help children and young people do as well as they can.

In summary

If your child's school is inspected under the new system, the results may look different from what you have seen before. This does not reduce the care, effort or dedication of school staff, or the quality of education and support children receive.

Your trust, understanding and continued involvement with your child's school are very important. By working together, inspection information can be used in a fair and helpful way that supports children's learning and wellbeing.

Thank you for taking the time to read this letter and for your continued support of Lancashire's schools.

Yours sincerely,

Aby Hardy
Head of Education Improvement
Education Improvement





Year 7 Netball Celebrate Tournament Success

Our Year 7 Netball team enjoyed a fantastic day yesterday, finishing joint winners of the Pendle School Netball Tournament alongside Fisher Moore. The girls showed excellent teamwork, determination, and sportsmanship throughout a highly competitive event.

The team remained unbeaten across the tournament, producing some impressive performances:

West Craven vs Park – 0–0

West Craven vs Fisher Moore – 1–1

West Craven vs Primet – 3–0 win

West Craven vs Pendle Vale – 5–1 win

These results secured joint first place—an excellent achievement and a proud moment for the school.

The team: Zoya, Ruby, Aisha, Isabelle, Evie, Jessica, Izabella, Daisy, Brooke and Saha

A huge well done to all players involved for their commitment and effort—this is a brilliant achievement for our Year 7 netballers.



Mrs Bateman
PE Teacher

AFTER SCHOOL CLUB DANCE GROUP SHINE

West Craven Students' Dance Club Shines on the Hippodrome Stage

We are incredibly proud to celebrate a fantastic achievement by our West Craven After-School Dance Club students, who attend Imogen Gibson School of Dance every Thursday after school.

Last Saturday, seven of our dancers had the exciting opportunity to perform at Imogen's show at the Hippodrome, where they took to the stage with an energetic and confident routine inspired by SIX: The Musical. The girls wowed the audience with their confidence, enthusiasm, and strong stage presence, truly lighting up the theatre.

They were not only outstanding performers but also a credit to West Craven backstage, showing themselves to be polite, well-mannered, and professional throughout the whole experience. Their teamwork and positive attitude made everyone extremely proud. A huge well done to all the dancers involved for their hard work and dedication. You represented the Thursday Dance Club brilliantly, and we can't wait to see what you achieve next!

Interested in joining?

If you would like to attend this group, please head to the gym after school on Thursdays to take part. Come along to learn new dance skills, build confidence, and make new friends!



UNIFORM REMINDERS

Uniform reminder: School Shoes

Our uniform is designed to be smart and simple. When worn correctly it brings great pride to students and the school. Wearing a uniform demonstrates high standards, our school values and a sense of community. Wearing the uniform shows you belong to our family and it's an expectation at the school..

Please be aware that some commercial retailers may label some part of their range as 'Schoolwear' when it is not. This is especially common in footwear. Both girls and boys are asked to wear black shoes. The pictures below may give some guidance as to appropriate footwear for girls and boys at West Craven High School.



Details of our uniform are included in our parent handbook and on our website. Please ensure your child is setting off to school meeting our uniform expectations. If you need any support with uniform or have any concerns please speak to your child's Pastoral Year Lead.



PASTORAL UPDATE YEAR 7

Dear Parents and Carers

I hope this message finds you well.

It doesn't seem that long ago that our Year 7 students were taking their very first steps into high school—some full of excitement, others a little nervous. Yet here we are, already in the summer term, looking back at just how far they have come.

Over the past months, we've watched them grow not only in knowledge, but in confidence, resilience, and independence. They have settled beautifully into the routines of secondary school life, embracing new subjects, new responsibilities, and new challenges with a maturity far beyond their years. It has been a joy to see friendships blossom, interests deepen, and each student discover more about who they are and what they can achieve.

Now, as we head into the summer term, there is still so much to look forward to. This final stretch of Year 7 is always filled with excitement—upcoming trips, reward events, special activities, and plenty of chances for students to shine and celebrate how far they've come. It's a term packed with memories in the making, and we know the students will rise to every moment with the same energy and positivity they've shown all year.

Thank you for your continued support
Mrs Harper



PASTORAL UPDATE YEAR 8

We hope you have all had a lovely two-week break over the Easter holidays.

Welcome back to the Summer Term. With lighter evenings and hopefully better weather ahead, we remind pupils to stay safe when out with friends, particularly during the evenings.

Nelson and Colne College has now completed the first of the “Escape to Your Future” talks, helping Year 8 pupils begin to think about their future aspirations. There are more of these informative sessions to look forward to over the coming months.

Good luck to all those with family members taking part in the London Marathon and other marathons this weekend – a fantastic achievement and something to be very proud of. Finally have a wonder Summer term, work hard and achieve great things this term.

Best wishes Mrs. freeman



ATTENDANCE MATTERS

Attendance Matters

Children and young people who miss school, miss out on not only learning and education, but also spending time with other children and friends, which helps with developing social and emotional skills. Children who miss school more than others, sometimes find it more difficult to keep friendships.

Some parents may say taking their children out of school for a few days won't impact on their children's education. Being at school every day means children's learning will improve, they will be able to attend all school activities like out-of-school clubs and school trips, and they will have better futures.

We understand everyone is sick sometimes, but regularly taking days off for illness is a cause for concern. Where possible, parents should encourage their children to come to school.

Long-term effects of missing school

If children are absent, it can impact not only on school grades, but their later life. If they're absent for five more days than the average, young people are more likely to not be in work by age 42 and have lower wages.

Keeping children safe

We want to ensure children and young people are in a safe space and not at risk of getting involved in crime and becoming exploited. The best way schools know children are safe during school hours is when they are in school.

Getting help

If children are struggling to attend school every day, please speak to the school to see what help might be available for both children and parents. This could include learning, mental health issues, or any other issues.

Did you know?

- By going to school, children can meet with their friends for social and emotional development and not become isolated at home.
- Children who stay away from school are struggling more with their mental health and some are even unable to leave home.
- It's much more difficult for children to keep up with their education if they miss school and so fall behind – teachers have to make sure all students are progressing.
- Teachers are following a curriculum, and if children have been out of the class, they may find the next bit of the topic much harder to understand.

Missing out on school adds up

- 80% attendance over a school year means your child misses a whole year of education over five years
- 85% attendance means that 29 school days, nearly six weeks, or 145 lessons are missed over a year
- 90% attendance means 19 school days, four weeks or 95 lessons are missed over a year



ATTENDANCE MATTERS



Pendle
Education Trust

Attendance Ladder



YEAR 11 PROM

Year 11 Prom – Class of 2026

Join us for a special night to celebrate the end of your high school years and make unforgettable memories with your friends!

Date: Thursday 25th June 2026

Venue: Crow Wood Hotel, Burnley

Arrival: 6:30pm

Event Time: 7:00pm – 11:00pm

Ticket Price: £40 – buy now on ParentPay!

Includes a two-course meal, welcome drink, and DJ entertainment

Dress Code: Formal attire

Don't miss this incredible evening – we can't wait to celebrate with you!



YOU ARE INVITED TO



PROM NIGHT

CLASS OF

2026

Join us for a special night to celebrate the end of your high school years and make unforgettable memories with friends

25TH JUNE 2026

Ticket price £40

- Red carpet arrival
- A two-course meal
- Welcome drink
- Professional photographer
- DJ and awards

Arrival from 6:30pm
Event 7pm- 11:00pm

VENUE: CROW WOOD HOTEL
BURNLEY



DRESS CODE: FORMAL ATTIRE



YEAR 11 PROM

We are pleased to confirm that a professional photographer will be attending the Year 11 Prom to capture special moments from the evening. Each student will receive one complimentary photograph included in the cost of their ticket. Additional photographs will be available to purchase, and we encourage families to pre-order if they would like extra copies. Please see the information below for details on how to order additional photographs.



PROM PHOTO PRE-ORDER

(ON THE NIGHT PRICE £10 EACH)

PLEASE SEND £7.50 FOR ONE PHOTO OR £15 FOR THREE TO THE ACCOUNT BELOW. **PLEASE STATE THE SCHOOL AND YOUR CHILD'S NAME WHEN PAYING** SO I CAN ENSURE THEY GET THEIR PHOTOS ON THE NIGHT. THANK YOU
A/C KERRY HARGREAVES 01-01-35 23744456



KERRY HARGREAVES

PHOTOGRAPHY



www.westcraven.co.uk

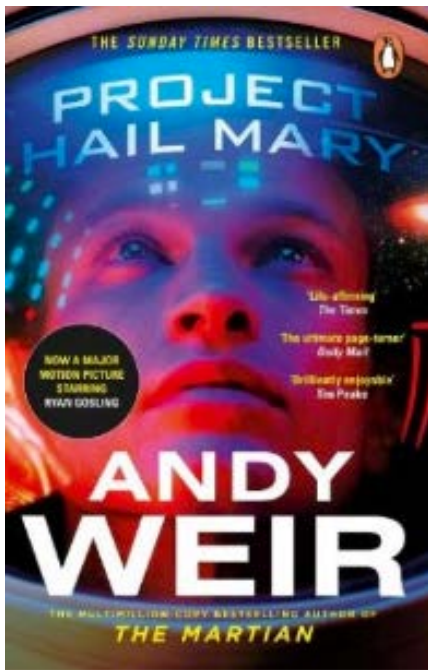


[westcravenhighschool](https://www.facebook.com/westcravenhighschool)



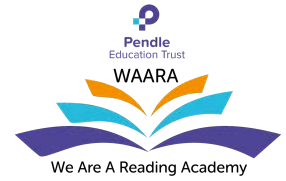
[westcraven.barnoldswick](https://www.instagram.com/westcraven.barnoldswick)

WE ARE A READING ACADEMY



The librarian loves

Project Hail Mary by Andy Weir. I loved his book The Martian. I do not normally read books set in space, but I will always make an exception for Andy Weir,



For pupils who are interested in dragons, the library has lots of books with dragons in them, some of which are currently on display.



Word of the Week

Meticulous is an adjective meaning to do something very carefully and with great attention to detail.





The 23rd April is both St. George's day and Shakespeare's birthday. The following extract is from Act 3 of Shakespeare's play Henry V and it makes reference to St. George:

Once more unto the breach, dear friends, once more;
Or close the wall up with our English dead.
In peace there's nothing so becomes a man
As modest stillness and humility:
But when the blast of war blows in our ears,
Then imitate the action of the tiger;
Stiffen the sinews, summon up the blood,
Disguise fair nature with hard-favour'd rage;
Then lend the eye a terrible aspect;
Let pry through the portage of the head
Like the brass cannon; let the brow o'erwhelm it
As fearfully as doth a galled rock
O'erhang and jutty his confounded base,
Swill'd with the wild and wasteful ocean.
Now set the teeth and stretch the nostril wide,
Hold hard the breath and bend up every spirit
To his full height. On, on, you noblest English.
Whose blood is fet from fathers of war-proof!
Fathers that, like so many Alexanders,
Have in these parts from morn till even fought
And sheathed their swords for lack of argument:
Dishonour not your mothers; now attest
That those whom you call'd fathers did beget you.
Be copy now to men of grosser blood,
And teach them how to war. And you, good yeoman,
Whose limbs were made in England, show us here
The mettle of your pasture; let us swear
That you are worth your breeding; which I doubt not;
For there is none of you so mean and base,
That hath not noble lustre in your eyes.
I see you stand like greyhounds in the slips,
Straining upon the start. The game's afoot:
Follow your spirit, and upon this charge
Cry 'God for Harry, England, and Saint George!'





EXTRA CURRICULAR – SUMMER TERM 1

We are pleased to share details of our Summer Term 1 extracurricular programme, which offers a wide range of lunchtime and after-school clubs designed to enrich students' learning and support their personal development.

This half-term, students can take part in a variety of activities including Homework Support Club, Stage Door Drama Group, Cricket, Rounders, Imogen's Dance School, Band Club, and many more. These opportunities give students the chance to develop new skills, explore their interests, and build confidence outside the classroom.

All students who attend extracurricular activities will receive positive points on ClassCharts, recognising their commitment and participation. In addition, students who regularly attend clubs throughout the term will be awarded a certificate at the end of the term to celebrate their involvement.

We encourage all students to get involved and make the most of the fantastic opportunities available.

West Craven High School					
MON	TUE	WED	THU	FRI	
Library Years 10 & 11	 Library Years 7,8, & 9	Library Years 7,8, & 9	Library Years 7,8, & 9	Library Years 10 & 11	
	Choir Lunch time Room G8	Computing All Years Room G11			
	Youth Enterprise / Fundraising Room G11 	Creative Writing Room T8 Year 7 only 			

AFTER SCHOOL CLUBS – SUMMER TERM 1

West Craven High School (Summer term 1)



After School Clubs

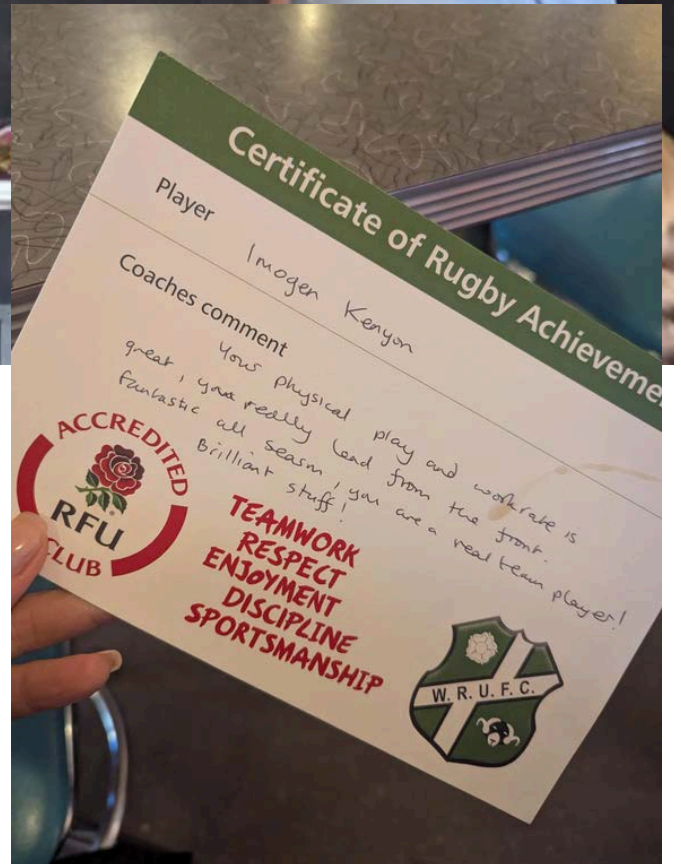
MON	TUE	WED	THU	FRI
<p>Cricket (Year 7 & 8)</p> 	<p>Rounders Year 9 & 10</p> 		<p>Cricket (Year 9 & 10)</p> 	<p>Art Room M10</p> 
<p>French Club Room G3 Year 10s</p> 			<p>Science Club Room G4</p> 	
<p>Library Homework club</p>	<p>Library Homework club</p>	<p>Library Homework club</p>	<p>Library Homework club</p>	
<p>Rounders Yr 7 & 8</p> 	<p>Band club Main Hall</p> 		<p>SEN Homework Club Room G6</p>	
	<p>Stage Door Drama Club 3:30pm – 4:45pm Room T1/2</p> 		<p>Imogen's dance School 3:30pm-4:30pm Gym</p> 	



OUT OF SCHOOL ACHIEVEMENT

Out of School Achievement

Imogen has received fantastic recognition from both sectors of her rugby union cluster team (Aire-Wharfe). Throughout the season, she has consistently demonstrated herself to be a strong and supportive team player and has been recognised for her strength, skills, and agility on the field.



If you would like to share your child's out of school achievements, please contact jevetts@pendleeducationtrust.co.uk



OUT OF SCHOOL ACHIEVEMENT

Out of School Achievement – Cadets

During the Easter break, Sam took part in an exciting four-day adventure training camp in Holton with the Cadet group he attends. Throughout the week, he demonstrated excellent teamwork and leadership skills, even leading a group through the caves as part of the programme. We are incredibly proud of Sam's commitment and achievements outside of school. We have several students involved in Cadets, and it's fantastic to recognise and raise the profile of the valuable skills and experiences they gain through their involvement.



If you would like to share your child's out of school achievements, please contact jvetts@pendleeducationtrust.co.uk



OUT OF SCHOOL ACHIEVEMENT

Out of School Achievement – Rugby Success

We are extremely proud to celebrate the fantastic achievement of our student Zen, who has been crowned a Lancashire Rugby Champion as part of the Nelson & Colne Under 12s rugby team.

Throughout the season, rugby clubs from across Lancashire were split into four pools, with each team playing one another. The top two teams from each pool progressed to the Lancashire Rugby Festival, held at Leigh RUFC on Sunday 19 April. Zen's team finished top of their pool with an unbeaten season, earning their place at the festival.

On the day, the team showed outstanding determination and teamwork, battling through five round-robin matches before progressing to the semi-finals. In a hard-fought game that went 10 minutes into extra time, they defeated Fylde to secure a place in the final. The team went on to deliver an impressive performance, winning the final 21–7 against Vale of Lune to claim the Lancashire title.

Now that the rugby union season has ended, the players have transitioned into rugby league, playing for West Craven Warriors in Barnoldswick. Following an unbeaten season last year, they are currently competing in Division 1, facing some of the strongest clubs in Yorkshire. A huge congratulations to Zen on this outstanding sporting success – a brilliant example of dedication, resilience, and teamwork both in and out of school.



If you would like to share your child's out of school achievements, please contact jevetts@pendleeducationtrust.co.uk



BURNLEY COLLEGE
SIXTH FORM CENTRE

Year 7-11 Open Evening

In Year 7 or 8?

Explore our campus and explore your options.

- ✓ Find out about your different pathways/subjects at College?
- ✓ Get advice choosing the GCSEs you need for your dream career

In Year 9, 10 or 11?

Plan the perfect pathway to achieve your goals.

- ✓ Get advice and guidance on your future
- ✓ Check out our unrivalled enrichment activities
- ✓ Hear from the Principal and Tutors
- ✓ Be among the first to sign up for our free taster sessions, BC Programmes
- ✓ Apply on the night (for year 11s)

Save the Date

WEDNESDAY 6 MAY | 5.30PM - 8PM

A LEVELS | VOCATIONAL STUDY | THEMIS APPRENTICESHIPS | T LEVELS



BURNLEY COLLEGE APPLICANT PREVIEW DAY Monday 29 June



MAKE SURE YOU DON'T MISS OUT ON THIS GREAT DAY WHERE YOU WILL:

- **Discover** more about your chosen course or Apprenticeship
- **Start to find your way around** the Campus and workshops
- **Ask any questions** about travel, careers advice, university progression and more
- **Get to know** your Tutors and Trainers better.

We're looking forward to welcoming you to Applicant Preview Day, whether you plan to study A Levels, a Vocational course, T Levels or start a Themis Apprenticeship.

KEEP AN EYE OUT FOR YOUR OFFICIAL INVITATION
Coming Soon!

If you have any questions please contact us
01282 733322 | admissions@burnley.ac.uk

FOLLOW US ON:

BURNLEY COLLEGE APPLICANT PREVIEW DAY Monday 29 June

MAKE SURE YOU DON'T MISS OUT ON THIS GREAT DAY WHERE YOU WILL:

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Sixth Form Centre



www.westcraven.co.uk



[westcravenhighschool](https://www.facebook.com/westcravenhighschool)



[westcraven.barnoldswick](https://www.instagram.com/westcraven.barnoldswick)

DATES FOR YOUR DIARY

27th April - Year 10 - Careers Meetings

30th April - Year 10 Parents Evening

4th May - Bank Holiday - School closed

11th May - Mental Health Awareness Week

18th May - Nelson and Colne College PSHE Visit

22nd May - End of school Term



OUR COMMUNITY

Community Advertisements

In this section of our newsletter, we share posters for local events, activities, and charities.

If you would like us to advertise a community event or club, please email jvetts@pendleeducationtrust.co.uk.

Please note that West Craven High School is not affiliated with these organisations and cannot endorse the events, promotions, or clubs. We will only feature events that we consider appropriate for our school community.

We are
Community

Stay connected, follow us on Facebook and Instagram

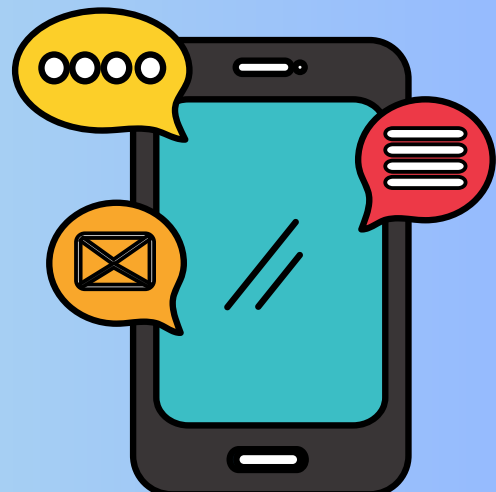
A very warm welcome to all our new Year 7 families! We are thrilled to have you join the West Craven High School community. To stay updated on school news, student achievements, important events, and reminders, we encourage all parents and carers to follow our official Facebook and Instagram pages.



West Craven High School



WestCraven.Barnoldswick





Wild Explorers: Into The Wild

A 2-day experience for young people aged 10 - 16. Into The Wild provides an opportunity for young people to unplug from technology and benefit from all that nature has to offer.

Into The Wild is a 2-day experience that will give young people (10-16 years) increased responsibility and challenge.

You will have the opportunity to set up your own shelter, make your own campfire and cook the food on the fire along with other activities on the day.

The 2 days will be centred around building confidence, leadership, teamwork and resilience.



Price

£95 per child for 2 days inc food
Childcare vouchers accepted

Age

10 - 16 years

Must be in year 6 or above

Upcoming Dates

26th - 27th May

Please note: this is a 2 day experience.



Time

9.30am - 3.30pm

Location

Broughton Hall Estate



hello@wildexplorers.org.uk



www.wildexplorers.org.uk

EARBY CRICKET CLUB



JUNIOR PLAYERS NEEDED!



JOIN OUR TEAMS



TRAINING EVERY
FRIDAY

AT
6PM



MAKE FRIENDS



IMPROVE YOUR SKILLS



BE PART OF
SOMETHING GREAT

GET INVOLVED.
HAVE FUN. PLAY CRICKET!



For more information, contact:

EARBY CRICKET CLUB

10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS



Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING



Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY



Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS



Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS



Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES



Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS



Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION



Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING



Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED



Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.

