

Mental Health Newsletter

Autumn 2026



Welcome back to a busy and exciting new school year.

Here at Cams Lane we are well aware of the many challenges children and parents face today with their mental health and anxiety. Please find below the different ways we are supporting our children in our school.

Dottie the Dog

Dottie the dog and her owner Leanne are in school every Friday. Dottie works with many of our children providing nurture and allowing a safe space to talk about feelings or to simply to have cuddles with Dottie! Dottie has a drop in at lunchtime in order to reach every child at Cams Lane.



Mental Health Practitioner

Amelia Newman is our mental health practitioner who works in our school one day a week. Amelia leads mental health assemblies and class workshops. She also works with individual children over the age of 8 or with parents if a child is under 8 and also runs groups supporting children with anxiety.



Pastoral support

Pastoral support is available daily in school for both parents and children in our green room. This could consist of weekly check ins; bespoke feelings work or providing advice. We support a variety of children with different needs which enables staff to deal quickly with any issues that may arise as we recognise the importance of early intervention at our School.



Interventions

We also run the following interventions at various times throughout the year;

- Friendship group
- Lego Therapy
- Talking Partners (Improve social skills)



Zones of Regulation

In our school each class uses the Zones of Regulation, an approach used to support children in identifying and managing emotions. It organises feelings into four coloured zones - blue, green, yellow and red.

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
sad	happy	frustrated	angry
tired	calm	worried	terrified
sick	feeling ok	silly	yelling
bored	ready to learn	excited	hitting
I can try... stretch	I can try... drink water	I can try... deep breaths	I can try... take a break

'myHappyminds'

We also use the award-winning 'myHappymind' programme alongside our PSHE curriculum. It teaches preventative habits that support positive mental health, resilience, and self-esteem.

The MyHappymind curriculum helps children to:

- Feel happier
- Know what to do when they feel worried or stressed
- Improve focus and learn more
- Achieve more of the goals that they set for themselves
- Develop better relationships with friends and families
- Feel great about who they are and have positive self-esteem.



Forest school

Forest School is a child-led, outdoor learning approach that encourages children to explore, play and connect with nature in a safe and supportive environment.

Sessions may include activities such as:

- Campfire cooking
- Whittling and woodwork
- Nature-inspired arts and crafts
- Group games
- Den building
- Bushcraft and fire lighting

Forest School supports confidence, creativity and emotional resilience through hands-on learning and time in nature.

If anyone requires further information or support, please check our school website for further details or contact us on the following emails:

Senco.camlane@bury.gov.uk

Pastoral.camlane@bury.gov.uk