



Newsletter

Thursday 7 May 2026

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Mental Health Awareness Week

Parents and carers may be aware that next week (w/b 11 May) marks Mental Health Awareness Week, with a theme this year of "Action":

- **Take Action for Yourself:** Finding positive actions to improve personal wellbeing.
- **Take Action for Others:** Building healthier communities, workplaces, and schools.
- **Take Action for All:** Promoting long-term, sustainable mental health changes.

More information about this focus can be found through the following link: <https://www.mind.org.uk/get-involved/mental-health-awareness-week/>

Also connected with this event, Public Health England (PHE) [Better Health – Every Mind Matters campaign](#) provides NHS-endorsed tips and advice to help children and young people's mental wellbeing, and equip parents and carers with the knowledge to support them. The advice above has been developed in partnership with leading children and young people's mental health charities, including [Young Minds](#), [The Mix](#), [Place2Be](#) and [The Anna Freud Centre](#). It is designed to help parents and carers spot the signs that children may need support with their mental health, and also provides advice that can help maintain good mental wellbeing. The site also provides tools to help young people build resilience and equips them to look after their mental wellbeing.

Spark Book Award Pupil Competition

A reminder that we have been participating in this year's Spark! Children's Book Awards in school recently. Please see the attachment alongside this week's newsletter with further pupil competition details should your child wish to enter a competition submission as part of this event, noting a deadline of Monday 18 May.

Old Buttons (!)

Do you have any old, unwanted buttons at home? If so, the school would welcome any donations of buttons for craft activities – please just bring into the school office when convenient. Many thanks!

Lydgate After-School Club Message (LASC)

LASC are now taking applications for September start from current children at the School. The deadline to submit an application is Wednesday 20 May 2026. Application forms can be requested by emailing the club directly (at lydgateafterschoolclub@gmail.com) or alternatively paper application forms are available from LASC between 3-6pm weekdays (see attachment also).

June

Saturday 27
(1pm 4pm):
Lydgfest!