

This month's wellbeing edition is "April Care: Nurturing Health and Reducing Stress"

As we head into the Easter break, it's a valuable chance for secondary pupils—and parents—to step back and recharge. With exam pressures building for some, even small breaks can make a big difference. Encourage your child to get outdoors, take screen-free time, or simply relax with family. These everyday moments support mental health and build resilience, helping them return refreshed and ready for the term ahead.



"The greatest weapon against stress is our ability to choose one thought over another." - William James



Mindful Challenge for April

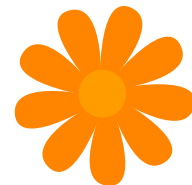
This month, April's Family Challenge: 5 Minutes of Calm

Try a simple daily reset as a family—just five minutes to pause and be present. That might mean a quiet walk, sitting together with phones off, or simply taking a few deep breaths. These mindful moments can ease stress, boost focus, and create space to connect. A small habit, with a big impact.. Let's make April a month of mindful connections!

App of the month



Feeling Good Teens has 11 tracks, of varying length from 3 minutes to 11 minutes, with tracks that guide mindful relaxation, muscle relaxation, calming the mind, building self-confidence, coping with exam stress and sleeping well.



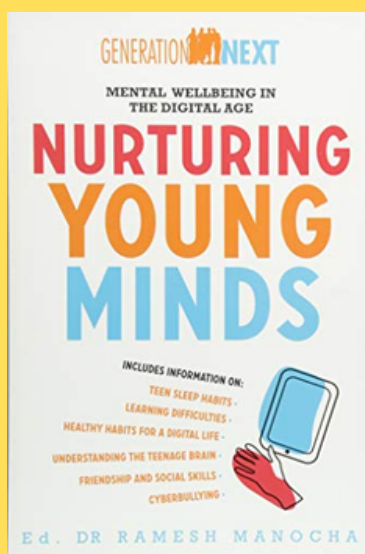
Useful Website

Stressed out teen? 10 quick ways to help them feel better

We're all for nurturing healthy habits long term as the best way to build mental resilience, but there are times when all of us succumb to a moment of stress and what's needed is a quick fix. With that in mind, here's 10 instant ways to reduce stress. They're easy to put into action and most of them can be done anywhere at any time; they will all have a positive impact in minutes.



BOOK OF THE MONTH



This is the most authoritative and up-to-date collection of information about a range of issues affecting young people in the digital age, including online behaviour management, cyberbullying, mental health and making good choices.



Written by Education Advisors with over 30 years experience



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