

Knightsfield School Mental Health Newsletter December 2025

As the Festive period fast approaches, this bumper edition of our newsletter focuses on loneliness, online boundaries and useful links.

For many, the festive season provides an opportunity to connect with family and friends, but it could also be a source of anxiety for those who struggle with feelings of loneliness. Loneliness isn't only about being alone, rather it is the sense of feeling alone even when surrounded by others. It could manifest as a feeling of being left out, misunderstood, or disconnected which can in turn affect our overall mood and self-esteem.

It is important to reach out to any trusted adult if you need any support with your feelings and emotions. Here are some tips to help tackle loneliness linked to the **Five Ways to Wellbeing**.

1. *Connect*

Connecting with the trusted people around you is a positive way to remind ourselves that we are important and valued. Rather than relying on messaging, have meaningful face to face or phone conversations with friends and family. Prioritise time to do activities with family and friends or attend clubs that interest you. You could even have a go at doing something in your local community.

2. *Be Active*

Activity can boost your mood. Find something you enjoy and make time for it. This can be as simple as stretching, freestyle dancing, going for a walk in nature or playing your favourite sport.

3. *Take Notice*

As mentioned in our previous newsletter, mindfulness is a great way to help manage overwhelming feelings. Useful activities may include mindful colouring, listening to your favourite song, focussed breathing and guided meditations.

4. *Keep Learning*

Give yourself the challenge to try something new. Learning boosts confidence and gives you topics to share with others. It could be a new hobby, a language or different skill.

5. *Give*

Research has found links between doing good things and an increased sense of wellbeing. Small acts of kindness are free. Examples include complimenting someone, helping out with tasks and even volunteering your time to assist others.

It is acknowledged that feelings of loneliness could lead to increased use of online platforms or messaging services, however we encourage the safe use of any online services by reminding members of our community to have safe online boundaries. Here are some tips for helping to establish safe boundaries:

How to set healthy boundaries:

1. Work together- have a discussion together to establish agreed clear rules.
2. Set up parental controls- to prevent your child from accessing sites that are not suitable for them.
3. Lead by example – if we are glued to our screens, then it is harder to expect our children to have self-control.
4. Set tech-free or Do Not Disturb times – create designated screen times and when technology needs to be switched off, perhaps at mealtimes or the hour before bed.
5. Keep phones and tablets out of the bedroom at night. Encourage reading before bed instead of scrolling.
6. If they are at the correct age for social media, make it a 'shared experience' by discussing what your child is watching/playing/who they are following. Help your child to understand that they are responsible for what they post, and anything they post online could remain in circulation even if they delete it.
7. Reinforce knowledge about cyberbullying- this is never acceptable and can include your child receiving nasty messages, people posting unwanted things about them, or them feel harassed. Encourage your child to talk to you and ensure they use adequate privacy settings to limit what people can see or post on their profiles. As well as checking that they know how to block and report other users, please help your child to understand that they are responsible for what they post online.

In other news:

Hertfordshire County Council has launched a new site called Herts Hub, for advice, self-help and information about mental health and emotional wellbeing services. It can be found via this link: <https://hertshub.co.uk>

If you'd like to find out more about Mental Health and Wellbeing services in your local area, please take a look at the [Mental Health & Wellbeing Portal](#) on our school website, which contains links to mental health and wellbeing resources for each home borough of our students.

For more information, please visit:

For students:

[Boost your mental health by moving more | Mental Health Foundation](#)

For parents/carers:

[Christmas and mental health](#)

[Winter comforts: How small routines can bring big joy | YoungMinds](#)

[Helping a child with loneliness | NSPCC](#)

[Family Agreement | Childnet](#)

[Putting the Family Agreement into practice | Childnet](#)

We wish you a safe and peaceful holiday period and look forward to being in touch with you again in the New Year.



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