



# Wellbeing at Toynbee



Next week (3<sup>rd</sup>-9<sup>th</sup> February) is Children's Mental Health Week. This year the theme for the week is "Know yourself, grow yourself". The aim for the week is to equip and empower children, young people, and the adults who surround them to embrace self-awareness and explore what it means to them. This year Place 2 Be have teamed up with Here 4 You and The Walt Disney Company to use the characters from the movie Inside Out 2 to help us to be able to explore the theme. For more information and access to resources specifically designed for the week have a look at Place 2 Be's website here: [Families - Children's Mental Health Week](#)

As a school we will have dedicated assembly and tutor time sessions exploring the theme and thinking about how to recognise our strengths and support ourselves where we have challenges.

One of the highlights of the week for years 7-9 will be the "Shake it off" event run by Miss Murchie on Friday 7<sup>th</sup> after school in the Theatre, a big thank you to her for running it!

# SHAKE it off

**FREE  
EVENT**

**Friday 7<sup>th</sup> Feb  
3pm - Theatre**

**JUST DANCE  
& KARAOKE**

**Refreshments  
on sale!**

**KNOW YOURSELF,  
GROW YOURSELF**

This year's Children's Mental Health Week theme is Know Yourself, Grow Yourself.

Place2Be's  
CHILDREN'S  
MENTAL HEALTH  
WEEK

It's free to come but you **MUST** get a wrist band from Miss Murchie in PD1



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## TIPS FOR FAMILIES

Place2Be's

CHILDREN'S  
MENTAL HEALTH  
WEEK

### 1 Encourage journalling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

### 2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need.

Go for a walk, drive, or try some mindful colouring or baking together.

### 3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

### 4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

### 5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)





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## A message from the Prefects and Wellbeing Ambassadors

Next week is Children's Mental Health Week and it is all about looking after yourself and growing from this. So during tutor time next week, the prefect team have created a Mental Health Bingo for students to do. Throughout the week, pupils can complete different acts of kindness towards each other, teachers and themselves. The point of this bingo is to create a positive atmosphere whilst building others self esteem and encouraging friendships.

Our assembly next week focuses on looking after our own mental health so following that, the mental health ambassadors would like to suggest a few solutions that pupils can do to benefit their mental health. We can try relaxing activities like reading or colouring, focus on positivity, approach situations with curiosity and be kind to others. Kindness helps us grow. When you are kind to others, it not only changes you, but it also changes the world.

The wellbeing ambassadors would also like to remind everyone that during break and lunch they are available in the wellbeing library (in between the hub and Miss Murchie's PD classroom) for students to speak to or for company.

## Get Involved

If you have any links to Mental Health and Wellbeing and would like to get involved with any aspect of supporting staff and pupils at Toynbee we would love to hear from you! Please email [e.hill@toynbee.hants.sch.uk](mailto:e.hill@toynbee.hants.sch.uk) in the first instance and we can arrange a meeting.

Mrs Stroud is planning to create a reflection garden which can be used as a quiet space for children and staff who have been faced with bereavements and would love to hear from any parents who might be able to lend her a hand or some expertise! Along with some of the wellbeing ambassadors she has secured a grant from Valley Park Parish Council to help with the garden, we are very excited to see what she can create! She can be contacted on

[j.stroud@toynbee.hants.sch.uk](mailto:j.stroud@toynbee.hants.sch.uk)



# Wellbeing at Toynebee



## Local CAMHs events

Flyers for local events run by Hampshire CAMHs can be found at the end of this newsletter, they run events across Hampshire and are well worth attending, for a full list of events please see their website: [Events – CAMHS](#)

The Hampshire CAMHs website has a wealth of information and advice for young people and their families which can be found here: [Young People – CAMHS](#)

## Kooth

Kooth are a free online mental health support platform for young people. It is quick and easy to make an account and young people do not have to give any information that would identify them. They can then access articles written by Kooth staff exploring different aspects of health, wellbeing and day-to-day life, discussion boards, personal journals and mini-activities designed to support mental health and a goal setting area. They can also, if they wish, send a message to one of the Kooth practitioners or join the queue for a live text-based conversation with a practitioner (open 12-10pm Mon-Fri and 6-10pm Sat and Sun). For more information about the service watch the “what is Kooth?” video here: [Home - Kooth](#)

Kooth are offering parent workshops called “Kooth Talks” their next one is on either Tuesday 25<sup>th</sup> or Thursday 27<sup>th</sup> February 6-6:30pm and is on the subject of the role that Kooth can play in supporting young people with eating difficulties, for more information or to sign up for the talk follow the link: [Form](#)

## Young Minds

Young minds have a dedicated parents/carers advice line which runs Monday-Friday 9:30am-2pm for parents to seek advice and support. More information can be found here: [Parents Helpline | Mental Health Help for Your Child | YoungMinds](#)

They also have a collection and advice and guidance documents specifically made for parents which can be found here: [Parents Mental Health Support | Advice for Your Child | YoungMinds](#)



# Wellbeing at Toynbee



## Inourplace

Hampshire County Council have a paid partnership with inourplace which offers online courses developed by psychologists at the Solihull Approach in partnership with health experts, schools and psychotherapists as well as parents.

For emotional health and wellbeing for all children and their parents so that they can thrive as kind, sociable and emotionally aware people throughout their lives.

[Online courses for emotional health and wellbeing](#)

## Hampshire Parent Carer Network

Please see the following letter and the attached flyer from the Hampshire Parent Carer Network regarding their support sessions for parents and carers of children with disabilities, including mental health needs.

\* \* \* \* \*

We're excited to share our February sessions designed to support parent carers of children aged 0-25 with disabilities, including mental health needs.

What We're All About. We put parent carers at the heart of everything we do. Your experiences shape local services, and we make this happen through:

- Our Get Togethers: Pop in for a cuppa and a chat with other parent carers who get it. Run by parent representatives, for parent carers - no pressure, just understanding. We invite services such as SENDIASS and others along to offer individual support and advice when you need it.
- Making Change Happen: We gather feedback from our Get Togethers and other parent carer interactions to share in our meetings with Health, Hampshire County Council, and Social Care services. This ensures your experiences help shape how services work for families like yours.

Want to Know More? Check out our website to see what else we're up to with our:

- Bridging the Gap Project





# Wellbeing at Toynebee



- Future in Mind Project

Feel free to share our event flyers with anyone who might find them helpful.

To book onto any of our Project sessions or for any other information please use this link: <https://linktr.ee/hpcn.org.uk> or contact us on this email: [participation@hpcn.org.uk](mailto:participation@hpcn.org.uk)

## February 2025



**Our Get Togethers are for parent carers of children and young people (0-25 years old) with any additional needs (diagnosis not needed).**

**What we offer: To Share experiences, discuss local issues and enjoy a cuppa with other parents at our non-judgemental, friendly, and relaxed sessions!**



**6th February, 10am: Fleet** - Fleet Town Football Club, Crookham Road, Fleet Hampshire GU51 5FA -



**11th February, 10am: Eastleigh** - St Francis Hall, Nightingale Avenue SO50 9JH



**12th February, 10am : Basingstoke** - The Viabes Craft Centre, 19 The Harrow Way, Basingstoke RG22 4BJ



**25th February 8pm: Evening Zoom** - Meeting ID: 890 6612 2644  
Passcode: GT



Hampshire  
SENDIASS

**28th February , 10am: Alresford** - The Swan Hotel, 11 West Street, Alresford, SO24 9AD - **SENDIASS ATTENDING**

**HAMPSHIRE  
PARENT CARER  
NETWORK**



**Hampshire  
SENDIASS**

Follow us on our socials:



[participation@hpcn.org.uk](mailto:participation@hpcn.org.uk)



## Wellbeing at Toynbee



Hampshire Child and Adolescent  
Mental Health Services

# HOW TO COPE WHEN YOUR CHILD CANT

A one-day event focused on parents/carers understanding their own needs, and learning strategies to look after themselves as they support a young person with their own mental health needs.

The sessions will include looking at emotional regulation. When distress and emotional responses make situations challenging, how can we think clearly & avoid becoming overwhelmed.

The afternoon will focus on

### **How to Feel Better as a Parent in Burnout**

Exploring what burnout is, what contributes to it, the signs and avoiding repeating cycle. An immersive workshop including self-care and nervous system regulation practices you can try. Led by Courtney Freedman-Thompson - coach and wellbeing practitioner with lived experience.

For more information and to book a place go to:  
[www.hampshirecamhs.nhs.uk/events/](http://www.hampshirecamhs.nhs.uk/events/)

**Thursday, 8 May 2025 9.30am - 3.15pm**

**St Peter's Catholic Church Conference Centre,  
Jewry St, Winchester SO23 8RY**

**Tickets £25**

Tea, coffee and  
lunch included