



Wellbeing at Toyndbee



Welcome to our first wellbeing newsletter. These will be sent out each half term to share updates and information for parents about the work being done at Toyndbee to support the mental health and wellbeing of our pupils and our wider Toyndbee community as well as providing links to external support options.

At Toyndbee we have a tiered system when it comes to supporting the mental health and wellbeing of pupils with tutors, Guidance Managers and the Wellbeing intervention team all playing a role in supporting pupils, with a series of internal referrals ensuring that pupils are receiving support and that external referrals are completed where appropriate. More information about this can be found on the school website here [Wellbeing - Toyndbee School](#) We also have a great team of peer Wellbeing Ambassadors who are very keen to support their peers in whatever ways they can.

It is important to us that we not only support pupils who are struggling with their mental health but also provide education and information to all pupils about how to protect their mental health in order to thrive. To do this we make wellbeing one of the focus topics for our tutor time personal development sessions. In these sessions we have been focusing on the 5 ways to wellbeing – there are there 5 simple ways that everyone can take to improve their mental health and wellbeing.

FIVE WAYS TO WELLBEING



As well as the 5 ways we have spent time in tutor time focusing on resilience and growth mindset. The year 7s have been doing this through a focus on “bouncing back” from adversities using optimism and perspective. Year 8 have two topics this term which look at courage and looking on the bright side, Year 9 again have two topics emotions and humour, Year 10 relationships and being



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safe and Year 11 success. We will be sticking with these topics until Christmas, please do ask your children about their sessions.

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 in the first instance and we can arrange a meeting

World Mental Health Day – 10th October

Here at Toynbee we are marking World Mental Health Day in a number of ways, the theme for World Mental Health Day this year is around mental health in the workplace so we will be looking at the ways to wellbeing and giving pupils tools for when they face tough days at work in the future.

We will have a special personal development session looking at mindfulness techniques allowing us to “take notice” of the world around us and “keep learning” new things.

Each year group will also “be active” and on their assembly day will walk a mile around the school fields. This was a great success when we did it in the summer term and it was great to see the pupils “connecting” with each other and staff so we hope to see the same this time around (fingers crossed for the weather!)

We will also be celebrating on the Monday as our peer wellbeing ambassadors will have completed their training through the Mental Health Support Team and will take their opportunity to launch our new Wellbeing Library. This can be found in the space outside our personal development classroom and there will be Wellbeing Ambassadors there each break and lunch time if any of their peers would like to speak to someone or have any guidance about the huge array of books we have on offer. A huge thank you to Miss Murchie for all of her hard work putting the library together!



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Our final event for the week will be our Singalong High School Musical event. Tickets are going fast and are available from Miss Murchie in the Personal Development classroom – we cant wait to enjoy the event with everyone!

POSITIVE MENTAL HEALTH EVENT
#KeepItPositive

FREE EVENT

HIGH SCHOOL MUSICAL

SING ALONG

**WEDNESDAY
9TH October
3pm - Theatre**

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

Local CAMHs events

CAMHs will be holding their next Parents and Carers Event (PACE) on the 7th October in Havant. They also have one in The New Forest in November, information about these and any other events they are holding are on the CAMHs website [Events – CAMHS \(hampshirecamhs.nhs.uk\)](https://www.hampshirecamhs.nhs.uk) and flyer at the end of the newsletter.

MHST

The Mental Health Support Team are a part of CAMHs working more directly with schools. They have been rolling out 1:1 early intervention sessions for children who's needs are not at CAMHs level which will hopefully prevent them from needing further CAMHs intervention.



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The MHST team are also starting to run some parent workshops. The workshops will be mostly informative, with some optional opportunities for discussion, input, and questions via the digital chat function. You will not need to have your video-camera or microphone on for the workshops. The workshops aims to upskill parents and carers to understand low mood and depression, the signs, and symptoms of this in young people, and provide some simple skills and strategies for you to take away and use to support your young person who may be struggling with their mood. We will share information about these workshops as soon as we receive it

The School Nursing Team

We received the following reminder from the school nursing team about their ChatHealth number available to support young people.

The 0-19 Public Health Nursing Service would like to encourage young people to make use of our confidential text messaging service, ChatHealth, which gives young people, direct access to expert healthcare advice from a Specialist Public Health Nurse (School Nurse).

ChatHealth offers support on a range of issues such as sexual health, emotional health, and wellbeing (e.g. exam anxiety or self-harming), family dynamics (e.g. parental separation), bullying, healthy eating, and general health.

We are here to support your young people!

This is a universal service provided by Southern Health NHS Foundation Trust and is available to all young people 11-19 years old. It is available Monday to Friday between 8.30am and 4.30pm, excluding bank holidays.

The ChatHealth number is: 07507332160.

Messages are responded to within one working day during working hours. Outside these hours, anyone sending a message to the service will receive an automated reply with advice on where to get help if their enquiry is urgent.



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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 they 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](#)

The Kooth Future Council

Kooth has launched a competition to find our first-ever youth-powered content team!

The prize? Winners will learn and collaborate with top social media creative talent Luke Vernon, Dan Whitlam and Eva Malley, supported by Ravensbourne University. They will participate in a series of masterclasses where they will be empowered to create content that opens up conversations around mental well-being, helping young people across the UK.

Kooth Future Council members will also gain new skills including video editing, social content creation, teamwork, leadership and creative problem solving which will boost their future college, UCAS or job applications.

The competition entry is simple. We’re asking any 15 - 18 year old students in Years 10-13 to create an original piece of artwork, illustration, photography, video or creative writing that answers the question:

"How do you overcome negative emotions?"

The competition is perfect for students working towards GCSE, BTEC, A-Level, Nationals or Higher exams in Art, Graphics, Photography, Design, Psychology, Business Studies, Drama, Media Studies and English



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However, this is an opportunity for ALL 15 - 18 year olds. Multiple studies have shown that creative activities can significantly boost student's emotional well-being. Creative expression can build resilience, helping them feel seen and heard.

For more information see the flyer at the end of the newsletter.

Young Minds

Young Minds are the UK's leading mental health charity campaigning for improvements to mental health support whilst also providing advice and guidance for young people, parents and professionals. They have recently launched a new podcast "What's on Young Minds?" which is created by young people for young people and can be accessed here: [What's On YoungMinds? | Mental Health Podcast | YoungMinds](#)

Young Minds also has a great parental support section and telephone helpline where parents can ask about support options and get advice [Parents Mental Health Support | Advice for Your Child | YoungMinds](#)

Some advice from the Wellbeing Ambassadors

Settling into secondary school can feel overwhelming, but don't worry, here are some top tips for you! Firstly, be yourself and don't be afraid to make new friends; everyone is in the same boat. Secondly, stay organized by using your year 7 planners to keep track of assignments and important dates and make sure you are prepared for class; try packing your bag the night before. Thirdly, don't hesitate to ask your teachers for help if you're struggling with something. Lastly, get involved in extracurricular activities or clubs to meet new people and explore your interests outside of class. Remember, it's all about finding your people and enjoying the journey!



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2024 PACE Events

Free health & wellbeing events for all parents, carers & professionals who support or work with young people

DATE	LOCATION
Friday 26 th January 2024	Gosport St Vincent College, Mill Lane, Gosport, PO12 4QA
Thursday 22 nd February 2024	Basingstoke Queen Mary's College, Cliddesden Rd, Basingstoke, RG21 3HF
Monday 11 th March 2024	Andover Testbourne School, Micheldever Rd, Whitchurch, RG28 7JF
Friday 19 th July 2024	Waterlooville Oaklands Catholic School, Stakes Hill Rd, Waterlooville, PO7 7BW
Wednesday 25 th September 2024	Winchester Winchester United Reform Church, Jewry ST, Winchester, SO23 8RZ
Monday 7 th October 2024	Havant Trosnant Federation of Schools, Stockheath Lane, Havant, Hampshire, PO9 3BD
Thursday 21 st November 2024	New Forest Lyndhurst Community Centre, Main Car Park, Lyndhurst, S043 7NY

BOOK YOUR WORKSHOP SPACE AT: hampshirecamhs.nhs.uk/events



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Imagine the impact young people could have if they were given a chance to shape the conversation around mental health for their peers. Kooth is now offering this very chance to 15-18 year-olds across the UK.

WHAT IS THE KOOOTH FUTURE COUNCIL?

We want to empower young people to **lead conversations about mental health**. Winners will form our first ever **Kooth Future Council** - and get the opportunity to **collaborate with top creative talent**, including Luke Vernon and other top social media influencers.

Guided by these experts, the Kooth Future Council will dive into creative masterclasses, **transforming their ideas into mental well being content** and campaigns through writing, design, video, and more.

WHY SHOULD YOUNG PEOPLE ENTER?

This is a **unique chance to learn from experts** and gain skills like teamwork, leadership, and creative problem-solving—perfect for making UCAS applications and CVs really stand out.

Plus, they'll be at the **forefront of a campaign empowering young people** to normalise conversations around mental health – how amazing is that?



Head to kooth.com/future-council to find out more and get involved.



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The competition

Our competition is for anyone who has an experience or some advice to share about handling negative emotions and a willingness to get creative. The entry is simple. Students just need to answer the following question: "Tell us how you overcome negative emotions."

COMPETITION DETAILS

Who Can Enter? Teens aged 15–18 in Britain.

How to Enter: Share how you overcome negative emotions through artwork, illustration, photography, video, or creative writing before the closing date of Friday 15th November.

The Prize: The opportunity to join the exclusive Kooth Future Council and collaborate with creative professionals.

SUBMISSION GUIDELINES

Artwork/Illustration: High-res image (JPEG/PNG).

Photography: High-res photo (JPEG) with a short description.

Creative Writing: Up to 500 words in PDF.

Video: Max 60-sec vertical video (MP4) or private link with a short description.

Judging Criteria: Creativity, originality and authenticity.

How to Enter: Visit kooth.com/future-council for submission details and T&Cs or scan the QR code below.



Head to kooth.com/future-council to find out more and get involved.