



Wellbeing at Toynebee



As we draw closer to the Christmas break I wanted to update you about the work we have been doing on our Wellbeing Tutor Time sessions. This term we have been focusing on different areas on the topics of “growth mindset” and “resilience”.

Growth mindset describes a way of viewing challenges and setbacks. People who have a growth mindset believe that even if they struggle with certain skills, their abilities can improve. They think that with work, their skills can get better over time. This is such an important skill to teach our pupils in order to help them both in school and adulthood, having a growth mindset can have real benefits. It helps people reframe their approach to challenges and stay motivated to work to improve skills. Instead of thinking “I can’t do this,” they think “I can’t do it yet.”

There are lots of ways that growth mindset can be encouraged and discussed at home with your child, over the Christmas period you might like to watch a movie where the characters overcome challenges in their lives and discuss as a family the strategies which the characters used to help themselves.

Top Tips for the Christmas Break

Christmas can be an overwhelming holiday for a lot of different reasons. The charity organisation “Mental Health Foundation” have come up with some top tips for looking after yourself which are backed by research which might be useful over the Christmas break. I wanted to take this opportunity to share a few of them with you

1. Get closer to nature – whether going for a walk in the local area of getting out a bit further afield, connecting with nature has been shown to make people calmer and better able to cope with stress
2. Learn to understand and manage your feelings – It often helps to give our feelings our attention without judging them, it may seem strange and uncomfortable to do this but naming our feelings, talking kindly to ourselves and writing things down are all ways to help manage our emotions



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3. Talk to someone you trust for support – It takes a lot of courage to tell someone else about how we're really feeling or what we are finding hard but it also makes us feel less alone, changes the way we see things and can help to strengthen relationship with those supporting us
4. Get more from your sleep – For many people sleep is the first thing that suffers when we're struggling with our mental health. Giving sleep a focus and priority will help us to feel better
5. Be kind and help create a better world – If you have ever felt lonely, you will know how much it helps to have even a small connection with someone else. Being kind can boost our mood, help us feel more capable and strengthen our connections with others
6. Keep Moving – Our bodies and our minds are connected, so looking after ourselves physically also helps us prevent problems with our mental health (it works the other way around, too)
7. Eat healthy food – food and drink effects our bodies, brains and mood – for good or bad. Sugary snacks and drinks can give us a temporary “high” or sense of comfort that can feel irresistible but they soon leave us feeling exhausted or jittery. A balanced diet with lots of vegetables and fruit is essential for good physical and mental health.
8. Be curious and open-minded to new experiences – We can all get stuck in familiar ways, like how we spend our time and what we think about ourselves and the world. Life can feel more interesting, lively and rewarding when we are open to trying new experiences and experimenting with how we do things
9. Plan things to look forward to – Life throws all sorts at us, during hard times we may feel hopeless and not have the energy to plan for the future. Making plans for things we enjoy can increase our sense of hope, which is important for our mental health

For more information see the white booklet at: [MHF Best-Mental-Health-Tips 2024.pdf](#)

They also have a great podcast which looks at different aspects of mental health which can be found here: [Small Talk, Big Change podcast | Mental Health Foundation](#)



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#BeeWell



All pupils in year 9 and 10 have recently had the chance to share their views on the things that impact their wellbeing by taking part in the #BeeWell survey - Making young people's wellbeing everybody's business! The anonymous results of the survey are currently being analysed by the researchers at the University of Manchester and The Anna Freud Center who will be in touch with our data dashboard in the New Year and advice about what we can do with their findings!

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.

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! She can be contacted on j.stroud@toynbee.hants.sch.uk

Local CAMHs events

Flyers for local events run by Hampshire CAMHs can be found at the end of this newsletter

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](#)



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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](#)

Kooth are open during the holidays and their opening times over the Christmas period are on the next page.

Wellbeing Ambassadors

Wellbeing ambassadors are students in Years 9, 10 and 11 that you can talk to if you are struggling with your mental health, school life or if you would just like to talk to someone. In training we’ve learned about skills such as active listening and about the safeguarding policies as well as how to direct people for further help and ways to support others in difficult situations. We are based in the mental health and wellbeing room, in the personal development area during break and lunch. If your child would like to speak to a Wellbeing Ambassador and isn’t sure where to find them or is worried about approaching them please email your child’s Guidance Manager who can support them with this.



We're still here

Supporting you over the festive period

Kooth's live chat hours over the holiday period

24th December	(Christmas Eve)	12pm – 8pm
25th December	(Christmas Day)	4pm – 8pm
26th December	(Boxing Day)	12pm – 8pm
31st December	(New Years Eve)	12pm – 8pm
1st January	(New Years Day)	4pm – 8pm

Other days over the holiday period will follow our usual live chat hours of 12pm – 10pm on weekdays and 6pm – 10pm on weekends.

[kooth.com](https://www.kooth.com)





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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/

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