



Wellbeing at Toynbee



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 Toynbee to support the mental health and wellbeing of our pupils and our wider Toynbee community as well as providing links to external support options.

At Toynbee 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 - Toynbee School](#)

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



This year we have been hearing the stories of some inspirational young people and linking them to the 5 ways to wellbeing. Please ask your children about the young people that they have been learning about (Jordan Casey, computer whizz and chart topping game creator who's desire to keep learning has made him very successful. Hannah Taylor, hero for the homeless has helped to raise



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over \$4million as well as giving her time and efforts to her charity. Samantha Smith, who made connections between the USA and Russia are examples)

Local CAMHs events

CAMHs will be holding their next Parents and Carers Event (PACE) on the 19th July in Waterlooville. They also have one in Winchester in September, information is 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.

The MHST team are also starting to run some parent workshops. The workshop 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 workshop. The workshop 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.

Date: Tuesday 13th August, 2024

Time: 17.30 until 19.00

Duration: 1.5 hours

Location: Zoom Webinar, details below:

<https://spft-nhs->

[uk.zoom.us/j/98756118458?pwd=lzKu0M5A3cpSy6bdOMQuu93481zWjJ.1](https://zoom.us/j/98756118458?pwd=lzKu0M5A3cpSy6bdOMQuu93481zWjJ.1)

Meeting ID: 987 5611 8458

Passcode: 858627

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



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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 running webinars titled “Parenting pressures during the summer holidays and how we can help” at 1pm on Monday 22nd July and 6pm Thursday 25th July, to sign up please click the link which will take you to their sign up form [Form \(hsforms.com\)](#)

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](#)

Summer Holiday Support

Place2Be, Anna Freud and Sensory Help Now have all sent out summer holidays toolkits with activities, advice and support for families over the summer break. They have information and advice for both primary aged and secondary aged children so please click the links if you might find them useful

[Tips and support for the holidays - Place2Be](#)

[Self-care summer toolkit : Mentally Healthy Schools](#)

[Our Sensory Family June 2024: Preparing for the Summer Break \(sensoryintegrationeducation.com\)](#)



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Some summer holiday advice from the Wellbeing Ambassadors

Hi, I'm Aurelia and I'm a wellbeing ambassador. Keeping your mental health is important during the summer so to stay positive I'm going to be spending plenty of time with family and friends in the sun and do things I love, such as drama and art. Remember to do things you love and spend time with people that make you happy.

Hi I'm Aarna. To take care of my mental health over the summer I'll play sports that I enjoy and spend time with friends and family. Stay positive and take a long break because school can be tough.

Hi, my name is Lily and I'm a mental health ambassador. To take care of my mental health this summer I will be playing lots of golf and spending time outdoors. I'm planning to improve my fitness by going on runs and spend quality time with family and friends.

Hey I'm Maria! Taking care of your mental health this summer is super important. Make sure to get plenty of sunshine and fresh air, maybe take a walk in a park or spend time in nature. Stay connected with friends and family, and don't forget to do things you enjoy, like reading a good book or listening to music. Also, remember to stay hydrated and get enough sleep. If you ever feel overwhelmed, it's okay to take a break and practice some relaxation techniques like deep breathing or meditation. This Summer I will be travelling and spending time with family, enjoying the beautiful natural landscapes and celebrating culture.

Hey, my name is Lydie, and I love to bake and see my friends. This summer I'm going on holiday to Devon and I'm planning on doing lots of walks and seeing my family to look after my wellbeing.

Hi, my name is Jay and I love travelling and seeing new places. To look after my wellbeing, this summer I am going to go camping with my family in Milton Keynes so that I can go and watch the MotoGP live.

Hi, I'm Tilda and to look after my well-being I box and like to weight train. This summer, I am going into Swanage to spend time with family and enjoy the sea.



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A **free** health & wellbeing event
for all parents, carers & professionals
who support or work with young people

WHAT CAN I EXPECT?

PACE events consist of two main components:

1. A number of specialist workshops on young people's emotional health and wellbeing.
2. Information stands from local and national organisations.

Attendees can choose which sessions they would like to attend; select as many or as few as you would like to attend.

FRIDAY 19TH JULY 2024

OAKLANDS CATHOLIC SCHOOL, STAKES HILL RD,
WATERLOOVILLE, PO7 7BW

WORKSHOPS:

NEW Obsessive Compulsive Disorder (OCD), Tourette's Syndrome and Tics, Supporting your Autistic Child to Thrive, and Disability, Difficulty, SEND & Mental Health.

BOOK YOUR WORKSHOP SPACE AT:

hampshirecamhs.nhs.uk/events

Brought to you by Hampshire CAMHS



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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