



Marchwood Junior School—Mental Health and Wellbeing Newsletter

Summer 2026

It's the end of the year! Well done! Parenting is hard, and this time of year is particularly tricky with a calendar full of different end of year events. We wish the families who are leaving us all the very best for the future—remember that you can still tap into the different wellbeing resources on our website should you wish to. We look forward to seeing the rest of you in September :-)
Remember, please to reach out if you need to and, if you have an area of need that you would like us to run a workshop on, please just let us know :-)

tgregory@marchwoodjun.co.uk

Need help over the holidays?

In a mental health crisis ring 111 and speak to their specially trained Mental Health Team who will advise you about next steps and offer support.

You can also look at our website—under the wellbeing tab. The Good Mental Health Handbook is on there with loads of advice for parents and carers as well as general concerns families may have about their children. There are loads of short reads, podcasts and videos which offer loads of great advice to help you.

Shout is the UK's first and only free, confidential, 24/7 text messaging service for anyone struggling to cope. It provides immediate mental health support for people experiencing painful emotions, overwhelming stress, or personal crisis. Text SHOUT to 85258 from anywhere in the UK at any time of day or night.

Young Minds—lots of information on their website, but you can reach out to them too:



The Good Mental Health Handbook

A guide for parents and carers



Supporting families over the holidays....

Look at their website:

<https://www.mind.org.uk/news-campaigns/campaigns/mental-health-at-work-commitment/resources/supporting-parents-during-school-holidays/> to get advice and tips about juggling child care, dealing with the guilt of working, costs and lots more and lots more.



Speak to us on the phone

Call our Parents Helpline for free on [0808 802 5544](tel:08088025544).

We're open Monday to Friday. You can call us:

- from 9.30am - 4pm on Mondays, Thursdays and Friday
- from 9.30am - 6pm on Tuesdays and Wednesdays

[Find out more](#)



Chat to us online

To chat to us online, click on the chat icon in the bottom right-hand corner of your screen. Our chat is open Monday to Friday, 9.30am - 4pm.

When we're closed, you can leave us an email by clicking on the chat icon in the bottom right-hand corner of your screen. We'll reply to you by email in 3-5 working days.

[Find out more](#)



Send us an email

You can send us an email to parents@youngminds.org.uk at anytime, or click on the chat icon in the bottom right-hand corner of your screen, and select 'leave us an email'. We'll get back to you within 3-5 working days.

Please include your child's age, gender and your main concerns when sending us an email so we can tailor the advice we offer you.

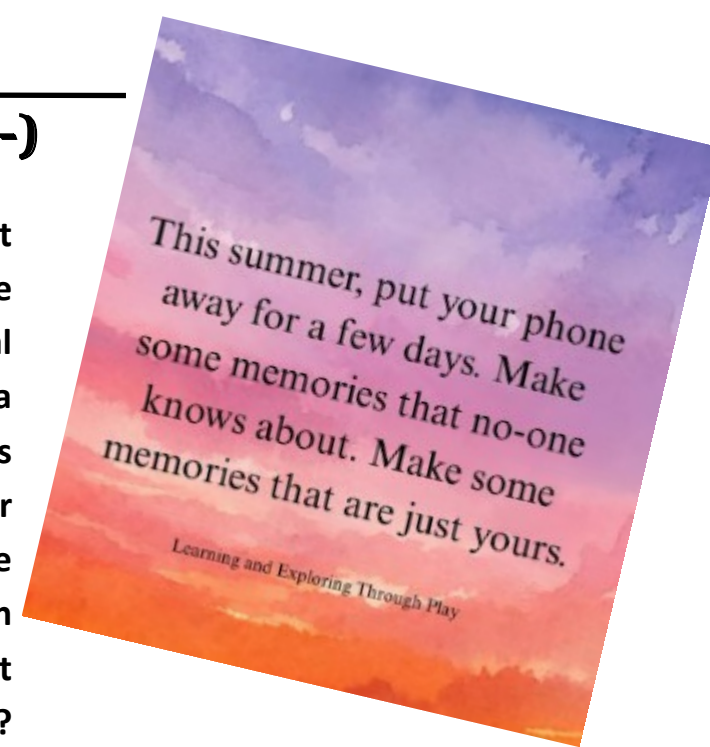
[Find out more](#)

MEANINGFUL MEMORIES :-)

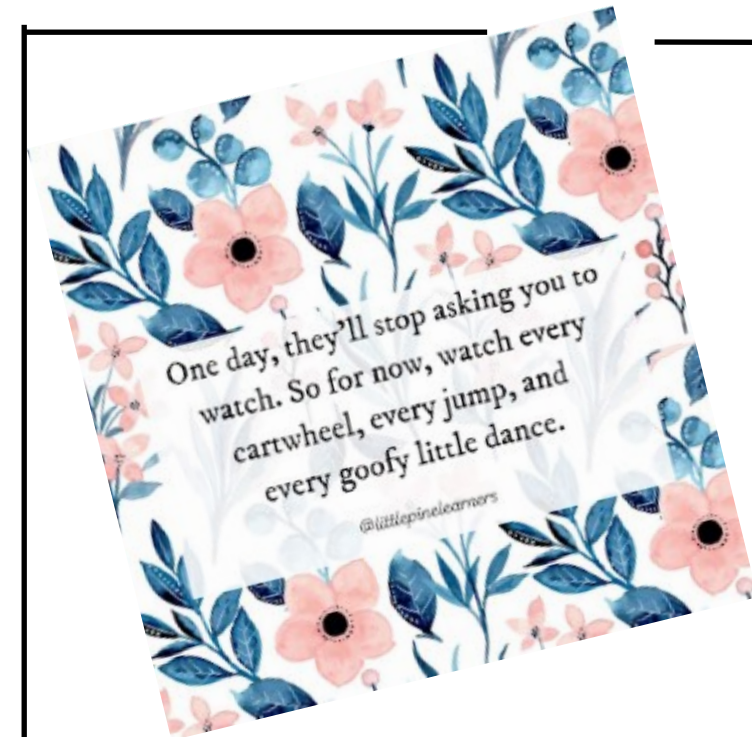
Summer holidays can be expensive, but there are also lots of ways to have free (or nearly free) fun in our amazing local area....a scavenger hunt at the beach, a picnic in the forest, a game of rounders at the park, helping to cook a treat or dinner.... It is okay for children to be 'bored' - encourage their creativity! Can they design a game? Create a keep fit routine? Sketch a plant in the garden? Read a book? Just gaze at the clouds! You do not have to be the entertainment committee!

The children have a Back to Basics Challenge to complete and bring back to school in September. On there are loads of family friendly things to do. Perhaps they could aim to do a few things every week?

Sometimes having a jar with ideas the children have come up with helps to plan across the break so that you have chilled days as well as busy days.



It's also nice to have an empty jar and encourage your children to write down their favourite things from the holidays. Empty the jar at the end and relive those favourite family moments!



Connect with friends or family—why not write a letter, call, meet up or zoom!	A day without any screen time	Spend time in nature—what can you hear? Try different times of day!	Proud Cloud! Draw a cloud and fill it with things you are proud of!	Write a diary entry / create a comic strip about a day out: what you did/ where you went/ the best bit...
Helping Hand - what can you do to help someone today?	Read (at least) one book! (Perhaps join the free library summer read scheme!)	Exercise routine—can you make up your own routine? Draw the routine with 'stick' people to help you remember it!	Nature hunt—look for bugs, twigs, stones, flowers, wildlife etc. Record what you find!	Make a den—inside or outside. Record what you find!
Research something which interests you eg a footballer/ shells / cats / a country etc	Cloud busting -lay down and watch the clouds making pictures in the sky	Movie night - snuggle up and watch a favourite film	Imagine that you are the main character in a book ... Can you write the blurb for it?	Star gazing—enjoy the moment or learn about what you can see!
Dance routine—make up or learn a dance to your favourite music! Perhaps you can perform it or share it with friends!	Create! Can you make something out of a cereal box or playdough or Lego? Let your imagination run wild!	Mindful colouring - which colours will you use? What patterns will you create?	Wildlife watching—count / identify butterflies or bugs or birds...	Help to make a picnic and enjoy eating it outside—in the garden, at the park, in the forest, at the beach, round a friend's house...
Nature art—sketching / bark rubbing/ use twigs, leaves, petals, shells, seaweed, pebbles etc to create art work	View from your window—can you draw the view from your window? Look carefully—what have you not noticed before?	Star Qualities -You do so many amazing things! Draw a star and put yourself in the middle. In each point, write/draw what you are good at!	Sort out your toys and give some to charity / friends / family	Grateful, Jan—Write on a line of paper! Fill and sign forms for. Pop them into a jar and read them at the end of the holidays!

Summer ideas and activities:

Down at Lepe.....



Enter your poem or short story in our Pollinator Writing Competition! 🐝📝

Your entry needs to be submitted by email, and an entry form completed online before Friday 18 September 2026.

3 age groups:

Adults (18+)

Ages 11 to 17 (school years 7 and above)

Ages 4 to 11 (school years 6 and below)

For full Terms & Conditions visit our website:

<https://www.hants.gov.uk/thingstodo/countryparks/lepe/whats-on/Writing-competition-Pollinator-theme>

#lovelepe #pollinator #competition

Join the Lepe team & a whole host of other wildlife loving organisations at our two day **wildlife celebration event!** 🐝🦋🐌

We will be running lots of free activities, including;

- 🐝 Bee walks
- 🦋 Moth trapping
- 🐌 Seashore safari
- 🦊 Minibeast hunt
- 🌻 Wildlife gardening
- 🐦 Bird watching
- 🍷 Nature crafts

Activities are for all ages, no booking required! - children under 18 must be supervised by an adult 🌈

And there's more...

Not only will the days be jam packed full of activities, but there will also be lots of wildlife organisations attending, giving you an opportunity to learn about, and be inspired by, real nature protection! 🌿

Plus, enjoy shopping around the selection of stalls by local handmade businesses; bringing you everything nature inspired and animal loving! 🐾

Timings for activities to be confirmed soon...

#lovelepe #hampshirethingstodo #visithampshire



Head to Hythe or Totton library.....



Children invited to join Hampshire Libraries' Summer Reading Challenge 2026

Children across Hampshire are being invited to sign up for this year's Summer Reading Challenge as it returns to Hampshire Libraries from Saturday 11 July. The 2026 challenge is called Read to the Beat



From 25 June to 1 September 2026, VAT will be slashed on eligible activities, to helping families enjoy the weekend treats, the days out, the small plans that make life enjoyable during the cost of living squeeze. Great British Summer Savings will be a targeted and temporary scheme to reduce the costs of children's meals in restaurants, children's tickets for theatres and cinemas and tickets for everyone for attractions like soft play, adventure centres, and theme parks helping families enjoy a day out for less. Children aged five to 15 in England will be able to travel free on local bus services throughout August – making it easier and more affordable for people to get out and about.

Hampshire County Council:

<https://www.gov.uk/government/news/great-british-summer-savings-vat-slashed-to-save-families-money-on-days-out>

As part of the UK Government's [Great British Summer Savings scheme](#), our Country Parks, Sir Harold Hillier Gardens and Arboretum, Calshot Activities Centre and Calshot Castle are cutting the prices of kids' meals and admission tickets for the summer period*.

At [Sir Harold Hillier Gardens](#) join a session of their ever popular Pond dipping, where you'll discover what lurks beneath the waters. Get clued up about the season's best blooms with a Wild about Wildflowers session or join a specialist guide on a colourful Butterfly walk. Our Summer Superpower trail is another family-friendly option to take your time exploring the gardens, uncovering its secrets. For the foodies, don't miss the chance to celebrate the great British tradition of Afternoon Tea Week, or release your inner Wonka with a fun family friendly Chocolate making workshop.

At [Lepe Country Park](#) create a piece of seasonal art for your front door with a Summer wreath making workshop, or join the team for Wildlife Wonders, an exciting family-friendly two-day festival celebrating the diversity of Hampshire's wildlife.

At [Titchfield Haven Nature Reserve](#) release your inner explorer with a Beginners bat walk – a brand-new event that takes you out into the field and teaches you how to identify these elusive nocturnal creatures with specialist equipment, or join an expert and discover what the Moth trap has caught overnight. For the avid bird watchers among us, the Hide with a Guide event, spotting the Haven's resident bird population is sure to delight all ages.

Plan the ultimate summer day out at [River Hamble Country Park](#) and enjoy a fun session of Frisbee golf, followed by a delicious outdoor feast cooked on a rented BBQ.

At [Royal Victoria Country Park](#), explore the enchanting Fairy Garden and discover the magnificent wooden sculpture crafted from an ancient cedar tree, or indulge your competitive side with a thrilling game of Laser tag – may the best team win!

Enjoy a close up encounter with the pigs, llamas, goats, sheep, and more at [Manor Farm](#) and [Staunton Farm](#) - both attractions run a host of events and activities over the summer period.

Hampshire County Council's [Outdoor Centres](#) also offer a range of activities – including at Calshot, Tile Barn and Runways End ; whether it's archery or rock climbing and much more, they're guaranteed to get your adrenaline pumping.

*For a full up to date list of events, visit our website: www.hants.gov.uk/thingstodo/events

Please note, some events require pre-booked tickets.

Signposting—here are some great places to go to for advice and support. You can access all the information on the Hampshire CAMHS website under the 'Events' tab. <https://hampshirecamhs.nhs.uk/events/>

Hampshire CAMHS
Information & Advice Sessions
in Winchester – August 2026

YOUNG PERSON'S MENTAL
HEALTH

This is a free opportunity for parents/carers, professionals or young people to come and chat to our CAMHS clinicians, ask questions, get advice and resources.

HAMPSHIRE CAMHS INFORMATION & ADVICE SESSION



5TH AUG
2026

Advice sessions are free.

<https://hampshirecamhs.nhs.uk/events/>



The CAMHS website has so much helpful information, videos, reads etc for a whole manner of concerns. There is everything from bullying, self esteem, autism, loss, family breakdown and so much more. There is plenty that you can download and work through with your children too. It's definitely worth a look—even if you're not in need at this moment in time!

<https://hampshirecamhs.nhs.uk/help/parents-carers/>

RURAL REACH Hampshire Child and Adolescent Mental Health Services

Tickets £5
Tea and coffee included

Understanding & strategies to support young people's mental health

The day will cover 5 individual sessions suitable for parents, carers and professionals.

- Understanding adolescent mental health
- Anxiety
- Low Mood
- Emotionally based school avoidance
- 8 skills to support a young person

Discretionary tickets available to families on request.

9.30am - 4.30pm

22 September Bordon (FREE - Funded by WBCT)

21 October New Milton

22 October Fareham

For more information scan the QR code or visit: