Marchwood Junior School – Mental Health and Wellbeing Newsletter **Autumn I 2026**

Welcome to the first MHWB newsletter of the year! These are half termly newsletters which aim to provide to information, ideas and signposting to help support our Marchwood Family. As ever, we operate an open-door policy—*please* make contact if you need to discuss any concerns or worries about your child/ren.



Mrs Gregory - Mental Health Lead /teacher



Mrs Smith – Welfare/ ELSA

The Wellbeing Team

At MJS we have a Wellbeing Team. We work together to ensure that good mental health is an integrated part of our school life for our children, their families and our staff.

If you have any concerns about your child/ children - or indeed family life - please email Mrs Gregory on **tgregory@marchwoodjun.co.uk**

Keep your eyes peeled for **Cuppa and Chat** sessions that we run – we try to provide an informal setting to discuss matters that parents raise with staff across the year eg dealing with anxiety. If you have a theme that you would like addressed – please just let Mrs Gregory know.



Mrs Bayles – ELSA/ LSA



SEND Co



Back to Basics – the best way to help everyone in your family develop good mental health and resilience!

"When a flower doesn't bloom, you fix the environment in which it grows, not the flower"

Take a look!
https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/back-to-basics

Did you know....?

Marchwood Junior School is an MHST school – this means we have access to our local Mental Health Support Team. We can refer families whose children may be suffering with lower-level mental health concerns, quickly offering support through workshops/ groups sessions/ 1:1 sessions - depending on the need of the individual. Alternatively, they can signpost families to the best place for their child's needs.

They also run lots of free online workshops which deal with topics that parents have said they need help/ advice with – please see the next page for information when these will run.

To share with parents: The Mental Health Support Team (MHST) is pleased to offer a series of free online parent workshops throughout the year. These sessions are designed to provide parents and carers with practical strategies and information to support their child's emotional wellbeing and mental health.

Our programme includes seven workshops, covering a range of topics relevant to both primary and secondary-aged children and young people. Please see flyer below for further information.



2026/27 Online Parent Workshop Offer

NHS
Hampshire and Isle of Wight Healthcare
NHS Foundation Trust

What To Expect:

Our workshops are delivered by experienced Mental Health Practitioners and last approximately **1.5 hours.** There will be time at the end of each session for questions and discussion. We hope you find the sessions informative and supportive. Please note that we are unable to discuss individual young people or specific cases.

Topic: Supporting your Child with Anxiety
Focus: Secondary & Primary Schools
Date: Oct 8, 2026 10-11:30am

Join Zoom Meeting
https://us02web.zoom.us/j/83038532980?pwd=6WG3Ma0qalLhP8TCbgXaqvn1PmAggD.1
Meeting ID: 830 3853 2980
Passcode: 231178

Topic: Autism
Focus: Secondary & Primary Schools
Time: Nov 12, 2026 10-11:30am

Join Zoom Meeting
https://us02web.zoom.us/j/89937011870?pwd=Ma6Hzq98vxaLKDGo51IrXME042dOWj.1

Meeting ID: 899 3701 1870
Passcode: 971139

Topic: EBSA & Transition
Focus: Primary Schools
Time: Jan 20, 2027 1-2:30pm

Join Zoom Meeting
https://us02web.zoom.us/j/87622535818?pwd=MWnqNGM85Daqc0ZCAAwbwXjA7yKxtc.1

Meeting ID: 876 2253 5818
Passcode: 236620

Topic: EBSA & Transition
Focus: Secondary Schools
Time: Mar 10, 2027 1:00-2:30pm

Join Zoom Meeting
https://us02web.zoom.us/j/85042241502?pwd=1kfuSW6Qte5MeNX7ySwaG38wbKURlq.1

Meeting ID: 850 4224 1502
Passcode: 881854

Topic: Now conversations
Focus: Primary Schools
Time: May 12, 2027 1- 2:30pm

Join Zoom Meeting
https://us02web.zoom.us/j/87416646498?pwd=zMH0rqao8cHD5Kjqrzz7fha0PapPan.1

Meeting ID: 874 1664 6498
Passcode: 411941

Topic: MH Building Blocks & Teen Brain Development
Focus: Secondary Schools
Time: Jun 9, 2027 1 – 2:30PM

Join Zoom Meeting
https://us02web.zoom.us/j/85277493568?pwd=br4a4xRWoBDZ22bBtafKYjOY6bLMl7.1

Meeting ID: 852 7749 3568
Passcode: 171177

Topic: Supporting Yourself to Support Your Child
Focus: Secondary & Primary Schools
Time: Jul 6, 2027 10-11:30am

Join Zoom Meeting
https://us02web.zoom.us/j/86444219793?pwd=bsyIRCwnx0hNRgzxIdLgxTrG36XaIW.1

Meeting ID: 864 4421 9793
Passcode: 566456

MENTAL HEALTH SUPPORT TEAMS

We look forward to welcoming you to our Parent Workshops!

If there is demand, we will show the primary-themed workshops in school for parents / carers to come and view. Please watch out for further information in our school newsletters and, should you want to attend, sign up by the deadline so that we can organise staff, room and refreshments. Thank you!

Here is some information specific to the next workshop regarding autism:

Autism Workshop

NHS
Hampshire and Isle of Wight Healthcare
NHS Foundation Trust

What To Expect:

Our workshops are delivered by experienced Mental Health Practitioners and last approximately **1.5 hours.** There will be time at the end of each session for questions and discussion. We hope you find the sessions informative and supportive. Please note that we are unable to discuss individual young people or specific cases.

Focus: Secondary & Primary Schools

Join Zoom Meeting
https://us02web.zoom.us/j/89937011870?pwd=Ma6Hzq98vxaLKDGo51IrXME042dOWj.1

Meeting ID: 899 3701 1870
Passcode: 971139

Delivered by: Charlotte, Caroline & Monica

Aims and Objectives

We aim to:

- Build a shared understanding of autism
- Help you as a parent to feel more confident supporting your child
- Reduce blame, confusion, and self-doubt
- Share practical strategies that work at home and school
- Celebrate strengths while supporting needs

Agenda:

- Presenting difficulties
- Strength-based thinking
- Understanding behaviour
- Adaptations and support
- What next? Assessment and signposting
- Understanding the benefit of an assessment

MENTAL HEALTH SUPPORT TEAMS

10-11:30am

November 12th 2026

Online: Zoom

Further information from our MHST team (who are part of CAMHS):

These sessions are a regular occurrence – great to speak directly to practitioners about your child and concerns you may have.

Trauma

Understanding the impact of trauma on a young person's brain, body and behaviour and how we can guide them from surviving to thriving

4 June Basingstoke

7 October Havant

Anxiety

Understanding & strategies to support young people

28 January Basingstoke

11 November Havant



CHILDREN'S AND YOUNG PEOPLE'S MENTAL HEALTH INFORMATION & ADVICE SESSIONS



The first Wednesday of every month

10am - 2pm

The Arc, Jewry Street, Winchester, SO23 8SB



You can book an appointment on our website



Or just drop in and see us

NHS
Hampshire Child and Adolescent Mental Health Services

PARENTS, CARERS AND PROFESSIONALS EVENTS

2026

BOOK YOUR SESSION SPACES AT:

hampshirecamhs.nhs.uk/events

Local to us – a really good opportunity to attend one or all of the workshops they offer. They are all free. You need to sign up online!





Supporting Children Through Divorce or Separation

When families experience a separation or breakdown, it can be a difficult and emotional time for everyone involved. Helping children feel loved, listened to, and secure through consistent routines can make a positive difference. The resources below offer support for families navigating these changes.

• Hampshire CAMHS page: https://hampshirecamhs.nhs.uk/help/parents-carers/family-breakdown/

• Relate (Article about telling children about separation): https://www.relate.org.uk/telling-children-youre-separating

• Gingerbread: https://www.gingerbread.org.uk/find-information/managing-separation/helping-

children-through-separation/

• Togetherness: https://togetherness.co.uk/falling-out-and-making-up/

• Family Lives: https://www.familylives.org.uk/advice/divorce-and-separation/your-children/

what-to-tell-the-children-about-your-divorce-or-separation?referer=/browse/54307/

Connect this half term!

Spend some time this half term enjoying the benefits of the great outdoors collecting resources to use for some fun crafts together!

Here is some inspiration...









