



Marchwood Junior School—Mental Health and Wellbeing newsletter

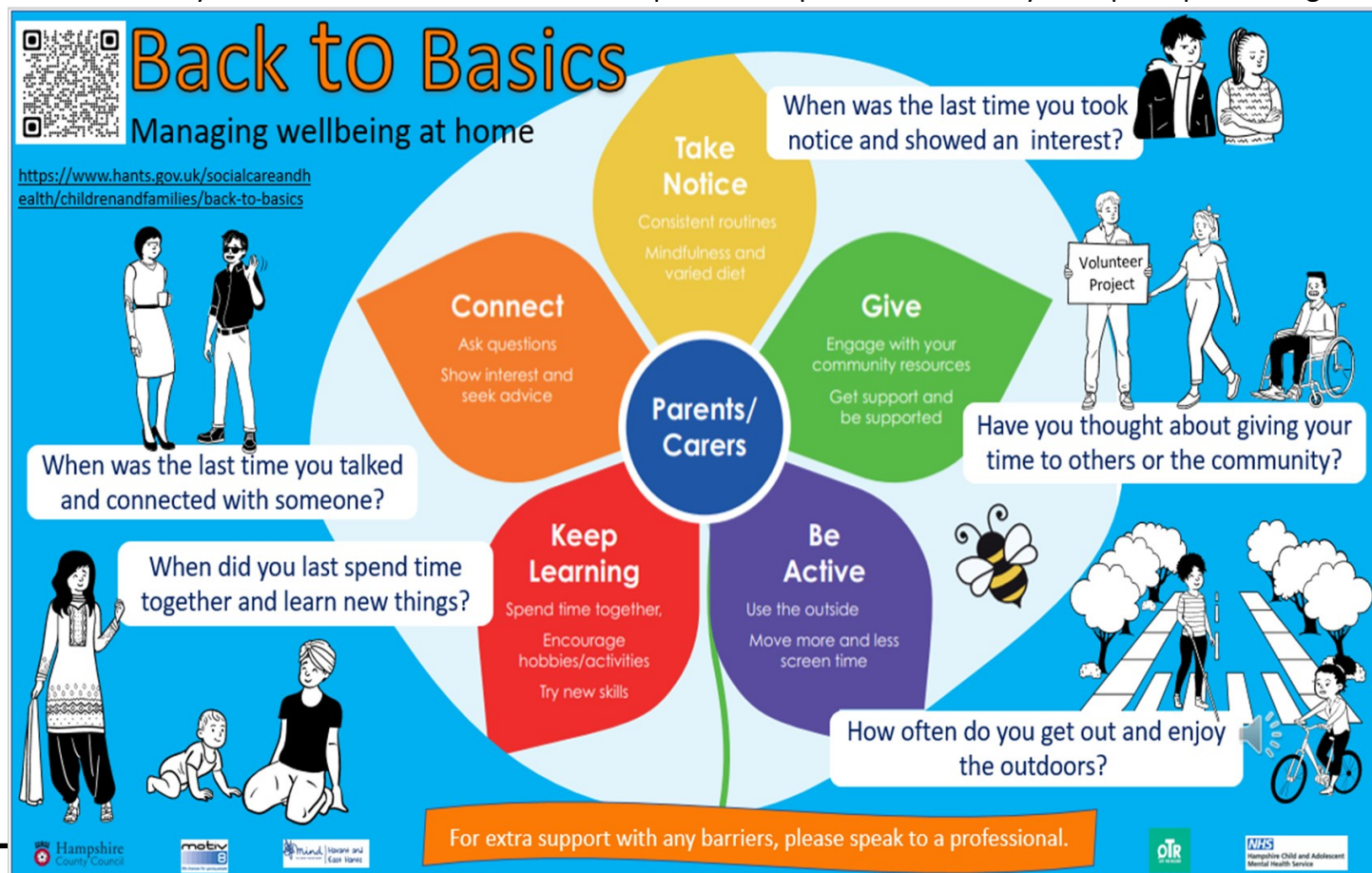
Summer II 2024

Please remember - we operate an open door policy. Please make contact if you need to discuss any concerns or worries about your child/ren.

This year we have invested a lot of time into supporting the Back to Basics initiative. We have shared B2B with the children during assemblies, given them opportunities to experience the 'petals' during activity weeks and have asked them to be involved in half termly challenges at home. Information has also been shared with parents and carers during Cuppa and Chat sessions, ACE times and our school and MHWB newsletters. You can find out more information about Back to Basics on our website or on the Hampshire website:

<https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/back-to-basics>

Back to Basics is for everyone—it is the building blocks of wellbeing and, if these elements are not in place in our lives, it can often impact on us and our families. Definitively a reason to reflect on how we incorporate the 'petals' into our days and perhaps challenge ourselves over the holidays!



Cuppa and Chat

Please remember that Cuppa and Chat operates for you!

If you have any themes which you would like us to cover next year, please just let us know!

Contact: tgregory@marchwoodjun.co.uk

All of our previous Cuppa and Chat PowerPoints are on our school website - please take a look! :-)

MJS Summer Challenge!

All the children have been given an 'MJS Summer Challenge' sheet—filled with lots of fun ideas and activities to do over the summer break, all of which incorporate the 5 ways of wellbeing—GIVE, CONNECT, ACTIVE, LEARN, NOTICE— so good for **all** the family! We hope you have lots of fun trying to complete the challenges!



MJS Summer Challenges!

Use the 5 ways of wellbeing over the summer to have fun whilst learning, connecting, giving, being active and noticing! Tick off / shade in any challenges you manage to do! Enjoy! :-)

Write and post a letter to someone	A day without any screen time	Spend time in nature—what can you hear? Try different times of day!	Play a new game.....teach someone else!	Write a diary entry / create a comic strip about a day out: what you did/ where you went/ the best bit etc
Help to make lunch / dinner	Read (at least) one book! (Perhaps join the free library summer read scheme!)	Learn an outdoor game	Spend time in nature—forest stomp	Make a den—inside or out!
Research something which interests you eg a footballer/ shells / cats / a country etc	Spend time in nature—cloud busting (lay down and watch the clouds making pictures in the sky)	Watch a film	Imagine that you are the main character in a book Can you write the blurb for it?	Star gazing
Scavenger hunt	Make something using junk modelling	Spend time in nature—geocaching (free sites available to do this....hunt for and leave a surprise!...or plan your own!)	Wildlife watching—count / identify butterflies or bugs or birds...	Create a garden 'potion' - take a jam jar and add in some water and other bits and pieces you find eg some grass/ flower petals/ leaves.....stir with a stick
Spend time in nature—sketching / bark rubbings	An hour of saying 'yes' to your parent or carer	Nature art—use twigs, leaves, petals, shells, seaweed, pebbles etc to create art work / crunch up leaves, grass or petals to create pigments to create with	Sort out your toys and give some to charity / friends / family	Spend time in nature—paddle in the sea/ skim a stone

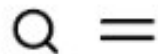
You can find other ideas here: <https://www.nationaltrust.org.uk/visit/50-things>

Summer holidays can be tough. Remember that there is support out there for you and your family. At the start of the year, families were given a booklet with a range of local support listed in it to support a huge range of needs—from money to mental health.

This document is also on our website.

Young Minds is a place where parents can seek help and guidance if they are concerned about mental health.....

YOUNGMINDS



About our service



We support parents and carers who are concerned about their child or young person's mental health.

You might contact us because you're worried about how your child or young person is feeling or behaving. Or you might need advice about finding mental health support for them. Whatever your concern is, our advisers want to understand what's happening and support you to take the next step.

Please be aware that we are not a crisis service. If your child or young person needs urgent help, we have a list of services that can support you now.

Speak to us on the phone

Over the phone, we can provide detailed information and advice about your child or young person's mental health. We can also offer you emotional support and direct you to other services that may be able to help. Our phone service is confidential.

You can call our Parents Helpline for free on **0808 802 5544**, Monday to Friday, from 9.30am to 4pm.

Here's what to expect from a Helpline call:



Chat to us online



To chat to us online, click on the chat icon in the bottom righthand corner of your screen. We're open Monday to Friday, from 9:30am to 4pm.

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

Parents Helpline

We offer tailored information, advice and support to parents and carers who are concerned about their child or young person's mental health. You can speak to us over the phone, or chat to us online. You can use our Helpline service if you are the parent or main carer of a child or young person aged 25 or under. Our service is available across the UK. It is free and confidential.



Summer help.....kids eat free/ for £1—check out this website:

<https://moneyplusadvice.com/blog/tips-advice/kids-eat-free-or-for-1/>

LAS IGUANAS

Join 'My Las Iguanas' via the App & Niños eat free with every adult main

ASDA

Kids eat for £1 All Day. Every Day at Asda cafes, with no adult spend required.

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

PUREZZA

Children under the age of 10 get free pizza at Purezza with every adult meal purchased

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

TESCO CAFES

1 Free Kids meal with every 60p Spend. Available from July 1st Scotland and NI - from July 22nd England & Wales

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

YO! SUSHI

From Monday 1st July - Friday 30th August 2024, kids eat free all day Mondays to Fridays at YO! Sushi (min adult spend £10).

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

COCONUT TREE

One child (aged 10 and under) eats free per paying adult. Valid Daily, 12pm - 6pm from Monday 22nd July to Friday 6th Sept 2024.

IKEA

Kids get a meal from 95p daily from 11am

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

HUNGRY HORSE

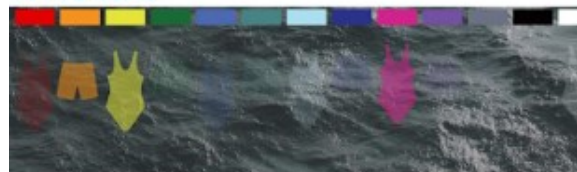
Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.

Swimwear Safety

In the Lake



In the Pool



Be aware of summer

dangers

swimwear colours can help children be seen—or not....



Get crafty!

Using just a pencil or biro to create some fabulous



Encourage your child to learn the New Forest Code....

Follow the New Forest code

The New Forest is a unique place with rare wildlife and free-roaming livestock. Thank you for helping us care for this special place by following the simple New Forest code:



*Failure to comply may result in a fixed penalty of £100 or being taken to court and a fine of up to £1,000.



Remember.....

Sometimes in life we just need a hug... no words, no advice, just a hug to make you feel you matter.