



And, just like that, another year has passed! We wish you all a very happy summer holiday, but recognise that the break can be hard for many. There are some top tips on the next page about activities to do with the children, promoting the 5 ways of wellbeing, which are good strategies for life for us all.

Remember that our website has lots of information about support available for families, covering everything from financial support to suggested reads and helplines./ websites which you may find useful.

Cuppa and Chat

Thank you to those parents who attended our year 2 to year 3 transition cuppa and chat at the infant school recently along with those who popped in to see us after upper school sports morning for the year 6 to 7 transition session. Both powerpoints are on our website should you wish to take a look.

If you have any themes which you wish to be discussed at a cuppa and chat session, please reach out. Sometimes our MHST will be able to come and run a session eg helping your child with anxiety.

Just let us know and we will try our best to facilitate it!

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Summer is here!

Why not head to Lepe Beach on the 13th and 14th August? The Lepe team & a whole host of other wildlife loving organisations will be there for a two day wildlife themed festival for the whole family. 10am—3pm

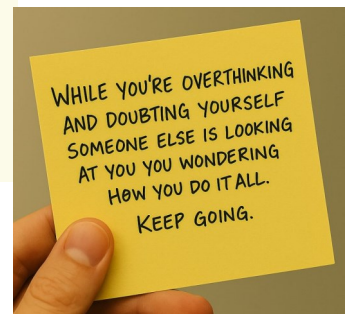
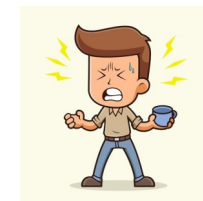
Explore the wildlife at Lepe through fun crafts, activities and games. With exhibitions from Hampshire & IOW WildlifeTrust, Brid Aware Solent and many more.

This is a free event to attend, but the usual parking charges apply.

Summer moments?

Try explaining your frustrations and triggers to your child...model suitable responses....

- ‘We’re both having a hard time’
- ‘I’m going to take a moment to calm down’
- ‘Sometimes its hard for me to stay calm too’
- ‘I’m going to take some deep breaths now’
- ‘I feel frustrated that...’
- ‘I need some time and space to calm my body’



Mindfulness Tips

Body scanning is a great way to make you feel calm.

1. Get comfortable. Lying down is preferable.
2. Take a few deep breaths and bring awareness to firstly your feet.
3. Breathe in deeply and out for 5 seconds.
4. Scan your entire body and repeat.



The children have all been issued with a 'Back to Basics meets Mole' **summer challenge!** There are no excuses to be bored! Some of challenges can be completed independently, but some can be family events—a chance to put down devices and 'Connect' with each other. The children have been encouraged to sign off at least half of the challenges and return the booklet to school in September. They will receive a special B2B/MOLE WAM voucher! A great way to start the new school year! Please encourage your children to take part in this challenge! Thank you .



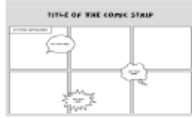













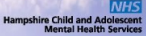
<p>Connect with friends or family—why not write a letter, call, meet up or zoom!</p> 	<p>A day without any screen time</p> 	<p>Spend time in nature—what can you hear? Try different times of day!</p> 	<p>Proud Cloud! Draw a cloud and fill it with things you are proud of!</p> 	<p>Write a diary entry /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

PHOTO COMPETITION!

On the back of the challenge is information about a photography competition CAMHS is running! Why not take a look at the rules and encourage your young person to submit an entry? Good Luck!



Young persons photo competition 2025

Connections

Hampshire CAMHS are looking for creative photos that reflect connections, how we connect, who we connect with and the importance of connections. No faces permissible.


This competition is open to any young amateur photographer in Hampshire.
Age categories: • Up to 12 years old • 13 to 18 years old

Prizes in each category

- 1st Place £100 Amazon voucher
- 2nd Place £75 Amazon voucher
- 3rd Place £50 Amazon voucher



Submission date: Midnight on 8th September 2025
All submissions must be supplied with an entry form

An extra challenge you may wish to do!
Entry forms are in the triangle or ask Mrs Gregory :-)



Submission assumes permission to use to promote this project and possible inclusion in a book/exhibition exclusively.

The entry form and details, along with our terms and conditions can be found on our website hampshirecamhs.nhs.uk

'Keep learning' with your family to ensure a safe summer of fun.....

We are lucky enough to live near the New Forest! Please 'keep learning' with your children and teach them all about the New Forest Code this summer so that we can all safely enjoy the space.

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:



Scan me to find out more



Keep your distance from the animals – don't feed or touch them*



Keep dogs under control. Don't let dogs approach or chase any animals



Stick to the permitted cycle tracks



Take home litter and dog waste



Park only in car parks



Drive with care – animals on the road!



No fires or barbecues*



No wild camping



Help wildlife by keeping to the main tracks

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



newforestnpa.gov.uk

thenewforest.co.uk



Flags at the Beach



Bathing Flag

The area is watched by lifeguards. Between two of these flags is a safe place to swim and use a body board.



Surfing Flag

The area is safe for water activities like surf boarding and kayaking, but not safe for swimming or body boarding.



Danger Flag

Danger! Never enter the water when you see this flag.



Orange Windsock

Dangerous wind conditions. **Never** use an inflatable like a rubber ring or dinghy – you could get swept out to sea.

COASTAL safety

swim between the red and yellow flags.

read and obey signs.

seek advice of lifeguards and surf lifeguards if unsure.

supervise children in, on and around water.

wear a life-jacket if boating, rock fishing or on water-craft.



Be mindful that different coloured swimwear is seen differently

In the Lake



In the Pool



Whether you're visiting one of our local beaches or travelling further afield, 'keep learning' with your children to keep them safe by the sea/water this summer.

Check tides!

Have a plan!

Remind them that the coast-guard is also a 999 call !

Reminder:

Helpful upcoming events for parents and carers.

Here are some useful events! There is more information on the Hampshire CAMHS website:

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

Mental Health
bite size sessions

8-12 September 2025

United Reform Church Hall
Jewry Street, Winchester, SO23 8RZ

Time	Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th
9.30am - 10.30am	Introduction to mental health	Supporting your child to transition to a new school	Introduction to mental health		Supporting parents to manage children's anxieties
11am - 12 midday	Introduction to anxiety	Sleep hygiene	Trauma		Exam stress
12.30pm - 1.30pm	Introduction to low mood	Understanding suicidal language in children and young people and how to support them	Sleep hygiene		Understanding suicidal language in children and young people and how to support them
2pm - 3pm	Tics & Tourettes	Teenage turmoil	Supporting parents to manage children's anxieties	Emotionally based school avoidance	Introduction to low mood

Hampshire CAMHS Information & Advice Sessions in Winchester – AUGUST 2025

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

6TH AUG 2025

Hampshire CAMHS Bitesize sessions: 8 – 12 September 2025

We are running a whole week of bitesize workshops to support Hampshire CAMHS Mental Health Focus Week. These are one hour sessions and are suitable for parents, carers and professionals.

Heads up for September.....

8TH SEP 2025

Please go the Hampshire Camhs Events page to find out more about these events and sign up!

NHS
Hampshire Child and Adolescent Mental Health Services

Mental Health Focus Week

A week of training days for Parent/Carers and Professionals provided by Hampshire CAMHS on a variety of subjects.

Eating Disorders and Difficulties
Monday 8 September 2025

Anxiety - understanding and strategies to support young people
Tuesday 9 September 2025

Trauma - The profound impact on young people
Wednesday 10 September 2025

Understanding ADHD
Thursday 11 September 2025

Embracing Autism
Friday 12 September 2025

8 - 12 September 2025
United Reform Church Jewry Street,
Winchester, SO23 8RZ

For more information scan the QR code or visit:
<https://hampshirecamhs.nhs.uk/events/>

All sessions 9.30am - 3.30pm

of Hampshire CAMHS Mental Health Focus Week

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Sessions include:

- Introduction to mental health
- Introduction to anxiety
- Introduction to low mood
- Tics & Tourettes
- Supporting your child to transition to a new school
- Sleep hygiene
- Teenage turmoil
- Trauma
- Understanding suicidal language in children and young people and how to support them
- Supporting parents to manage children's anxieties
- Emotionally based school avoidance
- Exam stress

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