



Marchwood Junior School—Mental Health and Wellbeing newsletter

Autumn 1 2025

If you are a new family to Marchwood, then welcome to our MHWB newsletter! We aim to fill it with 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.

MJS's MHWB Team

We have a Mental Health and Wellbeing Team at MJS. To help you put a name to a face, our pictures are below. We work together to ensure that Mental Health and Wellbeing is an integrated part of our school life for our children, their families and our staff.

Please make contact with us should you need to discuss any concerns you may have. tgregory@marchwoodjun.co.uk



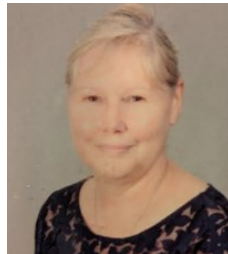
Mrs Gregory

MH Lead /teacher



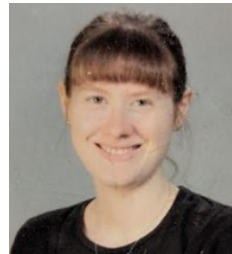
Mrs Smith

Welfare/ ELSA



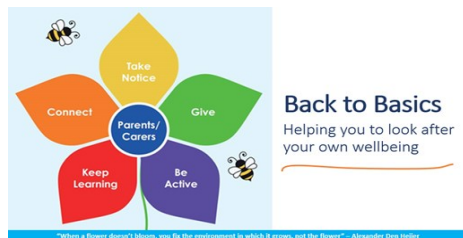
Mrs Bayles

LSA/ ELSA



Mrs Shutler

SENCD Co



We all lead busy lives. Sometimes we need to take a moment and reflect on the 'basics' which may, through no-one's fault, be missing, but which make a huge difference to us when they are in place. Take a look at Back to Basics—it offers great opportunities for family life to reconnect and enjoy life together !

Being Mentally Healthy!

'It is essentially about ordinary living —about physical and emotional well-being, the capacity to live a full and creative life and the flexibility to deal with its ups and downs.'

Mental Health affects how we think, feel and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

It is important at every stage of life, from childhood to adolescence and through adulthood, which is why newsletters like this are important, why we follow the Hampshire Back to Basics initiative and why we share available support with you in different ways.

Our aim is for our children, and the wider Marchwood family, to be equipped with skills which enable them to be resilient members of society. To cope with the ever-changing circumstances of life, knowing, and taking pride in, their own strengths, whilst being aware of situations they find/may find tricky, with the ability to use known strategies to support themselves in such situations.

Website reminder There is a wealth of information and support for our families on our website. Please take a moment to take a look at it —whether your concern is mental health, financial, family life, autism support etc there will be something to help you! It's a good place to start with lots of useful links, reads, videos etc.

HOME → PARENTS → WELLBEING & SUPPORT

Wellbeing & Support

Back to Basics Home Learning

Cuppa and Chat

MHWB Newsletters

Support

Useful reading

Signposting—here are some great place 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 – NOVEMBER
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



5TH NOV
2025

Advice sessions are free.

Sign up on-line.

<https://hampshirecamhs.nhs.uk/events/drop-in-sessions-copy-3-copy-copy-copy-copy/>

There is another session on the 3rd Dec.

PACE events are free.

Topics include: Eating difficulties/ARFID, Trauma recovery, Managing ADHD, Coping and Resilience strategies, OCD, Connecting with your child, Tics and Tourette's, Anxiety, introduction to Autism and lots more! Sign up on line.

P.A.C.E. (Parent and Carer
Events) – New Forest/Lyndhurst

A free event FOR PARENTS AND CARERS to help families better understand the needs and difficulties that young people can face and how to manage potential issues/concerns they have about their young person.



7TH NOV
2025

A training day for
Parent/Carers & Professionals
in Winchester

A day that focuses on learning skills and strategies for parents, carers and professionals who are supporting an autistic young person. Hampshire CAMHS colleagues will be hosting this day alongside parents/carers with lived experience in coproduction with Viv Dawes Autism Advocate.

EMBRACING AUTISM



14TH NOV
2025

Embracing Autism costs £20 and runs from 9am—3pm

Topics covered include:

Supporting your autistic child to thrive

SEN in education

Autistic burnout/masking

Q & A panel with speakers / stands

Connect this half term!

What about an autumnal art / craft activity?

Or catching up over a drink/ meal? (This could be at home too!)

Or talking and listening....



Free Fun!



Kids Eat Free (or for £1) October Half Term 2025



Updates here 👉

<https://moneysavingcentral.co.uk/kids-eat-free>



- ANGUS STEAKHOUSE**
Kids under 8 eat FREE daily, 12pm to 5pm
- ASDA**
Kids eat for £1 daily, with no adult spend
- ASK ITALIAN**
Kids under 10 eat for £1 during school holidays
- BELLA ITALIA**
Children eat for £1 with any adult main
- BILLS**
Kids Eat Free weekdays, 27th - 31st October 2025
- BREWDOG**
1 Kid eats free with 1 adult, Scotland 13th - 17th Oct England & Wales 27th - 31st Oct
- BURGER KING**
From 13th Oct - 2nd Nov, Kids Eat Free (via app)
- CHIQUITO**
Kids eat FREE Daily 27th - 31st October
- COCONUT TREE**
Kids eat FREE Daily Mon 27th Oct - Sun 9th Nov 2025
- DOBBIES GARDEN CENTRES**
Kids eat for £1 with an adult breakfast or lunch
- FARMHOUSE INNS**
2 Kids eat free From Mon 6th - Fri 17 Oct (Scotland) & Fri 17th - Fri 31 Oct (England & Wales).
- FLAMING GRILL**
1 Kids eats free, Mon 13th - 20th Oct (Scotland) & Mon 20th - Fri 31 Oct (England & Wales)
- FUTURE INNS**
Under 5s eat for free with any adult meal
- GORDON RAMSEY RESTAURANTS**
Kids under 10 eat FREE all day, every day
- HUNGRY HORSE**
2 Kids eat free From Mon 6th - Fri 17 Oct (Scotland) & Fri 17th - Fri 31 Oct (England & Wales).
- IKEA**
Kids get a meal from 95p daily from 11am
- LAS IGUANAS**
Kids under 12 eat FREE with 'My Las Iguanas' App
- MARCO PIERRE WHITE**
Kids under 12 Eat FREE daily with an adult spend
- MORRISONS**
Kids Eat FREE all day, every day with a £5 spend
- PAUSA CAFE @ DUNELM**
Kids eat FREE with every £4 spend all day
- PREMIER INN**
2 Kids eat for free with 1 adult breakfast
- PRETO**
Kids up to age 10 eat free with 1 paying adult
- PUREZZA**
Kids under 10 get free pizza with every adult meal
- SA BRAINS PUBS**
Kids eat for £1 on Wednesdays
- SIZZLING PUBS**
Kids eat for £1, Every Monday to Friday, 3 - 7pm
- TABLE TABLE**
2 Kids Eat free breakfast daily with 1 paying adult
- TGI FRIDAYS**
Kids Eat Free with any adult meal (Via App)
- THE REAL GREEK**
Kids under 12 eat FREE Sundays with £10 spend
- TRAVELODGE**
2 kids eat for free with 1 adult breakfast
- WHITBREAD INNS**
2 kids eat for FREE with 1 adult breakfast
- YO! SUSHI**
Kids eat free all day (weekdays) in school holidays

Your favourite film and why....
The most courageous thing you've done....

The strangest dream you've ever had!
An embarrassing moment that made you laugh!

Sharing your favourite quality about each other....
Your favourite thing about where you live...

