



# Marchwood Junior School—Mental Health and Wellbeing Newsletter

Spring I 2026

This time of year can be challenging - dark, dreary days and lots of rain! Gradually the days are getting longer and Spring is on the horizon —hang on in there! As ever, please reach out if you need support.



## Free online learning pathways to support your parenting journey

Hampshire County Council, in partnership with Togetherness, offers families free access to a range of online courses that support emotional wellbeing - for both grown-ups and children. Each course provides practical tips and advice to help you feel more confident as a parent, navigate family life and strengthen your relationships. Whether you're a mum, dad, foster parent or grandparent, there's a course for you.

Developed by psychologists and professionals, courses have been designed to help you understand your child's feelings, development and behaviour, as well as focus on your own feelings as you grow as a family.

**Big feelings, how the brain works, and relationship ideas for happier lives. Togetherness pathways for parents, carers, grandparents, and young people.**

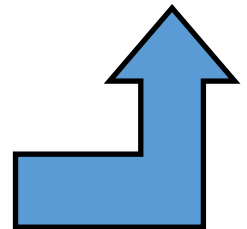
Find your journey for stronger relationships and enhanced emotional wellbeing. Follow evidence-based educational content developed by clinical psychologists, health practitioners, and psychotherapists. Tried and tested by parents and young people.

It's easy to register for free unlimited access:

1. Visit [togetherness.co.uk/pathway-library](https://togetherness.co.uk/pathway-library)
2. Enter the free access code
3. Register to create your account
4. Choose the courses that suit you

Use free access code:

**FAMILY**



### Back to Basics Challenge

As part of our Back to Basics work, the children have been 'Taking Notice' at school. They have been set some Take Notice challenges for half term, so please encourage them to have a go! They are simple things to do and, if they complete the challenge and return it to school after the break, they will receive a WAM ticket! Plus, it's one of the 5 ways of wellbeing, so is good to do! Perhaps you could have a go too!



Back to Basics meets Mole!

Half term challenge!

Name: \_\_\_\_\_

Class: \_\_\_\_\_



We have been 'Taking Notice' at school. Can you continue this over the half term break?

Have a go at these challenges....

Gratitude is a form of noticing - write or draw something that made you smile!

Over half term can you list: 5 different things you can see, 4 different things you can hear, 3 different feelings you have, 2 different things you can smell and 1 thing that you tasted!

Notice Nature - draw a picture /try a rubbing of a leaf or some bark...or sketch some early flowers eg a daffodil - you can use the other side for space!

**REMEMBER to pop this into the box in the triangle to receive your special WAM token!**

## Some local family fun! Supporting local ventures. Shared experiences. Learning

Visit Southampton—See Southampton in a whole new light this February.

**City Reflections—**Illuminating Southampton's Stories is a free, city-wide programme of projection artworks, transforming six historic buildings across the Old Town and city centre.

Explore at your own pace, experience the city after dark, and discover Southampton's stories brought to life through light.

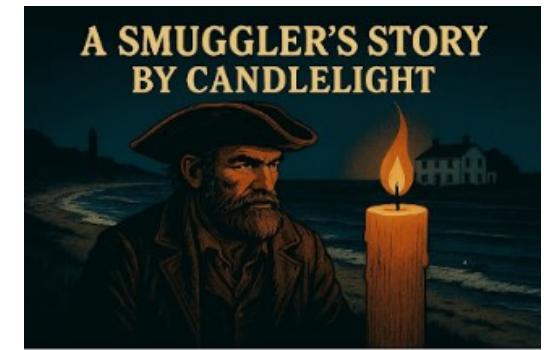
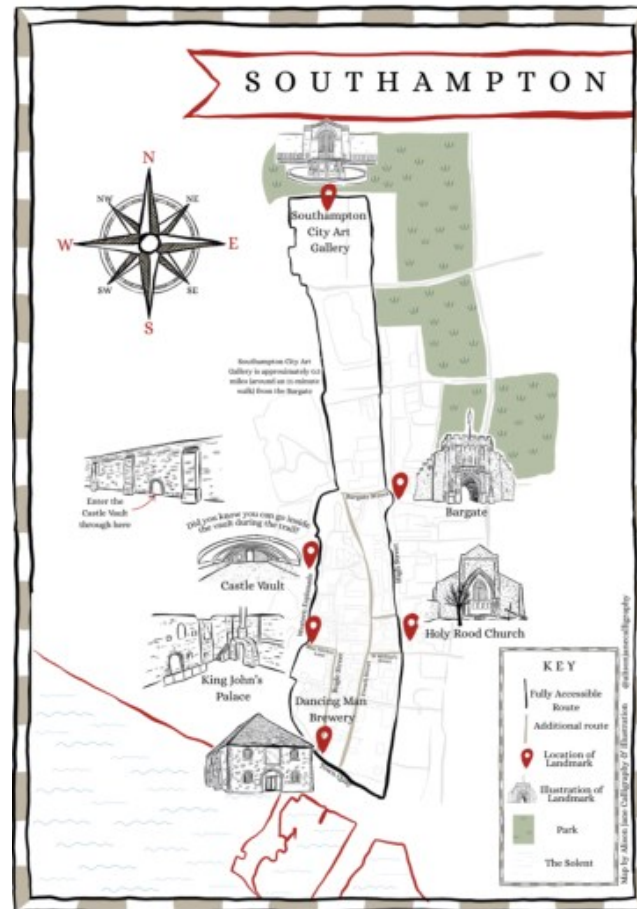
18—21 February 2026

6– 8 pm

### More to Explore by Day

While you're in town, take time to explore Southampton's cultural side:

- [SeaCity Museum](#) – Uncover the city's Titanic links and maritime past
- [Tudor House & Garden](#) – Step into 800 years of history in the heart of the Old Town
- [Solent Sky Museum](#) – A must-visit for aviation enthusiasts, including the iconic Spitfire
- [Westquay](#) – Shop your heart out with over 100 stores, or relax with a film or meal
- [Medieval town walls](#) – Take a guided or self-guided tour along the medieval town walls, enjoying panoramic views of the Old Town



### Smuggling at Lepe told by candlelight

Experience the story unfold by gentle candlelight, as our narrator brings the past to life in an intimate and atmospheric setting.

An evening of true immersion awaits, filled with history, storytelling, and the timeless charm of Lepe's smuggling past, all in a relaxed and family-friendly setting perfect for all ages to enjoy together.

Adult tickets £15 per person which includes a Mariners Jack meal and performance.

Child tickets £10 per person which includes a Old Fashioned meal (battered fish finger, chips, and garden peas).

Advance booking essential: <https://shop.hants.gov.uk/products/smuggling-at-lepe-told-by-candlelight-at-lepe-country-park-thursday-12th-march-2026-5-30pm>

March 12th 5.30pm—7.30pm

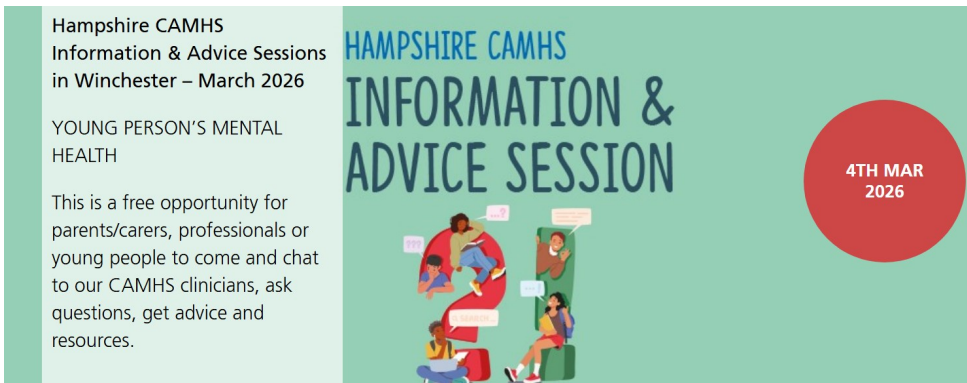
### Family Fun at Hythe Library

Every Saturday  
10am to 1pm

Construction club, board games  
and refreshments are available.

Free → Hythe Library →  
Saturday → Construction Club →

**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 – March 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**

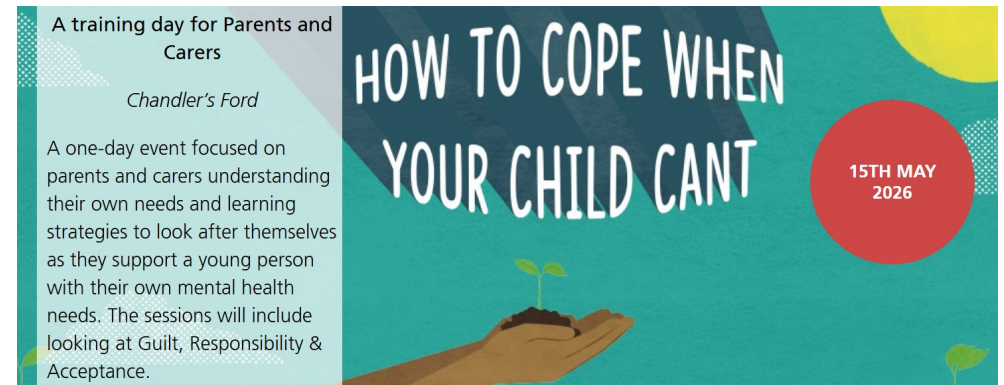
4TH MAR  
2026

**Advice sessions are free.**

**Sign up on-line.**

**<https://hampshirecamhs.nhs.uk/events/drop-in-sessions-mar26/>**

**How to Cope costs £25 for the whole day**



A training day for Parents and Carers  
*Chandler's Ford*

A one-day event focused on parents and carers understanding their own needs and learning strategies to look after themselves as they support a young person with their own mental health needs. The sessions will include looking at Guilt, Responsibility & Acceptance.

**HOW TO COPE WHEN  
YOUR CHILD CAN'T**

15TH MAY  
2026

**PACE sessions are free. You can sign up for as many or as few workshops as you wish. They are really helpful events. Sessions cover everything from ADHD to sleep, to anxiety, to parent help—and lots more! Take a look at the options: <https://hampshirecamhs.nhs.uk/events/p-a-c-e-may26/>**

**Understanding ADHD is £20 for the day**

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/>

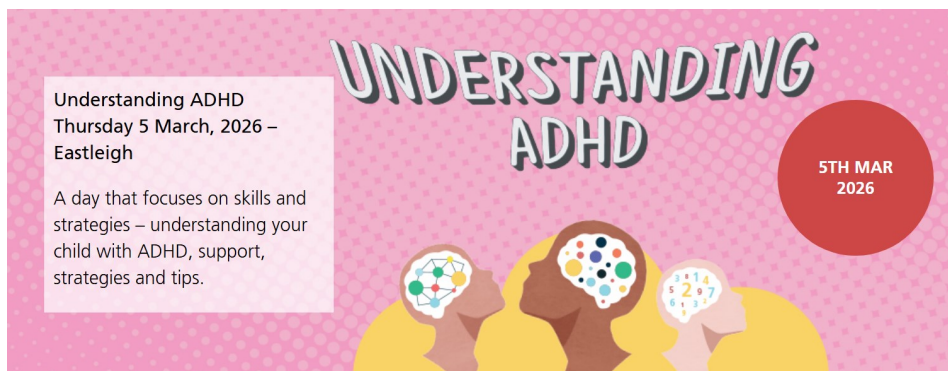


P.A.C.E. (Parent and Carer Events) – LYNDHURST

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.

**P.A.C.E.  
2026**

8TH MAY  
2026



Understanding ADHD  
Thursday 5 March, 2026 –  
Eastleigh

A day that focuses on skills and strategies – understanding your child with ADHD, support, strategies and tips.

**UNDERSTANDING  
ADHD**

5TH MAR  
2026