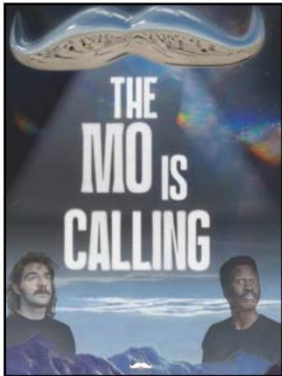


Autumn 1 Half Term - Self-Care 2025



As the crisp and damp air of autumn settles in, darker mornings and leaves turn golden, we welcome a fresh start to all of our students for this academic year. This season is not only a time for new goals and renewed focus, but also a chance to embrace the excitement of learning and understanding. It's hard to believe how quickly the last six weeks have flown by, time really does seem to speed up when we're busy and engaged! With Halloween just around the corner, there's a buzz of creativity and fun in the air, perfect for building community and school spirit. Whether you're stepping into secondary school for the first time or returning with new ambitions, this term offers a wonderful opportunity to make meaningful progress, new friendships and lasting memories.

As we move into November, it's a great opportunity to shine a light on **November**, a global charity focused on men's health. From raising awareness about prostate and testicular cancer to tackling mental health and suicide prevention, **November** is all about changing the face of men's health. Whether you're growing a top lip slug, moving for mental health (thank you PE Department), or simply starting conversations, every effort helps make a difference. Here's to a successful and inspiring start to the year!

I hope you all have a lovely half term break. Kind regards Mr T

Things to do this half term:

[West Dean Gardens Halloween Events 2025](#)

[Petworth's Academy of Witches and Wizards | National Trust](#)

[spooktacular events at Sky Park Farm | Events & Family Days Out](#)

[Explore The Weald & Downland Living Museum in Chichester](#)

[Exam Anxiety and Wellbeing support- Blogs of the month](#)

[Guide to CAMHS | Mental Health Services | YoungMinds](#)

[Exam Stress Tipsheets \(place2be.org.uk\)](#)

[Exam stress | Campaign Against Living Miserably \(CALM\) \(thecalmzone.net\)](#)

[Exam Stress | Coping Strategies | DEAL | Samaritans](#)

[Help your child beat exam stress - NHS \(www.nhs.uk\)](#)

[Information for 11-18 year olds – Exam stress - Mind](#)

[7 Tips To Beat Exam Anxiety \(youtube.com\)](#)



Remember, no matter how you feel, there is always someone to talk too!

*CHILDLINE--<https://www.childline.org.uk/>...**0800-1111**-open-24hrs/7-days-a-week¶
 *SAMARITANS--<https://www.samaritans.org/>...**116-123**-open-24hrs/7-days-a-week¶
 *NHS-Mental-Health-Line-**0800-0309-500**-open-24hrs/7-days-a-week¶
 *SHOUT---Text-**85258**¶
 *YoungMinds--[text YM to 85258](https://www.youngminds.org.uk/about-us/contact-us)-27hrs/7-days-a-week-<https://www.youngminds.org.uk/about-us/contact-us>...

Download the StayAlive app from Google playstore



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