





# Summer Hols - Self-Care 2025

### Congratulations to all students on completing another school year!

You've worked hard, overcome challenges, and grown in knowledge and character. Now, it's time to take a welldeserved break! Whether you're heading off on adventures, enjoying time with family and friends, or simply unwinding, I hope you make the most of this summer holiday.

Relax, recharge, and embrace the joys of the summer. Let the sunshine fuel your energy and creativity and take the opportunity to explore new interests or just bask in the simple pleasure of doing nothing at all.

As you look ahead to the next academic year, approach it with excitement and optimism. New opportunities await new lessons to learn, friendships to deepen, and goals to achieve. Take this time to reflect on your journey and set your sights on the great experiences ahead.

Enjoy every moment of your summer! You've earned it.

Mr T signing off for this academic year, I hope you have a fabulous break, and I look forward to seeing you in September!

#### **Supporting your Wellbeing**

How to Talk to Your Child about Mental Health | YoungMinds

Parents Mental Health Support | Advice for Your Child | YoungMinds

Place2Be: Parenting Smart: Articles

Guide to CAMHS | Mental Health Services | YoungMinds

Ways to look after your mental health #MHW20 #mentalhealth #MHW - Develop Us

## Things to possibly do over the summer break

For a summer holiday in the UK for 11-16 year olds, consider outdoor adventures like walking, cycling, or kayaking.

Indoor options include visiting museums, art galleries, or even exploring trampoline parks and indoor sports facilities. Holiday camps and clubs offer a structured, fun environment with activities like sports, arts, and crafts.

Don't forget about more relaxed activities like a picnic, a day at the cinema, or even volunteering.

THE 10 BEST Things to Do in West Sussex with Kids (2025)

Free things to do with family

20 Best Days Out In Hampshire For Teenagers Near Me | Attractions in Hampshire | Day Out With The Kids

Best places to visit with teenager in surrey UK - Google Search

25 Budget- friendly things to do in Surrey | Essential Surrey - Essential Surrey



Children and Families













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

There is always some one to talk to; use one of these free services to use if you feel low, lonely, or vulnerable.

\*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--:<u>text-YM-to-85258--</u>27hrs/7·days-a-week-<u>https://www.youngminds.org.uk/about-us/contact-us</u>---

Anxiety----what-strategies-do-you-use,-listento-a-music-list,-walk-around-the-garden,read-some-of-a-book,-have-you-made-a-Self-Soothe-box---find-out-at-

https://www.youngminds.org.uk/youngperson/blog/how-to-make-a-self-soothebox/·or·0844·967·4848·open·27hrs/7·days·a· week.....or·the·ClearFear·app Suicidal----Call-999-or-go-to-A&E-if-you-or-someone-is-feelingsuicidal

Papyrus·Hopeline·UK·**0800·068·4141**·or·text·**07860·039967**·or· email·<u>pat@papyurs-uk.org</u>·all·open·9:00am-midnight·everyday

Download the Stay Alive app from Google playstore





Parent-Support --- YoungMinds-and-WSCC

West-Sussex-Safeguarding-Hub:-01403-229900°Mon-Fri-9am-5pmand-0330-022-26664-5pm-9am-and-weekends

For·detailed·advice, emotional·support·and·signposting·about·a·childup·to·the·age·of·25.·Call·free·0808·802·5544·from·9:30am--4pm, Mon--Fri·https://www.youngminds.org.·uk/parents· Self-harm --- what have you planned as your distraction techniques --- go for a walk, make someone a cup of tea, bake some cakes, walk the dog, look at your favourite photos, doodle/draw ...... or engage with the *CalmHarm app* 





