

March 2025

Wellbeing Wednesday

Deer Park School

Welcome to the March edition of our Wellbeing newsletter!

Spring is fast approaching and there are lots of exciting dates to celebrate in March...

Pancake Day - Tuesday 4th
World Book Day - Thursday 6th
British Science Week - 7th-16th
Comic Relief - Friday 21st
World Poetry Day - Friday 21st

Enjoy the start of a new season and the opportunities it can bring!

The 20th of March marks the first day of Spring!

HAPPY NEWS



Did you know? As we move towards spring, we're gaining around 3.5 minutes of daylight every day! That's nearly 25 extra minutes of sunshine each week. We're getting there!

wecare@deerparksecondary.org



Mindful March 2025

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

- 1 Set an intention to live with awareness and kindness
- 2 Notice three things you find beautiful in the outside world
- 3 Start today by appreciating your body and that you're alive
- 4 Notice how you speak to yourself and choose to use kind words
- 5 Bring to mind people you care about and send love to them
- 6 If you find yourself rushing, make an effort to slow down
- 7 Take three calm breaths at regular intervals during your day
- 8 Eat mindfully. Appreciate the taste, texture and smell of your food
- 9 Take a full breath in and out before you reply to others
- 10 Get outside and notice how the weather feels on your face
- 11 Stay fully present while drinking your cup of tea or coffee
- 12 Listen deeply to someone and really hear what they are saying
- 13 Pause to watch the sky or clouds for a few minutes today
- 14 Find ways to enjoy any chores or tasks that you do
- 15 Stop. Breathe. Notice. Repeat regularly
- 16 Get really absorbed with an interesting or creative activity
- 17 Look around and spot three things you find unusual or pleasant
- 18 Have a 'no plans' day and notice how that feels
- 19 Cultivate a feeling of loving-kindness towards others today
- 20 Focus on what makes you and others happy today
- 21 Listen to a piece of music without doing anything else
- 22 Notice something that is going well, even if today feels difficult
- 23 Tune into your feelings, without judging or trying to change them
- 24 Appreciate your hands and all the things they enable you to do
- 25 Focus your attention on the good things you take for granted
- 26 Choose to spend less time looking at screens today
- 27 Appreciate nature around you, wherever you are
- 28 Notice when you're tired and take a break as soon as possible
- 29 Choose a different route today and see what you notice
- 30 Mentally scan your body and notice what it is feeling
- 31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together

how to fill your OWN cup this week..



spend time with someone who uplifts you



go outside to ground yourself



stay hydrated with water & herbal teas



read a good book / listen to a motivating podcast



do something you've been putting off



do a workout you enjoy



unplug during the day



do something small you really enjoy



say no to protect your energy

@wholehealthbydebs

THE KINDNESS TOOLKIT



One of the Five Steps to Wellbeing is **GIVING**. We have chosen to focus on giving kindness, to both ourselves and other people. Our kindness toolkit has lots of suggestions for how you can develop kindness and compassion as well as practice behaving kindly daily.

Why not do a daily "Random Act of Kindness". Pick from these or think of your own!

- Tidy your room without being asked
- Wash someone's car
- Offer to make someone a cup of tea / get them a drink
- Pick up leaves
- Post someone a letter, card or postcard to let them know you're thinking of them
- Help set the table for dinner
- Offer to play with someone who doesn't have anyone to play with at school
- Write thank you notes to people who have helped you or been kind to you
- Draw a picture to brighten someone's day
- Load the dishwasher
- Help unpack the grocery shopping
- Pick some flowers for a parent / carer, family member or neighbour

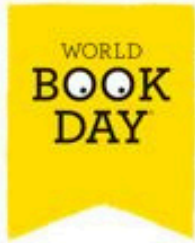


- Spend time with an elderly relative or neighbour
- Hold the door open for someone
- Donate toys, books or clothes that you don't use to charity
- Bake a cake for a friend, family member or neighbour



- Help make dinner
- Make a friendship bracelet for a friend

Can you think of any others?



This year's World Book Day is on Thursday 6th March, take a break and explore reading with some fun wellbeing challenges!

- Find a book you love and dedicate time each day to reading it. Even 10 minutes of reading can make a difference to your mood.
- Discover a podcast or audiobook to enjoy while walking, tidying, or relaxing. Try the free World of Stories audiobooks: www.worldbookday.com/world-of-stories
- Try linking reading time to another daily habit - such as eating breakfast, or winding down before bed.
- Talk about books with friends and family - ask what they're reading, or how they're enjoying it - you might even find your next read!
- Try reading for your mood! How do you want to feel? Happy? Relaxed? Ask a friend for a book recommendation to suit your mood, or check out the brilliant book lists: www.worldbookday.com/reading-recommendations
- Get inspired by the £1 authors as they share their recommendations and reading tips on YouTube and Authorfy: www.youtube.com/channel/UCQQAGnEAE784xIU2muBw4Jg

For more inspiration, visit the World Book Day website:
www.worldbookday.com

Changing lives through a love of books and reading

World Book Day® is a registered charity sponsored by National Book Tokens
Registered charity number 1079257 (England and Wales) | Registered company number 03783095 (UK).

WORLD
**BOOK
DAY**

Did you know...

Reading can benefit your mental health?

The National Literacy Trust have found lots of amazing benefits of reading on mental wellbeing:

- Nearly half of the of young people spoken to said that reading made them feel happy.
- 3 in 5 young people said that reading helped them to relax.
- Young people who are the most engaged with literacy are 3x more likely to have higher levels of mental wellbeing!



Reading can...

- ✓ **Reduce stress**
- ✓ **Improve memory and focus**
- ✓ **Improve mental health**
- ✓ **Increase knowledge**

And lots more!

The University of Sussex even found that reading reduced stress levels by 68%!

Changing lives through a love of books and reading

World Book Day® is a registered charity sponsored by National Book Tokens
Registered charity number 1079257 (England and Wales) | Registered company number 03783095 (UK).

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

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



Prize money sponsored by





Young Carers

An important aspect of our pastoral support is for young carers.

These students take on caring responsibilities at home due to family members having long term medical or personal problems. This can significantly impact on their daily life and presents a number of challenges in fulfilling the expectations and demands of school.

We encourage and support young carers by inviting them to clubs, events and on a number of trips that can build friendships, broaden life skills and foster career aspirations.

We also offer a drop in session in room 202 with Mrs Brenton every Friday during Break 2.



Drop in!

When?

Friday Break 2

Where?

202

NEW
FOR 2025



Hampshire Child and Adolescent
Mental Health Services

HAMPSHIRE CAMHS INFORMATION & ADVICE SESSION YOUNG PERSON'S MENTAL HEALTH

10am - 2pm

Wednesday, 5 March 2025 and then every
first Wednesday of the month

The Arc, Jewry Street
Winchester, SO23 8SB

This is an opportunity
for parents/carers,
professionals or young
people to come and chat
to our CAMHS clinicians,
ask questions, get advice
and resources.



hampshirecamhs.nhs.uk



Safe Haven Southampton



**Out of hours support for young people aged
11-25 and experiencing crisis with their
mental health**

- Emotional and practical support in a safe, calm space to help you explore your current situation
- Open access drop-in sessions
- Face-to-face, online & telephone appointments available
- Brief interventions to signpost and refer you to other sources of support
- Supporting you with skills and resources to help you to improve your mental health

**Mondays
Ages 15-25**

Drop-in session
4.30pm-5.30pm

One-to-one sessions
6.30pm-8pm
(by appointment only)

**Fridays
Ages 11-14**

Drop-in session
4.30pm-5.30pm

One-to-one sessions
5.30pm-7pm
(by appointment only)



No Limits Advice Centre, 13 High Street
Southampton SO14 2DF



Call 07918 259 365 to book a one-to-one appointment



Scan to find
out more

www.nolimitshelp.org.uk

enquiries@nolimitshelp.org.uk

No Limits (South) is a registered charity in England and Wales. No. 1088835

FREE



Wellbeing Walk In

4pm-5pm

Every Wednesday

for 11-25yr olds

@ South Downs
Social Cafe, Kings
Walk, Winchester

- Arts & crafts / games
- Free drink / chill out space
- Signposting information
- Chat to one of our counsellors



What: Wellbeing walk-in. Join WYC for a drink and a chat with a BACP registered counsellor. Take part in mindful activities and enjoy some time out.

When: Every Wednesday 4-5pm.

Where: South Downs Social Bike Cafe, 3-4 Kings Walk, Winchester, SO23 8AF (Upstairs)

For more info:

 winchyc.org

 01962 820444

 katy@winchyc.org



Self Help Sites

kooth

THE MIX
Essential support for under 25s

shout

85258

here for you 24/7



**NO
LIMITS**

**WINSTON'S
WISH WW**

Giving hope to grieving children

