

September 2025

Wellbeing Wednesday

Deer Park School

Welcome back to a new school year. We hope you had a relaxing and enjoyable summer.

Transitioning back into the routines of school can be hard for some so remember to speak to a trusted adult if you have any worries, we are always here to help.

September is a great time for a fresh start and to set yourself up well to have a successful year!



wecare@deerparksecondary.org



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'
8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break
15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside
22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn
29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are					

ACTION FOR HAPPINESS

Happier · Kinder · Together

Who can help?

There are lots of people both in and out of school who are here to help...



Student Services

Family and friends

Your tutor

Parents/ Carers

The AS team

The Safeguarding team

Teachers

Charities

YOUTH MENTAL HEALTH DAY 2025

This year's theme is #ShareSupport.

Studies show that peer support can be associated with reductions in depression and anxiety in young people

(e.g. British Medical Journal, 2022)

Peer support groups can help young people feel less alone in their struggles

(Mental Health Foundation, 2022)

Young people who receive peer support are more likely to discuss their issues and to seek help when needed

(Mental Health Foundation, 2022)

Peer support can help young people to feel understood in a way that traditional adult-led interventions may not be able to

(Mental Health America, 2022)



What does it mean to #ShareSupport?

On 19 September, support Youth Mental Health Day by taking a small step to make a big difference, because #ShareSupport can be as simple as listening, opening up, or helping a friend find the right support.

Asking a friend how they're really doing, and listening without judgement.

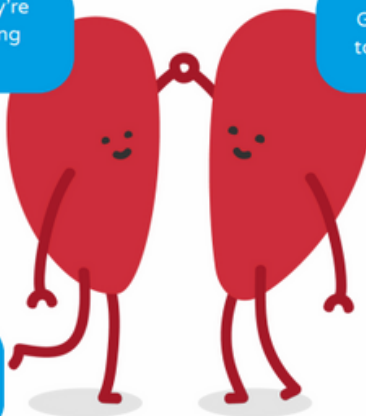
Going with a friend to speak to a teacher or trusted adult.

Sending someone a mental health app that helped you, like Clear Fear or Worth Warrior.

Sharing revision tips with someone who's stressed before exams.

Opening up about something you've been struggling with, and what's helped.

Letting someone know you're there, even if you don't have the answers.



Back to school

WELLBEING TOOLKIT



Mind Matters

Look after your mental health and feelings.



Acknowledge your feelings. It's okay to feel a mix of emotions. Your feelings are valid.



Talk about it. Share your worries with a trusted adult or friend. Sharing can make a problem feel much smaller.



Try mindfulness. Take a few minutes to focus on your breathing. Apps like Calm or Headspace can help.



Social Connections

Connect with your friends and community.



Reconnect. Plan to meet up with friends during breaks or after school to catch up.



Join a club. Finding a new hobby or sport is a great way to meet new people.



Be kind online. Take a break from your social media feed if it's making you feel down.



Body Boost

Fuel your brain and body for a great term.



Get enough sleep. Aim for 8-10 hours a night. A well-rested brain works better.



Eat and drink well. Don't skip breakfast. Stay hydrated with water throughout the day.



Move your body. Even a 15-minute walk or run can help clear your mind and reduce stress.



Study Smart

Manage your workload and feel prepared.



Break it down. A huge assignment can feel overwhelming. Tackle it one step at a time.



Create a routine. A bit of routine can make everything feel less chaotic.



Find your quiet space. A calm place to study can make a huge difference to your focus.

Feeling stressed or worried? Why not try some of these strategies...

A TO Z OF COPING STRATEGIES

Here's a list of 26 ideas, strategies and techniques that might help you if you are feeling worried or stressed.

Not all things work for all people but you won't know until you try. You'll also need to practice and use these several times so you get the hang of them.

A

ACTIVITY:

Do something you enjoy



B

BREATHE:

Take deep breaths in and long slow breaths out

C

CREATE:

Find creative ways to express yourself, for example paint, draw, dance or sing

D

DISTRACT:

Keep yourself busy

E

EXERCISE:

Get moving through physical activity or sport



F

FRIENDS AND FAMILY (AND PETS!):

Spend time with loved ones

G

GOAL SETTING:

Break things down into small steps and focus on one thing at a time



H

HELPLINE:

Call for confidential help, advice and support (see the back of this leaflet)

I

ICE: Cool down, have a shower, lower your temperature to help calm things down

J

JOIN IN: Don't isolate yourself; connect with those around you

K

KEEP THINGS SIMPLE:

Prioritise what you need to do and let go of the rest

L

LOOK FOR LESS HARMFUL ALTERNATIVES:

What else can you do? Write a list of other options

M

MUSIC:

Listen to your favourite tunes



N

NURTURE AND NOURISH:

Look after yourself by eating and drinking

O

OUTSIDE: Get some fresh air to clear your mind. Go for a walk



P

PROBLEM SOLVE:

Can challenges or barriers be overcome? Who or what can help you with this?

Q

QUIET TIME:

Keep things calm and peaceful around you

R

RELAX: Chill out; remind yourself that it won't always be this hard

S

SUPPORT: Who's around you that you can lean on for more support?

T

TEXT: Contact a mate or someone you trust

U

USE YOUR TALENTS AND STRENGTHS:

Focus on what you do well and do more of it

V

VISUALISE:

A calm or happy place



W

WRITE IT DOWN:

Keep a diary, write a letter or a blog. Get it out of your mind and onto paper

X

XBOX OR OTHER GUILTY PLEASURES:

It's ok to have downtime



Y

YOU CAN DO IT!

You can cope, you will get through this. Believe in yourself

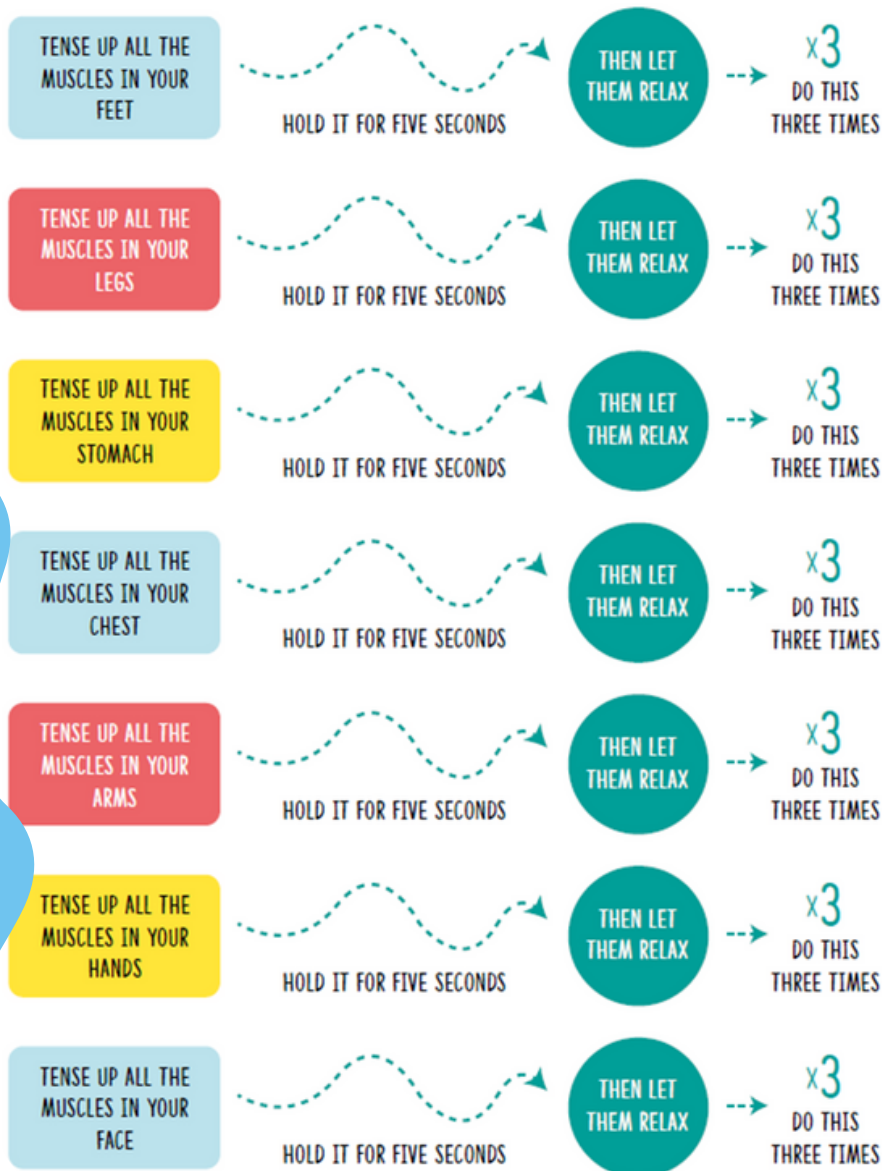
Z

ZZZZZZZZZZZZ:

Sleep on it. Don't make any sudden decisions

MUSCLE RELAXATION

When we are feeling worried, stressed or angry our muscles can tense up. Relaxing our muscles can help us calm down. Work from the bottom of your body to the top:



Don't panic if it
takes some
time to find
what works for
you!

GROUNDING TECHNIQUE

THINK ABOUT:

-  5 THINGS YOU CAN SEE
-  4 THINGS YOU CAN HEAR
-  3 THINGS YOU CAN TOUCH
-  2 THINGS YOU CAN SMELL
-  1 THING YOU CAN TASTE



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



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

NEW
FOR 2025



Hampshire Child and Adolescent
Mental Health Services

HAMPSHIRE CAMHS INFORMATION & ADVICE SESSION

YOUNG PERSON'S
MENTAL HEALTH

10am - 2pm

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.

Bookable slots available via
our website or just drop in.



2 April
7 May
4 June
2 July
6 August

3 September
1 October
5 November
3 December

hampshirecamhs.nhs.uk

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



 **Mind Solent**
Self-harm Support Hub

kooth




**Charlie
Waller**

**NO
LiMiTs**

**WINSTON'S
WISH WW**

Giving hope to grieving children

