



PURBROOK POST

Purbrook Junior School

Headteacher – Mr C Williams

DREAM BIG!



**RESPECT
TEAM
ACHIEVE**

21st April 2023
Issue 25

Headteacher's message

Dear Parents/Carers

I hope you all had a wonderful Easter break and managed to enjoy the dry weather when the sun appeared.

This first half of the summer term is particularly important for our Year 6's who will be taking their SATs tests in the week commencing Tuesday 9th May. The children are working really hard to consolidate their learning and polish their test skills. Keep going Year 6 – you will be brilliant!

Over the school holidays, the Hampshire caterers, HC3S, have been installing some new equipment in the school kitchen. This is going to make a massive difference to the staff, with new ovens, warming unit and dishwasher. It will also ensure that the food remains hot for the duration of service, which will be great for the children. This has coincided with the opening of our Bistro experience. So far the reaction of the children has been really positive and there is definitely a more welcoming atmosphere in the hall at lunchtimes. Our Bistro Buddies are doing a superb job, ensuring our diners have all they need for a lovely lunchtime experience. Thank you Bistro Buddies!



We will be celebrating the King's Coronation here at Purbrook Junior School on Friday 5th May. Please look out for details of the special Coronation Lunch which will be sent out via ParentMail. Please note that orders for this special lunch need to be made by Thursday 27th April. Our Junior Improvement Team have asked that children come to school 'Dressed to Impress' in red, white and blue. Fingers crossed for some good weather on the day so we can all celebrate outside together.

I would like to remind you that the Mental Health Support Team will be visiting school next week and delivering a presentation to parents/carers about what the service can offer. This session is on Friday 28th April at 9am and is open to all.

Attached to this newsletter is some information from the Mental Health Support Team.

Mr C Williams
Headteacher



DATES FOR YOUR DIARY

Friday 28th April – MHST
Coffee morning 9am

Monday 1st May – Spring
Bank Holiday

Wednesday 3rd May –
School Photos – Classes

Monday 8th May – Extra
Bank Holiday for King's
Coronation

Tuesday 9th May – Friday
12th May – Year 6 SATS

Friday 19th May – Year 6
Dale Cup

INSET DAYS

Monday 5th June 2023

HOUSE POINTS

Check out the latest House
Points total at:

<http://www.purbrook-jun.hants.sch.uk/school-houses/>

MENTAL HEALTH SUPPORT TEAMS

Service delivered in partnership with Hampshire
and Isle of Wight Integrated Care System.



NHS

hampshirecamhs.nhs.uk

MHST Round up - April 2023

Contact us: SPNT.MHST.earlyhelpse@nhs.net

Welcome back from your MHST for the Summer Term!

We hope you had a lovely Easter and are feeling refreshed and ready for a new Term. If this isn't the case and you're maybe feeling a little nervous, confused or just out of sorts from the Easter, there are people to help if you need it.

Just a reminder of some of the difficulties we can help with are below:

Sleep difficulties **Anxiety** **Worry** **Phobias** **Panic** **Low Mood** **OCD** **Single Event Trauma**

Important Dates:

1st - 30th April - Stress Awareness Month

18th April - World Heritage Day

21st - 22nd April - Eid al-Fitr

23rd April - St George's Day

1st - 31st May - National Walking Month

1st - 7th May - Deaf Awareness Week

15th - 21st May - Mental Health Awareness Week

16th May - 20th May - Walk to School Week

15th - 21st May - Christian Aid Week

21st May - World Meditation Day

What special occasions or important dates can you think of that are happening this term?

This month's Mental Health Hero...



Daniel Radcliffe (who you might recognise as Harry Potter) has struggled with OCD since he was 5.

He has been outspoken in encouraging others to seek the right support and personally benefited from having someone to talk to about his OCD.

More information on OCD can be found here:

<https://hampshirecamhs.nhs.uk/help/young-people/obsessive-compulsive-disorder-ocd/> (hampshirecamhs.nhs.uk)

When things get hard, or a little too much, please remember that there are people you can talk to!

Here are some helpful numbers you can use

Samaritans - 116 123 (Open 24/7 365 days a year)

SANEline - 0300 304 7000 if you are experiencing a mental health struggle

MENTAL HEALTH
SUPPORT TEAMS



Stress Awareness Month

April is stress awareness month. Below are some links to handy resources if you are feeling stressed:

Hampshire
CAMHS Website



Mindfulness
calendar: daily
five minute
activities



Self care kit



Helping hand
activity



Coping with
stress



Emotional check-
in



Stress Bucket

It is normal to feel stress at times. Some stress can be good, but too much can cause you to feel anxious or depressed, which might affect your sleeping, eating habits and general wellbeing.

When you feel worried, the stress bucket is a visual way for you to communicate this, and this can help the adults in your life best support your needs.

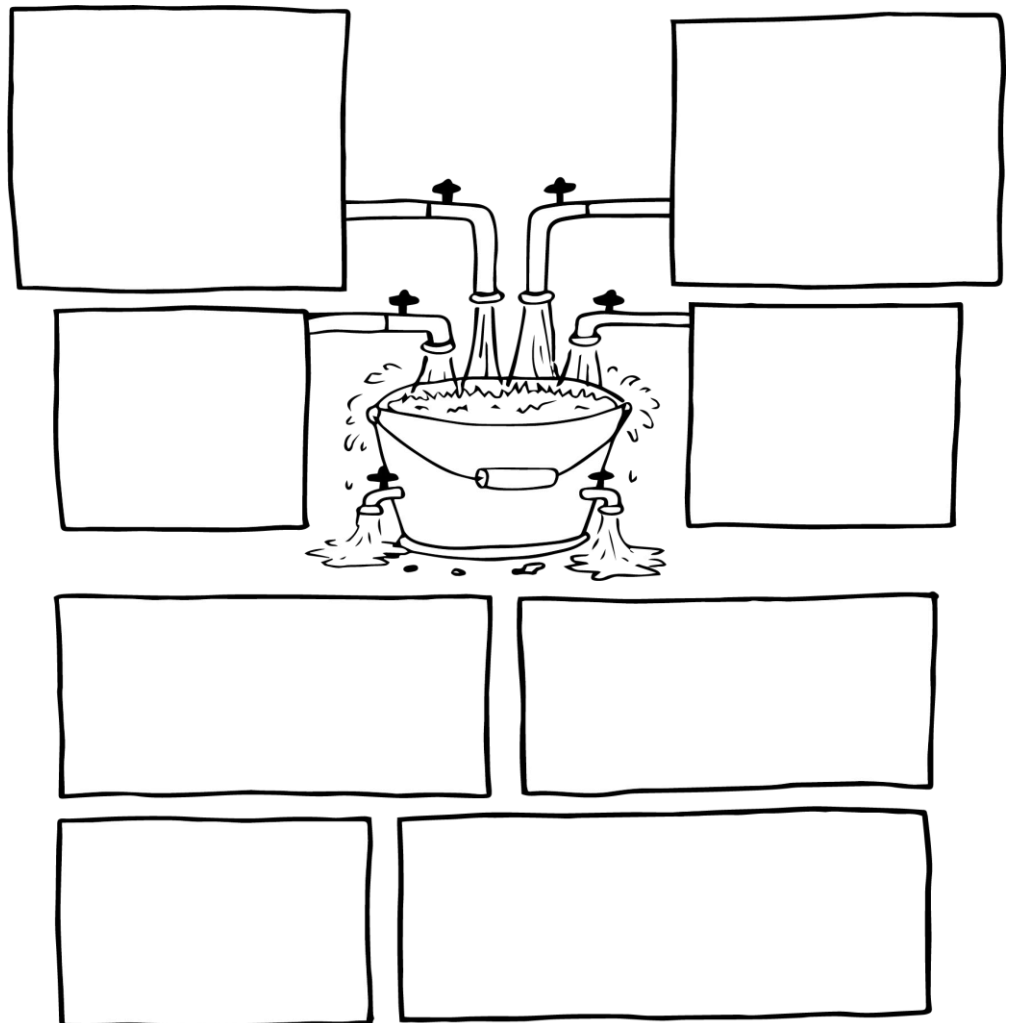
Instructions

1. Above the bucket are taps and the things that cause you stress. Using the boxes, draw or write the things that are making you worry. It might be too much homework, friendship issues, back-to school anxiety.

2. The below taps are the things that help you release stress. Using these boxes, write or draw things that help you manage this feeling. It could be talking to friends, exercise or spending time with pets.

3. You might find it helpful to discuss your stress bucket and the things that help you.

Stress Bucket Activity



**MENTAL HEALTH
SUPPORT TEAMS**

ChildLine- Call 08001111 9am- 12am Daily - Free support for children to discuss any concerns or worries.

Shout— text SHOUT to 85258 - 24/7 Free and Confidential TEXT service for anyone in a crisis.

Kooth - <https://www.kooth.com/> - 24/7 online counselling (ages 11-25)

Future in Mind

Thinking Beyond the Behaviour



- ✓ Free Peer Support
- ✓ Meet a Professional
- ✓ Identify Struggles
- ✓ Develop Skills
- ✓ Gain Strategies



Havant
Thursday 27th April
10-12

BOOK VIA 



www.linktr.ee/hpcn.org.uk



Hampshire Child and Adolescent
Mental Health Service



Ask
About
Autism




Nurturing The Positive Autistic Identity

Online
19th April 7-9pm

- Understand why it's so important that autistic young people are listened to and their needs/requested validated
- Build knowledge of neurodiversity in a neuro-affirmative way



Book your FREE ticket by clicking the 
www.linktr.ee/askaboutautism



Supporting Your Child's Self-Esteem



A free interactive workshop with tips and techniques for supporting self esteem and sense of self whilst celebrating our child's differences - no diagnosis needed - this will be delivered by a qualified professional from



Thursday 27th April
7pm

Inclusion College, Hook

Book via www.linktr.ee/askaboutautism by clicking the  button