



Hoe Valley School Summer Wellbeing Newsletter

Supporting Positive Mental Health Over the Holidays



A Message to Our Families

As we head into the summer holidays, it's a great time to rest, recharge and reconnect – but we also know that long breaks can feel overwhelming or isolating for some. This newsletter offers practical tips, creative ideas, and support resources to help you and your family stay well, both physically and emotionally, over the summer.

Let's make mental health and wellbeing a priority – together.



Summer Wellbeing Tips for Students

- Keep a routine: Sleep, eat, and get up at roughly the same time each day.
- Stay active: Walking, swimming, cycling, dancing in the kitchen – movement boosts mood.
- Unplug (a little!): Try a daily break from screens – read, draw, cook, or get outside.
- Talk it out: Feeling stressed, sad or anxious? Talk to someone you trust.
- Set a small goal: Learn a new skill, finish a book, or help out at home – little wins boost confidence.
- Stay connected: Make plans to meet or call friends and family regularly.



Wellbeing Tips for Parents & Carers

- Make space for check-ins: Casual chats during walks or car rides can invite open conversation.
- Balance structure and freedom: Too much free time can cause anxiety – light structure can help.
- Model self-care: Children learn by watching. Take time for yourself too.
- Limit doom-scrolling: Social media breaks are good for everyone.
- Reach out: Don't carry the mental load alone. Use support networks or contact services if needed.

Supporting Parents This Summer

We know the summer holidays can bring added pressure for families. Here are some helpful resources for parents and carers:

- Club4 Camps – <https://www.surreycc.gov.uk/children/schools/school-meals/club4>
- Groups for Parents/Carers – <https://www.mindworks-surrey.org/parents-and-carers/groups>
- Youth Centres and Projects – <https://www.surreycc.gov.uk/people-and-community/families/young-people>
- Kooth – <https://www.kooth.com/>
- Qwell – <https://www.qwell.io/>
- Surrey Family Information Service Newsletter – <https://www.surreycc.gov.uk/people-and-community/families/support-and-advice/family-information-service>

Activity Ideas for Mindful Moments

Activity	Why It Helps
Nature walk with a photo scavenger hunt	Boosts mood & mindfulness
Family cook-along or bake-off	Builds connection & routine
Journal challenge – 1 sentence a day	Encourages emotional expression
DIY self-care box	Promotes reflection & self-kindness
Screen-free Sundays	Reduces overstimulation

Mental Health Support

- Shout – Text SHOUT to 85258 (24/7 support)
- Childline – Call 0800 1111 or visit <https://www.childline.org.uk>
- Kooth – <https://www.kooth.com>
- Young Minds Parent Helpline – 0808 802 5544
- Mindworks Surrey – <https://www.mindworks-surrey.org>

Something Fun – Try This!

Would You Rather? Summer Edition

1. Beach day or mountain hike?
2. Water fight or movie marathon?
3. Camping or glamping?
4. Learn a new language or instrument?
5. Ice cream every day or BBQ every day?

Mindfulness Colouring Page

Take a mindful moment with a printable colouring sheet – draw, doodle, breathe.

We'll See You in September

We hope you have a restful and joyful summer. Remember: wellbeing doesn't take a holiday, and support is always there when you need it.

Take care,
Miss Johnson
Mental Health Lead
Hoe Valley School













