



Springhill Wellbeing Newsletter

October 2026

Mental Health and Wellbeing Learning at Springhill

During autumn 1 term, we have about mental health and wellbeing. We have focused on how we can express our emotions, what impacts our mental health and what we can do if we are struggling. Next half term, we will be celebrating Anti-Bullying Week by looking at impact of bullying and what we can do as a school to prevent this from happening.

★ How much sleep does my child need? ★

AGE GROUP

Infants 4 – 12 months old

Children 1 – 2 years old

Children 3 – 5 years old

Children 6 – 12 years old

Teens 13 – 18 years old

HOURS PER NIGHT

12 – 16 hours per 24 hour period

11 – 14 hours per 24 hour period

10 – 13 hours per 24 hour period

9 – 12 hours per 24 hour period

8 – 10 hours per 24 hours

Naps included, according to the American Academy of Pediatrics



Mrs Sue Chapman is our school ELSA (Emotional Literacy Support Assistant) who is specially trained in helping children deal with their emotions and feelings. She can support children with their social skills; self-esteem; friendship issues; relationships; anger management; behaviour; anxiety; and worries. If you are struggling with the current cost of living crisis and need help, Mrs Chapman may have resources to help you. Please chat to her in person, on the phone or via email.

Mental Health in Schools Team

We have a new Trainee Education mental Health Practitioner joining us! Meet Ella!



Hello, I'm

ELLA SEARLE

My role is: Trainee Education Mental Health Practitioner

NHS
Hampshire and
Isle of Wight Healthcare
NHS Foundation Trust

MHST Info

I work in an NHS Team called the Mental Health in Schools Team (MHST) and I work with children, young people, parents, carers and schools to help them know more about mental health.

When I was little...



My favourite snack was Haribo starmix



My favourite game was SIMS/ Club Penguin



I feared/really did not like Heights and talking to new people



My favourite person was My dad



I wanted to be a VET

My favourites



Food
A buffet!



Animal
Leopard



Colour
Pink



Movie
Comedy



Music
Dance music

How I like to chill out



See my friends



Listen to music



Go to the gym

How can we help you

Together we can talk about your wellbeing to see what kind of support will best help you.

Based on this conversation, we may be able to offer you Cognitive Behaviour Therapy (CBT). CBT focuses on your thoughts and your behaviours, and how these impact on your emotional wellbeing.

We want to understand what you are feeling and together we can look at ways to help you move towards your goals.

Contact



0300 123 6689



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1st Floor, Adelaide Health
Centre William Macleod Way
Southampton
Hampshire
SO16 4XE

Useful apps & websites



Chill Panda
(4+)



Mindshift
(12+)



Smiling Mind
(3+)

www.stem4.org.uk
www.youngminds.co.uk
www.childline.org.uk
www.kooth.com

TEXT 'THEMIX' TO
85258 here
for you 24/7

85258

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