



"Live in the sunshine, swim
the sea, drink the wild air."

Ralph Waldo Emerson

Welcome to our final addition of 2021/2022.

We bring you Summer!

We have released this edition a little earlier than usual because we want people to feel that they have opportunity to read and digest the content and not wait until the end of term.

This edition also contains lots of ideas for the summer break to help you find a balance over the 6 week break. Look out for some resources for Year 6 students (although they can be used by all)



The Oasis Team x

Keep a look out for some summer related quotes

NEW!

Next academic Year (2022/2023)

NEW!

Introducing a new way of supporting and communicating with our families.

From September we will be offering families the chance to come and join us in Oasis or over at our community partner, The Mix.

Each invitation will be centred around a common theme: self harm, anxiety, LGBTQ+, emotional dysregulation, anger.

We will provide:

- A safe space to talk with our practitioners and each other.
- Empathy
- A shared experienced and a chance to off load worries
- Just a chance to be heard
- Refreshments



YOUR BODY IS
WORTH LOVING.
ALL OF YOU IS.



YOUR
EMOTIONS
ARE VALID.



How to help vulnerable students prepare for the summer holidays

I was recently lucky enough to be part of a webinar hosted by wellbeing and mental health expert [Dr Pooky Knightsmith](#), this focused on how we can help to prepare vulnerable children and young people for the school holidays. Below I have summarised the 6 key messages I took away from this. **Keep an eye out for the numbers in the newsletter for hints and tips!**

What's on their mind?

The first step is to get the young person talking and thinking about the holidays. Depending on the issues they are facing, they might have all sorts of different worries. Ask them to think about any specific concerns around the holidays.



LISTEN

If they are happy to talk—Listen
Don't dismiss what they say
Empathise and hear their worries, even if through your lens it seems trivial

Support

Offer support from online sources, web pages, apps or podcasts
 Use some of our recommendations on page 3 and 10 or from previous editions
 Or support from your own network of friends and family



Thinking about a routine

Plan a strict routine, including planning healthy meals and exercise

Wellbeing toolbox

Create a wellbeing toolbox that might include photos of people they care about, favourite books, reminders to listen to a favourite playlist, walking the dog or watching something funny, a letter from themselves or someone else, an adult colouring book etc...



Writing a plan

This could be a visual daily plan that splits the day into clear manageable sections or set daily achievable aims with the objective of trying to achieve a minimum number each day





If you are a Pupil Premium Student
you will get a free lunch!

Summer Holiday's

WHATS ON?

GREEN LIGHT TRUST

YEAR 6 DROP IN

Our classic mix drop in, but exclusively for year 6's! A chance to experience the Mix building and have a go at all of the activities that will be available to you in September!

**MONDAY'S
1ST, 8TH, 15TH
AND 22ND OF
AUGUST**

10AM TILL 2PM

YEAR 6'S

SOCIAL ACTION PROJECT

A great opportunity for you to get outside and make a difference in your local community! And have the chance to create your own Environmental project!

**TUESDAY'S
26TH JULY
2ND, 9TH, 15TH,
AND 23RD OF
AUGUST**

11AM TILL 3PM

AGE 11-14

DROP IN 'PLUS'

Our classic 'Mix' drop in, but with a little extra... Each session will have an extra workshop which you can attend, where you will learn new skills, or just join in with fun activities.

**THURSDAYS
28TH JULY, AND
4TH AUGUST
PLUS
'COOKING'
11TH AND 25TH
OF AUGUST
PLUS
'BOARD GAMES'**

10AM TILL 2PM

YEARS 7-11

NEEDHAM DETACHED

Each week we will be in Needham Market, running various activities and events. Including sport's, refreshments and games.

**EVERY FRIDAY
DURING THE
HOLIDAYS
2PM TILL 6PM**

**@
CROWLEY PARK
NEEDHAM MARKET**

ALL WELCOME!

To guarantee your place on any of these drop ins, please contact the mix on either, **01449 745130** or **Hello@themixstowmarket.co.uk**

No need to sign up
Just come along

DROP IN RESIDENTIAL

This summer, we have a really exciting opportunity to go on a one night residential with The Mix! We will be going to Vauxhall Farm, which is a camping site with plenty of games, and activities, as well as large open spaces, lakes, and a games room!

18TH - 19TH AUGUST

YEARS 7-11

To register your interest in the drop in residential, please contact The Mix on either, **01449 745130** or **Hello@themixstowmarket.co.uk**

The NSFT team working through Oasis referrals are offering a Mind and Mood Workshop from September.

This is a CBT group treatment which will take place over six 1-hour sessions with a small group (3-12) of Year 10/Year 11 students.

The students will need to be referred through school and require an assessment by the MHST, please use referral email of you wish to be considered—although we cant guarantee a place.



This course is focused upon really challenging the key things that lead to people getting stuck. In the majority of mental health problems, the same difficulties turn up. People develop really good ways of coping with difficulties that work well in the short term or get them through a really difficult situation. However, in the long term they may not work so well. We will be focusing on the key elements that keep difficulties going and teach you some skills to make changes to fit with how you would like things to be.

Tuesdays: 10:10-11:10 – October 4th, 11th, 18th [Half-term]

November 1st, 8th, 15th

Working together
for better mental health

MEET SOME MORE OF THE TEAM: Mrs Gerrard



ELSA
NETWORK



HOW OTHERS
CHOOSE TO TREAT
YOU IS NOT A
REFLECTION OF
WHAT YOU
DESERVE. YOU
ARE WONDERFUL.

Hi my name is Mrs Gerrard,

My role is the SENCo assistant. I have been working in schools for 19 years.

I am also trained in ELSA (emotional literacy support assistant)

ELSA was designed to build the capacity of schools to support the emotional needs of their pupils. It recognises that children learn better and are happier in school if their emotional needs are meet.

Some fun facts about me are:

- ◇ I enjoy walking my dog, Ralph. I find after a busy day at work getting out and walking in nature very calming.
- ◇ I trained as a jeweller before I started working in schools



Self-Care Tips for the summer

Check out this page on the [Mind Website](#).

Top tips on taking care of yourself over the summer



If you have a [school email account](#) and need to report a Safeguarding concern—or you wish to be considered for Oasis support please use this email. This inbox is checked regularly and is exclusively for students to use with their school email account.

We will check them over the summer break so don't be afraid to contact us.



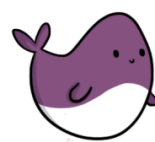
Podcast Recommendation



Gretchen Rubin is the author of several books, including the blockbuster New York Times bestsellers, *The Four Tendencies*, *Better Than Before*, *The Happiness Project*, and *Happier at Home*. She has an enormous readership, both in print and online, and her books have sold 3.5 million copies worldwide, in more than thirty languages. On her popular weekly podcast *Happier with Gretchen Rubin*, she discusses good habits and happiness with her sister Elizabeth Craft; they've been called the "Click and Clack of podcasters." Her podcast was named in iTunes's lists of "Best Podcasts of 2015" and was named in the Academy of Podcasters "Best Podcasts of 2016." BuzzFeed listed *Happier* in 10 Life-Changing Things to Try in June and the *New Yorker* said, "Their voices remind you that life is a human project that we're all experimenting with."



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York
ness
has



THERE ARE MANY FORMS OF SUCCESS. YOURS ISN'T LESS VALID THAN ANYONE ELSE'S.





When we first started our newsletter in December, we began introducing members of the team. We began quite simply with myself (Mrs Broxton) a trained mental health lead and trauma practitioner, Sophie and Grace, youth workers from the Mix and the promise of a team from the Norfolk and Suffolk Foundation Trust.

Here we are just a few short months later with a team of 16 staff members ranging from cognitive behavioural therapists, emotional literacy and SEMH specialists to healthy eating and anti-bullying leads. We even have 7 staff members trained as Mental Health First Aiders.

Those who know me and my tenacity will not be surprised to know that we are not finished yet!

Introducing in September 2022:

2 x Trauma Practitioners—working on trauma informed support in school and 1:1 trauma related therapies (also leading on Young Carers and Equality and diversity)

A Family Engagement Officer—working to support families whose children present with Emotional fitness issues, including Emotional Based School Refusers.

Student Mental Health Ambassadors - Trained using **SWAP** ([click for more info](#))

Ms Thompson will also be adding **ELSA** to her CV as her training begins in October 2022

We will also be training our current and new staff in **family counselling** and **bereavement**. We will also be developing a comprehensive professional development programme for ALL staff in school around **SEMH**. The aim is to help them understand how to work in a trauma informed school, how to build good strong relationships with students and for everyone to support each other.

You said we did!

Feedback from the Sandwell Audit (mentioned in edition one)

- Students feel they want to access all that Oasis has to offer and know that at this stage it is referral only.

In September, when our staff numbers grow we will be offering a self referral process, we will also be screening all our students for SEMH issues - simply email SOSupport@stowhigh.com



- Students also said they wanted to use Oasis as a quiet space and not simply as a referral zone.

In September we will be running drop in sessions at lunch and break twice a week for students to use the space as a quiet zone in school

Keep an eye on the Emotional Fitness boards for details of both

IT'S OKAY IF YOU NEED TO TAKE A BREAK FROM YOUR GOALS TO FOCUS ON YOUR HEALTH AND WELL-BEING. YOU DESERVE TO TAKE CARE OF YOURSELF.





oasis family

Mrs C. Broxton



**Senior Mental Health Lead/
Trauma Practitioner**

Mrs Broxton oversees Emotional Fitness across the school, for both students and staff. If you need her she is in her office on the top floor or over in Oasis.

Sophie Tapscott



**Youth Worker
from The Mix**

Sophie can be found in Oasis or she will be walking around school checking in on our students

Larissa Powley



Ceri Renoulf



**Norfolk and Suffolk
Foundation Trust (NHS)**

Senior Education Mental Health Practitioners
This team are very specialist with a certain type of mental health Intervention. They are based in Oasis, but will contact you for an appointment if we believe they can support you.

Mrs S. Thompson



Mrs J. Hawes



**SEND Inclusion
Practitioners**

This team work specifically with our SEND students offering specialist intervention and nurture groups. If you are looking for them they can be found in Oasis or the SEND zone.

Mrs T. Gerrard



**Emotional Literacy
Support Assistant
(ELSA)**

Mrs Gerrard is based in the SEND zone but may occasionally do her interventions over in the Oasis rooms.

Mrs L. Brewster



Healthy Eating Advisor

Mrs Brewster is based in the food rooms but is happy to advise on any questions you may have around healthy eating for wellbeing.

Ms. L McGee



Lead Teacher

Ambassador Programme for Anti Bullying Diana award. Ms McGee is found in her Geography teaching room and is always happy to talk to you about this programme and how you can become involved.

Mental Health Ambassadors



Mr M. Blewitt



Mr A. Howes



Mrs T. Addison



Mrs J. Skoudling



Mrs C. Mudhar



Mrs T. Shaw



Mrs R. Dolby

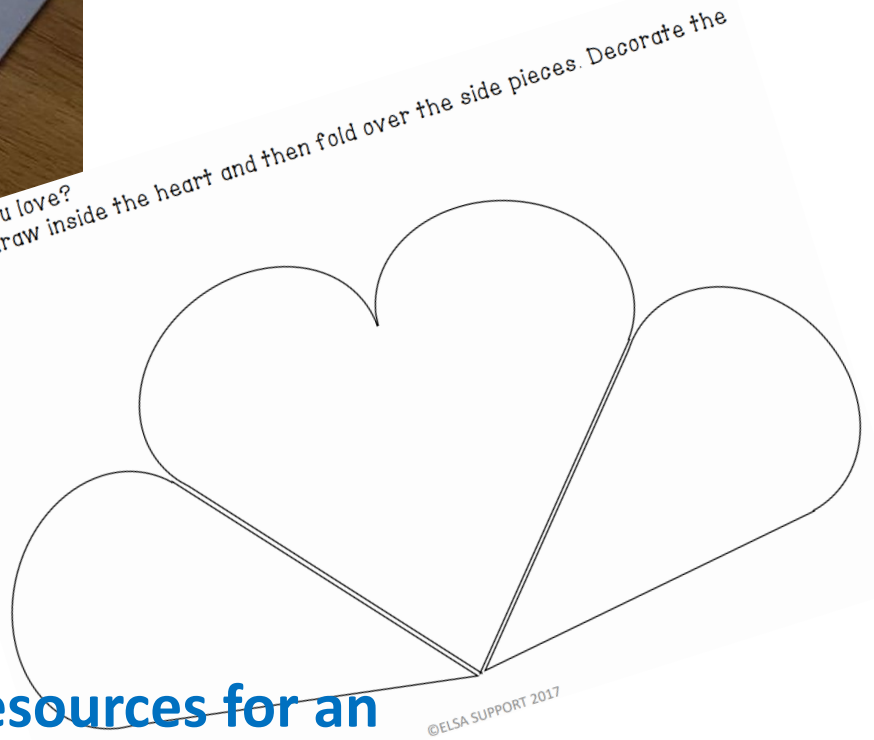


ELSA NETWORK



- What do I love about school?
- What do I love about my class?
- What do I love about my friends?
- What do I love about my teachers?
- What do I love about my new school?
- What is in my heart? What do I care about?
- Who is in my family?
- How do I feel today? and why?
- Who is special to me?

What do you love?
Write or draw inside the heart
Front.



Two Wonderful resources for an Emotional Wellbeing Toolkit

Check this link to our website for the pdf copies

[Click Here](#)



List of memorable moments

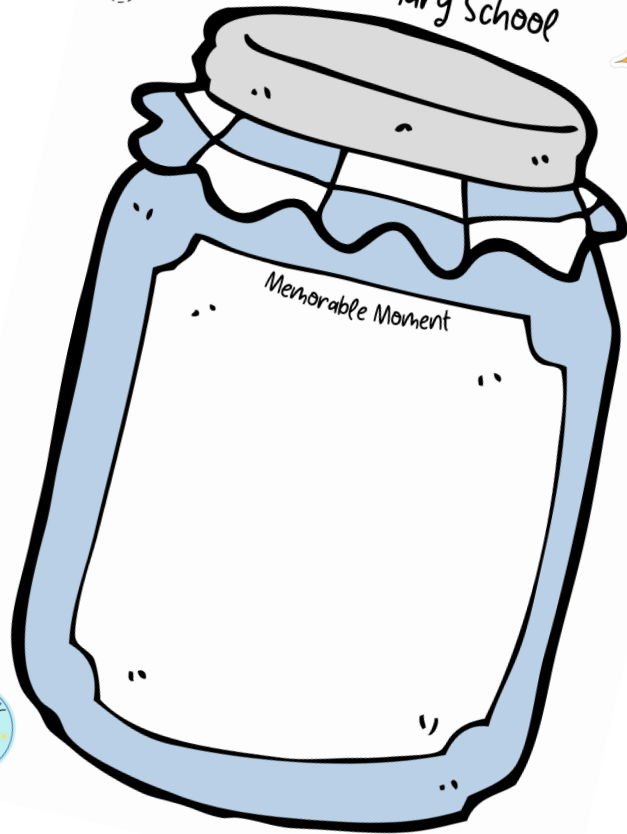
Choose your favourite one to add to your jar, you can draw or write in your jar

A list of ten horizontal lines for writing, with blue dashed lines on the left side.



FUN

My most memorable moment
at Primary School



Two Wonderful resources for an Emotional Wellbeing Toolkit

Check this link to our website for the pdf copies

[Click Here](#)



ELSA
NETWORK



Last month saw the launch of Pride month. Suffolk Pride March occurred in Ipswich and our students were informed to give them an opportunity to attend.

With the launch of our **LGBTQ+** club **this month** we hope that next year we can do so much more.

Check out our new LGBTQ+ Oasis logo!

Supporting all our students to find Emotional fitness

"I love how summer just wraps its arms around you like a warm blanket." -- Kellie Elmore



Stonewall Young Futures

This amazing website provides direct connections, links and support for LGBTQ+ students to feel informed and comfortable about their next steps. [Click Here](#)

Confidence that they will be embraced to be their true selves with their apprenticeship, work or training provider. Knowing where to look for their journey beyond school where they will not find discrimination and have their mental health affected.

The next steps beyond school is challenging enough for your emotional fitness, complicated further for our young LGBTQ+ students.



"O, Sunlight! The most precious gold to be found on Earth." -- Roman Payne

PRIDE + PROGRESS



Have you ever wondered what the "Q" in LGBTQ stands for? Or what the other letters mean? Just as language constantly evolves, the words we use to describe ourselves and other facets of identity are changing, too. Here are some terms you should be familiar with:

LGBTQ: The first four letters of this standard abbreviation are fairly straightforward: "Lesbian, gay, bisexual and transgender." The Q can stand for "questioning" -- as in still exploring one's sexuality -- or "queer," or sometimes both.

QUEER: Once considered a demeaning slur for being gay, "queer" is being reclaimed by some as a self-affirming umbrella term, especially among those who consider other labels restrictive. Some still believe it's a homophobic slur, so it's always best to ask or wait for the person whom you're speaking with to use it.

SEX: The scientific community views sex as different from gender. Sex is assigned at birth based on a newborn's physical and biological characteristics, such as chromosomes, hormone prevalence and anatomy. Generally, a newborn's sex is assigned male or female, though some states and countries provide a third option for those who are intersex.

INTERSEX: People born with sex chromosomes, external genitalia or an internal reproductive system that is not considered standard for males or females. Parents and physicians usually choose the sex of the child, resulting in surgery or hormone treatment. Some intersex adults want this practice to end because one's sex at birth may not align with their own sense of gender or identity.

GENDER: The socially constructed roles, behaviours and attributes that serve as cultural indicators of someone's personal and social identity. Typically, these roles are grouped into one of two categories: male or female. That's starting to change, as society grows more comfortable with the idea of gender as a spectrum and not binary.

GENDER IDENTITY: A person's emotional and psychological sense of their gender, which may not align with the sex they were assigned at birth. The most common examples of gender identity are male and female, but there are several terms for people who don't fit into those categories, such as the following...

NON-BINARY: One of the more common terms to describe people who don't identify as male or female. Some may have a gender that blends male and female elements, or they may not identify with any gender. Common synonyms or alternatives to non-binary terms include genderqueer and gender nonconforming.

TRANSGENDER: Unlike non-binary people, transgender people may identify as male or female. What the two groups share is the innate sense that their gender identity does not match the sex they were assigned at birth.

CISGENDER: The prefix "cis" means "on this side." Adding it to the suffix "gender" creates a word for someone whose gender identity aligns with the sex they were assigned at birth. In other words, someone who does not identify as transgender.

SEXUAL ORIENTATION: One's innate sexual attraction to other men, women or others who identify as non-binary. Not to be confused with gender, sex or gender identity.

LESBIAN: A noun and an adjective for women who are attracted to other women, although some women prefer to be called gay or queer – it's always best to ask!

GAY: An adjective and not a noun, most often used to describe men who are attracted to other men (except in the aforementioned cases).

BISEXUAL: Someone who is attracted to more than one gender.

ASEXUAL: Asexuality is a sexual orientation characterized by a lack of sexual attraction, but it doesn't rule out romantic attraction.

PANSEXUAL: The prefix "pan" says it all. Pansexual is an adjective for those who are attracted to all types of people, regardless of their gender or sexual orientation





LGBTQ+

Every Wednesday
Lunchtime in



- A welcome and safe environment
- Support and engaging activities for LGBTQ+
- Support and engaging activities for friends of LGBTQ+
- For those who want to find out more about the LGBTQ+ community
- Everyone welcome

The LGBTQ+ team are proud to work with Stonewall, 'just like us' and the PROUD Trust to support our students. Our LGBTQ+ Club will use resources from these partners each week, but they also offer some great help for those out there who have questions or need advice. Click on the links for more information.



<https://www.stonewall.org.uk/help-and-advice>

<https://www.theproudtrust.org/young-people/>

<https://www.justlikeus.org/>





YOUR BRAIN IS AMAZING EVEN THOUGH IT'S ILL.

5000
1000



We are pleased to announce that Mrs Brewster has been successful in securing us a place on the Bite Back scheme for 2022/23.

Watch this space for more information—

Please click in [THIS LINK](#) for some detail

We all know how what we eat can affect our mood. During Healthy Eating week in June we looked at 3 ways we can help ourselves

The year 7 tutor groups had a challenge to see how hydrated they are:

- 1st 7O - 510 drinks
- 2nd 7G - 448 drinks
- 3rd 7H - 204 drinks

The year 9s looked at different crackers and how you could incorporate more fibre into your diet, and why this is important.

There were two 5 a day challenges within the week: The year 8 tutor groups had a challenge to see how much fruit and vegetables they ate.

- 1st 8H - 402 portions
- 2nd 8S - 392 portions
- 3rd 8T - 320 portions

The year 7s made and tasted different fruits as mini kebabs.

Maybe over the holidays you could look at even one way to adapt your diet to help your wellbeing.

Stay hydrated



Fill up from the tap

Focus on fibre



For meals and snacks

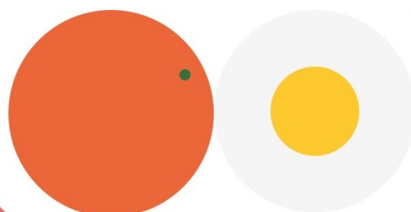
Get at least 5 A DAY



Put plenty on your plate



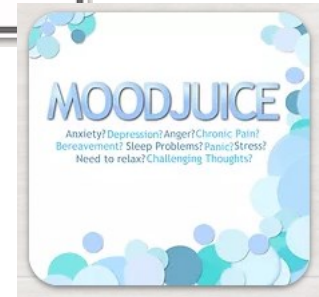
"When the sun is shining I can do anything; no mountain is too





Some Key Websites for Support over the summer break—Please click [this link](#) for a full list

and access to each associated site



Look after your wellbeing this summer



- 

Use our circle of control, influence and concern tool
This tool will help to consider the challenges you are facing and think about how you can respond to them.
- 

Give yourself worry time!
Give yourself dedicated time to acknowledge and process your worries. Put a boundary around this worry time so you do not focus on your worries all day, every day.
- 

Make a wellbeing action plan
Plan what you are going to do to look after yourself during the summer. Consider your mental, physical, emotional and spiritual health.
- 

What are your wellbeing non-negotiables?
What are the actions you will do *no matter what*. These actions should keep you balanced and help you feel good. Share these with your colleagues, friends and family so it becomes widely understand that you keep this routine.
- 

Start your day well
Start your day calmly with meditation, being in nature or breathing exercises. Be careful of news, too much tech and caffeine!
- 

Do a weekly wellbeing check up
Check in with your mental health.
 - Ask yourself how you're feeling mentally and physically?
 - Are you looking after your wellbeing in terms of exercise, nutrition, sleep?
 - How are you thoughts making you feel?
- 

Take a moment
Use a simple technique like STOPP to take a moment and ground yourself.

Helpline: 08000 562 561




Video Section—Each edition we will add a new Video that will help with Wellbeing Tips or Meditative practises or simply show you that its ok to feel the way you do!

Click on the image for the link

This video teaches young people how anxiety is a normal biological response – called “Fight, Flight, Freeze” – that can get triggered inappropriately in the modern world.

