

Welcome to the Autumn edition of our Oasis Wellbeing newsletter. Those of you who are new to Stowmarket High school, this is a half termly newsletter that is written and created by the Oasis team. We aim to support your emotional fitness but also your children, friends and family around you. We hope there is something for everyone here and invite you to also keep a look out on our website for more resources too.

This half term has been a busy one for students, staff and parents alike, so sit back, relax and read through for your next great podcast, useful app or even some tips for places to visit over half term.



TO ALL STUDENTS RETURNING TO SCHOOL

If you see any of the following

- A student struggling to make friends
- A student being picked on
- A student that is new, shy or not in with the crowd
- A student who is eating lunch alone

BE A LEADER! BE A WARRIOR!

Say "Hi". Smile at them. Ask if you can sit with them. Include them. You never know what the person is facing in side or outside of school.

**YOUR KINDNESS WILL MAKE A DIFFERENCE
IN SOMEONE'S LIFE**





Young Mind; Parent Helpline

Call our Parents Helpline for detailed advice, emotional support and signposting about a child or young person up to the age of 25.

**You can call us for free on 0808 802 5544
from 9:30am - 4pm, Monday - Friday.**






We are a full half term into this academic year and we have seen our wonderful new year 7's settling in really well. They have been tour guides at open event and made us all very proud. Year 11 have had their next steps event and an evening of exam and wellbeing tips with Suffolk Mind, they are now prepping for their first Pre exams in November. Year 10 will soon be planning work experience and year 8 and 9 will be reflecting a successful year last year and how to build on that. It's a busy time of year, but are you ok? Are they ok? How are your friends and colleagues? Don't forget to check in with the people around you and if you need any help or advice please reach out. Here are some top tips from the Anna Freud Centre to help you get started:

[Secondary transition toolkit](#)



TODAY IS
GOING
TO BE A
GREAT
DAY



Tips for Parents and Professionals

Give your full attention, be curious and take it seriously. We all know it's not nice to be half listened to. Being actively interested in your child can be a powerful way to help them feel Listened to and understood. Try to resist the urge to downplay or dismiss what your child is telling you.

Emphasise that you are always available to talk. It may be that your

child doesn't want to talk, can't find the words at that moment or is trying to assert their independence. But don't be misled by your teenager's need for separation. They need you just as much as ever.

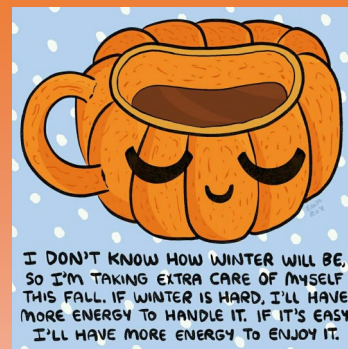
Think about timing. Ask yourself 'Is this the right time to talk?' Choose a time when you can focus on your child and ignore distractions.

Podcast Recommendation

Jay Shetty's On Purpose

Jay Shetty's purpose is to make wisdom go viral. His 'On Purpose' podcast brings fascinating conversations with some of the most insightful people in the world straight to a global audience. Listen to new episodes on Mondays and Fridays anywhere you get your podcasts. Live life today On Purpose!

<https://jayshetty.me/podcast/>



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! This edition we look at being ok about being different.

Click on the image for the link



Help Lines

Anxiety UK: support@anxietyuk.org.uk/084444775774

MIND: info@mind.org.uk/03001233393

No Panic: admin@nopanic.org.uk/ 08449674848

Nightline: Nightline.ac.uk Samaritans: jo@samaritans.org/





OPEN ACCESS



OCTOBER HALF TERM

MONDAY 24TH

'DROP IN' WITH HALLOWEEN ESCAPE ROOM FOR YEARS 7 AND 8 - 10AM TILL 2PM

On the Monday of half term, we will be running a Halloween themed escape room for our year 7 and 8 Drop In. We will have enough time for 4 groups to try to beat the game and escape the room!

Each escape room group can be up to 5 people, and will last no more than an hour. These spaces are very limited and will need to be booked ASAP to ensure you can have a go. The youth hall will be open during these times but will have less capacity than usual, so please be prompt.

Free
school meals
provided

WEDNESDAY 26TH

VISIT TO LEVEL 2 YOUTH CENTRE IN FELIXSTOWE FOR AGES 16 TO 19 - 4.30PM TILL 8PM

On Wednesday 26th October, we are taking our Drop In lates group to a youth centre in Felixstowe. We will leave The Mix building at 4.30pm and aim to be back by 8pm. Transport will be provided by The Mix.

Spaces are very limited so please get in touch ASAP to book.

THURSDAY 27TH

BEACH TRIP

FOR YEARS 9, 10 AND 11 - 10AM TILL 2PM

On Thursday 27th October, we are taking our year 9,10 and 11 Drop In on a trip to Felixstowe beach. We will be getting chips and ice cream, as well as playing crazy golf and having time to chill and walk on the sea front.

Transport will be provided by The Mix

If you would like to come, please contact us and book your space ASAP.

Free
school meals
provided

To book a place on any of our activities, or to make an enquiry, please don't hesitate to contact us on openaccess@themixstowmarket.co.uk

Our Growing Team—This September has seen us grow the Oasis team further by adding three new members. Stacy Lockett and Toni Doherty are Trauma Practitioners in training and Hayley Langley (also training to work with trauma) is our family engagement Officer. Check out our website for details of their biographies



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.



can be found before and after school or at break and lunchtime.

oasis
family

Sa Powley Ceri Renouf



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.

Hayley Langley



Family Engagement Officer

Mrs Langley works closely with our families of students who find school a difficult place to be. She provides 1:1 support for these students and works with them and their families to help with emotional fitness and to help them engage with school. Mrs Langley also works with families on a universal level to offer general guidance and support with teenagers and anxieties. If you need her she is based in Oasis.

Stacey Lockett



Toni Doherty



Trauma Informed Intervention Practitioners

This team work specifically to support students who struggle with mental health issues linked to past experiences and triggers. They help and support dysregulated students in the moment as well as lead 1:1 and group work sessions to help students with Emotional Fitness. If you need then they are based in Oasis.

Ms 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.

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

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.

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.

Mental Health Ambassadors



Mr M. Blewitt



Mr A. Howes



Mrs T. Addison



Mrs J. Skoulding



Mrs C. Mudhar



Mrs T. Shaw



Mrs R. Dolby

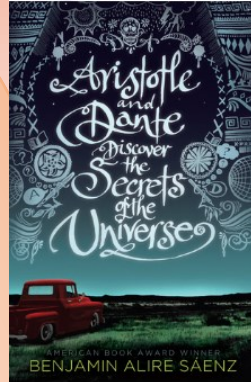
For further information please check out the 'meet the team' section of the emotional fitness page on the website.



This Editions Good read

Aristotle is an angry teen with a brother in prison.

Dante is a know-it-all who has a unique perspective on life.



When the two meet at the swimming pool, they seem to have nothing in common. But as the loners start spending time together, they develop a special friendship – the kind that changes lives and lasts a lifetime. And it is through this friendship that Ari and Dante will learn the most important truths about the universe, themselves and the kind of people they want to be.

This incredibly moving and powerful Printz Honor Book follows two teen boys learning to open themselves up to love, despite the

On Wednesday lunchtimes in Oasis, we host our school LGBTQ+ club. This week will be our sixth group, and each week brings new members of the LGBTQ+ community, and also their allies! It has been amazing to meet and speak with the students in our school who are proud to identify as part of this growing community, and also to see such an amazing level of support for them.

Everyone has commented on how it is nice to have a dedicated time and space to get together and just be able to relax and catch up, particularly because there

is a varied attendance across all year groups.



Outreach Youth are an amazing local charitable organisation who support young people, and their families, who are navigating their identity; be that sexuality and/or gender.

They also host support groups for young people and families and their website has a whole host of information which can be really helpful for anyone at any part of the process, be that coming out, wanting to discuss transition or going through transition. The link to the website is below and there is also a mobile number which people can text for support.

<https://outreachyouth.org.uk/>
Call or text: 07999 730289



YOUNG MINDS

On Monday 10th October, it was World Mental Health Day and Young Minds "Hello Yellow Day"

During the week, we had a variety of activities on offer ranging from mindfulness colouring, yellow quiz to garden games.

The week finished with students and staff being invited to wear a yellow accessory with their uniform, it was great to see yellow hats, ties, glasses and hairpieces!

Thank you to all who donated to our yellow themed cake sale. It was very popular, and we are pleased to say we raised £91.29 for the Young Minds charity!

Young Minds is a charity that support young people's mental health. For further information please visit www.youngminds.org.uk

#HelloYellow

**JOIN
THE FUN**

**TIME
FOR
CHANGE**

**WE ALL
MATTER**

