



TEAM WELLBEING SUMMER TERM 2017

Welcome to our newsletter for Positive Mental Health
and Wellbeing.



EDITION 4 Parents/Guardians

As the school holidays are fast approaching, we thought you might like a few ideas for day trips and things to do in Hampshire. Follow the links below for lots of ideas and the top ten things to do for FREE this summer locally ☺

<https://www.visit-hampshire.co.uk/whats-on/summer-holidays>

<http://www.rushmoor.gov.uk/events>

Parents Coffee Morning

We run a coffee morning every term with a different focus. It's a great opportunity to meet other parents/guardians and have a chat and a cuppa. We will also be selling school uniform so please come along and join us if you can. Our first one for the new school year will be in the autumn term, date to follow and our guest speaker will be Anne Duggan, Educational Psychologist.



THIS YEAR WE TRIALLED A NEW GIRLS CLUB WHICH HAS BEEN A HUGE SUCCESS!! A BIG THANK YOU TO ALL THE GIRLS WHO HAVE TAKEN PART OVER THE LAST SCHOOL YEAR. WE WILL BE RUNNING THIS CLUB AGAIN FROM SEPTEMBER. PICTURES ARE ON THE SCHOOL WEBSITE.



If you have any concerns about your child at school, or you just want to have a chat about daily school life, then please feel free to get in touch with the pastoral team at Samuel Cody. We are here to help ☺

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ONLINE SAFETY

- MONITOR PHONES AND DEVICES REGULARLY.
- KEEP A CLOSE EYE ON WHO YOUR CHILD IS CONNECTING WITH ONLINE.
- MONITOR TIME SPENT ONLINE AND ENCOURAGE OTHER ACTIVITIES WHERE POSSIBLE.
- DO NOT LET YOUR CHILD GO TO BED WITH THEIR PHONE/TABLET/LAPTOP.

SEE FULL ADVICE AND SUPPORT INFORMATION ON THE SCHOOL WEBSITE.

Finally, have a fun, safe and relaxing holiday and take time to recharge your batteries!

