

# The Hug

NEWS



## The Hug

Big care for little people,  
at the heart of our school



## IN THIS EDITION:



**Sanctuary Testimonials**



**Fun Summer Ideas**



**Mental Health Support  
Team**



Sharing a virtual hug of news, advice and support from The Sanctuary @ Oxley Park Academy.



# The Hug NEWS

Dear Families,

We are pleased to share a few heartfelt testimonials from some of the children who visit The Sanctuary. Remember, you are always welcome and we are here to listen.

Miss Yeboah and Mrs Mena

"I feel peaceful because its always nice and calm in The Sanctuary. It helped me to make better choices"

"I like The Sanctuary because it is very calm and makes me meditate. It makes me feel cuddly and warm. The sessions have helped me to be nice to my sister and be kind with her. When I'm there I feel listened to."

"The Sanctuary is a calm place if you're feeling sad or angry. You can always go there to see Miss Yeboah. She is kind and funny. She can offer drawing, games, crafts, all sorts of things. It's a lovely place when you're feeling down."

"I like The Sanctuary because I get to play with my friends when it's too noisy. It makes me happy. I like drawing."

"The Sanctuary makes me feel calm because the inside looks like you're in a calm florist. There is a light tree, grass and wall paper."

## TESTIMONIALS





# The Hug

## ADVICE

## Sun, Smiles & a Sprinkle of Summer Learning

As we reach the end of another academic year we reflect on what a fantastic one it's been! Our children - and all of you - have worked so hard, and we couldn't be prouder of everything that has been achieved. As the school year comes to a close, it's time to swap packed lunches for picnics, alarm clocks for lie-ins (where possible!), and daily routines for a well-earned summer filled with fun, adventure, and relaxation.

While the holidays are the perfect opportunity to unwind and make special memories together, they can also be a great chance to keep curious minds active with a little learning along the way. Don't worry—we promise it won't feel like school!

### Writing... but Make It Fun!

Keep those brilliant minds ticking over with a few light and creative ideas:

- Holiday diaries – even a few sentences about the day (yes, “I ate ice cream and it was amazing” absolutely counts!)
- Creative stories – dragons, superheroes, or even a talking sandwich... imagination encouraged!
- Postcards – a lovely surprise for friends or family (and excellent handwriting practice in disguise!)

### New Hobbies = New Adventures

Why not try something new this summer? Mess is allowed. Fun is required.

- Gardening – grow flowers, vegetables, or just a proud collection of slightly wonky plants
- Cooking – future chefs in the making! (Bonus: someone else might make dinner)
- Photography – capture special moments, funny faces, or the world's best ice cream

### Explore Our Local Gems

You don't have to go far for a great day out:

- Enjoy the many parks in Milton Keynes—perfect for running, playing, and picnics
- Visit museums to spark curiosity (and maybe a few “wow” moments)
- Pop into local libraries—cool, calm, and full of adventures waiting on every shelf

### Back-to-School - gently does it

We know - it feels early, but a little prep can make September much smoother:

- Start easing back into school routines (earlier bedtimes, regular mealtimes etc.)
- Help your child set small, exciting goals for the new term
- Keep conversations about school positive and encouraging
- Get organised with uniform and supplies before the last-minute rush

## Most importantly...

...we hope your summer is filled with laughter, rest, and special moments together. Whether you're travelling far or enjoying time close to home, every day is a chance to make memories.

Thank you, as always, for being such an amazing part of our school community. We can't wait to see everyone back - refreshed, smiling, and ready for another fantastic year.

Have a wonderful summer!



# The Hug

## MHST

Some of you will be familiar with the Mental Health Support Team who work in partnership with schools across MK to support children and young people with their emotional well-being. Their focus is on early support - helping families and young people before difficulties become more complex. They work closely with schools like ours, parents and carers to provide practical, evidence-based support that makes a difference.

The team offer short-term, skills based support for difficulties such as: worries and anxiety, panic, low mood, managing emotions, early onset Tics + OCD. This might be through a group, single session, 1:1 or psycho education workbooks.

To make a referral the process is simple, follow the three steps to the right and the team will be in touch.

### Step 1 - Submit a Referral

Complete our online self-referral form

Referrals can be made by:

- parents or carers
- young people (age 15+)
- school staff and other professionals
- GP's



You don't need to create an account to refer, just click the self-referral button to get started.

Medical request

Self-referral  
Refer yourself to an available service.

### Step 2: Initial Contact

Once we receive your referral:

- Our senior team will review the information
- You will get a letter via text with the outcome. Look out for a text from 'NHS No Reply'.
- For all accepted referrals, we will then be in contact via telephone within 4 weeks.

### Unsure?

Not sure if MHST is right for you? Stuck with the referral form?

Get in touch:

give us a call on: 01908 725691  
or email: [cnwl.mhst@nhs.net](mailto:cnwl.mhst@nhs.net)

### Step 3: Getting the Right Support

We will:

- talk through your child's needs in an initial assessment
- decide together what support would be most helpful

This might include:

- 1:1 support
- a group or workshop
- signposting to other services if needed

If MHST is the right service:

- we will agree a care plan with you
- support will usually take place in school or online



# The Hug MHST

**NHS**  
Central and  
North West London  
NHS Foundation Trust

## Mental Health Support Team

## Summer Anxiety Groups

The Milton Keynes Mental Health Support Team (MK MHST) are offering an evidence-based summer holiday groups for children aged 8-12 and their parent/carers to learn practical ways to understand panic and worry, manage anxiety, and build healthy coping skills together.

Scan for more  
information



### Upcoming groups

More groups  
may be added  
depending on  
uptake

Scan to refer your  
child for the group



**MK2 AREA**  
09:30-11:30am  
Weds 22<sup>nd</sup> July  
Fri 24<sup>th</sup> July  
Weds 29<sup>th</sup> July  
Fri 31<sup>st</sup> July

**MK10 AREA**  
12:30-14:30pm  
Mon 3<sup>rd</sup> August  
Weds 5<sup>th</sup> August  
Mon 10<sup>th</sup> August  
Weds 12<sup>th</sup> August

Young people who attend an MHST-supported school are welcome to join either group, even if they live outside the postcode area.

This NHS service will open a mental health care episode on your child's NHS records. Explicit parental consent will be obtained during the referral process.

The Mental Health Support Team are still there for you over the summer.

If you are interested in Summer Anxiety Groups please scan the QR code for more information or to refer your child for the group.

The groups are suitable for children ages 8-12.