



TRUE LEARNING  
PARTNERSHIP



# Poynton High School and Performing Arts College

Head Teacher: Mr M Dean

Friday, 18 July 2025

Dear Parent/Carer,

As we approach the summer holidays, it's a wonderful opportunity for families to spend quality time together, recharge, and enjoy a change of pace. However, we also know that the long break can sometimes bring its own challenges—especially when it comes to supporting the wellbeing of teenagers. Striking the right balance between independence, connection, and healthy routines can feel tricky, so we wanted to share a few ideas and reminders to help make this time as positive and supportive as possible for everyone.

## Social Media Safety

- Talk regularly about what they're doing online and who they interact with.
- Remind them not to share personal details (address, phone, school, live location).
- Check privacy settings together; review who can see posts, tag them, or DM them.
- Agree screen-time boundaries and device-free times (e.g., overnight).

## Mental Health & Wellbeing

- Routines matter: encourage regular sleep, meals, and physical activity.
- Plan some offline, in-person time with friends/family; balance digital with real-world connection.
- Check in often; ask open questions ("How are you feeling about...?") and listen without jumping straight to solutions.
- Know where to get help early (local & national services listed below).

## Alcohol & Substance Awareness

- Have clear, calm conversations about risks and your expectations.
- Agree a "no questions asked" safe pickup plan so they can call you if a situation feels unsafe.
- If attending parties, check supervision, transport home, and who's responsible.

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## Road & Personal Safety

- Reinforce crossing safely, being visible at night, and wearing helmets if cycling/scootering.
- No phones / no headphones in when crossing roads.
- If they're driving or a passenger: always seatbelts; never drive (or get in a car) if the driver has been drinking or using substances.

## Positive Activities

- Build a loose weekly plan that includes sport, creative interests, reading, volunteering, part-time work, or family outings.
- Encourage them to set a personal summer goal (learn a skill, complete a challenge, help in the community). Purpose helps mood.

## Bereavement Support

- The summer period can sometimes heighten feelings of grief and loss.
- Encourage open conversations about feelings and reassure them it's okay to express sadness or remember loved ones.
- Maintain normal routines while allowing space for reflection.
- Support services such as Winston's Wish ([winstonswish.org](http://winstonswish.org), Tel: 08088 020 021) and Child Bereavement UK ([childbereavementuk.org](http://childbereavementuk.org)) offer advice and resources for young people and families coping with bereavement

## Water Safety

- Remind them never to swim in open water like lakes, rivers, or reservoirs without lifeguard supervision.
- Cold water shock and hidden currents can be dangerous even for strong swimmers.
- Always swim at lifeguarded beaches or pools, follow flags and safety signs, and never jump into unknown water

## Staying healthy on your summer holiday

Please be aware currently there are rising measles cases in Cheshire & Merseyside, as well as elsewhere in England and abroad. There is a risk of more measles cases, especially over the summer months, as families with unvaccinated children and adults travel to countries where measles outbreaks are occurring. Symptoms are:

- Have a runny nose
- Sneeze and cough
- Have red, sore eyes
- Feel very hot
- Have red-brown spots on their skin

Visit [Measles - NHS \(www.nhs.uk\)](http://www.nhs.uk)

## Support for Young People

Below are local (Cheshire East & Stockport) and national supports. Many are self-referral.

### Local Support – Cheshire East

- Visyon – Free mental health & emotional wellbeing support for children & young people who live or attend school in Cheshire East; self-referral welcome. Tel: 01260 290000. ([visyon.org.uk](http://visyon.org.uk), [cheshireeast.gov.uk](http://cheshireeast.gov.uk))
- Children & Young People’s Mental Health Service (CYPMHS) – NHS specialist support for ages 0–18 experiencing moderate-severe mental health difficulties. ([cwp.nhs.uk](http://cwp.nhs.uk), [mymind.org.uk](http://mymind.org.uk))
- Early Help / Family Help – Cheshire East Council – Extra support for families to keep children safe and well; advice on accessing services early. ([cheshireeast.gov.uk](http://cheshireeast.gov.uk))
- Just Drop In – Support young people in Cheshire East based in Macclesfield but also have appointments in Poynton. ([justdropin.co.uk](http://justdropin.co.uk))

### Local Support – Stockport

- Stockport CAMHS (Pennine Care NHS) – Specialist mental health service for children & young people with moderate-severe needs. ([penninecare.nhs.uk](http://penninecare.nhs.uk))
- Beacon Counselling – SHINE Wellbeing (11–17yrs) – Free early intervention emotional wellbeing workshops & support in Stockport. ([beacon-counselling.org.uk](http://beacon-counselling.org.uk))
- One Stockport Family Hubs – Local hubs offering advice, groups, and signposting from pregnancy through teenage years (to 19; 25 with SEND). ([educationstockport.uk](http://educationstockport.uk))
- Healthy Stockport (11–25) – Directory of local young people’s mental health supports, incl. Kooth online counselling. ([healthystockport.co.uk](http://healthystockport.co.uk))

### National Helplines & Online Support

- Childline – 24/7 confidential support for under 19s. Call 0800 1111 or chat online. ([childline.org.uk](http://childline.org.uk))
- YoungMinds Parents Helpline – Advice for parents worried about a child/young person’s mental health. ([youngminds.org.uk](http://youngminds.org.uk))
- The Mix – Essential support for under 25s (mental health, relationships, money, more). Free, confidential; phone, webchat, text. Tel: 0808 808 4994. ([themix.org.uk](http://themix.org.uk))
- Papyrus HOPELINE247 – Suicide prevention for under 35s; concerned parents can call too. Call 0800 068 4141, text 07860 039967, or email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org). ([papyrus-uk.org](http://papyrus-uk.org))
- Winston’s Wish – Support for bereaved children and young people. ([winstonswish.org](http://winstonswish.org), Tel: 08088 020 021)
- Child Bereavement UK – Help for children and families facing loss. ([childbereavementuk.org](http://childbereavementuk.org))

We appreciate your continued partnership in helping keep our young people safe, healthy and connected this summer. If you have any concerns or need further advice, please contact us.

Wishing you and your family a safe and enjoyable summer break.

Catherine Holyland

Deputy Head Teacher