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Headteacher: Mr K John

Dear Parents or Carers,

DOSE Programme to support students with well-being

Young people continue to face a mental health & wellbeing crisis exacerbated by the ongoing effects of Covid, the impact of social media and technology alongside the everyday stresses of being a young person. This is something that we feel compelled to challenge at Calthorpe Park School to help support our students become the best versions of themselves, ready for adulthood. We consider this to be part of their Calthorpe Character Education.

During the previous academic year, Y9 worked with the Neuroscientist TJ Power on the DOSE programme. The DOSE programme by Neurify is a Neuroscience backed teaching enabling young people to mentally thrive in the modern world. DOSE stands for Dopamine, Oxytocin, Serotonin and Endorphins. The formula teaches individuals to understand their mental health through rebalancing their brain chemistry and self-regulation. The programme aims to educate about the importance of rebalance by teaching about the science and psychology underpinning each element (DOSE) and the benefits of change.

Dopamine is responsible for motivation.

Oxytocin is responsible for connection.

Serotonin is responsible for mood.

Endorphins are responsible for reducing stress levels.

Our previous cohort of students have reported significant positive changes since their participation in the DOSE programme last year.

- **54%** of participants stated that they would use their mobile phone less.
- **79%** of participants stated that they would endeavour to eat more healthily.
- **82%** of participants stated that they would do more physical exercise.
- **83%** of participants stated that they would spend more time with their friends.
- **79%** of participants stated that they would spend more time with their family.
- **91%** of participants told us that they thought we should run the DOSE programme for other year groups.
- **92%** of participants reported that they had learnt something new that they could apply to their own well-being and self-care.

This year we would like to be more dynamic and launch DOSE across the whole school. The feedback from our students (and their parents) was overwhelmingly positive, providing students with simple and easy ways to look after themselves. In particular, a reduction in the use of technology as a stimulus has been reported as a result of participation in the programme.

Further details of the DOSE Programme can be found here : [Neurify | DOSE - Optimising your Brain Chemistry - Neurify](#)

There is a broad focus on wellbeing and positive mental health challenging anxiety, low self-esteem, poor focus, loneliness, depression and the state of being unhealthy. The main aim is to equip students to identify their

behaviours and make appropriate changes for their own mental health. Students create their own DOSE based on their individual needs.

The students would benefit from 3 differentiated pathways (Level 1,2 & 3). Level 1 will be launched with Y7 & 8 students this academic year with a view to develop Level 2 & 3 in subsequent years.

Level 1 : Year 7 & 8 students. Students will be introduced to the simple path of how to thrive and become the happiest version of themselves. This session will take place during the school day on **Tuesday 8th October**.

In order to facilitate this exciting initiative, we would like to ask for a voluntary contribution of £3 per student participant. There is the ability to contribute more, if desired. Parents have previously asked us to enable this function. The voluntary contribution would cover the costs of the sessions and safeguard the ongoing viability of offering the DOSE programme in subsequent years. The ability to make this contribution will be made available via SCOPAY.

If you would like further information on the work of TJ and Neurify, contact tj@neurify.io, Instagram [@tjpower](https://www.instagram.com/tjpower)

Yours sincerely,

Mr Lee Jones (Associate Leader for Equality, Diversity & Inclusion and Student Personal Development)