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learners who aspire for themselves and inspire others

24 January 2024

Dear Parents and Carers,

Year 9 Programme to support students with their well-being - DOSE

Young people continue to face a mental health 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 have been made aware of the work of the Neuroscientist TJ Power carried out in a number of schools nationally, including those in the locality. He teaches individuals, companies and schools using his DOSE strategy. In particular, a reduction in the use of technology as a stimulus has been anecdotally reported as a result of participation in the 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.

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. We have identified that students in Y9 will particularly benefit from this work in the first instance.

The students would benefit from 4 x 60-minute school-based sessions during the school day with TJ Power and there would also be a 60-minute session for parents and carers to ask questions to TJ Power directly. Details of the timing of this will follow in due course.

The dates and times will be as follows :

Monday 26th February (DOSE Part 1 : Dopamine. 9-10am)

Monday 4th March (DOSE Part 2 : Oxytocin. 10-11am)

Monday 11th March (DOSE Part 3 : Serotonin. 1.25-2.25pm)

Monday 18th March (DOSE Part 4 : Endorphins. 2-3 pm)

In order to facilitate this exciting initiative, we would like to ask for a voluntary contribution of £10 per student participant. This would cover the costs of the sessions and limited time access to a supporting app. 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



Hampshire
County Council

For families in receipt of FSM, ScoPay will be adjusted accordingly.

To discuss or request financial difficulties/assistance, please complete [this form](#).

The Kindness Bucket

If you'd like to help those in our community who may be experiencing financial difficulty, you can choose to make a small donation to our new Kindness Bucket on ScoPay:

1. Navigate to the "Trips and Events" section.
2. Find the 'Kindness Fund' option and select it.
3. Enter the suggested voluntary donation amount or input your preferred alternative amount.
4. Proceed to Check Out to finalise your donation & payment for the trip.

Yours sincerely,

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

