

HILTINGBURY HIGHLIGHTS

Issue 15
12th January 2024

Headteacher's message

Dear Parents and Carers,

Andy Seed, started the week off for us all with an engaging assembly sharing extracts from his books and details about his achievement as a Blue Peter award book winner.

Andy was passionate about sharing the importance of reading for all children and the enjoyment it can bring. His new book 'Interview with a panda' is a book full of facts and figures about endangered species that our year 3 children are reading to develop their reading comprehension and fluency skills. Mr Read reflected on the day, explaining that the opportunity for the children to see the real life version of Andy's machine that he uses to talk to the animals was one highlight of the day.

A new intervention we are running in school each morning is called Sensory Circuits led by Mrs Boden. The Circuits include a whole range of sensory stimulation and fulfilment to help the children be ready for their learning each day. A group of children from across the school come together each morning and carry out a series of physical activities. Mrs Boden is really proud of the children's attitude and efforts they apply each morning, the children are focused, positive and enjoy their time preparing themselves to be ready to learn.

Congratulations to our football team who played against Cherbourg this week in a very exciting and competitive match. Oscar, a member of the school team, shared that all players were brilliant and he was proud of both the attack and defence. The final score was 2-1 to Cherbourg and we are now hoping for a re-match! Well done also to our hockey team who finished third in their group and we singled out for the amazing sportsmanship.

We are still hoping to recruit a new Parent governor to join our Governing Body. If you are interested, please contact our school office and we would be happy to talk more about this important role and how you could support the school's future development.

We hope you all have a great weekend.

Best wishes,

Zoe Loosemore



Dates for your diary

15th January - Y6 Nursing team in school Measurement programme

Closing date for Y3 admissions

22nd January - Y6 Fire visit in school

23rd January - Maths Parent Information evening 5pm

30th January - Parent coffee morning 9am in school

31st January - Y4 Mandir temple trip

5-11th Feb - Children's Mental Health Week

6th February - School Safer Internet Day

7th February - Postponed Cross Country Event

Could you be eligible for Free School Meals for your child? Has there been a change in your personal circumstances?

Hampshire County Council provide the [criteria for you to review and a simple form for completion](#) to see if you are eligible. Please contact a member of the office team if you need any support with this or have any questions

Weekly Year group highlights

Year 3

[Link to our Weekly Highlights & Gallery](#)



Year 4

[Link to our Weekly Highlights & Gallery](#)

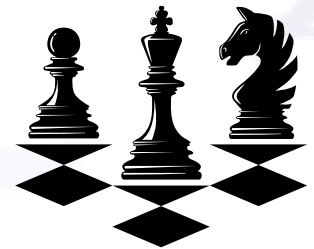
Year 5

[Link to our Weekly Highlights & Gallery](#)

Year 6

[Link to our Weekly Highlights & Gallery](#)

Chess Event



We are delighted to share with you information for a local community chess event held on Sunday 25th February. See below the link for more information and how to sign up:

Sunday, February 25th at the Badger Farm Community Centre, Winchester.

Here are the details:

<https://www.eventbrite.co.uk/e/hampshire-ejcoa-national-junior-championships-qualifier-2024-tickets-785041790127>

Hampshire Junior Chess Association

Highlight Wellbeing

This week I would like to share some friendship 'ground rules' which may be useful when talking to your child about any friendship issues. Friendship upsets can be one of the hardest things for children to navigate, as social pressures and expectations are intense, and all children want to fit in and be accepted, yet are learning different things at different stages. Friendships are a highly emotive issue, plus we know that children's brains are very much 'in development' and are learning the skills necessary to cope with a range of situations and stresses. It always helps to talk it over and I hope this helps! Friendships - ground rules!

We agree that friends should be -

Kind Helpful Honest FUN Respectful caring

To enjoy the good times together and support each other through the bad times.

We have decided on these ground rules to keep us safe and happy -

It is ok for a friend to want to spend time with other friends.

It is ok for me to want to spend time with other friends.

It is important to treat others as I would like to be treated myself.

Everyone needs space sometimes and that's ok

Remember that others may be carrying things in their 'worry bags' which will make emotions closer to the surface. Be kind.

When I have things in my own worry bag, and my own emotions are close to the surface, I can look after myself in these ways - I can walk away from stress. I can ask for help. I can use my breathing exercises to calm my nervous system. I can go to the wellbeing hub.

We are all learning, and we all make mistakes along the way.

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2024 PACE Events

Free health & wellbeing events for all parents, carers & professionals who support or work with young people

DATE	Location
Friday Gosport 26th January St Vincent College, 2024Mill Lane, Gosport, PO12 4QA	
Thursday Basingstoke 22nd February Queen Mary's College, Cliddesden Rd, 2024Basingstoke, RG21 3HF	
Monday Andover 11th March Testbourne School, Micheldever Rd, 2024Whitchurch, RG28 7JF	
Friday Waterlooville 19th July Oaklands Catholic School, Stakes Hill Rd, 2024Waterlooville, PO7 7BW	
Wednesday Winchester 25th September Winchester United Reform Church, Jewry ST, 2024Winchester, SO23 8RZ	
Monday Havant 7th October Trosnant Infant School, Stockheath Lane, 2024Havant, Hampshire, PO9 3BD	
Thursday 21st New Forest November Lyndhurst Community Centre, 2024Main Car Park, Lyndhurst, S043 7NY	

Book your workshop space at:

hampshirecamhs.nhs.uk/events

TIME	WORKSHOP 1	WORKSHOP 2
9:30 - 10:30	Supporting a child with eating difficulties including ARFID This workshop solely focuses on eating disorders as a mental health disorder for young people. This will cover Avoidant Restrictive Food Intake Disorder is a feeding and eating disorder. People with ARFID find it hard to eat enough for healthy growth, development and functioning.	Supporting trauma recovery Understanding the impact of trauma on children and young people and how together we can help them to recover.
10:45 - 11:45	Introduction to managing ADHD - ADHD Team What is ADHD? Spotting the signs and symptoms from 5 years to 18 years. How to support a young person with symptoms of inattention, hyperactivity and impulsivity with or without an ADHD diagnosis.	Supporting a young person in crisis & managing self-harm Supporting a young person in crisis & managing self-harm.
12:00 - 13:00	Coping and resilience strategies to support children & young people Exploring the terms coping and resilience - what are they and how might we build coping and resilience into our lives. This workshop uses easy to understand metaphors that can be shared with children to help them to explore their own coping and resilience.	Introduction to autism What is Autistic Spectrum Condition? Spotting the signs and symptoms Diagnosis: the process and things to know about the diagnostic assessment How to support a young person with ASC.
13:30 - 14:30	New Understanding and supporting a young person with Obsessive Compulsive Disorder (OCD) This workshop aims to give an introduction for parents and carers supporting a young person with Obsessive Compulsive Disorder (OCD). It will provide information regarding what OCD is, how this develops and what keeps it going. It will give an overview of the treatment options for OCD and ways family members can support a young person at home.	Looking after yourself to support your child This workshop will focus on the needs and challenges for parents and carers, as well as provide a range of practical advice and strategies around how to look after yourself in order to better support the wellbeing of your child.
14:45 - 15:45	New Disability, difficulty, SEND & mental health An awareness session to offer a space for Q&A around Learning needs and how Mental Health issues can present; difficulty with language used when children and young people have varying learning needs with or without formal diagnosis.	Understanding & managing anxiety What anxiety is and how to spot the signs and symptoms of anxiety in children and young people. How to support a child and young person who experiences anxiety with practical strategies.
16:00 - 17:00	Coping and resilience strategies to support children & young people Exploring the terms coping and resilience - what are they and how might we build coping and resilience into our lives. This workshop uses easy to understand metaphors that can be shared with children to help them to explore their own coping and resilience.	Supporting a young person in crisis & managing self-harm How to recognise crisis and how crisis develops. How emotional regulation difficulties can lead to mental health crises such as becoming suicidal or self-harming.
17:15 - 18:15	New Introduction to managing & supporting a young person with Tics and Tourette's This workshop aims to give an introduction for parents and carers supporting a young person with Tics & Tourette's. It will provide information regarding what Tourette's is, how this develops and what keeps it going. It will give an overview of the treatment options and ways family members can support a young person at home.	New Supporting your autistic child to thrive This two-hour workshop will consider what areas of life can be challenging for autistic young people. We will think about how we can adapt our communication and the environment around the young person to make life easier and more suited to their needs. We will discuss practical changes that can be made in all the areas and give example of what these look like in real life. We will support you to think about the specific needs of your child and develop the beginnings of an individualised plan, providing the opportunity for discussion with other group members and the facilitators.
18:30 - 19:30	Introduction to managing ADHD What is ADHD? Spotting the signs and symptoms from 5 years to 18 years. How to support a young person with symptoms of inattention, hyperactivity and impulsivity with or without an ADHD diagnosis.	