

HILTINGBURY HIGHLIGHTS

Issue 18
2nd February 2024

Headteacher's message

Dear Parents and Carers,

As we step into February, it's hard to believe how quickly January passed by! Over the half term we have managed to fit so many exciting activities and events in and this week was no different!

Our Parent coffee morning was led by a member of the Solent Mind team who provided valuable insights into the provision they offer. We also dedicated time to discuss effective strategies for supporting children's sleep patterns and facilitating a restful night. Our school website features a dedicated page with updated links and information; we encourage you to explore it for helpful resources.

Over the past few years, we have strived to create various opportunities for Parents and Carers to come together, fostering engagement through activities, workshops, and forums. With your support, we have rebranded our group identities, a development we will share with you soon. We thank everyone who has participated in these sessions, and we look forward to continuing working together.

In the upcoming week, we are excited to celebrate 'Children's Mental Health Week,' emphasising the powerful message that 'Your Voice Matters.' Our dedicated Pastoral team has created a range of opportunities for children to reflect on the importance of this theme, and we look forward to sharing the outcomes with you throughout the week.

It is really important to us to celebrate the children's achievements both in and out of school and more children are bringing in their awards and highlights to share in our celebration assembly. Please do encourage your children to do this as it really showcases just how special and talented our children are.

We have been working with our local Community Payback team who visited us last weekend and transformed our school garden as well as helping us develop our Forest Schools area ready for next half term. We hope you are able to join us in our next Landscape project workshop on Monday 19th February to share your views on how the school grounds could continue to be developed for the benefit of the school community.

Wishing you all a wonderful weekend.

Best wishes,

Zoe Loosemore



Dates for your diary

5-11th Feb - Children's Mental Health Week 'My Voice Matters'

7th February - Postponed Cross Country Event

8th February - Raffle Ticket Winners non-uniform day

9th February - HSPTA Break the Rules Day fundraiser event

Half Term 12th - 25th February

19th February School Grounds Workshop

21st February - Forest School Launch

22nd February - World Thinking Day - Guiding community

23rd February - HSPTA Quiz fundraiser

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](#)



Highlight Wellbeing

It was lovely to see a group of parents and carers at our half termly coffee morning 'Connected'. We welcomed a visitor from Solent Mind to talk about what this organisation can offer, then discussed some parenting strategies and ideas for support with a range of issues including sleep, and anxiety.

Solent Mind can offer various courses, and resources, please have a look at the following links.

Next week we will be focussing on Children's Mental Health Week, but it is vital for parents and carers to be aware of their own mental health and strategies to support. We all need help at times.

<https://www.solentmind.org.uk/>

Hampshire Wellbeing Services Eastleigh & Winchester



 What do we offer?	 What courses and groups do we run?	 What else is on offer?
<p>A short-term programme of recovery-based courses</p> <p>Assistance to learn skills/self-help techniques to manage mental health</p> <p>Signpost you to other relevant local services</p> <p>A keyworker who will assist you through your recovery journey whilst you are with us</p> <p>Wellbeing and emotional support - face to face or via telephone, text, email and video call</p> <p>Peer Support</p>	<p>Anxiety Management</p> <p>Self Esteem</p> <p>Anger Management</p> <p>Mindfulness</p> <p>The Decider Life Skills™</p> <p>Lifting Low Mood</p> <p>Walking Group</p> <p>Wellbeing Discussion Group</p> <p>LGBTQ+ Peer Support Group</p>	<p>Workshops on a variety of topics e.g. Boundaries, Communication, Healthy Lifestyles and Self-care</p> <p>Togetherall™ - a digital mental health platform</p> <p>Digital Skills course</p> <p>"A Little Piece of Mind" E-zine – a free newsletter focused on wellbeing</p> <p>Writing for Wellbeing by ArtfulScribe</p> <p>Music Therapy by Key Changes</p> <p>Advice First Aid in partnership with Citizens Advice</p>

Eastleigh Wellbeing Centre
111 Leigh Road Eastleigh, SO50 9DS
Telephone: 02380 611 458
eastleighwellbeing@solentmind.org.uk

 **Get in touch!**
We run our courses and groups in-person at the Wellbeing Centres and local venues, or through Zoom.

Winchester Wellbeing Centre
1 Priory Gardens, Parchment Street, Winchester, SO23 8AU
Telephone: 01962 859 012
winchesterwellbeing@solentmind.org.uk

Hiltingbury Junior School Forest School



Plea for Wellies, waterproofs & wool

Mrs Richardson is looking for any donations of used and unwanted wellies and waterproofs; and any unwanted wool.

If you are able to donate any of these items.
Please bring them to the school office.
Thank you!

We are looking for a team of volunteers to support our Forest school leader
Contact our school office for more information
Adminoffice@hiltingbury-jun.hants.sch.uk

Community News

We have been made aware of a local road works that may affect families dropping off and picking up children from school.

Pedestrian access will still be available.

Signage will be available when the works begins. Please see information below:

As part of the annual Planned Maintenance programme, this letter is to inform you that we will be undertaking carriageway resurfacing in Pine Road between Hiltingbury Road and Hursley Road.

The works are programmed to start Wednesday 14 February 2024 and are expected to last for up to 6 days with working hours on site approximately 07:30 to 18:00hrs each day. The works will be carried out as follows,

Wednesday 14 - Friday 16 February - Works will take place using a road closure between Hursley Road and Cuckoo Bushes Lane. The road will be open outside of working hours.

Monday 19 - Wednesday 21 February - Works will take place using a road closure between Cuckoo Bushes Lane and Hiltingbury Road. The road will be open outside of working hours

Come and join our Music Production Holiday Workshops



Create, Remix and Perform

Supported using public funding by



ARTS COUNCIL
ENGLAND



Two exciting enrichment days for Music Production enthusiasts. Workshops across each day using iPads to create and perform music. Exciting DJing workshops as part of the programme. All equipment provided.

Monday 8th April 8.45 Arrival - 16.15 Finish

Tuesday 9th April 8.45 Arrival - 16.15 Finish

Suitable for Years 5, 6 and 7

At Wildern School, Hedge End SO30 4EJ

£37.50 per day (£75 for both days)

(Compulsory to attend both days)



Scan the QR Code to Sign up. Places will be allocated on a first come, first served basis as these are limited.



Hampshire
County Council

www.hants.gov.uk/hms