

# HILTINGBURY HIGHLIGHTS

Issue 36  
19th July 2024



## Headteacher's message

Dear Parents and Carers,

As we reach the end of another school year, I want to take a moment to reflect on the incredible journey we've shared and say a big thank you to everyone in our school community. This year has been full of achievements, growth, and unforgettable moments. I've been so impressed by how the children have shown incredible resilience, kindness and a genuine passion for learning.

A huge thank you to our wonderful teachers and support staff. Your dedication, passion and hard work has inspired and nurtured the children, helping them reach their full potential.

To our Parents, Carers, Governors and HSPTA your support has been invaluable. Thank you for your positivity, encouragement and collaboration in bringing our school community together, creating many highlights and opportunities throughout the year.

Year 6, I wanted to take a moment to tell you how proud I am of each and every one of you. You've worked hard, faced challenges and made great memories during your time at Hiltingbury. Secondary school will bring you all new opportunities, new friends, and new adventures. We hope you look forward to the future with excitement but remember our door is always open for you to come back and let us know how you are getting on!

Wishing you all a wonderful and restful summer holiday and we all look forward to welcoming you back in September refreshed and ready for another fantastic year ahead!

Best wishes,

Zoe Losemore



## Dates for your diary -

*Please check the school website calendar for more events and information*

**Tuesday 23rd July** - HSPTA Colour Fun Run / Last day of term finishes 1.15pm please collect from your normal gate

**Monday 2nd & Tuesday 3rd September** - INSET days school closed to pupils

**Wednesday 4th September** - First day back for pupils - 8.40am

## Message from our Governors

*The governors would like to wish everyone a wonderful summer with family & friends.*

*It's been a busy year for the governing board and we have once again seen the school strategy progress and deliver. We look forward to what the new academic year brings.*

*For those pupils and staff leaving the school, all the best for the next stage in your journey.*

# What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

## UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

## DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

## WHAT ARE THE RISKS?

### LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

### THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

### THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

### ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

## Advice for Parents & Educators

### ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

### TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

### CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

### SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

## Meet Our Expert

Adam Gilbert is Associate Vice-Principal for Personal Development at Peristone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



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**Sunday 21st July 2024 • 11am - 6pm**

Leigh Road Recreation Ground SO50 9FH

 [AWCAEastleigh](#) 



## ***Hampshire Library Summer Reading Challenge***

*To support your child's reading skills and confidence during the summer, we encourage your child to take part in the popular Summer Reading Challenge at Chandler's Ford library or any library in Hampshire. The children will be having an assembly led by the local library, to enthuse them about this exciting event.*

*The Summer Reading Challenge starts on the 13th July. This year's theme is Marvellous Makers which will celebrate creativity, imagination and the power of reading. Discover fantastic new books, unlock rewards along the way, and achieve something amazing this summer.*

*Use the link below or pop to a Hampshire library to find out more information about the reading challenge,  
<https://www.hants.gov.uk/librariesandarchives/library/kids-zone>*

*We hope the children enjoy reading many good books over the holidays. We look forward to celebrating all the children that complete the Summer Reading Challenge back in school in September.*

*Keep reading!  
Mrs Thomas*