**The Hamble School** – Achieving Excellence Together

# THE HAMBLE SCHOOL

NEWSLETTER 2023-24 – ISSUE 3: 9<sup>th</sup> FEBRUARY 2024

This half term we have had lots of opportunities to reflect on our improvement journey and celebrate the significant changes which have been put in place over the last year. We have had visits from many external organisations and individuals who have all validated the progress we are making as a school. For example, our most recent report from HIAS (Hampshire Improvement and Advisory Service) stated:

- 'There has been a reduction in negative behaviour and improved attendance'.
- 'All stakeholders reported that they feel the culture of the school has changed'.
- 'In the student voice meeting with Year 11, they spoke positively about how the school is preparing them for their GCSEs'.
- 'All classrooms observed were calm and had an environment that was conducive to positive learning'.
- 'All stakeholders commented throughout the visit about the improved behaviour across the school'.
- 'Students are enthusiastic about the shift to a positive system of rewards'.
- 'There are improvements in the provision for SEND students since the last visit and parents are now invited to coffee mornings hosted by the Pastoral Team'.

We have also been delighted to receive such positive feedback from parents/ carers during our recent surveys:

- 'The staff really care about the students. The school is going through a period of rapid growth and change for the better. The Headteacher, Leadership Team and Governors are proactively improving behaviour and making positive changes. Communication with parents/ carers has improved. The SENDCos have made a really positive change to the SEND department and this is reassuring as a parent with a SEN child' – SEND Parent Survey.
- 100% of Year 7 parents/carers stated that their child feels happy at the school in the recent evaluation survey available for parents/ carers to complete at Parents' Evening.
- 100% of Year 7 parents/carers stated that their child is making good progress in the recent evaluation survey available for parents/carers to complete at Parents' Evening.

continued on the next page >

### **REWARD** UPDATE

Spring term 1 has seen a large number of students collecting enough positive points to receive their recognition rewards.

This is impressive – well done to everyone.

So far this year we have given out:

**BRONZE AWARD** 

250 Points 1060 Students

SILVER AWARD 500 Points 958 Students

### **GOLD AWARD**

750 Points 656 Students

### **RUBY AWARD**

1000 Points 312 Students

PLATINUM AWARD 1250 Points 95 Students

### DIAMOND AWARD 1500 Points

18 Students

 98% of parents/carers found the Year 11 Achieving Excellent Evening useful and one parent commented 'thank you for a great evening once again. Very informative and very useful'. Another parent commented 'thank you for all your hard work with Year 11, you are really supporting them at such an important time'.

We are excited to continue our improvement journey in order to ensure a high-quality provision inside and outside the classroom. I would like to thank my dedicated team of staff for their relentless efforts every day.

There have been many highlights this half term and I hope you enjoy reading about some of the amazing achievements in this newsletter. I have been very proud of all the students who have gained rewards and was delighted to award our first Diamond certificates. I also enjoyed attending Dance Live! last week and the students should feel very proud of their fantastic performance.

As you are aware we already run a Parent Forum and this is a good opportunity for parents/ carers to ask questions and share their views. The next meeting is on Monday 26 February – I do hope you will attend (you can register here: https://forms.office.com/e/khAX57kWDx

We are also looking to launch a PTA (Parent Teacher Association) to raise funds for the school and strengthen the community. We would like as many parents/ carers to be involved in this – Please register your interest here: https://forms.office.com/e/70E1xg1sxd

I look forward to welcoming students back to school at 8:30am on Monday 19 February and I do hope they have a safe and enjoyable break.

Best wishes

#### Miss L Cambridge

Headteacher – The Hamble School



### SHARE YOUR **STORIES**

We love to feature achievements outside of school in our newsletter. It is really important to celebrate success and share news with the community. Please email **communication@thehambleschool.co.uk** if you would like to share any stories.

### **KEY DATES FOR YOUR DIARY**

Monday 19 February – Year 11 Mock Exams continue

Thursday 22 February – Year 9 Parents' Evening

Monday 26 February – Parent Forum (in person). 10am and 6pm.

Friday 1 March – Year 8 Battlefields Trip departs

Thursday 7 March – World Book Day

Thursday 7 March – Year 8 Parents' Evening

w/b 11 March – Year 10 Review Assessment Week

Tuesday 12 March – Year 9 Learn with Us

Thursday 14 March - British Science Week visits

Friday 15 March – INSED Day – The school is closed to students.

Monday 25 March – Parent Forum (online).

Wednesday 27 March - Year 11 Parents' Evening

Thursday 28 March – Last day of spring term.

Please view the Weekly Message (on the Latest News section of the homepage) for further dates and events: www.thehambleschool.co.uk



### WORLD BOOK DAY THURSDAY 7 MARCH



World Book Day is fast approaching and we cannot wait! Our theme this year is Wizard of Oz and students have been helping to make resources to decorate the Library and London block.

Students and staff will be able to dress up as their favourite book character and can take part in competitions leading up to and on World Book Day.

Our very popular golden tickets will be emerald this year to follow the Oz theme and candy coupons will also be given to tutors to give out nearer the time.

Book tokens are paper copies this year and these have already been given out during tutor time.

We look forward to celebrating our love of reading and will be inviting the ten best dressed students to a tea party.



# KEY STAGE 3 ENGLISH

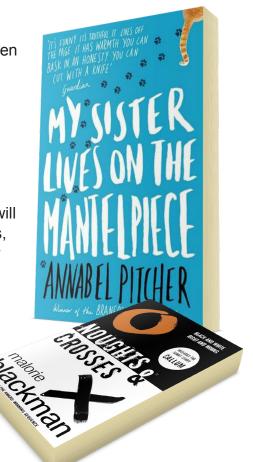
This term for Year 7 and 8 we have started our novel studies.

Year 7 are reading *My Sister Lives on the Mantlepiece*. We have been exploring themes across the text and will finish reading next term.

Year 8 are reading *Noughts and Crosses*, they have been looking at themes of discrimination, segregation and stereotypes; we will continue reading this novel next term.

Year 9 have been studying Romeo and Juliet with the focus on parental relationships within the play. Next term they we will continue their study of the play focusing on the love scenes. We will be reading the play throughout the term and exploring the themes, characters and writers' intentions. We will also be dipping into our 'Power and Conflict' poetry to study two more poems from the cluster.

Our creative writing club 'Spilling Ink' has had an exciting term. Many members have become published writers through the 'Young Writers' competition 'Glitch'. For this they had to write stories inspired by alternative realities. Our bidding authors have also tried their hand at some poetry this term and are looking forward to finding out if they will be published.



# KEY STAGE 4 ENGLISH

In Year 10, students have been exploring the theme of 'Conflict in Society' through a range of challenging texts. Students enjoyed reading about the experiences of a solider during the Crimean war and how this compared to Royal Marine, Mark Time, who also endured many challenges during his training. Poems such as 'Tissue', by Imtiaz Dharker, and 'The Charge of the Light Brigade', by Lord Alfred Tennyson, were studied in depth, with students exploring how poets present conflict in our society today, in comparison to the historical conflicts of the past. Students also re-visited 'Romeo and Juliet' with a focus on the feud between the Capulets and Montages and the way in which conflict effects the citizens of Verona as well as the two young lovers. Year 10 have worked extremely hard this term, developing their critical analysis and comparison skills. Well done Year 10!

In Year 11, students have been working incredibly hard towards their mock exams. At the beginning of term, students continued to develop their understanding of the reading and writing skills required for GCSE English Language; focusing on both fiction and non-fiction texts. Students also re-visited the set texts for English Literature this term, focusing on the way writers present the younger and older generation in 'Romeo and Juliet' and 'An Inspector Calls'. As well as this, students explored the celebration of Christmas in 'A Christmas Carol' and the importance of charity during the Victorian era. Students have particularly enjoyed learning about the "Magic Moments" in these set texts and can even recite key quotations! Please do ask them about these "Magic Moments"- we're really impressed with how much knowledge they have acquired. Good luck in your mock exams Year 11!



www.thehambleschool.co.uk • Facebook: @thehambleschool • Twitter: @thehambleschool

Achieving Excellence Together

### HC3S – FOOD HYGIENE RATING

We are pleased to inform you that the kitchens and canteen have been inspected by the Food Standards Agency and have once again received a 'level 5' rating. This is the top of the scale and means that the hygiene standards are 'very good and fully comply with the law'.





## APPRENTICESHIP & CAREERS EVENING

Wednesday 6th March 2024

5:00 pm -7:30 pm

Totton College, Water Lane, Totton, Southampton, SO40 3ZX

This event is open to pupils, parents & carers, Year 9, 10 & 11 New Forest and Eastleigh Schools

Scan here to register!



### HC3S PRICE LIST – AS OF MONDAY 5 JUNE 2023

### **Freshly prepared**

#### **Breakfast Items**

Bacon roll	£1.50
Hash brown (x2)	£0.90
Sausage baguette	£1.50
Breakfast Muffin - sausage & egg	£1.80
Breakfast Muffin - vegetarian	£1.80
Breakfast Muffin - bacon & egg	£1.80
Croissant with butter & jam	£1.10
Porridge	£1.10
Fresh fruit & yoghurt	£1.35
Pancakes with syrup or fruit (x2)	£1.10
Waffles & syrup	£1.10
Fruit pots	£1.00
Yoghurt & granola	£0.90

#### Hydration Station

Radnor fruit juice 200ml	£0.80
Radnor Splash - sugar free	£0.95
sparkling flavoured water 330ml	1
Radnor flavoured water 330ml	£0.95
Radnor flavoured water 500ml	£1.15
Bottled mineral water 330ml	£0.60
Bottled mineral water 500ml	£0.95
Flavoured milk 200ml	£0.80

#### **Savoury Snacks**

Crisps	£0.80
crisps	20.80
Popcorn	£0.90
Snowballs	£0.85
Metcalfe Rice Cakes	£1.35
YoYo	£1.10

#### Bakery & Fresh Fruit

Homemade biscuits & cakes	£0.60
Fresh Fruit from	£0.50

£3.00

#### Mains

**Classics main courses** 

#### **Lighter Choices**

Jacket potato	£0.90
(with a choice of toppings	
from 50p each) Toppings include: cheese,	
beans, coleslaw etc	
Topped nachos	£2.30
Falafel with Moroccan style cous cous	£2.30
Loaded fries or sweet potato frie	s £1.75
Pasta pot selection	£1.75
Rice or noodle bowl	£2.30

#### Streets

Snack boxes	£1.75
Pizza twists	£2.45
Pazzini	£2.05
Pizza slice	£1.75
Filled bagels	£1.75
Loaded hot dog	£2.30
Chicken burger	£2.30
Hamburger	£2.30
Vegetarian burger	£2.30
Pastry slice	£1.75
Piri Piri chicken pastry slice	£2.05
Pork or vegan sausage roll	£1.35
Bacon and cheese turnover	£2.00
Sausage turnover	£2.00



#### **Deli Filled Wraps**

V

В

Ρ

egan hoisin duck	£2.
BQ chicken	£2.
ulled pork	£2.

### Real Wrap Co. Deli

#### Sandwiches

Just cheese	£2.10
Just ham	£2.10
Just tuna mayo	£2.10
Just free range egg mayo	£2.10
Just chicken mayo	£2.10
BLT (Bacon, Lettuce, Tomato)	£2.30
Chicken & Bacon	£2.30
Tuna & Sweetcorn	£2.30
Chicken Tikka	£2.30
Ploughmans	£2.30
Coronation Chickpea	£2.30
Vegan Sausage	£2.30

#### Gluten Free Deli

Summer Chicken roll£2.30Egg and slow roasted tomato roll£2.30



### TASTE

#### **Hot Drinks**

Cappuccino
Latte
Flat White
Mocha
Americano
Expresso
Hot Chocolate

£1.30 each

#### **Deli** Toasties

£1.65
£1.65
£1.65

Anda

#### **Deli Baguettes**

Ham & salad	£2.40
Coronation chicken	£2.40
Chicken & sweetcorn	£2.40
Cheese & cucumber	£2.40

### Wraps

.20 .20

.20

Chicken fajita in a tomato wrap	£2.60
BBQ pulled pork	£2.60
Southern fried chicken	£2.60
Chicken and sweetcorn mayo	£2.60
The big Bombay bhaji in a tomato wrap	£2.60
Sweet potato pakora in a spinach wrap	£2.60
Pasta Pots	
Cheese & tomato pasta pot	£2.30

Tuna & sweetcorn pasta pot

Chicken & bacon pasta pot



£2.30

£2.30

PLEASE NOTE: the daily limit for students is £6 (unless otherwise stated)

### HC3S MAIN MEAL MENUS – WEEK 1 & 2

### MAINS WEEK ONE

Freshly prepared

TASTE

Tuesday	Wednesday	Thursday	Friday
Macaroni Cheese with garlic bread	• Vegetarian Roast of the Day served with roast potatoes, seasonal vegetables & gravy	Sweet Potato & Lentil Curry served with a blend of brown & white rice & Naan	Vegan Sausage Roll served with chips and garden peas or baked beans
Meatball Mariana with garlic bread	Roast of the Day served with roast potatoes, seasonal vegetables & gravy	<b>Chicken Curry</b> served with a blend of brown & white rice & Naan	Battered Fish & Chips served with garden peas or baked beans
	<ul> <li>Macaroni Cheese with garlic bread</li> <li>Meatball Mariana with garlic</li> </ul>	<ul> <li>Macaroni Cheese with garlic bread</li> <li>Vegetarian Roast of the Day served with roast potatoes, seasonal vegetables &amp; gravy</li> <li>Meatball Mariana with garlic</li> <li>Roast of the Day served with roast potatoes, seasonal vegetables &amp; gravy</li> </ul>	<ul> <li>Macaroni Cheese with garlic bread</li> <li>Vegetarian Roast of the Day served with roast potatoes, seasonal vegetables &amp; gravy</li> <li>Sweet Potato &amp; Lentil Curry served with a blend of brown &amp; white rice &amp; Naan</li> <li>Meatball Mariana with garlic bread</li> <li>Roast of the Day served with roast potatoes, seasonal vegetables &amp; gravy</li> <li>Chicken Curry served with a blend of brown &amp; white rice &amp; Naan</li> </ul>

Freshly prepared		MAINS EEK TV		ASTE
Monday	Tuesday	Wednesday	Thursday	Friday
o All Day Vegetarian	Five Bean     Chilli	<ul> <li>Vegetable</li> <li>Sausage &amp; Mash</li> </ul>	<ul> <li>Vegetable Curry</li> </ul>	veggie Goujons
Breakfast serve with vegetarian blend sausages, hash and w	served with a blend of brown and white rice & nachos	served with beans	served with a blend of brown & white rice & Naan	served with chips & baked beans or garden peas
baked beans				
All Day Breakfast with a pork sausage, bacon, hash brown, omelette muffin, tomato, mushrooms & baked beans	Chilli Beef Quesadilla served with a blend of brown and white rice & nachos	Sausage & Mash served with beans	Chicken Curry served with a blend of brown & white rice & Naan	Fish & Chips served with baked beans or garden peas

### HC3S DAILY OPTIONS – WEEK 1 & 2

Mid-Mo	rning	WE	EK 1	TA	STEU
	Monday	Tuesday	Wednesday	Thursday	Friday
Grab 'n' Go	Crinkle Cut Wedges	Cheese Pizzini	vegan Sausage Roll	Pizza Twist	Cheese Pizzini
- 1	8" Pork Sausage Roll	Ham & Cheese Bagel	Frankfurter Hot Dog	Spicy Potato Wedges	<ul> <li>Hash</li> <li>Brown Tatties</li> </ul>
	Buttermilk Chicken in a floured bap	Steak Slice	Cheese & Bacon Turnover	Meatball Sub	Cheeseburger
ghter Choice	Jacket Potato with choice of toppings				
Real Wrap Co.	Hot & Cold Deli Selection				
					Freshly prepare
Hampshi County Cour	re ncil				HCSSTAST
Mid-Mo	rning		EK 2	ТА	STE

	Monday	Tuesday	Wednesday	Thursday	Friday
Grab 'n' Go	Spicy Potato Wedges	<ul> <li>Cheesy Nachos</li> </ul>	Vegan Sausage Roll	• Pizzini	Pizza Twist
	8" Pork Sausage Roll	Chicken Wrap	Frankfurter Hot Dog	Sausage Roll	Cheese & Ham Bagel
	Chicken Burger	Chicken Pastry Slice	Chicken Goujon	Buttermilk Chicken in a floured bap	8" Pork Sausage Roll
Lighter Choice	Jacket Potato with choice of toppings				
Real Wrap Co.	Hot & Cold Deli Selection				
					Freshly prepared
County Court	re				HC2STAST

### DISCOVER MORE AT OUR OPEN EVENTS

South

Hampshire College Group

Eastleigh College 4:30 – 7pm | Monday 4<sup>th</sup> March

City College 5 – 7pm | Thursday 21<sup>st</sup> March

Fareham College 4 – 7pm | Wednesday 28<sup>th</sup> Feb

### shcg.ac.uk

#CreatingBetterFutures

College

Scan to find out more



### PROGRESS LEADER UPDATES YEAR 7 UPDATE

Year 7 have had yet another fantastic half term and are a real credit to the school. They have achieved the most positive and least negative points of all year groups and are really showing a team spirit to help each other achieve excellence together. It has been wonderful to see so many students achieving their rewards with well over half the year group achieving the gold award and above – a huge congratulations to all of those students.

The year group have continued to get involved in so many wider aspects of school life, such as after school clubs like football, table tennis and badminton, as well as the huge amount who have participated in Dance Live! and auditioned for the school production.

I am looking forward to what the next half term has in store for the year group. Keep up all the hard work Year 7– you are doing amazingly well!

### Mr Webber – Year 7 Progress Leader

### YEAR 8 UPDATE

The focus for year 8 this half term has been on positivity and students have been working hard to achieve positive points on Class Charts. Tutor group 8-1 are leading the way with over 25,000 positive points so far this year! They are closely followed by 8-5 and then 9-9.

Year 8 have been demonstrating some very respectful behaviour in assemblies this half term and have been reflecting on how they can become a better student and also how they can stay safe and be kind online.

It was lovely to see a number of Year 8 students taking part in Dance Live this half term. The staff thoroughly enjoyed their sneak preview of the performance before the students headed off to perform in front of parents and staff at the Portsmouth Guildhall.

Finally, after half term we will be having a real push on students being kind to each other. The Year 8 team will be looking for examples of kindness to celebrate and share with students.

### Mrs Rogers – Year 8 Progress Leader

### YEAR 9 UPDATE

Well done Year 9 for cracking on through another half term! You have still been receiving a significant number of reward points and have been earning even more certificates and rewards each Friday! These will certainly go a long way towards the Summer Term reward celebrations, so keep them coming! You have participated in activities in school such as 'The Hamble School Cook Off', been Ambassadors for the school with various tours and interview panels and so impressively, were incredible in your parts of Dance Live! Well done to you all, you should be really proud of your efforts, as are we.

Enjoy the half term break everyone and let's look forward to the next chapter of preferences when we return.

Mrs Emmett-Callaghan – Year 9 Progress Leader

### YEAR 10 UPDATE

Year 10 have had a fantastic half term gaining over 22,000 positive points since Christmas. Last week it was wonderful to see a large number of the year group performing and competing in the Dance Live event. Even more recently, our talented Girls Football recorded an amazing 7-1 win against Deer Park School. It was very humbling and pleasing to see how engaged and mature students have been, whilst learning about Internet Safety and the Holocaust in tutor time and assemblies. Next term we look forward to preparations towards the Year 10 exams and several trips and activities, including a Navy Careers Day.

#### Mr James – Year 10 Progress Leader

### YEAR 11 UPDATE

It has been a busy time for Year 11, preparing for the mock exams; attending intervention and revising. This half term seems to have flown by, the students have been very busy working towards deadlines in coursework subjects, rehearsing for their drama exam and achieving record breaking reward points for their fantastic attitude to learning.

It was great to see so many students and parents at parents evening and then the Achieving Excellence Evening. The Teaching & Learning Coaches provided some excellent workshops with ideas for how to revise and practical activities to kick start the lead up to the GCSEs.

We have started the last round of PPE exams, this is the last chance for students to practice their exams in the same conditions as the GCSEs, they have been excellent so far, perfectly behaved and a credit to themselves, let's keep this up and work together to enable everyone to reach their potential.

We are well on the way to getting the Prom organised – we have a very keen staff Prom squad who want to help get it organised – it will be fabulous! Look out for a letter detailing how you can order your leavers 2024 hoodie – we need the orders in by 19 April so we can get them back in time for leavers assembly.

I am immensely proud to be the Progress Leader for this year group and I am looking forward to the next few months of hard work and exams with the fun parts coming after.

GOOD LUCK to all Year 11 students in their PPE exams, work hard, revise and just do your best!

### Mrs Barkshire – Year 11 Progress Leader

### YEAR 11 UPDATE

### Intervention will begin again on Tuesday 5 March 2024.

A reminder you can still purchase the CGP Revision Skills and Revision Plan book https://www.cgpbooks.co.uk/secondary-books/gcse/revision-tips/xhr42-new-how-torevise-for-gcse-study on Scopay for £2.50 (recommended retail price – £5.99) and collect from reception.

If your son/ daughter cannot find their copy of the Mock Exam Timetable, it is on our website here: https://www.thehambleschool.co.uk/examination-information/

### **DUOLINGO** CHALLENGE

We are delighted to see that so many students joined our Duolingo competition over the Christmas holidays. They have been improving their languages skills daily and this is paying off!

Congratulations to our winners of this competition:

French: Patrick H with 3680 XP Spanish: Julia K with 3575 XP

If you are not yet in our Term Duolingo challenge, please join us to keep learning French and / or Spanish!

### Please join the French group by scanning the QR code or with the link below:



### www.duolingo.com/classroom/zkymkj

Please join the Spanish group by scanning the QR code or with the link below:



www.duolingo.com/classroom/gsdqrm

### **ROTARY YOUNG** PHOTOGRAPHER COMPETITION

Miss Petty has recently helped run the Young Photographer competition on behalf of the Rotary and Southampton Magna.

Rotary club have said 'Looking at the entries from all schools, the standard has been very high, please pass on Magna and my thanks to everyone involved at The Hamble School'.

I am really pleased to announce the following:

### 1st place – Oliver B 2nd Place – Ella S Commended - Douglas M

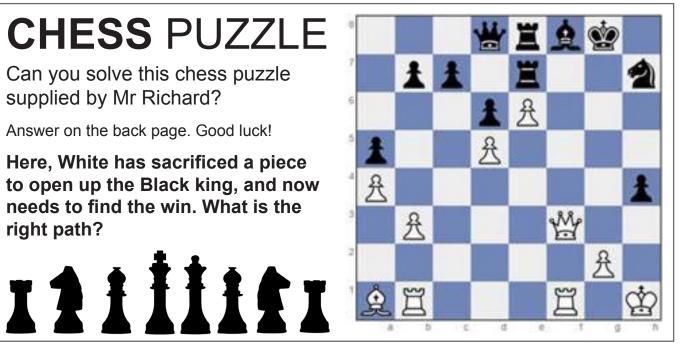
Oliver B. as winner of the Intermediate Category, will of course be going through to Rotary District final. We wish him all the best and well done to all students who submitted a photograph.

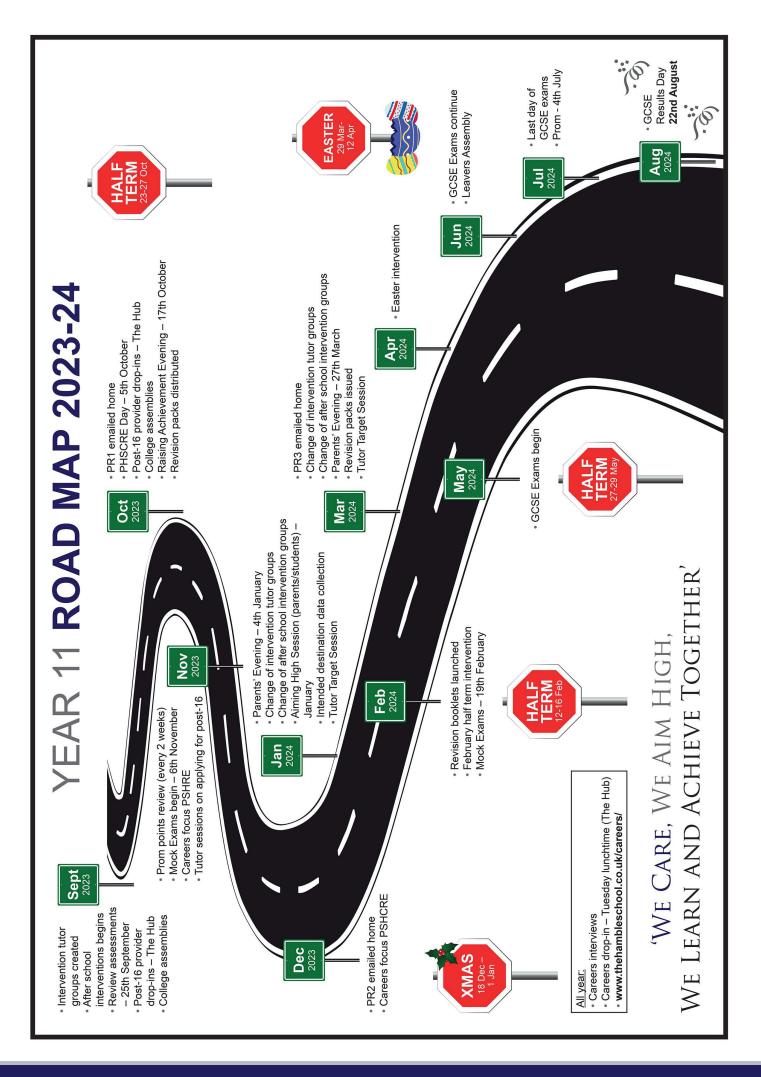
### **CHESS** PUZZLE

Can you solve this chess puzzle supplied by Mr Richard?

Answer on the back page. Good luck!

Here, White has sacrificed a piece to open up the Black king, and now needs to find the win. What is the right path?





**RECRUITING NOW FOR THE ACADEMIC YEAR 2023/24** 

### Are you looking for flexible work? Could you support our Exams Department?

### EXAMS IN PROGRESS

### THANK YOU FOR BEING QUIET

#### We would like to appoint some more Exam Invigilators to join our Examination Team.

THE HAMBLE SCHOOL

The Exams Department is an integral part of school life. Our aim is to ensure that all students are treated fairly within the examination environment and that the rules and regulations of the JCQ and Awarding Bodies are upheld. This is an exciting opportunity to assist with the Pre Public (Mock) Examinations and GCSE examinations at the school.

Invigilating is a vital role in supporting the Exams Officer to run busy exam periods in the school calendar. We are seeking individuals who can promote a supportive and calm atmosphere so that our students are able to fulfil or exceed their potential during the examination period. In addition to Exam Invigilator duties, you may also act as a reader or a scribe for students who require access arrangements to support them in their examinations. Therefore, applicants must be confident in their literacy skills.

We would like successful candidates to work during the Pre Public exams (November and February / March each year) and the GCSE Summer Series external examinations (May to June each year). Availability during these time periods is essential.

This position is suitable for individuals from all backgrounds with a variety of skillsets, regardless of your stage of career. If you are looking for a flexible position that requires working only a couple of weeks a year then this is the role for you.

For more information, please email our HR Manager, Karen Chilcott hr@thehambleschool.co.uk or visit our website: www.thehambleschool.co.uk/current-vacancies



### Our next open events are:

Monday 4 March 2024 5.30pm – 7.30pm

Tuesday 18 June 2024 5.30pm – 7.30pm

### **How Can I Apply?**

Visit our website and fill in one of our online application forms

www.totton.ac.uk

Contact us @Totton College info@totton.ac.uk apprenticeships@totton.ac.uk 02380 874 874



Ofsted

Good



## **FOOD PREPARATION** & NUTRITION UPDATE

As I write this, Valentine's Day approaches and the days are finally getting longer. The half term is tantalisingly close – I can almost smell the mountains of Wales and the beaches of Cornwall.

In Food Preparation and Nutrition this term, students have been learning all about Cereals. Did you know the main cereals grown in the UK are wheat, barley and oats? They provide us with energy, B vitamins and fibre, especially if you go for the wholegrain variety.

This half-term, students were tasked with creating a dish that was high in fibre and suitable for someone with coeliac disease (no gluten) and diabetes (low in sugar).

Scarlett decided to go for a Butternut Squash Curry; this was the perfect choice as it didn't involve any of the three sources of gluten – wheat, barley and rye.

Her dish was also chock-full of fibre and contained virtually no sugar.

It also smelled delicious – want to have a go?



### **Recipe adapted from**

https://www.tamingtwins.com/butternut-squash-curry

### **BUTTERNUT SQUASH CURRY** RECIPE

### INGREDIENTS

- 1 Onion, Finely chopped
- 3 Cloves of garlic, Crushed
- 1 inch of ginger, Finely chopped
- 700g Butternut squash, Cubed
- 400g Cauliflower, Cut into small chunks
- 100g Red lentils, Dried.

- 400g Chopped tomatoes
- 400ml Coconut milk
- 150g Curry paste
- 1 tsp Salt
- 2 tsp Garam masala
- 2 tbsp Mango chutney
- Fresh mint or coriander to garnish

### METHOD

- 1. Put all of the main ingredients into a large saucepan. Cook over a medium heat for 25 minutes (or more if you would like it to be more soft in texture).
- 2. Add the garam masala and mango chutney before serving.
- 3. Serve with brown rice and naan bread.



### PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING FEBRUARY HALF TERM 2024



moneysavingcentral.co.uk/kids-eat-free

#### ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

### TESCO

Kids eat free with a purchase of 60p+ from From Mon 12th - Fri 23rd February 2024

### **SAINSBURYS CAFES**

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

#### **BEEFEATER & BREWERS FAYRE**

Two children under 16 can get a free breakfast every day with one paying adult!

### THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

#### **GREENE KING PUBS**

Kids Eat Free all-day with the purchase of an adult's meal. Deal, Monday-Friday, between Mon 12th – Friday 23rd February 2024

### **TRAVELODGE & PREMIER INN**

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

### **TGI FRIDAYS**

Kids Eat Free When 'Stripes Rewards Members' purchase a full priced adult's main meal (App needed)

IKEA

Kids get a meal from 95p daily from 11am

#### MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

#### **GORDON RAMSEY RESTAURANTS**

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

#### PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

#### YO! SUSHI

From Mon 12th - Fri 23rd February 2024 kids eat free with every £10 adult spend

#### **BELLA ITALIA**

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

#### WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

#### **DOBBIES GARDEN CENTRES**

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

#### TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

### **PAUSA CAFE @ DUNELM**

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

HUNGRY HORSE Kids eat for £1 on Mondays

**FUTURE INNS** Under 5s eat for free with any adult meal.

### Copyright of MONEY SAVING CENTRAL

For more information visit: moneysavingcentral.co.uk/kids-eat-free

### ~ ART CLUB ~ **'LITTLE LIGHT' SCULPTURE**

Students from Art Club are producing some fantastic design ideas for our 'Little Light' sculpture which will feature in the 'Light the South' trail this summer.

Over the coming weeks, students will continue to create designs in preparation for the arrival of our sculpture. Once it is here, the sculpture will be painted by our Art Club students and revealed once the trail has begun in July.

We can't wait to share snippets of the final design very soon!





### **Little Lights**

We're part of the biggest art trail in Southampton and Cowes for 2024! www.lightthesouth.co.uk #lightthesouth

Back in 2022 our Art Club took part in the Hares of Hampshire trail, raising funds for The Murray Parish Trust by creating our fabulous leveret, 'Hamble's Happy Hopper'.

We are very excited to announce that we have joined the Little Lights and will be part of the Light the South trail for 2024!

Our Art Club students are very excited to be a part of this project to raise funds for Southampton Hospitals Charity.



Hamble's Happy Hopper



# THE HAMBLE SCHOOL COOK-OFF 2024

On Friday 2 February, 8 students were invited to take part in the "Hamble School Cook-off!". I would normally take a handful of students to compete in the Rotary School Cooking Competition held at Southampton City College but as this coincided with my Year 11 exams this year, I decided to run an inhouse competition instead.

Competitors were told to prepare in two hours, a two-course healthy meal comprising a main course and dessert for two people and costing no more than £18.00. In taking part, competitors had to learn how to cook a healthy meal, develop food presentation skills, consider food hygiene issues, develop organisational and planning skills and develop an ability to cope in a demanding situation.

Well done to all who took part – this was a real challenge and you all did brilliantly.



### I am pleased to announce our podium winners as:

- 1. Isabel McL Hand-made Beef Lasagne & Fat-free (!?) Victoria Sponge. For your high skill dishes, making every component yourself and fully considering the "healthy" component.
- 2. Kris K Meatballs in a Tomato sauce served with Mashed Potatoes & Apple Strudel. For ensuring your food was served at the correct temperature and making everything yourself.
- Charlie M Beef Burgers served with a Salad & Fruit Salad. For making a delicious burger (thanks!) and showing off some impressive knife skills.





# WHERE CAN I GET SUPPORT?

If you are worried about anything at school and need some support, here is how you can access it.



REPORT CONCERNS ~ you can use the Report A Concern form on our website: www.thehambleschool.co.uk/ report-concerns



**WORRY BOX** ~ write your worry on a piece of paper and pop it in the worry box outside the **ELSA** room in **Tokyo** block (opposite **T1**). Please remember to include your name and tutor group.

You can also get support by emailing staysafe@thehambleschool.co.uk or talk to an adult in school.





### A **free** health & wellbeing event for all parents, carers & professionals who support or work with young people.

### WHAT CAN I EXPECT?

PACE events consist of two main components:

- A number of specialist workshops on young people's emotional health and wellbeing.
- 2. Information stands from local and national organisations.

Attendees can choose which sessions they would like to attend; select as many or as few as you would like to attend. THURSDAY 22<sup>ND</sup> FEBRUARY 2024 QUEEN MARY'S COLLEGE, CLIDDESDEN RD, BASINGSTOKE, RG21 3HF

### WORKSHOPS:

NEW Obsessive Compulsive Disorder (OCD), Tourette's Syndrome and Tics, Supporting your Autistic Child to Thrive, and Disability, Difficulty, SEND & Mental Health.

BOOK YOUR WORKSHOP SPACE AT:

### hampshirecamhs.nhs.uk/events

Brought to you by Hampshire CAMHS

TIME	WORKSHOP 1	WORKSHOP 2
9:30 - 10:30	<b>Supporting a child with eating difficulties including</b> <b>AFRID</b> 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.	<b>Supporting trauma recovery</b> Understanding the Impact of trauma on children and young people and how together we can help them to recover.
10:45 - 11:45	<b>Introduction to managing ADHD - ADHD Team</b> 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	<b>Coping and resilience strategies to support children</b> & 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.	<b>Looking after yourself to</b> <b>support your child</b> 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	<b>Coping and resilience strategies to support children</b> <b>&amp; young people</b> 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
18:30 - 19:30	<b>Introduction to managing ADHD</b> 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.	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.

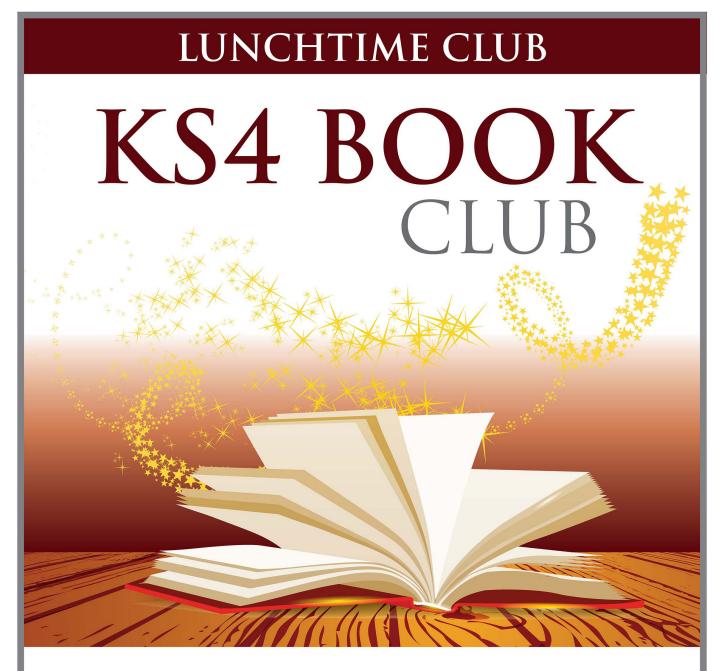


### 2024 PACE Events

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

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

BOOK YOUR WORKSHOP SPACE AT: hampshirecamhs.nhs.uk/events



### Wednesday (Week 1) in the Library LUNCHTIME 1:20PM~1:55PM

### YOU CAN BRING YOUR LUNCH!



Achieving Excellence Together

# DANCE LIVE! 2024



On Wednesday 31 January, The Hamble School participated in Dance Live! 2024. A dance event that involves schools/colleges across the region competing against one another.

The process entails choreographing and performing a 7 minute dance piece on a theme/story of choice that must also interact with a huge LED screen. The Hamble School's 2024 theme was 'Prejudice' which followed the narrative of society placing and controlling individuals in prejudicial boxes (wealth, sexuality, outcasts and feminism). All students involved were absolutely phenomenal and made The Hamble School very proud. They all pushed themselves out of their comfort zones, presented admirable resilience and were challenged with technical choreography.

Furthermore, a special shout-out goes to Benjamin Watts, who independently created this year's LED interactive screen video. Benjamin worked tirelessly to create all of the content involved, which included two stop-motion clay animation moments. Benjamin put 60+ hours in to this project, whilst maintaining a focus on his studies and completing homework. Benjamin won the 'Best LED Screen Video' at the competition which was whole-heartedly deserved.

We cannot wait for Dance Live! 2025. Miss Clucas, Mrs Craggs and Mrs Bowman have already come up with three potential narratives/themes already... stay tuned!



# YEAR 11 GCSE DRAMA

Huge congratulations to the Year 11 GCSE Drama students on successfully completing their Component 3 Examination on the 5 February.

The performances were of an excellent standard and it means they can relax a little over half term, whilst they get stuck into their revision for PPE's.

The students have worked extremely hard since September to prepare two scenes from a range of published plays. This means they have now completed all of the practical assessments for the course and will be working towards their final written examination on the 9 May.



## SCIENCE UPDATE

It's a been a great start to the new year for our extra-curricular clubs in Science! The regular attendees at STEM club have been busy completing Crest Awards and a selected team of students are representing the school Nationally for the Ceres Reimagine Net Zero competition. Meanwhile, the Eco Ambassadors have started to collect information about the biodiversity on school grounds and put together ideas for improving it with wildflower and tree planting.

Elsewhere in Science, our Year 11s are currently helping to prepare for their mocks and summer exams by completing two exam questions each week that we can then go through in class. This is to help provide practice and resilience when approaching exam questions. Therefore your support with ensuring this is completed at home is much appreciated to help ensure your child gets the most out of the opportunity.

Lastly, we are making final preparations for British Science Week – a ten-day celebration of Science, Technology, Engineering and Maths that will take place between 8-17 March 2024!

This year's theme is time and we will be planning special activities for students to get involved with.

LOST PROPERTY



We have a lot of lost property. If your child has come home missing something please send them down to SWS to check if we have it there.

# Atmosphere

### The Rotary Club of Ringwood Interschool Photography Competition 2024



At participating schools across Dorset, Hampshire and Wiltshire Open to ALL students, parents/carers and staff

Deadline for entries: Friday 23rd February 2024 Please send all entries to Miss Petty at Mpetty@thehambleschool.co.uk

UNIVERSIT

### HUMANITIES UPDATE AN INSIGHT INTO HUMANITIES, THROUGH THE EYES OF YEAR 7

### GEOGRAPHY

In Geography we have been learning about maps and new skills. Miss has been taking us on virtual trips to different places around the world and we have created a passport of all the places we have gone. Map skills are very useful to know because when you get lost and your phone does not have a signal, knowing how to read a map will help you to find your way! I am very excited to learn more about the world around us and how we interact with it and obviously excited about going on a geography trip one day. **Myla 7-4** 

### **RELIGIOUS EDUCATION**

In RE we have been learning about charities and how we can support them and helping the poor. Learning about the importance of charity is one of the most valuable lessons to learn, helping us to develop compassion and empathy for others as well as a sense of purpose. I like learning about other people's view points across the world and faiths and look forward to what we are learning next. **Elsie 7-4** 

### HISTORY

In History we have been learning about Tudors and the Reformation. The Reformation was one of the most important events in the history of the UK as not only did it change people's religious beliefs, it also ushered in important political, constitutional, social and cultural change. I am enjoying finding out all that happened in the past and I am looking forward to what we will learn next. I would really like to learn more about any Queens that have ruled in the world over time. **Freya 7-4** 

### **MRS CHALK – STUDENT WELFARE OFFICER**

Sadly, Mrs Brierley, our School Matron will be leaving us at February half term – I know she will be greatly missed.

My name is Mrs Chalk and many of you will know me as the Student Support Officer for Year 10 & 11.

I will be taking over Mrs Brierley's role from 19 February under the new job title of Student Welfare Officer. I am looking forward to working in the medical room and getting to know more students and families that I haven't previously worked with.

Mrs Brierley will be completing a handover but if there is anything you would like to discuss or you feel I should know about your child then you can contact me at **dchalk@thehambleschool.co.uk** or call **023 8045 2105** and ask to be put through to me.



MRS CHALK Student Welfare Officer



# BARTON PEVERIL SCHOOLS COMPETITION 2024

Barton Peveril College is excited to invite all year 7, 8, 9, 10 & 11 students to enter our prestigious annual art competition! To celebrate our new up and coming specialist art building we are introducing a competition theme:



We encourage you to enter art & design work using any medium! Simply submit ONE image that explores our theme of metamorphosis. Work must be suitable, age appropriate and respectful of people's views and beliefs. All entries must be created for the sole purpose of the competition; we cannot accept any GCSE coursework, artist copies, existing characters or AI generated work!



**1st Place** £100 AMAZON GIFTCARD

> 2 Runners up £25 AMAZON GIFTCARD

2 Runners up

1st Place £100 AMAZON GIFTCARD

YEARS 9,10 & 11

Menaal Fayyaz



### **HOW TO PHOTOGRAPH**

Use clear backgrounds, bright lighting and a high quality image: JPEG, PNG or PDF format

Digital work can be submitted without the need of photographing

£25 AMAZON GIFTCARD



### HOW TO ENTER

Remember you can only enter ONE PIECE, show us your skills and creativity!

Upload your image or video to https://barton-peveril.ac.uk/art/

All entries will be exhibited digitally at the end of the competition, keep an eye on your emails for a digital invitation! For any help or extra information please email: artcompetition@barton.ac.uk

Esmée McConnell

CLOSING DATE - 19<sup>TH</sup> APRIL 2024

### **TECHNOLOGY UPDATE** – BUG HOTELS

**Bug Hotels!** One of my favourite projects... and this year, Year 9 students formed the Flexiply themselves. This is a fantastic process to learn in preparation for the KS4 course, along with navigating the tricky mitre joints needed for a high quality finish against the curve! Well done all of you for designing and making such organic, creative and expertly crafted bug hotels. I hope you all enjoy putting them out at home and watching the creepies crawl!



### **CHESS** PUZZLE ANSWER

**Answer:** 1.Qf7+!! Rxf7 (forced); 2.exf7 checkmate! The pawn is defended by the f1 rook, and the bishop on a1 guards g7 and h8. So no escape possible for the king.

# **TOP REWARD** POINTS

Well done to the following students who achieved the most reward points last half term.

YEAR 7 Isaac C (7-8) Grace L (7-6) Alfie C (7-8) Alyssa G (7-6) Piotr G (7-8) YEAR 8 David B (8-5) Isabel M (8-2) Eva P (8-9) Bella J (8-4) Ethan L (8-1)

YEAR 9

Evie M (9-6) Hannah C (9-2) Nathaniel H (9-3) Jessica W (9-2) Rhiannon B (9-9) YEAR 10 Wiktoria B (10-8) May H (10-3) Nate M (10-2) Charley T (10-8)

Gurman R (10-2)

YEAR 11

Natasha O (11-3) Frederick F (11-4) Alex R (11-3) Indigo G (11-6) Olivia B (11-9)