

THE HAMBLE SCHOOL

NEWSLETTER – ISSUE 10: 12TH JULY 2021

In this week's edition of the newsletter, we will be featuring some stories from different departments across the school. There is not long to go now until the end of the school year, but we still have lots going on!

A reminder that we communicate with parents/carers via email, text message and on Class Charts. You can also sign up for the latest news and reminders on Twitter – please use this link to 'follow' us <https://twitter.com/TheHambleSchool>

If you need help with access to any of our communication systems, please email general@thehambleschool.co.uk and we will be happy to direct you to the relevant person who can help.

HOME COVID-19 TESTING

A reminder that we encourage all households to regularly use rapid lateral flow Home Testing kits for asymptomatic testing. This is to keep everyone in the school and local community safe.

Testing kits are handed out regularly by tutors, but are also available for your household at your local pharmacy or by following this link to order them via post: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

This is quick and easy; testing kits usually arrive the next day.



LIBRARY BOOKS



All library books need to be returned to the LRC by

Wednesday 21st July

DATES FOR YOUR DIARY

Wednesday 14th July
Summer Arts Celebration

Tuesday 20th July
Year 6 Transition Day

Wednesday 21st July
Year 6 Transition Day

Friday 23rd July
Last day of term: Non school uniform day. School closes for students at 1pm.

Friday 3rd September
First day of term for all students.

SUMMER ARTS CELEBRATION 2021

Tickets are still available for the 6:15pm, 6:30pm and 7pm slots.

To order, please go to www.scopay.com/hamble

Tickets are **£2.50** and the guided tour will last approximately 40 minutes.

Please see the advert on page 2 for more information...

SUMMER ARTS CELEBRATION 2021



WEDNESDAY 14TH JULY 2021

from 6:15pm (estimated length of tour 40 mins)

Join us for a covid safe, promenade walk to celebrate the work of students across creative and performing arts in 2021.

Tickets for timed entry slots cost **£2.50** and are available from school reception or via ScoPay

www.scopay.com/hamble

Tickets must be purchased in advance.

This event will involve the audience travelling around the school site.
Please indicate any disability access requirements when purchasing your ticket.



THE HAMBLE SCHOOL

ACHIEVING EXCELLENCE TOGETHER

OPEN EVENING

THURSDAY 23RD SEPTEMBER 2021 - 5.30PM-8PM

Are you making plans for your child's transition to secondary school in 2022?



COME AND SEE WHAT THE HAMBLE SCHOOL HAS TO OFFER

The Hamble School looks forward to welcoming you to our Open Evening on Thursday 23rd September. You will have the opportunity to tour the classrooms, meet teachers and students and hear the Headteacher's Presentation at 6.15pm or 7pm. Additionally our Open Mornings will enable you to experience a typical morning at The Hamble School.

Alternatively email intake2022@thehambleschool.co.uk or call us to find out about our Open Mornings.



Call us on **023 8045 2105** or visit our website www.thehambleschool.co.uk

"The Hamble School – 'Good' with 'Outstanding' Leadership and Management." (Ofsted 2017)



THE HAMBLE SCHOOL

ACHIEVING EXCELLENCE TOGETHER





Online Workshops For Parents & Carers

1. Basic Strategies For Managing Anxiety (11-16 Years)

A workshop to equip parents with basic strategies to provide a safe place for their children to express their emotions and manage their anxious feelings.

Monday 12th July 8:00-9:30pm

<https://www.eventbrite.co.uk/e/basic-strategies-for-anxiety-11-16-years-tickets-161194859163>

2. Starting Secondary School

Secondary school has so many opportunities. Parents can support their children to make the most of this new environment by helping them develop the appropriate skill-set and by building their sense of capability and confidence.

Monday 19th July 8:00-9:30pm

<https://www.eventbrite.co.uk/e/starting-secondary-school-tickets-161480575749>

Use the link underneath each workshop to book your place. Workshops cost £10 (plus online booking fee). Please purchase your ticket ASAP!

Encouraging, Supporting & Equipping Parents

We want you to think about what goes into your packed lunch so that you can have the best day possible and also consider your long term health.

CARBOHYDRATES – main fuel source for the body, particularly complex carbs.

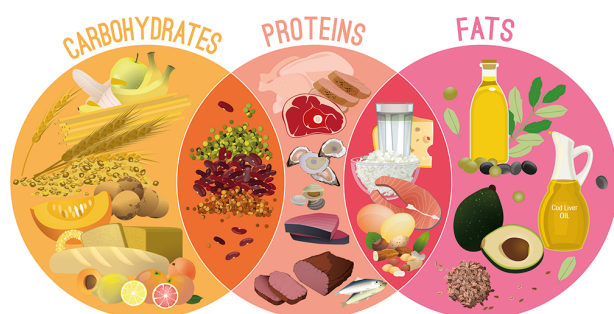
PROTEINS – for muscles and general growth.

FATS – source of energy, helps absorb vitamins. Unsaturated fats are better than saturated fats.

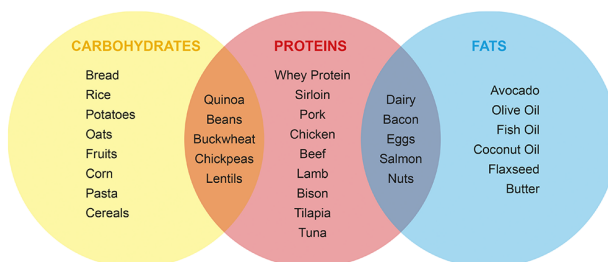
FIBRE – helps digestion.

VITAMINS & MINERALS – keeps your body working properly.

1. Fuel you steadily for the afternoon.
2. Provide you with the nutrients your body needs.
3. Rehydrate you.
4. Be enjoyable and varied.



Where to find your carbohydrates, proteins and fats



Complex carbohydrates tend to be starchy foods such as wholegrain bread, pasta, rice and vegetables; whereas simple carbohydrates will be sugars and sweet tasting foods like honey, sugary foods and fruits. Both are digested to glucose to fuel the body.

Simple carbohydrates are broken down quicker though and cause a quick increase in blood sugar levels.

Complex carbohydrates from starchy foods are broken down more slowly, release the glucose for energy more gradually and keep you feeling fuller for longer!

You'll need a non-caffeinated drink to keep yourself hydrated for your brain, muscles and other systems in your body to work. This will keep you active in body and mind and stop feeling tired.

You're all growing at quite a rate!
You need calcium for strong bones.
Calcium is found in milk and dairy
products but also bony fish and
calcium-enriched dairy alternatives
like enriched soya milk. Some cereals
also have added calcium.

Fats are vital in your diet. Unsaturated fats though are much healthier for you. They are found in vegetable oils and fish oils and nuts and beans.

Saturated fats should be limited. They are found in fatty meats, butter, lard, ghee, cheese, palm oil and coconut oil as well as cakes and biscuits.

You want a range of different vitamins and minerals in your lunch. Make sure you have fruit and veg that give a range of colours and therefore different vitamins and minerals.

NO PLAIN BROWN LUNCHES!



Share a picture of your lunch with a quick description and how it fits the checklist to pknight@thehambleschool.co.uk

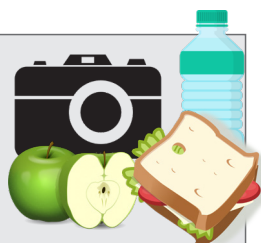
House points for entries and the best will be shared with the school.

CHECKLIST – this can be downloaded, along with this poster, by visiting:
www.thehambleschool.co.uk/summer-2021



THE HAMBLE SCHOOL
ACHIEVING EXCELLENCE TOGETHER

RATE MY PLATE!



Share a picture of your lunch with a quick description and how it fits the checklist to pknight@thehambleschool.co.uk

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INSED DAYS

2021-22

INSED DAYS

Thursday 2 September 2021

Monday 18 October 2021

Friday 26 November 2021

Tuesday 8 March 2022

Friday 24 June 2022



iDEA AWARD

Computer Science

Connor McHugh in Year 7 has achieved his Bronze and Silver awards for iDEA this year.

Year 7 have been completing badges on www.idea.org.uk as part of their homework for Computer Science and have been working towards their Bronze award.

Connor has completed additional badges.

Well done Connor!



SILVER AWARD WINNER

Connor McHugh

A MESSAGE FROM MRS EMMETT-CALLAGHAN

YEAR 10 PREFECTS

I am immensely proud of all the Year 10 students who have taken the opportunity to apply for a Prefect position in Year 11.

I was so impressed with the quality of your applications and I have really enjoyed reading about the fantastic (sometimes hidden) qualities, experiences and ideas that so many of you have to help you succeed in your roles.

You are all truly exceptional and you will certainly continue to make our entire student community feel as though they are part of an even greater **#TeamHamble**, thanks to you at the helm.

Congratulations to all of you!



YEAR 9 & 10 MEDIA

In media over the past few weeks, both Year 9 and 10 have been working really hard to prepare and complete their end of year exams.

Year 9 have been studying their first GCSE case study by focussing on The Lego Movie. They have embraced their introduction to applying media theory really well.

Year 10 have been revising TV and promoting media, ready for their exams. They have covered everything from 1960s TV crime drama The Avengers, to modern day BBC crime drama Cuffs.

We were really impressed with how our students in Year 9 and 10 applied themselves to their exams – they should all be very proud.

Going into the final weeks the Year 9s are now designing a new magazine for Lego Movie gamers, in order to practise their design skills. Year 10 have now started the research and planning stages of their GCSE coursework; they are due to take photos over the summer holidays and we can't wait to see what they produce.



A MESSAGE FROM MR WOOD

STUDENT VOICE



Firstly, I would like to thank all those students who have taken part in the many School Council meetings this year.

It has been fantastic to hear the students views on so many subjects.

We have been able to discuss how to improve the physical environment of the school which has already had significant changes with more to follow over the summer.

The students have also been able to share their ideas regarding school policies and are therefore contributing to the future of the school. There have been some particularly special contributions because students being mature and honest regarding sensitive subjects.

We are all looking forward to next year and how we can all work together to make change.

HISTORY DEPARTMENT

The department would like to thank all those students who have worked so diligently over the year.

A special mention to the current Year 7s who have made such an excellent transition to secondary school. We have especially enjoyed seeing you mature over the year. There has been some excellent work produced on diversity and many students have taken an active role within their lessons.

In GCSE history it has been good to see that so many students have worked hard on their key skills and knowledge. The end of year exams have demonstrated the use of revision techniques and we are really proud of what students achieved. Please remember that the amount of knowledge needed in history is quite large but with consistent hard work and effort you will see improvement, no matter what level you are working at.

We would also like to thank our parents/carers who support their children. It has made this year a lot more productive knowing that parents/ carers are ready to support the learning of history students. We have had many communications asking for guidance, as well as updated – please keep contacting us. Working together really makes a difference.

DESIGN & TECHNOLOGY

It has been a very busy term so far in the Technology department.

In Year 10, students have been working hard towards their GCSE and BTEC qualifications, with Engineering students nearly finishing their acoustic amplifier projects. Design Technology students have begun their coursework folders and picked from three thought provoking titles – keeping fit and active, dealing with emergencies and outdoor living.

Food Preparation and Nutrition students have continued to learn a mix of both theory and practical and there is a real buzz about the department with the return of practical work being phased back in to lessons, safely and properly.

We are very proud of the work produced this term, and are looking forward to showing off some newly developed projects with years 7-9 next academic year. Well done to all of our amazing students.

TOP REWARD POINTS

Congratulations to the following students who have achieved the most reward points over the last fortnight:

YEAR 7

Eve H (7-3)
Poppy A (7-3)
Blake S (7-7)
Ethan H (7-2)
Jono G (7-5)

YEAR 8

Frederick F (8-1)
Magdalena W (8-8)
Josh R (8-8)
Wilson S (8-6)
David Y (5-5)

YEAR 9

Elysia W (9-7)
Ella H (9-7)
Lily M (9-6)
Grace R (9-3)
Keira C (9-3)

YEAR 10

Alfie W (10-3)
Hope C (10-2)
Ceire C-M (10-2)
Chloe H (10-1)
Amelia B (10-5)