

THE HAMBLE SCHOOL

NEWSLETTER – ISSUE 4: 27TH OCTOBER 2020

We would like to thank all our students for the hard work and effort they have put in over the last seven weeks of Autumn Term 1.

We have been really impressed with how they have adapted to our new systems and settled back into 'normal' school life. Last week we celebrated all their successes during our 'Virtual Rewards Assemblies'. Well done to everyone and we hope you are enjoying a rest over the half term holidays.

INTRODUCING CLASS CHARTS

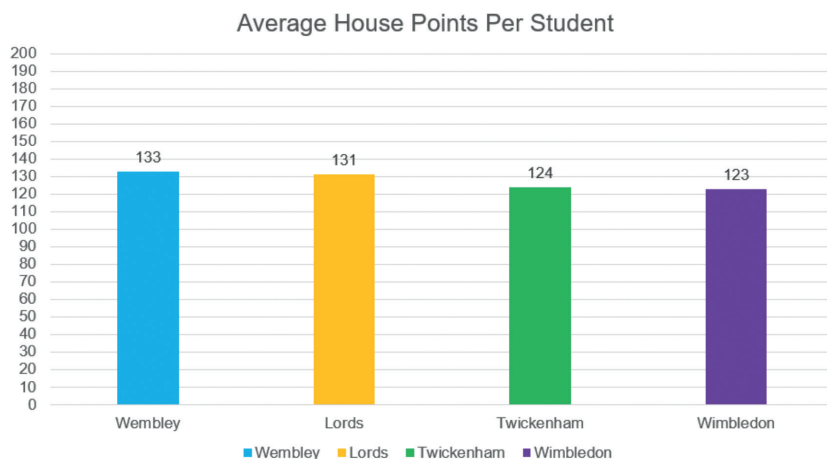
From **Monday 2nd November** all homework and home learning (if required) will be set using Class Charts rather Show My Homework. Students have been given their PINs and we have demonstrated how to access Class Charts and download the App in tutor. We also hope that you have received the letter regarding parent/carer access.

If your son/daughter has any questions they can view the help video here: <https://tinyurl.com/THSClasschartsStudent>

Alternatively there is a parent/ carer help guide available here: https://pages.classcharts.com/wp-content/uploads/Class_Charts_for_parents_guide.pdf or you can email homelearning@thehambleschool.co.uk for further support.

HOUSE POINTS – AUTUMN TERM 1

Well done to all students for their fantastic effort collecting House Points over the last half term. We are pleased announce that **Wembley** have achieved the most points per student in Autumn Term 1.



BOY'S FOOTBALL



CONGRATULATIONS to the following students who have been selected to represent Southampton Schools Boys Football Team:

YEAR 10

- Kai Mason
- Sam Mould
- Tawana Choruma

YEAR 9

- Bradley Furnell
- Ryan Carroll
- Keane Pell

YEAR 8

- Reggie Buckland
- Lewis Olajide

YEAR 7

- Joe Barnes
- Max Kiloh

We are really proud of you.

SUPPORTING YOUR CHILD WITH THEIR STUDIES

It was so good to see lots of Year 9, 10 and 11 parents/ carers logged on for the Raising Achievement Evenings last week.

If you missed these or would like to view the presentations again, please visit www.thehambleschool.co.uk/parents-curriculum-evenings

NEWS FROM MFL

¡Enhorabuena Izzy Thomas! A dedicated and talented linguist, Izzy achieved the highest score in the MFL Nutty Tiles competition. The hour-long competition took place during lockdown and Izzy came in first place, winning herself a £15 Amazon voucher as the top prize. The MFL Team was proud to present Izzy with her prize and certificate this term.

Well done for your hard work and dedication Izzy, we hope you continue to thrive in your language studies!



DATES FOR YOUR DIARY

Monday 2nd November

Year 7 and 11 Individual School Photos.

Thursday 5th November

Year 10 and 11 Cause for Concern Parents Evening. This is coordinated by the Head of Year and is by invitation only.

Monday 9th – Friday 20th November

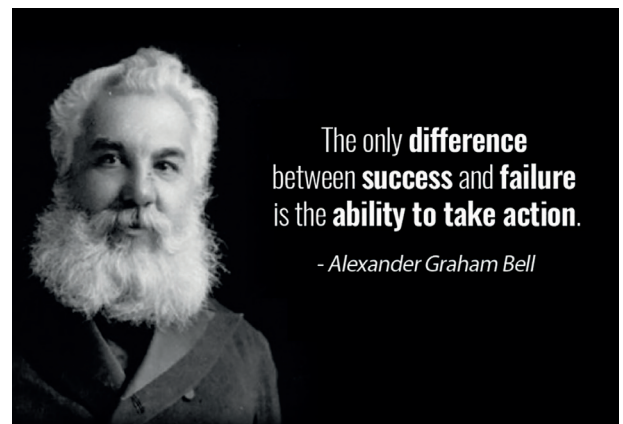
Year 11 Mock Examinations. Please use the timetable already sent out to students and parents/ carers.

A MESSAGE FROM MRS BARKSHIRE

Well done to Year 8 for a great half term – you have amassed a whopping 31,921 reward points.

Fantastic to see Year 8 students achieving in lessons and engaged in their learning. It is not always easy to get it right all of the time, but we work on our failures and celebrate our successes.

WE ARE TEAM YEAR 8!



A MESSAGE FROM MRS EMMETT-CALLAGHAN

A huge well done to the amazing Junior Prefects who have stepped up by filling in for the Year 11 Prefects on their Intervention days.

They have worked so hard running the Year 6 Open Events. The feedback from parents/ carers who have been toured by them has been wonderful to hear and I am immensely proud of them all for taking part in such an important role as a Junior Prefect.

I AM A VERY LUCKY HEAD OF YEAR.

INSED DAY – Wednesday 25TH November

Students will not be required in school.

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.

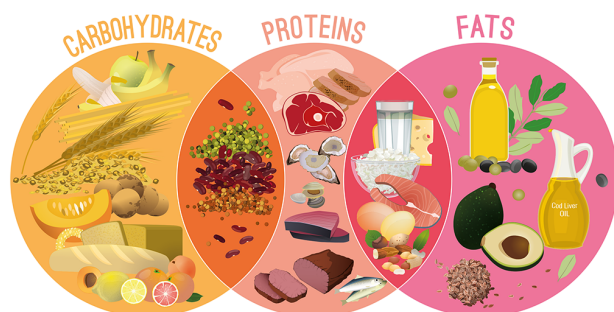
PROTEINS – for muscles and general growth.

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.



Macronutrient	Food Items
CARBOHYDRATES (Yellow Circle)	Bread, Rice, Potatoes, Oats, Fruits, Corn, Pasta, Cereals
PROTEINS (Red Circle)	Whey Protein, Sirloin, Pork, Chicken, Beef, Lamb, Bison, Tilapia, Tuna
FATS (Blue Circle)	Avocado, Olive Oil, Fish Oil, Coconut Oil, Flaxseed, Butter
Carbohydrates & Proteins (Orange Intersection)	Quinoa, Beans, Buckwheat, Chickpeas, Lentils
Proteins & Fats (Purple Intersection)	Dairy, Bacon, Eggs, Salmon, Nuts

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!

RATE MY PLATE!



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/autumn-2020



IMPORTANT INFORMATION FROM HAMPSHIRE COUNTY COUNCIL


Hampshire County Council has asked us to share the following important public health message with you all:

- Coronavirus infections are continuing to rise, and Hampshire is on 'Medium' COVID alert level.
- We need your help to stop the spread of the virus, so please continue following national public health guidance this half term.
- Remember 'hands, face, space' and the Rule of 6: which means no large gatherings indoors or outdoors.


Let's all work together to Keep Hampshire Safe.


Keep
Hampshire
SAFE

Have a safe half-term



Remember:

Rule of Six


Hands, Face, Space


Current alert level in Hampshire:

Medium

TOP REWARD POINTS

The top 5 students for rewards in each year group are listed below for the last fortnight. Well done, we are so proud of your effort.

YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
Aurelia O (7-5)	Joshua R (8-8)	Lily S (9-7)	Rosie P (10-4)	Emilie M (11-5)
Elijah M (7-2)	Christopher Q (8-6)	Lucy S (9-4)	Charlotte G (10-5)	Alex W (11-5)
Archie S (7-2)	Lewis K (8-7)	Zoe L (9-7)	Emily J (10-3)	Isobella S (11-5)
Eleanor M (7-2)	Alex R (8-6)	Alfie G (9-6)	Layla J (10-5)	Sam Bishop (11-2)
Becky J (7-8)	Archie M (8-1)	Alex A (9-7)	Reuben E (10-5)	Jacob M (11-2)

If you need any further information about Autumn 2020 we now have a dedicated webpage which will hopefully answer any questions you may have
www.thehambleschool.co.uk/autumn-2020