

THE HAMBLE SCHOOL

NEWSLETTER – ISSUE 9: 14TH JUNE 2021

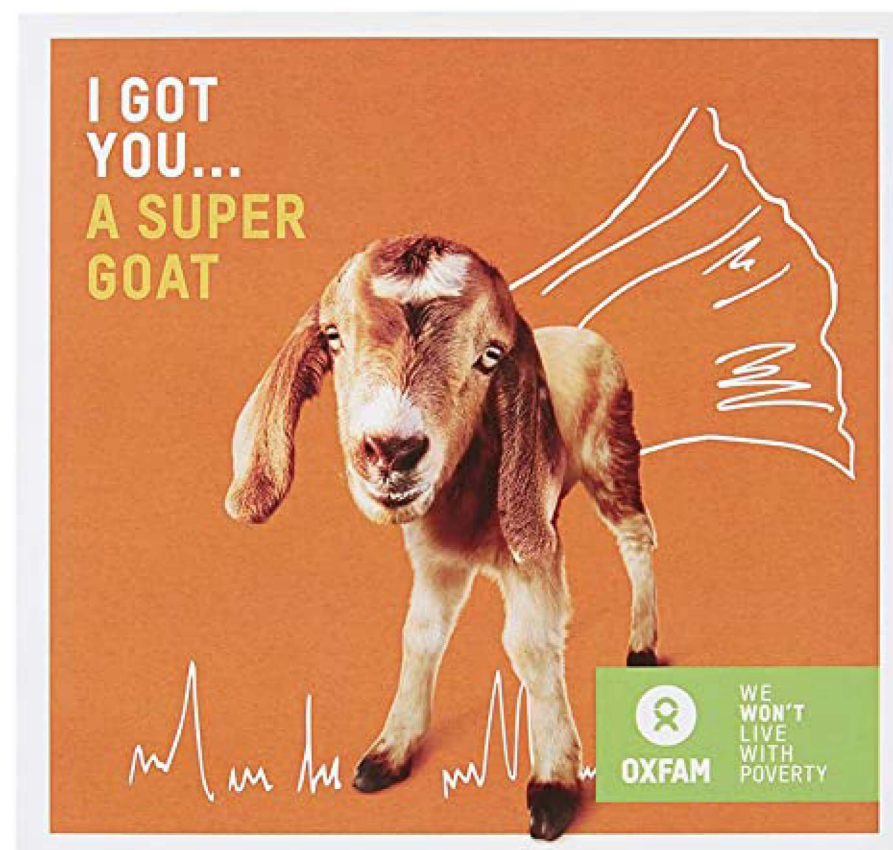
We hope that our students had a lovely half term week and a well-earned rest. It was great to have some sunshine for Bank Holiday weekend too.

At the end of last half term our Year 11s enjoyed a fabulous Leavers Assembly and we are very much looking forward to their Prom now in July. We also celebrated all the wonderful achievements from Years 7-10 in the Rewards Assemblies.

This half term is always busy and we are looking forward to an action packed 7 weeks!

YEAR 9 SUPER GOAT

The Geography Department are now the proud owners of a herd of four goats! Year 9 have raised over £100 which is enough to buy at least four Super Goats through Oxfam, who will use our money to buy goats for families in Low Income Countries. Well done Year 9 - particularly to the students in 9W/Ge2 who helped collect money and Freddie Burnish for his Super Goat presentation! What an amazing effort!



USEFUL WEBSITES



A new website has been launched in Hampshire and provides links to support services in a variety of areas pertinent to wellbeing.

There is also a Children and Young People page.

MENTAL WELLBEING HAMPSHIRE

Please visit:

www.hants.gov.uk/mentalwellbeinghampshire

CHILDREN AND YOUNG FAMILIES

Children and Young people webpage, please visit:

www.hants.gov.uk/socialcareandhealth/publichealth/mentalwellbeinghampshire/childrenandyoungfamilies

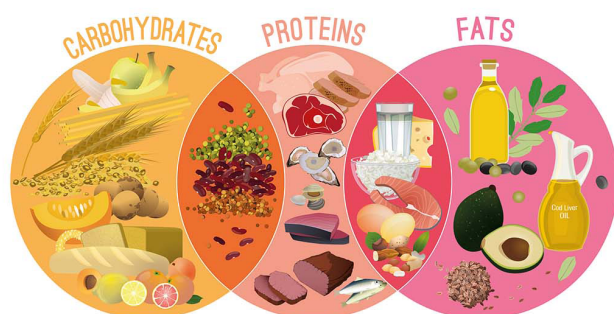


Hampshire
County Council

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.

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

VITAMINS & MINERALS – keeps your body working properly.



A Venn diagram with three overlapping circles representing the categories: Carbohydrates (yellow), Proteins (red), and Fats (blue). The diagram shows the distribution of various foods across these categories and their intersections.

Category	Items
Carbohydrates only	Bread, Rice, Potatoes, Oats, Fruits, Corn, Pasta, Cereals
Proteins only	Whey Protein, Sirlion, Pork, Chicken, Beef, Lamb, Bison, Tilapia, Tuna
Fats only	Avocado, Olive Oil, Fish Oil, Coconut Oil, Flaxseed, Butter
Carbohydrates & Proteins	Quinoa, Beans, Buckwheat, Chickpeas, Lentils
Proteins & Fats	Dairy, Bacon, Eggs, Salmon, Nuts
Carbohydrates & Fats	(No items listed)
All three (Carbohydrates, Proteins, & Fats)	(No items listed)

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 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!

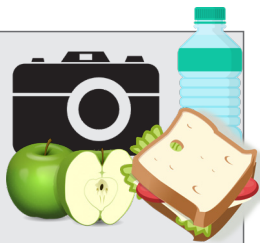


CHECKLIST – this can be downloaded, along with this poster, by visiting:
www.thehambleschool.co.uk/summer-2021



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

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

DIARY DATES

2021-22 DATES

SUMMER TERM 2021

Last Day for Students:

Friday 23 July 2021

AUTUMN TERM 2021

Thursday 2 September 2021 to Friday 17 December 2021

Half term: Monday 25 October to Friday 29 October 2021

INSED DAYS

Friday 25 June 2021

Thursday 2 September 2021

Monday 18 October 2021

Friday 26 November 2021

Tuesday 8 March 2022

Friday 24 June 2022

E-SCOOTERS

What you need to know



It's illegal to ride a privately owned electric scooter in public



Did you know it's illegal to ride a privately owned electric scooter (e-scooter) in public?



That's because e-scooters are classed as motor vehicles in law. So, in theory, this means that you need an MOT, road tax and insurance to use one, however it isn't currently possible to register e-scooters in this way.

Privately owned e-scooters can only be used on private land, with the permission of the landowner.

You cannot use a privately owned e-scooter on the road, pavement or in a public space. If you do then you risk receiving a large fine, points on your driving licence and your e-scooter could be seized.

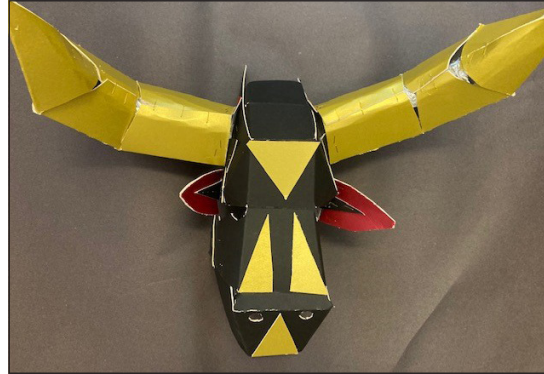
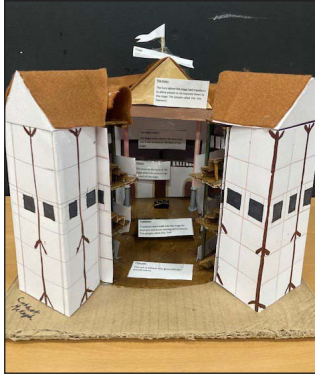
Some parts of the UK are running government trials of rental e-scooters. If you're over 16 and have a full or provisional driving licence, then you can use these on public roads and cycle paths.

Just check that your driving licence covers categories AM, A or B.



DRAMA UPDATE

Year 7 have been exploring the layout and features of Shakespeare's Globe in support of their work on Macbeth. Year 8 have researched and designed Greek theatre masks for a performance of Theseus and the Minotaur. **An amazing effort!**



LIVE ONLINE OPEN EVENT

Sparsholt College have their next Live Online Open Event on

**Thursday 17 June,
5-7pm**

This live event will give your students a chance to find out more about Sparsholt College. Anyone wishing to attend will need to register before the event by visiting the link below:

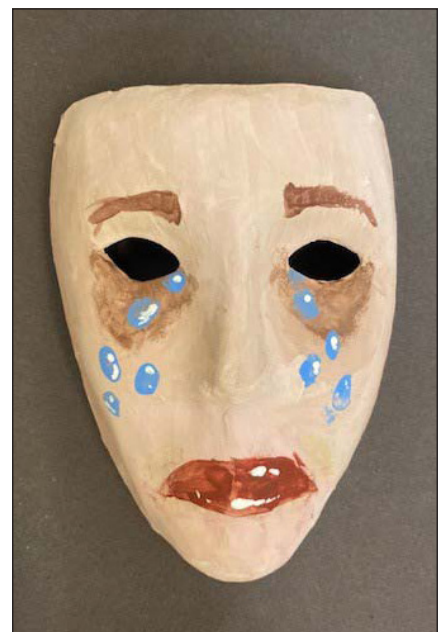
**Experience Sparsholt
Online - Sparsholt
College Hampshire**

REGISTER HERE:

**[www.sparsholt.ac.uk/
opendays/](http://www.sparsholt.ac.uk/opendays/)**

For Years 10 & 11.
However, all year groups
are welcome!

SPARSHOLT
COLLEGE HAMPSHIRE



SUMMER ARTS CELEBRATION 2021



WEDNESDAY 14TH JULY 2021

from 6pm – 6 timed entry slots (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 to purchase 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

ITCHEN COLLEGE UPDATE – YEAR 10 & 11

YEAR 11 PREPARATION WORK

Please find below, a link to all the preparation work for all the courses we offer. This will hopefully allow your Year 11 students to engage with and experience some of the content, in order to help them transition to college. I hope they find this both interesting and useful.

Visit our website:

<http://www.itchen.ac.uk/uk/support/preparation-college/>

YEAR 11 WELCOME EVENT

Monday 5th July 2021

Our Welcome Event for all Year 11 applicants is going to be Monday 5th July. This will be an opportunity for them to visit the college and attend taster sessions of their choice. Applicants will be advised of their personalised timetables in June. Please see the advert below for more information.

YEAR 10 & 11 OPEN EVENT

Saturday 3rd July 10.00am – 1.00pm

An opportunity for Year 10 students to visit the college and begin researching their options, as they enter into their final year at school. Also, an opportunity for Year 11 students to visit the college, so that they can make fully informed final choices about their progression into further education. Please see the advert on the next page for more information.

Register here:

www.eventbrite.co.uk/e/open-day-saturday-3rd-july-2021-tickets-151773252885?

We look after you – the best sixth form achievement rates in the local area. (Source National Achievement Rate Tables 2019)

Your chance to try your subjects, speak to teachers and meet new people!

'It was such a welcoming place with inspiring staff and great subjects!'

ITCHEN SIXTH FORM COLLEGE

Parents' Information Evening
(Time To Be Confirmed)

Save the Date

WELCOME EVENT
Monday 5th July

Sports trials will start from 2:30pm.

Free College Buses Provided
(See website for details).

A group of four students (three boys and one girl) are sitting on wooden stairs with blue metal railings. They are looking at a book or document together. The background shows a brick building and other students.

Itchen Sixth Form College Open Event 2021

Saturday 3rd July 2021 10am - 1pm

Your first opportunity to explore the college and experience the vibrant and exciting Itchen atmosphere.

Reserve your place via Eventbrite here:

www.eventbrite.co.uk/e/open-day-saturday-3rd-july-2021-tickets-151773252885

Itchen Sixth Form College
Middle Road, Bitterne
Southampton SO19 7TB

Phone: 023 8043 5636
Email: info@itchen.ac.uk
Web: www.itchen.ac.uk

Find us on
social media:



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



FREDDIE – CRICKET STAR

Freddie Leamon played for Fair Oak U15's against Trojans U15's in the Hampshire County Cup Semi Final with a 7 wicket win on 9th June.

Freddie took 4 Wickets out of the 6 that fell: 2 Bowled, 1 LBW, 1 Caught & Bowled. 4 Overs, 1 Maiden, 19 Runs, 4 Wickets, Eco: 4.75. Freddie didn't Bat as the boys chased down 105 target in the T20 format to win with 2.4 overs left...

They are now into the Hampshire County Cup Final opposition/Date/Location TBC...

Freddie has also received an email from Hampshire Cricket Club confirming his selection for the U14's squad for this summer.

Freddie's passion and dream is to become a professional Cricket player for County and Country one day! Well done, Freddie – we are so proud of you.



MATCH NO	6	PLACES BETWEEN	CLUB AND	FAIR OAK	CLUB	VENUE	Trojans	DATE & TIME	Score	SCORING RATE
TROJANS										
BATSMAN										
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										
17										
18										
19										
20										
21										
22										
23										
24										
25										
26										
27										
28										
29										
30										
31										
32										
33										
34										
35										
36										
37										
38										
39										
40										
41										
42										
43										
44										
45										
46										
47										
48										
49										
50										
51										
52										
53										
54										
55										
56										
57										
58										
59										
60										
61										
62										
63										
64										
65										
66										
67										
68										
69										
70										
71										
72										
73										
74										
75										
76										
77										
78										
79										
80										
81										
82										
83										
84										
85										
86										
87										
88										
89										
90										
91										
92										
93										
94										
95										
96										
97										
98										
99										
100										

TOP REWARD POINTS

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

YEAR 7

Joshua P (7-3)
Poppy A (7-3)
Eleanor M (7-2)
Saffia B (7-1)
Zachary B (7-3)

YEAR 8

Josh R (8-8)
Olivia S (8-8)
Christopher Q (8-6)
Isaac H (8-8)
Caleb T (8-6)

YEAR 9

Samuel J (9-6)
Andras S (9-6)
Daniel C (9-3)
James B (9-4)
Amelia M (9-9)

YEAR 10

Amelia B (10-5)
Charley L (10-1)
Radu B (10-4)
Ruby P (10-5)
Ella S (10-5)

YEAR 11

Harris O (11-2)
Amelie S (11-2)
Ryan E (11-2)
Lauren S (11-1)
Matthew S (11-6)