

THE HAMBLE SCHOOL

NEWSLETTER 2023-24 – ISSUE 5: 31ST MAY 2024

This week has been a good opportunity to pause and reflect half way through the summer term. Our Year 11 students have been working so hard in the first few weeks of the GCSE exam season and I know many of them have been attending intervention this week – well done to you all. Your hard work will pay off. After half term the exams continue and we look forward to celebrating with you in the Leavers Assembly and at Prom later on in the term.

One of our Whole School Priorities is to ‘embed a culture of outward facing collaboration, positive communication and strong community links’. Before half term you will be aware that we were working closely with the Hamble Peninsular Residents Association and other local stakeholders against the proposed development of an Urban Quarry 50 metres from our school – we are delighted that Hampshire County Council rejected this proposal and once again thank the community for their support. Next week we will be taking part in the D-Day Celebrations at the Southern Royal Yacht Club – if you would like your child to represent the school at this community event, please do read the letter which was emailed home earlier in the week and sign up here: <https://forms.office.com/e/DQcn6WNVXE>

As we have highlighted previously, parent/ carer support and engagement is vital to ensuring students achieve their full potential in school. We are continuing to look for opportunities for parents/ carers to find out more about life in school. Last term we asked all stakeholders (parents/ carers, students and staff) to complete a school survey and we will be using the results of this to continue to make improvements moving forward. We will also be reporting back to you regarding the findings in a letter next week.

I am delighted that we have managed to establish a new PTA; their next meeting will be on Wednesday 5 June 2024 at 6pm in the Conference Room – please do sign up here <https://forms.office.com/e/CpED6nmEsF> if you are able to attend and support the school. There is also another Parent Forum meeting in June and we will be advertising opportunities for prospective and existing parents/carers to come and visit the school in action later in the year.

continued on the next page >>>

REWARD UPDATE

Summer 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

1061 Students

SILVER AWARD

500 Points

1028 Students

GOLD AWARD

750 Points

951 Students

RUBY AWARD

1000 Points

598 Students

PLATINUM AWARD

1250 Points

786 Students

DIAMOND AWARD

1500 Points

365 Students

At this time of year our focus turns to Transition – this includes primary to secondary transition but also transition to the next academic year. For Year 10 this is a very important term when they will begin to think about their GCSE year and life beyond The Hamble School. On Tuesday 4 June we are hosting our first Achieving Excellence Evening for the current Year 10s – this will include information on the transition to Year 11 but also revision support for the Year 10 exams and careers information. I would encourage all parents/ carers and students to sign up and attend – <https://forms.office.com/e/hb02wxQBb7>

I do hope that your son/ daughter will enjoy the exciting events happening in summer term 2 – Rewards trips, Sports Day, fieldtrips and PSHCRE Days to name a few. I also look forward to seeing you all at the school production of Grease on 12 & 13 June and at the Arts Exhibition on 16 July. Have a great weekend and we will see students at 8:30am on Monday!

Best wishes

Miss L Cambridge

Headteacher – The Hamble School

KEY DATES FOR YOUR DIARY

Monday 3 June

School starts back from half term at 8:30am

Monday 3 June

GCSE Exams continue

Tuesday 4 June

Year 10 Achieving Excellence Evening
at 6pm in the Main Hall

Wednesday 5 June

PTA Meeting at 6pm in the Conference Room

Thursday 6 June

D-Day Celebrations at 7:30pm at the
Southern Royal Yacht Club

Tuesday 11 June

Year 6 Induction Evening

Wednesday 12 June – Year 10 Exams begin

Wednesday 12 June and Thursday 13 June
School Production of Grease

Tuesday 18 June – Year 9 PSHCRE Day

Thursday 20 June – Parent Forum

Thursday 27 June

Year 10 Barton Peveril Taster Day

Thursday 27 June – Year 11 Leavers Assembly

Friday 28 June

Year 10 DofE Assessed Expedition

Monday 1 July

INSED Day (School closed to students)

Tuesday 2 July and Wednesday 3 July

Year 6 Induction Day

Thursday 4 July

Whole School General Election

Thursday 4 July – Year 11 Prom

Thursday 4 July

Year 10 Performing Arts Residential

Monday 8 July – Rewards Week begins

Monday 8 July or Tuesday 9 July

Year 10 Geography Fieldtrip

Wednesday 10 July

Year 10 Itchen College Taster Day

Thursday 11 July – Sports Day

Friday 12 July

Year 10 DofE Assessed Expedition

Tuesday 16 July – Art Exhibition

Wednesday 17 July – Year 7 PSHCRE Day

Tuesday 23 July – Last day of term

School closes to students at 1pm

Thursday 22 August – GCSE Results Day

Tuesday 3 September

First day of 2024-25 for all students

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

YEAR 9 SPORTS LEADERS

A big thank you to our Year 9 Sports Leaders. They took part in a primary school Festival of Tennis where they lead numerous events to promote physical activity and enjoyment through tennis. The students were brilliant and we can't wait to see them develop their leadership skills throughout the summer term.



STUDENT SUCCESS

Well done to Matthew W for being awarded the Hamble Hockey Club U14's Player of the year. Congratulations from everyone at The Hamble School.



‘WE CARE,
WE AIM HIGH,
WE LEARN
AND ACHIEVE
TOGETHER’



 THE HAMBLE SCHOOL
ACHIEVING EXCELLENCE TOGETHER

SCOPAY

Purchasing Items

A reminder that any items purchased on SCOPAY can be collected by students from the Main Office (behind Reception). We can accept cash for sales on site.

Please note: we are unable to give change for the Cafeteria top up machines.

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.

CAMPAIGN AGAINST THE **PROPOSED URBAN QUARRY**

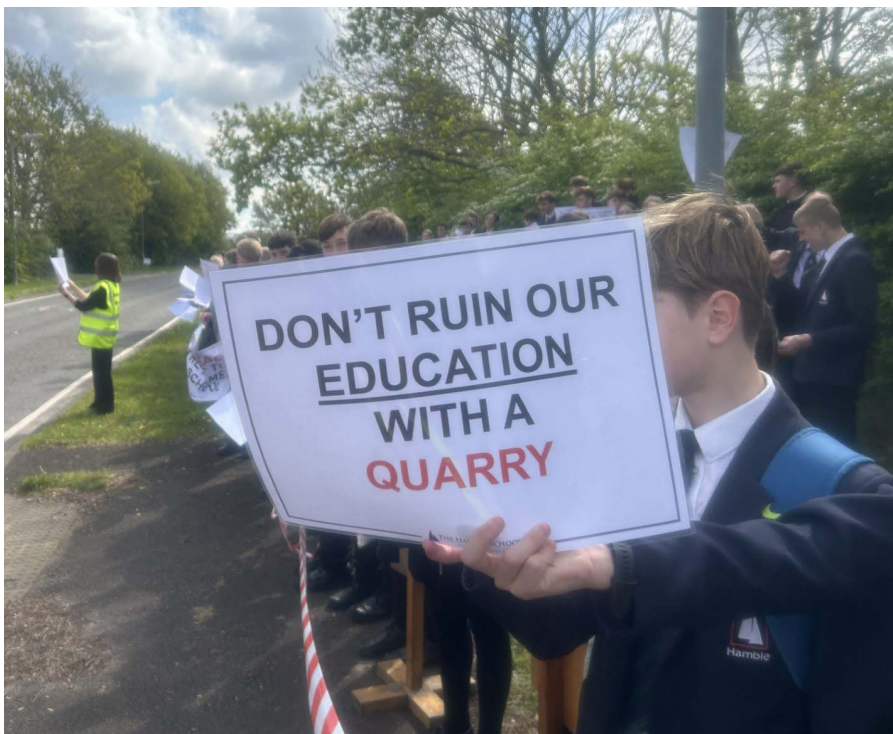
We were delighted that the Student Leadership Team were invited to London by Paul Holmes MP. They delivered our petition to Downing Street and visited the Houses of Parliament.



APRIL 2024

PROTEST AT THE HAMBLE SCHOOL

In April over 140 students protested outside the school when the Councillors from the Regulatory Committee visited the proposed site of the quarry.



MAY 2024

PROTEST IN WINCHESTER

In May 90 students travelled to Winchester to protest against the proposed quarry outside Hampshire County Council. Oscar H (Head Student) and Mrs Craggs (Chair of Governors) also represented the school by speaking at the Regulatory Committee Meeting.



The Hamble School

presents:



SHOW DATES

Wednesday 12th June

Thursday 13th June

Main Hall, Athens Block at 7:00pm

TICKETS

Adult £8 and £5* concessions

(*Concessions: children 16 years and younger and OAPs.)

Tickets available on ScoPay now

GREASE Young@Part
Book, Music, and Lyrics by Jim Jacobs and Warren Casey
"Grease", "Sandy", "Hopelessly Devoted to You" & "You're The One That I Want" used by arrangement with Robert Stigwood
Young@Part Edition originally workshopped at the British Theatre Academy, London UK, Matthew Chandler Garcia, CEO/Founder



THE HAMBLE SCHOOL

ACHIEVING EXCELLENCE TOGETHER

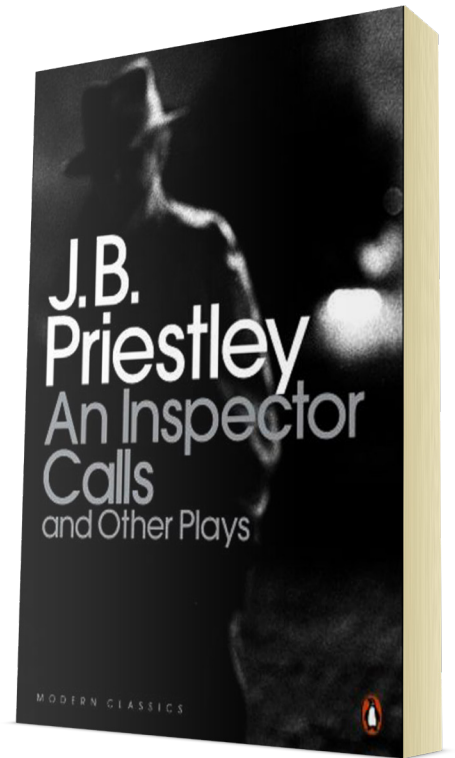
KEY STAGE 3 ENGLISH

Next term Year 7 will be studying 'Twelfth Night' by William Shakespeare; they will be exploring how Shakespeare rebels against societal expectations when writing this play.

Year 8 will be also moving onto a Shakespeare play, 'Macbeth'. They will explore how Shakespeare suggests that the idea of power corrupts us.

In Year 9 we will be starting our last set text 'An Inspector Calls'. This is a great play written by J.B Priestley; students will be exploring the plot, characters and themes of the play. 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 'Mission Catastrophe'. For this they had to be inspired by catastrophic events such as hurricane, plague or storm.



KEY STAGE 4 ENGLISH

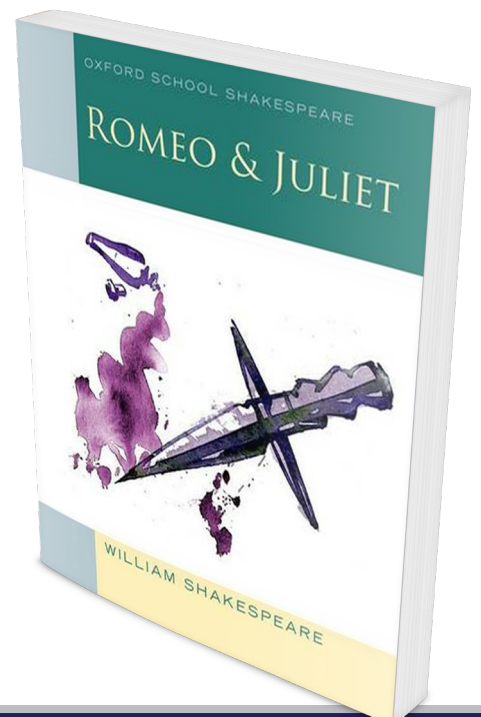
In our Year 10 English lessons, students have been exploring the theme of 'Inequality', focusing on minority groups in poems such as 'Poppies' by Jane Weir and 'The Emigree' by Carol Rumens. Students have also enjoyed revisiting Shakespeare's 'Romeo and Juliet', discussing attitudes towards women in Elizabethan England and the Patriarchal society in which they lived. After half-term, students will be working towards their End of Year 10 exams, developing their skills in creative reading and writing, as well as writers' viewpoints and perspectives. They will also be preparing for their GCSE Spoken Language Endorsement. We look forward to hearing your presentations Year 10.

In our Year 11 English lessons, students have been working incredibly hard, refining and consolidating their knowledge, skills and understanding as they prepare for their GCSE examinations.

Students have particularly enjoyed revising the 'Magic Moments' from each of the set texts and it has been fantastic to see students becoming more confident in their knowledge. Students have also been securing their English Language skills, focusing on both reading and writing across fiction and non-fiction texts.

We encourage students to continue the excellent work they are doing in class, and as part of their revision, and we wish them all the best in their English exams.

Good luck Year 11 – we are almost there!



Spilling



Ink



Creative Writing Club

Every Tuesday in L5
with Miss Harris



THE HAMBLE SCHOOL

ACHIEVING EXCELLENCE TOGETHER

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 sparkling flavoured water 330ml	£0.95
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
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

Mains

Classics main courses	£3.00
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Lighter Choices

Jacket potato (with a choice of toppings from 50p each) Toppings include: cheese, beans, coleslaw etc	£0.90
Topped nachos	£2.30
Falafel with Moroccan style cous cous	£2.30
Loaded fries or sweet potato fries	£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

Vegan hoisin duck	£2.20
BBQ chicken	£2.20
Pulled pork	£2.20

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	£2.30
Egg and slow roasted tomato roll	£2.30



TASTE *it*

Hot Drinks

Cappuccino
Latte
Flat White
Mocha
Americano
Expresso
Hot Chocolate

£1.30 each

Deli Toasties

Ham & cheese	£1.65
Cheese	£1.65
Cheese & baked beans	£1.65

Deli Baguettes

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

Wraps

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	£2.30
Chicken & bacon pasta pot	£2.30

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

Freshly prepared


MAINS

WEEK ONE

TASTE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>V All Day Vegetarian Breakfast with vegetarian sausages, hash brown, tomato, mushrooms & baked beans</p>	<p>VB Vegetable Sausage & Chips served with beans</p>	<p>V Vegetarian Roast of the Day served with roast potatoes, seasonal vegetables & gravy</p>	<p>V Sweet Potato & Lentil Curry served with a blend of brown & white rice & Naan</p>	<p>VB Vegan Sausage Roll served with chips and garden peas or baked beans</p>
<p>All Day Breakfast with a pork sausage, bacon, hash brown, omelette muffin, tomato, mushrooms & baked beans</p>	<p>Sausage & Chips served with beans</p>	<p>Roast of the Day served with roast potatoes, seasonal vegetables & gravy</p>	<p>Chicken Curry served with a blend of brown & white rice & Naan</p>	<p>Battered Fish & Chips served with garden peas or baked beans</p>

V Vegetarian VB Vegan All menu items are subject to change, based upon availability in the event of unforeseen circumstances.



Freshly prepared


MAINS

WEEK TWO


TASTE


Monday	Tuesday	Wednesday	Thursday	Friday
<p>V All Day Vegetarian Breakfast with vegetarian sausages, hash brown, tomato, mushrooms & baked beans</p>	<p>V Macaroni Cheese with garlic bread</p>	<p>VB Vegetable Sausage & Mash served with beans</p>	<p>V Vegetable Curry served with a blend of brown & white rice & Naan</p>	<p>VB Veggie Goujons served with chips & baked beans or garden peas</p>
<p>All Day Breakfast with a pork sausage, bacon, hash brown, omelette muffin, tomato, mushrooms & baked beans</p>	<p>Meatball Mariana with garlic bread</p>	<p>Sausage & Mash served with beans</p>	<p>Chicken Curry served with a blend of brown & white rice & Naan</p>	<p>Fish & Chips served with baked beans or garden peas</p>

V Vegetarian VB Vegan All menu items are subject to change, based upon availability in the event of unforeseen circumstances.



DAILY OPTIONS – WEEK 1 & 2

Mid-Morning		WEEK 1					TASTE 
		Monday	Tuesday	Wednesday	Thursday	Friday	
Grab 'n' Go	Crinkle Cut Wedges 8" Pork Sausage Roll Buttermilk Chicken in a floured bap	✓ Cheese Pizzini Ham & Cheese Bagel Steak Slice	✓ Veg Sausage Roll Frankfurter Hot Dog Cheese & Bacon Turnover	Pizza Twist Spicy Potato Wedges Meatball Sub	✓ Cheese Pizzini ✓ Hash Brown Tatties Cheeseburger		
Lighter Choice	Jacket Potato with choice of toppings	Jacket Potato with choice of toppings	Jacket Potato with choice of toppings	Jacket Potato with choice of toppings	Jacket Potato with choice of toppings	Jacket Potato with choice of toppings	
Real Wrap Co.	Hot & Cold Deli Selection	Hot & Cold Deli Selection	Hot & Cold Deli Selection	Hot & Cold Deli Selection	Hot & Cold Deli Selection	Hot & Cold Deli Selection	
							Freshly prepared

Mid-Morning		WEEK 2					TASTE 
		Monday	Tuesday	Wednesday	Thursday	Friday	
Grab 'n' Go	✓ Spicy Potato Wedges 8" Pork Sausage Roll Chicken Burger	✓ Cheesy Nachos Chicken Wrap Chicken Pastry Slice	✓ Veg Sausage Roll Frankfurter Hot Dog Chicken Goujon Snack Box	✓ Pizzini Sausage Roll Buttermilk Chicken in a floured bap	Pizza Twist Cheese & Ham Bagel 8" Pork Sausage Roll		
Lighter Choice	Jacket Potato with choice of toppings	Jacket Potato with choice of toppings	Jacket Potato with choice of toppings	Jacket Potato with choice of toppings	Jacket Potato with choice of toppings	Jacket Potato with choice of toppings	
Real Wrap Co.	Hot & Cold Deli Selection	Hot & Cold Deli Selection	Hot & Cold Deli Selection	Hot & Cold Deli Selection	Hot & Cold Deli Selection	Hot & Cold Deli Selection	
							Freshly prepared

PROGRESS LEADER UPDATES

YEAR 7 UPDATE

Year 7 have had another fantastic half term and are a real credit to the school. They have achieved the most positive 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 diamond award – a huge congratulations to you all. 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. We also had their first end of year exams which they did fantastically well in – they were a real credit to themselves and The Hamble School community showing real maturity for their age. Next half term we have the opportunity to celebrate their achievements with the rewards trip for those achieving the points threshold. 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

It has been a really busy half term for Year 8 with lots going on! We started the summer term with Arts Week and this was really well received by the Year 8 students. The visit to Southampton Art Gallery was really popular and the stage management workshop was well received. It was great to see students taking part in activities and trips with such enthusiasm!

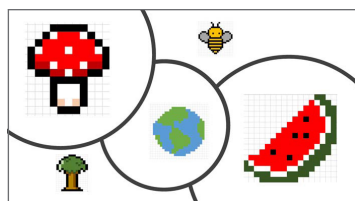
First, I would like to congratulate our new House Captains who have been voted for by tutor teams. Well done to:

- Isabel M - Lords • Oliver B - Twickenham • Kiaron H - Wembley • Emmanuel O - Wimbledon

We hope that these students will rally their teams, lead them to victory and bring some friendly competition amongst the Houses!

As part of Arts Week, some amazing pixel art was produced by Year 8 in ICT.

By Damian P



By Isabel M



The Year 8 exams went really well and the behaviour of the students showed that these were being taken seriously. I am looking forward to seeing the Year 8 progress reports which will hopefully show those at home just how hard the students have been working!

Year 8 preferences have now been received so thank you to everyone who got the choices to us in a timely fashion. Students will find out in summer term 2 which preferences they have to take them through into Year 9.

As part of our personal development programme, Year 8 tutors have been delivering sessions on British values and individual liberty, sextortion and use of language. Students have also had assemblies on how to be a good friend and Mental Health Week. Tutors have been very impressed by the maturity shown by students when taking part in discussions around what can be very sensitive topics.

We look forward to seeing everyone for the final half term of this school year and hope that you manage to have a good break and enjoy some sunshine over the May half term break.

Mrs Rogers – Year 8 Progress Leader

YEAR 9 UPDATE

Another half term down, another fantastic set of achievements for Year 9! As shared in our Celebrations assembly, Year 9 have demonstrated once again what a brilliant year group they are; it was particularly great to see some new names of students achieving awards, having had a really positive half term of learning – well done everyone! We spoke about turning this around for some and have a goal for the remaining half term for everyone; be it small or big, we hope that everyone will aim to achieve it and see out the academic year in the best way possible. So many of the students have been busy with extra-curricular activities too, with many hours of rehearsals still going on for the cast and support team for Grease! It is set to be an impressive showcase of the talent we have in the many aspects of Drama, so make sure you purchase tickets before they sell out! Year 9 students were also integral to the success of the Primary Tennis tournament, so well done all of you for your support, you are amazing Sports Ambassadors for the school. There have also been successes for the Year 9 boys footballers in the Inter House football competition; we are all looking forward to seeing how the next round goes after the half term! So well done Year 9, keep up the hard work and enjoy being some of the older role models in the school next half term. We hope you all have a fantastic half term break Year 9.

Mrs Emmett-Callaghan – Year 9 Progress Leader

YEAR 10 UPDATE

Year 10 have had a fantastic half term accumulating 27,000 positive pints. A number of students have already received specialist careers guidance and recently a group of Year 10s spent a day at Action Stations with the Royal Navy. It was also brilliant to see so many of our year group actively campaigning during our successful bid to stop the quarry development at the Hamble Airfield. Many of our students also got involved in Arts Week in April, some writing and reciting poetry during tutor time. We look forward to the challenge of the Year 10 GCSE Mock examinations in June, supported by the Year 10 Achieving Excellence Evening on Tuesday 4 June 6-7:30pm.

Mr James – Year 10 Progress Leader

YEAR 11 UPDATE

After 5 years of hard work, Year 11 find themselves in the midst of their exams, the students are working exceptionally hard; their dedication and motivation is impressive.

The exams are coming thick and fast but the students are taking them in their stride, revising at every opportunity, they're engaging with the top up and warm up sessions. These are very important for those last minute top tips and practice for the exams. Students get a bottle of water and a cereal bar in every warm up to set them up right for the exam to come. The invigilators are very impressed with the way Year 11 are conducting themselves going into and throughout the exams.

I am incredibly proud to have led this year group through to their exams and to see them on to their next steps, the students are an absolute credit and should be very proud of themselves. They have amassed a phenomenal 367,677 reward points since September, this is testament to their excellent classwork and great attitude to learning.

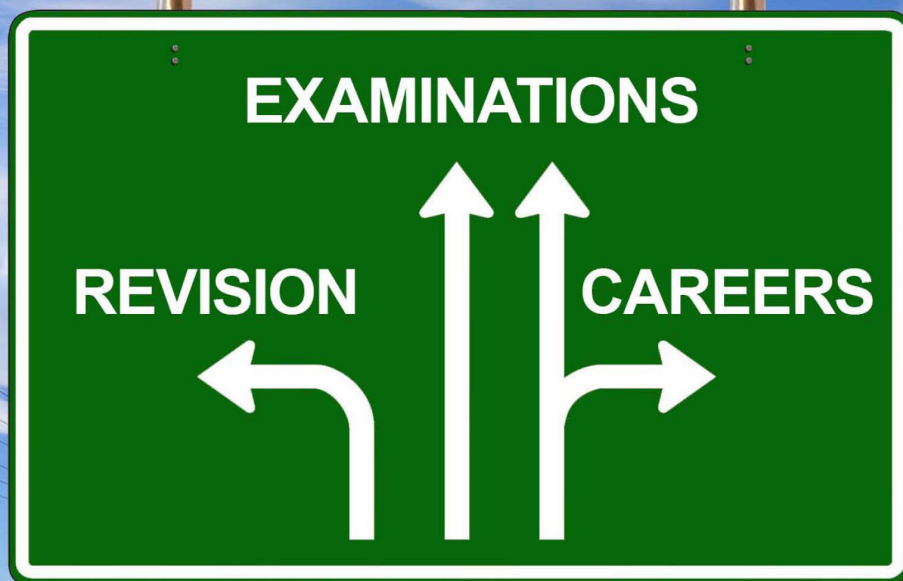
Keep up the good work Year 11 – you're nearly there...

Mrs Barkshire – Year 11 Progress Leader

YEAR 10

ACHIEVING EXCELLENCE EVENING

Tuesday 4 June 2024 ~ 6pm-7:30pm



- Revision Workshop
- Study Skills
- Exams
- Careers

If you are interested in attending please sign up here or scan the QR code:

<https://forms.office.com/e/hb02wxQBb7>



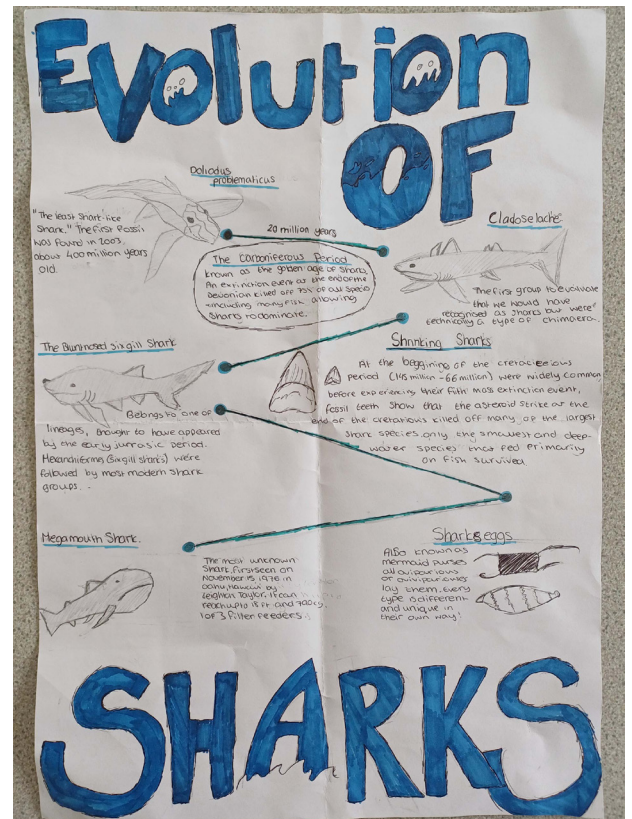
THE HAMBLE SCHOOL

ACHIEVING EXCELLENCE TOGETHER

SCIENCE UPDATE

Well done to the Year 11s that are currently in the midst of their exams. You've been working really hard and we've been so impressed with your commitment to your science revision. We're now half way through, with the paper 2s coming up after half term; and wish you the best of luck for the remainder. Elsewhere in science after submitting 5 posters for the national British Science Week competition we have now displayed the school's top 10 in the stairwell of the Science building. Congratulations to those students that are exhibited – they showed brilliantly innovative and creative ideas taken from the overarching theme of "Time".

The Eco Ambassadors have also been busy this half term – providing a selection of posters for classrooms to encourage students and teachers alike, to be more aware of energy use; and their wildflowers are growing nicely thanks in part to the Spring showers!



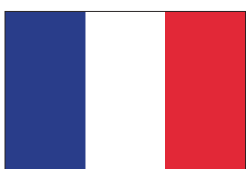
¡Buena suerte! Bonne chance! Viel Glück! Powodzenia!

The MFL department would like to wish all of our students taking their GCSE exams in a foreign language during this exam season the very best of luck.

Not only do we have a large number of students from Year 11 taking their GCSEs in French and Spanish, but we would also like to wish lots of luck to those students in Year 10 taking additional entries in Chinese, German and Polish.

If your son/daughter is going into Year 10 next year and speaks an additional language at home, they may be able to enter for an additional GCSE in their home language. As an exam centre, we can host the exams as part of our summer exam season in 2025. Please note, that we cannot support by tutoring or teaching these languages. This would have to be organised additionally outside of school.

Please get in touch with Mrs Thompson, Acting Head of MFL, if you would like your son/daughter to be considered for an additional language entry next year.



HOUSE SYSTEM

It has been a fantastic half term for House Events, with students having the opportunity to get involved in both creative and sporting opportunities. We are looking forward to seeing the results of both the Photography competition and the Bookmark competition, both of which were also open to staff. Staff at The Hamble School are also allocated to a House, so there can be more opportunities for the whole school community to get involved and support their Houses. Look for the sticker on their ID badge and encourage staff to participate if they are in your House, especially as all participants in any House Event will earn House Points!

A reminder of our House Captains; they have their next meeting on the 7 June, so do pass on any ideas for House competitions you would like to get involved with:

LORDS	TWICKENHAM	WEMBLEY	WIMBLEDON
Year 7 – Louis H Year 8 – Isabel M Year 9 – George E Year 10 – Max J	Year 7 – Layla C Year 8 – Oliver B Year 9 – Kristian G-R Year 10 – Tyler S	Year 7 – Ty H Year 8 – Kiaron H Year 9 – Alfie B Year 10 – Evie L	Year 7 – Riley M Year 8 – Emmanuel O Year 9 – Kris K Year 10 – Dougie B-N

We currently have a Year 9 Inter-House football competition going on, with the next round due to commence next half term. Results so far can be found on page 36 of this newsletter.

Next term, there will also be a Poetry competition, a table tennis competition and a Sustainability Scavenger Hunt – this is all ahead of the Grand Finale – Sports Day! We could therefore see some big changes in the House Point totals as each event gets underway, especially as so many students with varying talents can get involved. There should be something for everyone, so if you haven't taken part yet, make sure you do in the next half term!

Our current House totals for House Events alone are below. A massive well done to everyone who has taken part so far:

House Event Points



House Points and House Event Points are updated regularly on our website home page

www.thehambleschool.co.uk

Remember that these will be combined with all of our House Event points and our Positive Behaviour points towards the end of the Summer term, to allow us to offer a special celebration for the winning House – best of luck everyone and remember to keep taking part in the House Events!

Mrs Emmett-Callaghan & Mrs Cooper

YEAR 11 ROAD MAP 2023-24

- Intervention tutor groups created
- After school interventions begins
- Review assessments – 25th September
- Post-16 provider drop-ins – The Hub
- College assemblies

Sept 2023

- Prom points review (every 2 weeks)
- Mock Exams begin – 6th November
- Careers focus PSHRE
- Tutor sessions on applying for post-16

Nov 2023

- Parents' Evening – 4th January
- Change of intervention tutor groups
- Change of after school intervention groups
- Aiming High Session (parents/students) – January
- Intended destination data collection
- Tutor Target Session

Mar 2024

- PR3 emailed home
- Change of intervention tutor groups
- Change of after school intervention groups
- Parents' Evening – 27th March
- Revision packs issued
- Tutor Target Session

Apr 2024

- Easter intervention

Jun 2024

- GCSE Exams continue
- Leavers Assembly

Jul 2024

- Last day of GCSE exams
- Prom - 4th July

Aug 2024

- GCSE Results Day 22nd August

Dec 2023

- PR2 emailed home
- Careers focus PSHRE

XMAS
18 Dec – 1 Jan

- Revision booklets launched
- February half term intervention
- Mock Exams – 19th February

Feb 2024

HALF TERM
12-16 Feb

- GCSE Exams begin

May 2024

HALF TERM
27-29 May

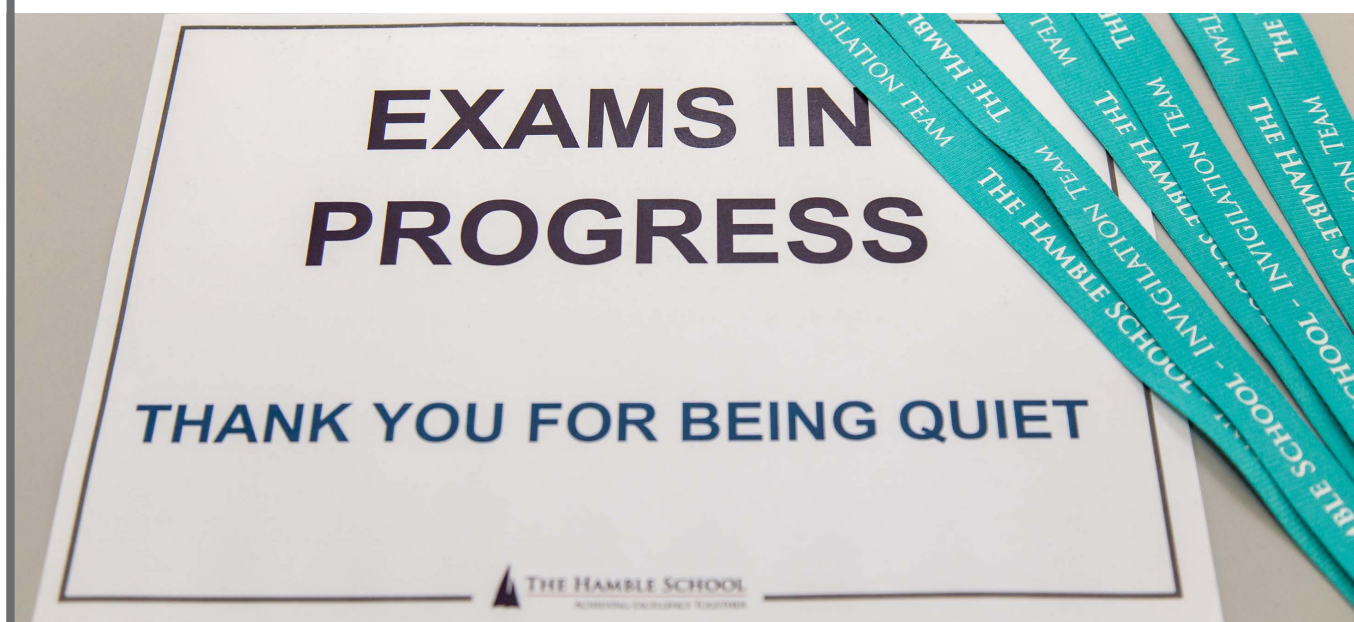
- All year:
- Careers interviews
 - Careers drop-in – Tuesday lunchtime (The Hub)
 - www.thehambleschool.co.uk/careers/

'WE CARE, WE AIM HIGH,
WE LEARN AND ACHIEVE TOGETHER'



RECRUITING NOW FOR THE ACADEMIC YEAR 2023/24

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



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

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

DEALING WITH EXAM STRESS

Don't let the stress of exams overwhelm you. Stay in control with these top tips.

EXAM SUCCESS



gcsepod
education on demand



BELIEVE IN YOURSELF

If you work hard and stay focused with positive energy, stress will be reduced. Believe in yourself and have the confidence to succeed.



GET ORGANISED

You'll feel more confident and in control if you make a list of everything you need to study and create a schedule.



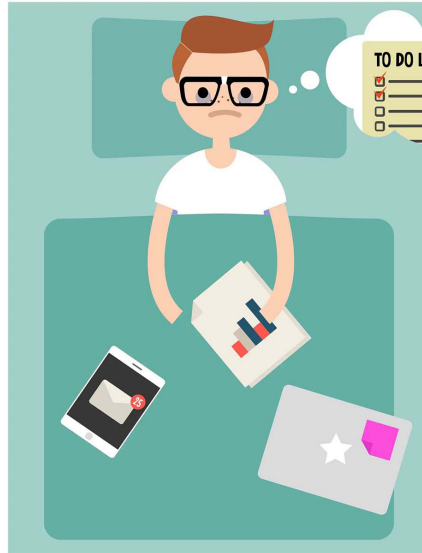
MAKE SLEEP A PRIORITY

Without getting the proper rest it will be even harder to retain information. A good sleep of between 7-9 hours every night helps you have a relaxed and well-rested mind and body.



OVERCOME PROBLEMS

If you find you don't understand some of your material, getting stressed out won't help. Instead, take action to address the problem directly by seeing your teacher or revising on GCSEPod.



EXERCISE

A healthy body = a healthy mind. Encourage your child to do at least 20 minutes of physical activity a day to help improve their focus and keep them relaxed.



EAT RIGHT

Ensure your child is eating three healthy meals a day and limit their caffeine and sugar intake. Power foods for your brain include blueberries, salmon and nuts!



TALK ABOUT YOUR NERVES

Nervousness is a natural reaction to exams but bottling it up will only make it worse. Talk to your child about how they're feeling, it will help them to relieve any stress and worrying they maybe experiencing.



KEEP THINGS IN PERSPECTIVE

Exams will seem like the most crucial thing, but in the grander scheme of things it's only a small part. Remind your child of this and tell them, they can only do their best and that's enough!

podup

gcsepod.com

info@gcsepod.com

0191 338 7830

OPEN EVENINGS

PETER SYMONDS COLLEGE

FOR 2025 ENTRY

3+4 JULY 2024
1+2 OCTOBER 2024
5.30-8.30PM



BOOKING
ESSENTIAL
PSC.AC.UK/
OPEN

Ofsted
Outstanding
Provider



**BE WHO
YOU WANT
TO BE**

Our next open events are:

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



**TOTTON
COLLEGE**



YEAR 8 PSHCRE DAY



Our Year 8 students recently took part in a PSHCRE day on the topic of 'Staying Safe'. Students began the day with a powerful keynote session from the British Transport Police. They delivered a very clear message about how to keep yourself and others safe when using the railway network.

Students then moved around the school taking part in a variety of activities exploring safety in various different aspects. We were lucky enough to welcome four Education Officers from My Bnk in to talk to students about staying safe from online fraud and how to gain financial security. The students had some fascinating conversations about what they valued the most and how they could ensure financial security in the future.

Students also took part in an interactive session to learn about how to respond in an emergency situation and put a patient into the recovery position, and an invaluable session from Hampshire Fire Service on fire safety and the dangers of arson.

Overall the students had a valuable day and have made some great suggestions for next year too! Well done Year 8 and thank you to the PSHCRE team for organising such an engaging day. We hope that students found the sessions useful

Please do let us know about any conversations this day might have inspired at home – perhaps your child came home with questions or comments about the day? Email us and let us know at general@thehambleschool.co.uk

**RICHARD
TAUNTON**
Sixth Form College

OPEN EVENTS
BOOK NOW



OPEN EVENT

WEDNESDAY 12 JUNE
2024 **6:00 - 8:00PM**

Richard Taunton Sixth Form College
Hill Lane, Southampton, SO15 5RL
www.richardtaunton.ac.uk

f /RichardTauntonOfficial
i @rt6thformcollege
X @RT6thForm
d @richardtauntoncollege

STAY HYDRATED!!

Some students come to medical complaining of feeling sick and dizzy, upon questioning some of them they have no water with them.

Please remind your child to come to school with a full bottle of water and snacks and food especially now the warmer weather is finally arriving!

Dehydration is a very common cause of headaches and nausea. Headaches are less frequent if you ensure a proper daily intake of fluids (about eight 8 oz. glasses a day).



SCOPAY TOP-UPS

Please can you ensure your child has enough money on their Scopay account for food if they don't bring a packed lunch to school.

We have quite a few students coming to SWS asking us to make calls home as they have no money on their account and are unable to purchase food.

If you are struggling financially please contact the school and we can discreetly support with this.

MEDICAL REMINDER TO STUDENTS & PARENTS

If a student is feeling unwell they should report to medical room after obtaining permission from their teacher.

The best place for students is in their lessons and they will miss vital learning time if they come to medical for minor ailments.

Please remind your child that the school rules state they are not allowed to use their mobile phone during the school day; this includes phone calls home to say they are feeling ill. Students need to attend medical and a member of staff will contact home if deemed necessary.

Following the correct school procedures helps to safeguard students.

STUDENT WELLBEING RESOURCES

If you or your child would like support with wellbeing, please check out the links of our website...

www.thehambleschool.co.uk/student-wellbeing-resources

We are always adding information about a number of free parent/carer courses or events to this section of our website.

PHYSICAL EDUCATION UPDATE

This term started with the final football fixture of the year for the Senior Girls. They had finished joint top with St George's and tied on goal difference, and as per league rules, were required to play a playoff to retain their title. Hamble dominated possession, but unfortunately couldn't make that advantage count during normal or extra time. After finishing the game 1-1 it went to the lottery of penalties. After six penalties each, it was still tied, but unfortunately Hamble missed their seventh kick that resulted in a St George's victory. We still congratulate the girls on an amazing season for 5 wins and 1 defeat, 20 goals scored and only 5 conceded. We look forward to trying to win the trophy back next year.

Since then the summer term has turned its attention to our summer programme with clubs for tennis, athletics, rounders and cricket in full swing. There are plenty of athletics events lined up, so any interested students should either speak to Mr Taylor or ensure they attend athletics club on Wednesdays. A full list of the clubs, can be found on the website, and all run from 3-4pm.

www.thehambleschool.co.uk/extra-curricular-activities

YEAR 10 WORK EXPERIENCE



Thank you to all the parents that came to the work experience information evening. For those of you who could not attend we have included some information guides to help you understand the process.

All students participating in work experience will be given a log in to the system so they can select their placements after half term and they will have a session during tutor time to go through this.

If you have any questions, please email careers@thehambleschool.co.uk

Please see the following pages for a useful guide and paths...



Work Experience A Guide For Students

What is a work experience placement?

A placement with an employer in which a young person carries out a range of tasks in much the same way as an employee, with the emphasis on learning from the experience. Work experience provides opportunities for learning about the skills, behaviours, careers, roles, and structures that exist within a workplace.

How do you benefit from a work experience placement?

Work experience supports you to make career decisions, develop employability skills and support successful transition into college, university, apprenticeships and the workplace. Taking part in work experience can help you gain:

- More confidence.
- Improved self-esteem.
- Ability to communicate with adults.
- Improved timekeeping.
- Additional practical work skills.
- Team working skills.
- Problem solving skills.
- Time management and organisation skills.
- Clarification about job roles within industry.
- Broadened horizons in relation to career routes and job roles available.

How to find a work experience placement

Depending upon the school or college that you attend, you may have the opportunity to undertake a placement. Work experience can only take place from year 10 onwards. Your school or college will have a work experience coordinator who you can talk to about the different options to find a placement.

Before your work placement

It is recommended that you arrange a pre-placement meeting before the placement starts. This will allow you to have a 'practice run' for the travel element, to see the business premises and meet with your contact so it is not so daunting on the first day. It will also provide a valuable opportunity to ask questions such as:

- What time should you arrive and what time will you finish?
- Where to report to on the first day and to whom?
- What are break/lunch arrangements – is there somewhere to buy lunch or should you bring a packed lunch?
- What is the dress code and do you need to provide any PPE (Personal protective equipment e.g. protective footwear)?
- Do you need to bring anything extra with you?

It is a good idea to keep a diary of your experiences while on placement and any feedback from your employer as you may be able to use this at college or job interviews. The employer may also be willing to provide you with a reference when you are applying for jobs, so make sure you give a good impression!

Travel

It is your responsibility to get to and from the placement. You should;

- Be aware of how you are getting to your placement.
- Ensure you know and understand any timetables for public transport and the costs.
- Consider any potential problems with travel i.e. roadworks, public transport strikes.
- Have a backup plan to your method of travel in case of an unexpected scenario i.e. bicycle has a flat tyre.

Health and Safety

You need to take responsibility for your own Health and Safety and those around you. At the start of the work experience placement, you should receive an induction which as a minimum should include:

- Tour of the working area/premises.
- Fire procedures.
- First aid arrangements.
- Overview of expected tasks during the week.
- Prohibited tasks and/or areas.
- Requirements for personal protective equipment (PPE).
- Introduction to colleagues.
- Confirmation of working hours and breaks.
- Shown welfare facilities.

Employer expectations

Prior to the placement, it is a good idea for you to research your employer to gain a basic knowledge of the company in order to understand the possible expectations that the employer will have.

Employer expectations will also be discussed at the pre-placement meeting, however, you should be aware of the expectations that all employers will have:

- Positive attitude.
- Shows interest.
- Polite and friendly.
- Ability to follow instructions/listening skills.
- Hard working.
- Punctual and reliable.
- Appearance and hygiene – appropriately dressed.

Your expectations

You may have a different expectation of what a placement will be like compared to reality. Therefore, you should have realistic expectations.

- Age, lack of experience, lack of training, knowledge, skills and health and safety restrictions will limit some tasks that you can do.
- Time will be spent observing colleagues especially in environments that are high risk, such as building/construction, garages and engineering.
- Routine tasks such as cleaning, tidying, filing etc will be carried out.
- A full working day will be undertaken in the majority of placements and not 'school hours'.

Working hours

You should not work for more than 5 days in any consecutive seven-day period and it is a requirement that students should not work more than a standard eight-hour day or forty hours in a week. This will include appropriate breaks. You will be informed of the exact times of the placement by your employer.

Verbal and non-verbal communication

You should ask questions to show interest and be aware of negative and positive body language. Examples of positive body language are:

- Making eye contact.
- Sitting up straight.
- Paying attention.
- Relaxed posture.
- Keeping hands out of pockets.

Examples of negative body language are:

- Staring.
- Slouching.
- Yawning.
- Crossed arms and legs.
- Looking at your watch.

Mobile phones/social media

Use of mobile phones will not be allowed during the placement 'working hours'. You may be asked to place phones in bags or lockers or as a minimum, phones should be turned off or placed on 'silent'. Mobile phones are not permitted in childcare/school placements due to safeguarding procedures. Inappropriate content and use of social media whilst on placements may result in placements being terminated.

Pay

You will not be paid whilst on work experience, as it is an educational experience not employment.

Lateness/Absence

If you are going to be late or absent for your placement then you should:

- Contact the employer.
- Apologise that you will be late or absent and explain the reason.
- Provide an expected arrival time if you are running late.
- Provide an expected return date if you are unable to attend the placement.
- You should also follow the correct protocol for informing your school.

Placement reflection

Work experience should be treated as a 'learning experience' and not just a week out of school. Therefore you need to reflect upon your placement to consolidate what you learnt and apply it to your future career planning and goal setting. You should ask yourself:

- Did you enjoy the placement and was it beneficial?
- What new skills did you learn and develop?
- Do you now have an idea of what employers require from their employees?
- Has it given you a better idea of what career path you want to take?

If you didn't enjoy the experience this is also a positive thing! Now you can investigate other career paths which may be of interest. Above all, use the experience to help you make informed choices about your future. Above all, use the experience to help you make informed choices about your future

workexperience@ebpsouth.co.uk
www.ebpsouth.co.uk
02392 283400

ebop
south

Work Experience Process



Choose Your Path

First, you will be provided with a username and password, so you are able to log into the Work Experience database.

www.ebpsouth.work-experience.co.uk

Online

An online placement is a work experience placement sourced from the online database, that features over 6000 placements.

Once you have logged in, you can click on 'search for placement' and start.

Once you've applied for a placement, go back, and choose more. You can choose a maximum of 4 placements.

NOTE: Please make sure you are happy with all choices you've picked

After you've applied for your placements, rank them in order of preference using the red and green arrows.

The Work Experience Team will now contact the employers to secure you a placement. If your choices are unsuccessful, you will need to make more for the team to work on.

Once you have made your choices, you can keep track of their progress by logging on and clicking 'My Placements'.

'Awaiting Employer Offer' means that we are in contact with the employer to see if they can take you for work experience. If they are unable to, the team will move on to your next available choice.

When your placement is 'Confirmed', you will need to see your work experience coordinator in school for the next step.

If you have decided that you would prefer to complete an own placement, speak to your coordinator **immediately** to avoid declining a confirmed placement. If you do decline a placement that is confirmed, there will be a charge.

Own Placement

An own placement is a work experience placement that you have found yourself.

To get this processed, you will need to complete an own placement form, which can be provided by your coordinator in school or accessed via the Resources tab on the work experience database.

Once you have your form, you will need to get your chosen employer to fill out their details.

All sections must be complete, and the consent form must be signed by yourself, a parent/carer, and the employer.

NOTE: Employers offering a work experience placement must have Employers Liability Insurance

Completed forms must be returned to your coordinator in school

They will then send it to The Work Experience Team who will process it onto the database.

Once the team have processed your form, it will appear as 'Confirmed' on the Work Experience database.

Go to <https://ebpsouth.work-experience.co.uk> to keep up to date on the progress.

If you have decided that you would prefer to apply online, you still can if the form has not been processed. However, it will be your responsibility to contact the employer to let them know that you will no longer be attending.

You can find a detailed guide on how to use The Work Experience Database under the Resources tab on the home page, here you will also find the own placement form. Alternatively, we have a video on how to apply. If you would like to watch this, please follow this link: <https://www.ebpsouth.co.uk/resources/work-experience-for-students/>

FOOD PREPARATION & NUTRITION UPDATE

I absolutely love this time of year. The days just keep stretching and we still have the promise of summer. Make the most of the beautiful weather and get outside with your friends and family! In Food Preparation and Nutrition this term, students have been learning about butter, oils, margarine, sugar and syrup. Although most people might think we should limit the amount of fat in our diet, this isn't strictly true. Yes, fat is very energy dense and can therefore provide you with a lot of calories, but it is essential for the human body. Fats give us fat-soluble vitamins (A, E, D), help to protect our organs and are a vital component of some hormones. As a general rule, aim for the ones that are liquid at room temperature. The solid ones contribute to heart disease and all sorts of other nasty things.

This half-term, students were tasked with creating a low-calorie treat suitable for a pregnant athlete. Brent decided to go for a lovely Strawberry Swiss Roll. He managed to keep the calories low by substituting margarine for butter, and lighter Crème Fraiche instead of cream. The strawberries were full of vitamin C and were the perfect tasty treat for after a workout. **Want to have a go?**



Recipe adapted from
<https://www.bbcgoodfood.com/recipes/swiss-roll>

STRAWBERRY SWISS ROLL

INGREDIENTS

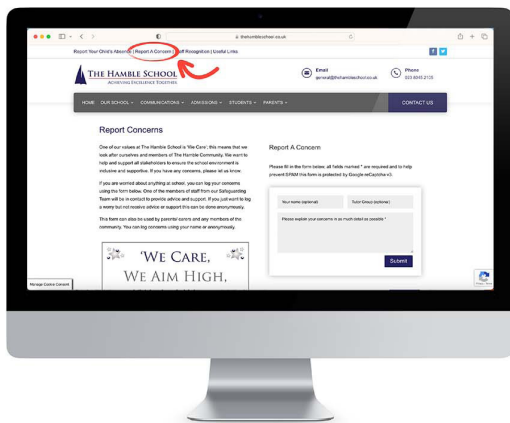
- Butter, to grease
- 2 large eggs
- 50g caster sugar, plus extra 2 tbsp to dust
- ½tsp vanilla extract
- 50g plain flour, sieved
- 227g punnet of strawberries
- 300ml reduced fat crème fraiche

METHOD

1. Heat oven to 180C/160C fan/gas 4. Grease and line a 16 x 28cm Swiss roll tin with baking parchment.
2. Beat the eggs, sugar and vanilla extract together for 5 mins with an electric hand whisk until thick and pale. Gently fold in the flour in two batches using a large metal spoon. Pour the mixture into the tin and gently ease into the corners. Bake for 10-12 mins until golden and firm. Be careful not to overbake, or the sponge will break when rolled.
3. While the sponge is baking, sprinkle 2 tbsp sugar over a square of baking parchment. Chop your strawberries and whip your double cream.
4. Turn the baked sponge onto the sugared paper. Peel off the lining paper and roll up from the short edge using the paper to help you then cool on a wire rack.
5. Once cool, gently unroll and fill with your strawberries and cream. Roll back up and you're finished. Enjoy!

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 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.



THE HAMBLE SCHOOL
ACHIEVING EXCELLENCE TOGETHER



INCLUSION UPDATES

Here is what has been happening in our Inclusion rooms this half-term...

STEP

Mrs Fernandez-Law

STEP has been a hive of activity with our expert team of LSAs running interventions across both key stages.

This term students have successfully completed interventions in...

- Handwriting
- Reading Comprehension
- Spelling
- Phonics
- Touch Typing
- Self Regulation
- Reading for Pleasure

Here's what some of our students have had to say about their interventions...

"Handwriting intervention made me think about what I was writing and how I presented it."

"All the interventions I have done have really helped me."

"My reading intervention has helped me remember words and understand better."

"Phonics has helped my reading. It's really good."

"Self Regulation helps me have ways to not lash out and helps me to stay calm."

Twelve of our EHCP Students have been working hard on their unit award scheme (UAS) certification. They have been independently studying a wide variety of subjects. These have included child development, motor bike mechanics, basketball skills and manga art to name a few.

The provision is also used by students with STEP exit stickers. We provide a place for them to regulate, where they can choose to talk to a member of the STEP team, use fidget tools or spend some time in our sensory room. This then helps them return to lessons in a calm state and ready to learn.

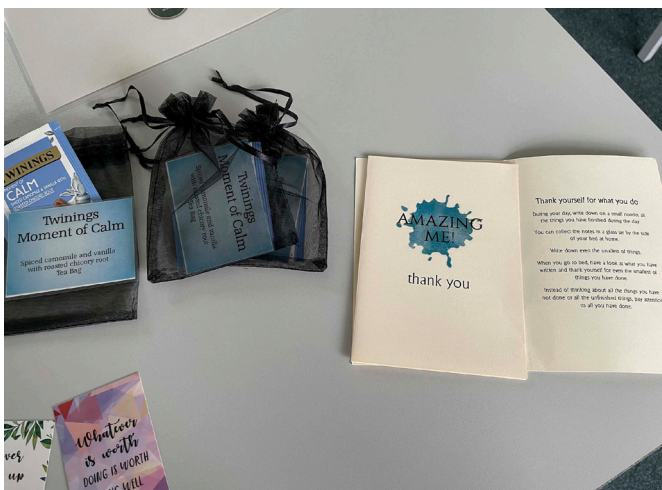
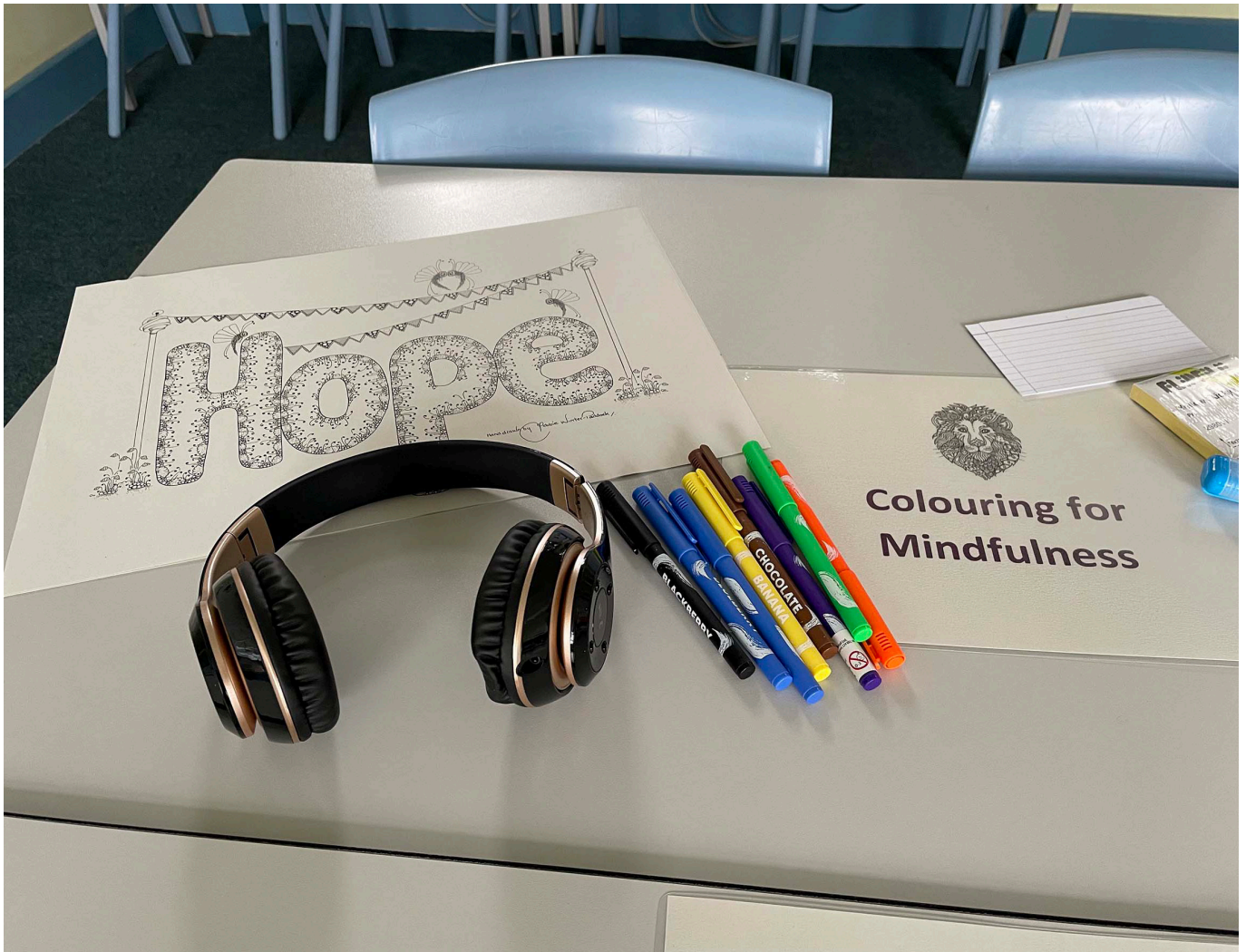
We look forward to a new round of interventions next term and continuing to support all the young people who access the STEP provision.

RETRACK

Mrs Bone & Mrs McNamara

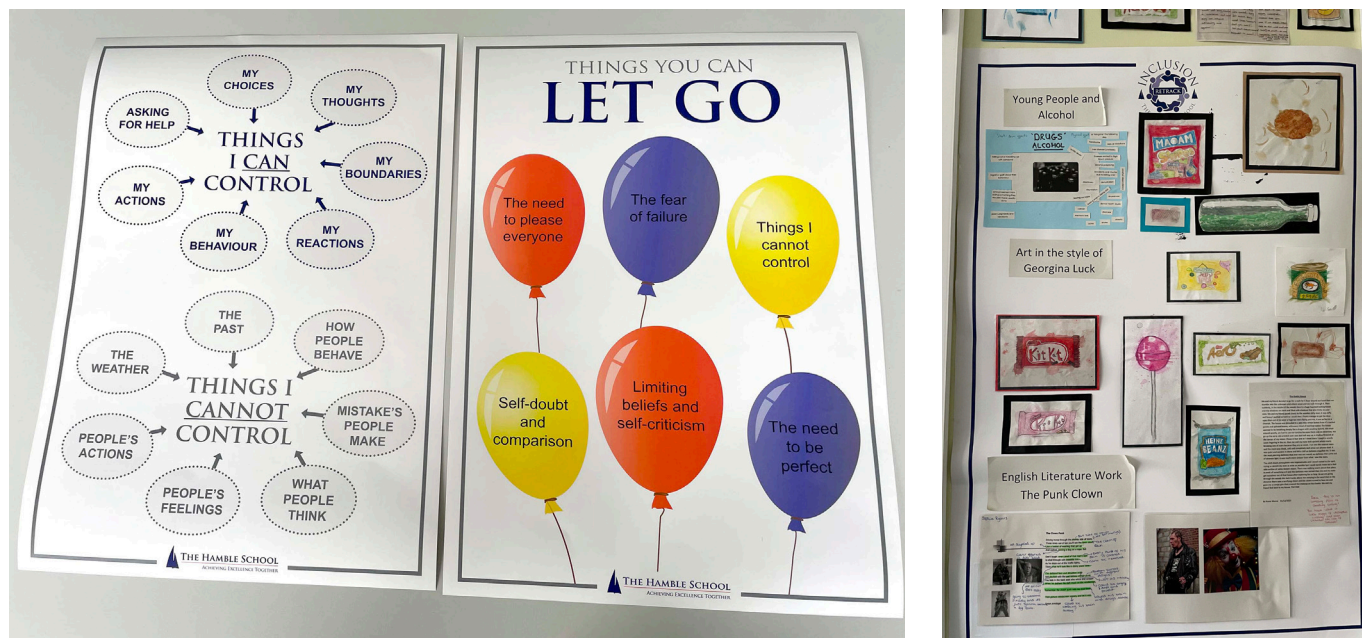
Mrs McNamara our Behaviour Coach based in Retrack has developed a programme to support Year 11 students to reduce their exam stress. This has been really positive for the students.

Popular activities have included meditation and listening to calming music through our wireless headphones. Mrs McNamara has taught students breathing techniques. You can see the range of resources that students have had access to in the Retrack room prior to their exams. The calming tea sachets have been a real hit, Mrs Bone has been on tea making duty in the mornings!



To help students self-regulate we support students with identifying actions and things that they can control and that are out of their control. Being able to “let go” of things that could otherwise cause them stress and resentment.

Students in Retrack are encouraged to be proud of their class work, they follow their peers lessons so that they do not fall behind while working with the Team. We are also proud of the effort that the students put into their work and wanted to share some with you.

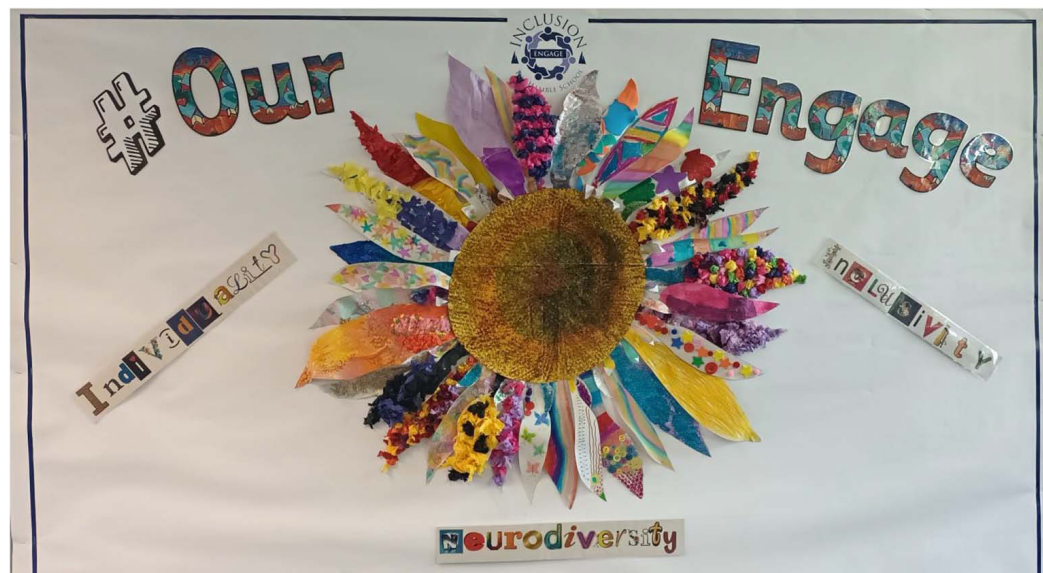


ENGAGE

Mrs Phipps

The Engage provision has had an incredibly busy term, with a focus on recognising and managing anxiety. Numerous group and 1:1 interventions have taken place to support our student’s well-being and mental health.

To coincide with the theme for Mental Health Awareness Week which is **movement** this year; our students spent additional time walking, running, playing football and gardening. They appreciated being outdoors. We hope to foster a lifetime appreciation for movement and for our young people to value the benefits to their mental and physical health.



P.A.C.E.

2024
PARENT, CARER & PROFESSIONAL EVENTS



Hampshire Child and Adolescent
Mental Health Services

2024 PACE Events

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

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

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

TIME	WORKSHOP 1	WORKSHOP 2
9:30 - 10:30	<p>Supporting a child with eating difficulties including AFRID</p> <p>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.</p>	<p>Supporting trauma recovery</p> <p>Understanding the Impact of trauma on children and young people and how together we can help them to recover.</p>
10:45 - 11:45	<p>Introduction to managing ADHD - ADHD Team</p> <p>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.</p>	<p>Supporting a young person in crisis & managing self-harm</p> <p>Supporting a young person in crisis & managing self-harm.</p>
12:00 - 13:00	<p>Coping and resilience strategies to support children & young people</p> <p>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.</p>	<p>Introduction to autism</p> <p>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.</p>
13:30 - 14:30	<p>New Understanding and supporting a young person with Obsessive Compulsive Disorder (OCD)</p> <p>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.</p>	<p>Looking after yourself to support your child</p> <p>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.</p>
14:45 - 15:45	<p>New Disability, difficulty, SEND & mental health</p> <p>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.</p>	<p>Understanding & managing anxiety</p> <p>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.</p>
16:00 - 17:00	<p>Coping and resilience strategies to support children & young people</p> <p>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.</p>	<p>Supporting a young person in crisis & managing self-harm</p> <p>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.</p>
17:15 - 18:15	<p>New Introduction to managing & supporting a young person with Tics and Tourette's</p> <p>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.</p>	<p>New Supporting your autistic child to thrive</p> <p>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 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.</p>
18:30 - 19:30	<p>Introduction to managing ADHD</p> <p>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.</p>	

DUKE OF EDINBURGH FOREST OF BERE TRAINING WALK



On Saturday 11 May, 43 intrepid Duke of Edinburgh adventurers set off from a car park in the Forest of Bere to navigate difficult paths, hidden bogs and mud pits.



Thankfully, the weather was kind and the vast majority of the training walk happened in glorious sunshine. The Year 10 Duke of Edinburgh students walked a little over 15km, stopping regularly to assess which path to take and to verify their orientation using their maps and compasses. An essential part of the preparation for the main expedition (2 days walking and 1 night camping) is for students to build their skills and confidence with navigating. The added benefit of the training walk being to test out some of the equipment they will be using for their real expedition. A few blisters, some muddy boots and ankles and a lot of happy faces later – the training walk was a success! Well done to those involved!



YEAR 9 INTER-HOUSE FOOTBALL

Round 1: Twickenham/Wembley vs Lords/Wimbledon

Result: 3-3 (Twickenham/Wembley win 5-3 on penalties)

Goal scorers:

Romeo H (Twickenham) **Keelan F** (Twickenham) **Liam T** x2 (Wimbledon)
George E (Lords) **Casey G** (Twickenham)

The first round of the Year 9 Inter-House fixtures saw Twickenham and Wembley join forces to face Lords and Wimbledon. Both teams started well, but Romeo H (Twickenham) capitalised on a defensive error to give his side the lead. Keelan F then added a second with a fantastic strike to make it 2-0. However, Liam T (Wimbledon) scored with a neat finish into the far corner from the edge of the box, to pull his side back into the game just before half time.

Half Time: Twickenham/Wembley 2-1 Lords/Wimbledon

The second half began in feisty fashion with tackles flying in on a skiddy astro-turf surface. With less than five minutes to play, George E (Lords) finished a slick sequence by slotting home to equalise. With the scores level at 2-2, both teams looked to snatch a late winner. A corner swung into the box was headed into the goal by Casey G (Twickenham) to put his side into the lead with only a minute left to play. Emotions were high and a desperate challenge near the edge of the box resulted in a free-kick being awarded to Lords/Wimbledon – with seconds left to play. Liam T stepped up and struck a powerful, curling shot right into the top corner to level the score at 3-3. SCENES!!

Full Time: Twickenham/Wembley 3-3 Lords/Wimbledon

Penalties (5-3)

Overall a great start to the Inter-House fixture programme, well done to all involved!

IMPORTANT INFORMATION

MEDICATIONS IN SCHOOL

We are currently reviewing our policies for medications in school.

Please remind your child not to bring medication in their school bags.

Painkillers will not be given to students before 10am or after 2pm – students will be aware of this. This helps us to safeguard students by ensuring they do not take too much medication as they often forget what times they have taken medication.

We can only issue one paracetamol – if your child requires stronger painkillers you will need to complete a parent permission form and send this in with their medication to be stored in the medical room.

Please see our website for more detailed information:

www.thehambleschool.co.uk/medical-information

LUNCHTIME CLUB

KS4 BOOK CLUB



YEAR 9 STUDENTS CAN JOIN AFTER HALF TERM

Wednesday (Week 1) in the Library

LUNCHTIME

1:20PM~1:55PM

YOU CAN BRING YOUR LUNCH!



THE HAMBLE SCHOOL

ACHIEVING EXCELLENCE TOGETHER

ALUMNI NEWS

CONGRATULATIONS! FREDDIE L

Congratulations to Freddie L who represented Hampshire Disability Cricket Club in his first ever match on Sunday 12 May. Hampshire won by 6 wickets.

Freddie took his first ever Hampshire Disability Cricket Club Wicket with bowling figures of 4 Overs, 1 Maiden, 12 Runs, 1 Wicket – eco: 3.00.

Congratulations, Freddie and we are so proud of you. It is great to hear the achievements of our former students.



HAMPSHIRE CRICKET BOARD

WON BY 6 WICKETS

<p>Hampshire Cricket Board Disability D40 Hardball</p> <p style="font-size: 24px; font-weight: bold;">144 / 4 (25)</p> <p>Won the toss and elected to field</p>	<p>Yorkshire CCC Yorkshire D40 - 1st XI</p> <p style="font-size: 24px; font-weight: bold;">138 / 9 (40)</p>
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D40 XI

HAMPSHIRE VS YORKSHIRE

SUNDAY 12TH MAY (1PM) @ HARTLEY WINTNEY CRICKET CLUB

GREGOR M (C)

MONTY M

FLYNN R

HUGO H

BEN W

THOMAS M

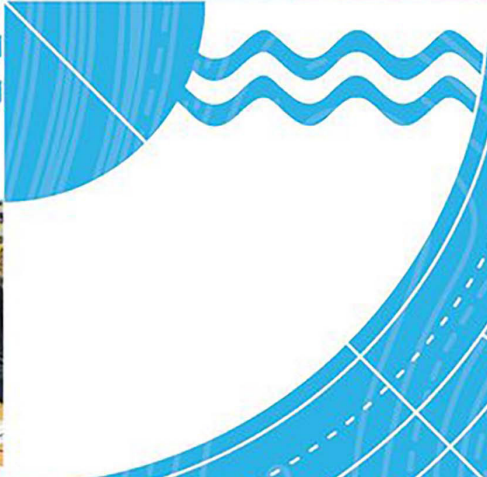
ALFIE S

FREDDIE L

HENRI A

JAMES H

BAILEY L



OPEN EVENTS

OPEN EVENING: Wednesday 1st May 2024 5.30pm – 7.30pm

YEAR 11 WELCOME DAY: Monday 1st July 2024

YEAR 10 TASTER DAY: Thursday 4th July 2024 &
Wednesday 10th July 2024

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

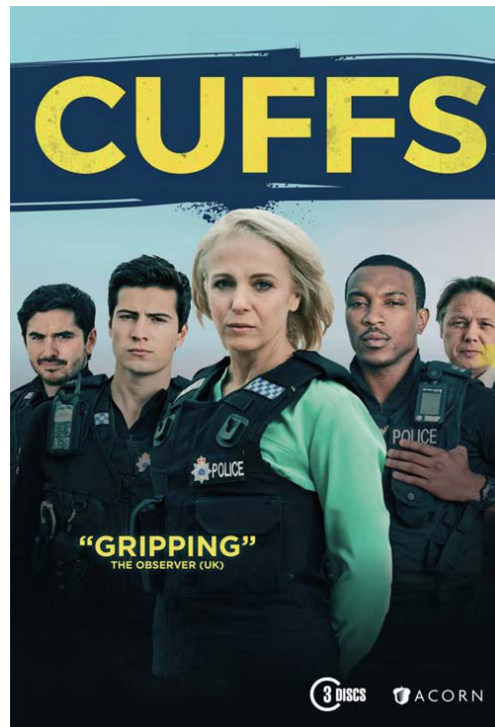
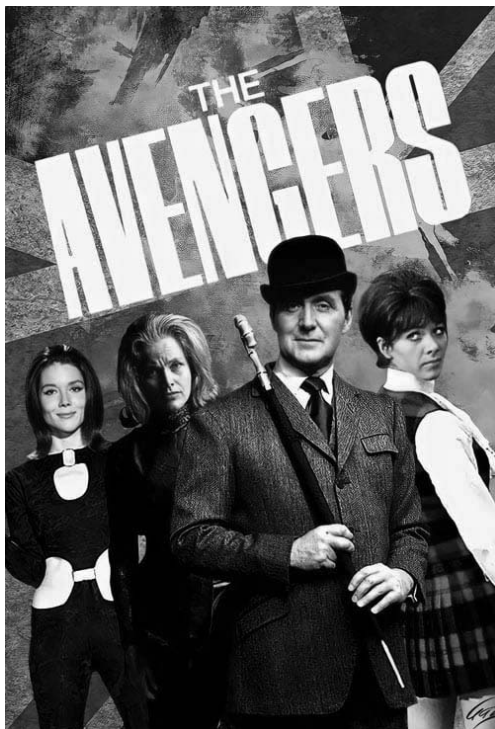
023 8043 5636
info@itchen.ac.uk
itchen.ac.uk

f ItchenSixthFormCollege
t @ItchenCollege
i ItchenCollege

MEDIA STUDIES UPDATE

YEAR 9:

This term in Media Studies, Year 9 are about to embark on a new and exciting unit of work: The Study of Context through TV Programmes. Students are going to learn about the four contextual factors, historical, social, political and cultural, and apply their understanding by comparing two TV programmes: 1960's The Avengers and Cuffs. This is an exciting time for Media students and we are keen to hear about how the students respond to two very different types of TV programmes and how they reflect their respective context. Well done Year 9 on what has been a successful year in Media. For students opting to drop Media as an option, we would like to thank you for joining us for this year. For students wanting to take Media through, we are very excited and cannot wait to support you during your GCSE years.



YEAR 10:

Students have just completed another unit as part of their GCSE curriculum: Modern Observer newspaper. This term, students have developed their understanding of newspapers by exploring how social, political, cultural and historical contexts are presented on the front page of The Observer. Further, students extended their understanding by exploring the multi-purpose and effect of newspapers being online. Moving forward, students are about to make a start with their NEA (non-exam assessment). This year's brief is to design a magazine front cover and double-page spread based on the topic of 'music for a socially conscious audience'. We are keen for students to start planning their ideas/taking their images over the Summer, so that when we return, we can jump straight into designing front covers and double-page spread. We are looking forward to seeing their ideas come together.

YEAR 11:

Mrs Vincent would like to say a huge well done to students who completed their Media GCSE – I am so proud of each and everyone of you and I cannot wait to celebrate your results with you in the Summer.

CELEBRATING NEURODIVERSITY

A day that focuses on skills and strategies, for parents and carers, and professionals supporting an autistic young person. Hampshire CAMHS Colleagues will be leading this day in co-production with HPCN.

The Kids Coach will focus on
School based anxiety &
Advocating with schools

Wednesday 19th June 2024,
United Reform Church, Jewry St,
Winchester SO23 8RZ



TICKETS £25
includes tea
and coffee

For more information and to book a place go to
www.hampshirecamhs.nhs.uk/campaigns/

CREATIVE ARTS WEEK



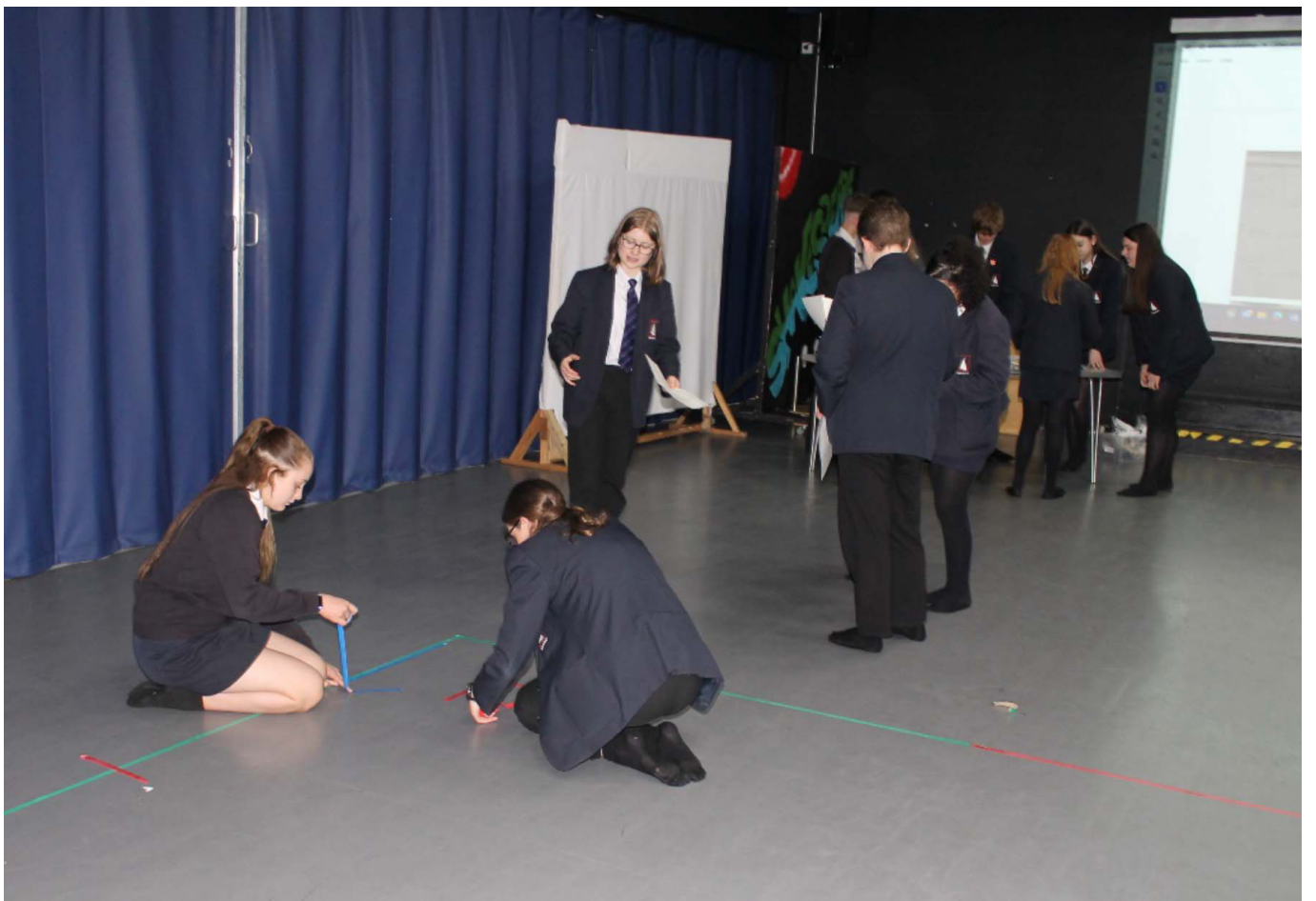
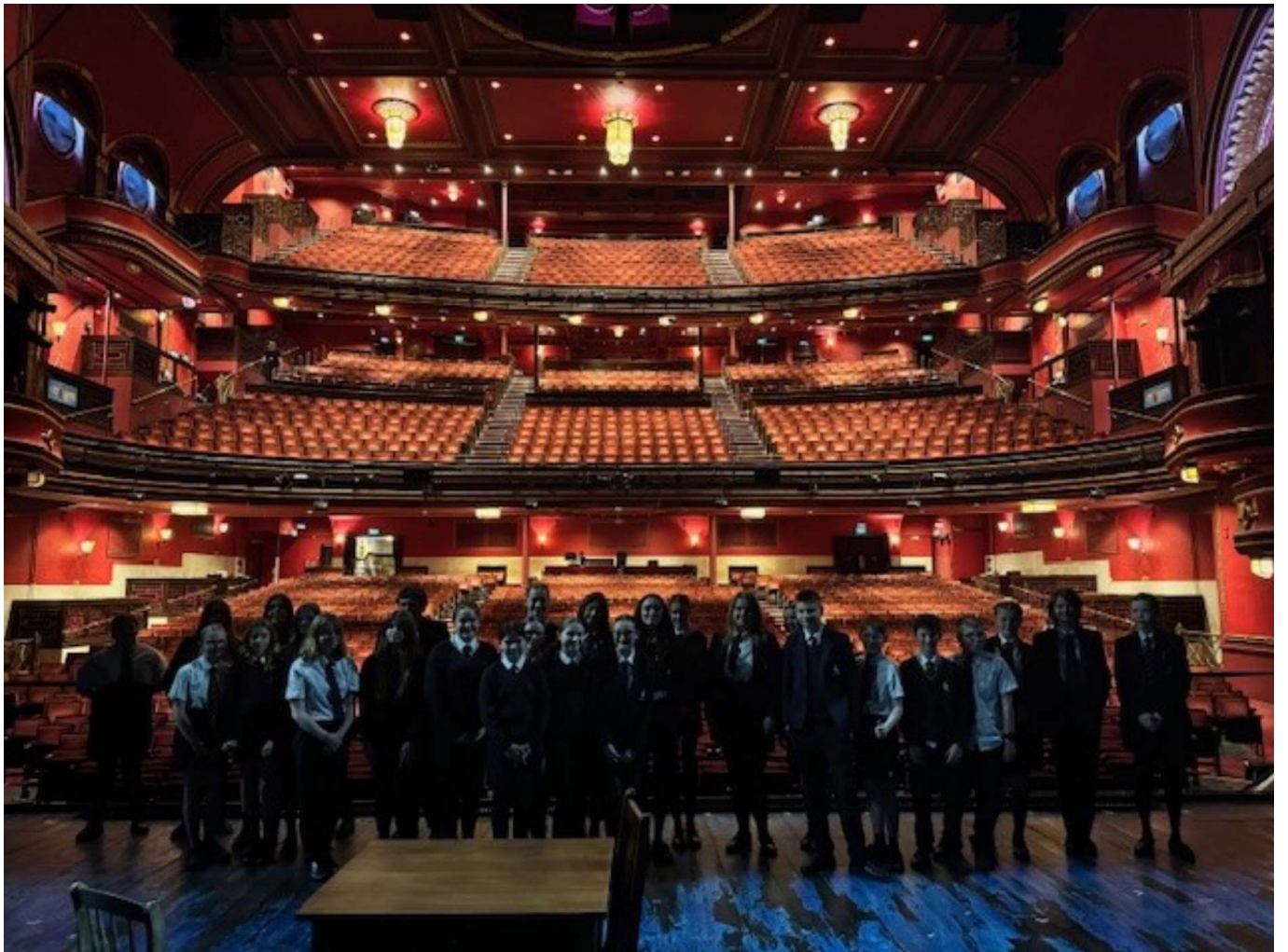
Between the 15 & 19 April we held our 2nd annual, Hamble Creative Arts Week, where we celebrated all things cultural and creative!

The aims of the week were:

1. Striving for **excellence** and **innovation**
2. Being **exciting**, **inspiring** and **engaging**
3. Ensuring a **positive** and **inclusive** experience
4. Develop an **appreciation** of, and **participation** in, Arts and cultural activities

As well as curriculum teachers across the school shining a light on how the arts relate to their subjects in lessons, we showed inspiring arts based videos in the main hall during lunchtimes, took a trip to see the amazing new musical 'Come from Away' and hosted 14 separate workshops including Ukulele, Stage Management, Scenic Construction, Photography light Painting, a musical theatre workshop at The Mayflower Theatre, commercial dance workshops with Southampton Dance college, Virtual comic strip drawing workshops and Stop Motion film making, which was led by Benjamin W in Year 9!







YEAR 7 SINGING WORKSHOP



Students in Year 7 were given an amazing opportunity to work with a professional singing coach from Hampshire Music Service. The aim of the session was to promote singing as a healthy and free way to support mental health and wellbeing. It was joyful to see the students getting fully engaged in the workshop. In their evaluation, over 80% of students said they felt 'excited, inspired, proud and included'. We are so proud of you all for taking part with such enthusiasm!

If your child would like to take part in more singing opportunities, we have peripatetic lessons and a school choir. Please tell them to speak to **Mrs Holden** in Music for more details.

TUTOR POETRY COMPETITION

During tutor time, students were asked to get creative with their language! They were tasked with writing and performing their own original poetry on a topic they felt passionate about.

The entries were fantastic quality and it was very hard to select winners. All students who were placed in the top 4 have earned house points for their teams and lunchtime fast passes.

Congratulations and well done to:

- 1st Place – Perren G (9-2)
- 2nd Place – Gurman R(10-2)
- 3rd Place – Emilio N-Y (10-6)
- 4th Place – Jessica S (9-6)

If your child has yet to respond to the Arts Weeks evaluation to help shape the ideas for 2025, they can do so using the link below:

<https://forms.office.com/e/hDQB7GNuFh>

COMING UP IN THE ARTS!

- **Creative Arts Residential** - July 2024
- **Art Exhibition** – July 2024
- **Paperbirds Devising Project at The Point, Eastleigh** – Autumn term
- **'War Horse' GCSE Drama trip** – October 2024 (letter to be sent soon)
 - **Christmas Music Concert 2024** – See Mrs Holden for details
 - **Dance Live February 2025** (audition info to be released soon!)
 - **Arts week 2025** (including a theatre trip to see 'Hamilton')

DANCE CURRICULUM

We are excited to announce that from September 2024, all students in Year 8 will now have a fortnightly Dance lesson with our new teacher Miss Allen! This is on top of their usual PE lessons.

TOP REWARD POINTS

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

YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
Grace L (7-6)	Monty McM (8-8)	Liam T (9-9)	May H (10-3)	Julia K (11-8)
Julia T (7-8)	William W (8-8)	Hannah C (9-2)	Zak S (10-6)	Wilson S (11-1)
Isaac C (7-8)	Hayden S (8-6)	Milan B (9-9)	Ava S (10-4)	Charlie H-T (11-7)
Alyssa G (7-6)	Ethan L (8-1)	Peyton H (9-5)	Gurman R (10-2)	Caleb T (11-3)
George B (7-7)	Alicia K (8-1)	Esme S (9-4)	Archie H (10-1)	Casey C (11-2)