

# Sparsholt C of E Primary School



## Weekly Newsletter

5<sup>th</sup> January 2023



### Here's what's in the newsletter this week!

- ❖ Reminders for w/c 8<sup>th</sup> January
- ❖ Headteacher weekly update
- ❖ School Awards
- ❖ Dates for the Diary
- ❖ Important Notices
- ❖ Other information



Puppet making in  
Beech Class

### REMINDERS FOR W/C MONDAY 8<sup>th</sup> JANUARY 2024

- ✓ All classes – "Chance to Shine" cricket lessons starting Mon 8<sup>th</sup> Jan – PE kit
- ✓ School-run clubs start this week
- ✓ Beech Class trip to Gilbert White's – Tues 9<sup>th</sup> Jan
- ✓ Maple Class – swimming lessons – Fri 12<sup>th</sup> Jan, Winchester Leisure Centre

Dear Parents and Carers,

Firstly can I say Happy New Year to you all. I very much hope you all had a relaxing and fun festive season and had the opportunity to enjoy it with friends and family. The children have come back full of enthusiasm and have regaled us with their Christmas adventures.

As you will have seen from the 'Dates for your Diary' overview that was sent out at the end of last term, there are a multitude of exciting things planned. Please do note the KS2 Parent Maths Workshop planned for Monday 29<sup>th</sup> January 2024 and the KS1 Parent Maths Workshop planned for Monday 11<sup>th</sup> March 2024. This will be an opportunity for parents to learn about the strategies and methods we teach children in Maths and how you can then support your child's learning at home.

As we start the new year, I just want to remind you all about the wonderful resources that are on our school website and in particular our 'Padlet'. This 'Padlet', an online bulletin board, has some excellent links and resources to help you as parents and carers. The 'Padlet' contains all sorts of information from how to support your children with specific elements of learning e.g. spelling and reading, to guidance around emotional well-being, sleep, bereavement, specific special educational needs etc. The link can be found on the home page of the website and is titled 'Advice and Support for parents'. I would very much encourage you all to continue to explore this excellent range of resources.

Next week, all the children will be coming home with a copy of their attendance record for the Autumn term. As you know, regular attendance is so important to ensure children thrive at school and we are keen to work in partnership with you so that all children can reach their full potential.

I hope you all have a wonderful weekend and it is so great to welcome you all back for what I know will be a fantastic term.

Kind regards,

Mrs Hanratty

## School Awards

### Core Christian Value Awards

We were very proud to commend our Core Christian Value Award recipients in Celebration Worship today. Children from each class are nominated weekly for each of our Core Values: Courage, Compassion and Creativity.

	<b>Courage</b>	<b>Compassion</b>	<b>Creativity</b>
<b>Willow</b>	Zachary	Ezra	Livi
<b>Beech</b>	Jack	Reuben	Florrie
<b>Maple</b>	Aanika	Joshua G	Martha
<b>Rowan</b>	Diya	Edward	Bryony
<b>Oak</b>	Fearne	Alexia	Inigo



## Dates for the diary

Dates for the Diary - Spring Term 1 2024				
Date	Event	Time	Parents invited	New event?
Tues 16 <sup>th</sup> Jan	Tell Me Tuesday - WWII Artefacts	2:45pm	Yes	
Mon 29 <sup>th</sup> Jan	KS2 Maths Parent Workshop	3:45pm	Yes Maple, Rowan & Oak Class parents only	
Tues 6 <sup>th</sup> Feb	Year 6 SATs Information Evening	5:30pm	Yes Year 6 Parents only - no children	<b>New!</b>
Fri 9 <sup>th</sup> Feb	Last day of half-term	3:30pm		

## Important Notices

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### 1. PE Timetable for Spring Term 1

PE Days for each class are as follows for the first half-term of the Spring Term 2024:

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Willow</b>					
<b>Beech</b>					
<b>Maple</b>					
<b>Rowan</b>					
<b>Oak</b>					

Children should wear their PE kits into school on the days they have PE. If children have a club after school on a day that is not their PE day, children should bring their kit in a small bag, and will be able to get changed at the end of the school day before the club.

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## 2. Chance to Shine Cricket Lessons – 5 weeks – Monday 8<sup>th</sup> Jan to Monday 5<sup>th</sup> Feb – all classes

All classes will be having weekly cricket sessions, led by “Chance to Shine”.

Please can all children come to school on a Monday in their PE kit for the first half of the Spring Term.

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## 3. Lunch Payments for next half-term

**The school requires that school lunches (for KS2) are paid in advance, on a half-termly basis. The current price for a school lunch is £3.00.** For administrative purposes, wherever possible, the school would prefer payment to be made online using the Scopay website or app. The school's charging policy is on the school website for reference. If you need support in setting up or using the online system, please ask the office.

To help you calculate the correct payment for this half-term on SCOPAY, please see below:

Number of meals per week	1	2	3	4	5
Cost for hot lunches Spring 1 half-term	£18.00	£36.00	£54.00	£69.00	£84.00

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## Other Information



### 2024 PACE Events

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

DATE	LOCATION
Friday 26 <sup>th</sup> January 2024	<b>Gosport</b> St Vincent College, Mill Lane, Gosport, PO12 4QA
Thursday 22 <sup>nd</sup> February 2024	<b>Basingstoke</b> Queen Mary's College, Cliddesden Rd, Basingstoke, RG21 3HF
Monday 11 <sup>th</sup> March 2024	<b>Andover</b> Testbourne School, Micheldever Rd, Whitchurch, RG28 7JF
Friday 19 <sup>th</sup> July 2024	<b>Waterlooville</b> Oaklands Catholic School, Stakes Hill Rd, Waterlooville, PO7 7BW
Wednesday 25 <sup>th</sup> September 2024	<b>Winchester</b> Winchester United Reform Church, Jewry ST, Winchester, SO23 8RZ
Monday 7 <sup>th</sup> October 2024	<b>Havant</b> Trosnant Infant School, Stockheath Lane, Havant, Hampshire, PO9 3BD
Thursday 21 <sup>st</sup> November 2024	<b>New Forest</b> Lyndhurst Community Centre, Main Car Park, Lyndhurst, SO43 7NY

BOOK YOUR WORKSHOP SPACE AT: [hampshirecamhs.nhs.uk/events](https://hampshirecamhs.nhs.uk/events)

P.A.C.E. ITINERARY		
TIME	WORKSHOP 1	WORKSHOP 2
9:30 - 10:30	<b>Supporting a child with eating difficulties including ARFID</b> This workshop solely focuses on eating disorders as a mental health disorder for young people. This will cover Avoidant Restrictive Food Intake Disorder is a feeding and eating disorder. People with ARFID find it hard to eat enough for healthy growth, development and functioning.	<b>Supporting trauma recovery</b> Understanding the impact of trauma on children and young people and how together we can help them to recover.
10:45 - 11:45	<b>Introduction to managing ADHD - ADHD Team</b> What is ADHD? Spotting the signs and symptoms from 5 years to 18 years. How to support a young person with symptoms of inattention, hyperactivity and impulsivity with or without an ADHD diagnosis.	<b>Supporting a young person in crisis &amp; managing self-harm</b> Supporting a young person in crisis & managing self-harm.
12:00 - 13:00	<b>Coping and resilience strategies to support children &amp; young people</b> Exploring the terms coping and resilience - what are they and how might we build coping and resilience into our lives. This workshop uses easy to understand metaphors that can be shared with children to help them to explore their own coping and resilience.	<b>Introduction to autism</b> What is Autistic Spectrum Condition? Spotting the signs and symptoms. Diagnosis: the process and things to know about the diagnostic assessment. How to support a young person with ASC.
13:30 - 14:30	<b>NEW Understanding and supporting a young person with Obsessive Compulsive Disorder (OCD)</b> This workshop aims to give an introduction for parents and carers supporting a young person with Obsessive Compulsive Disorder (OCD). It will provide information regarding what OCD is, how this develops and what keeps it going. It will give an overview of the treatment options for OCD and ways family members can support a young person at home.	<b>Looking after yourself to support your child</b> This workshop will focus on the needs and challenges for parents and carers, as well as provide a range of practical advice and strategies around how to look after yourself in order to better support the wellbeing of your child.
14:45 - 15:45	<b>NEW Disability, difficulty, SEND &amp; mental health</b> 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.	<b>Understanding &amp; managing anxiety</b> What anxiety is and how to spot the signs and symptoms of anxiety in children and young people. How to support a child and young person who experiences anxiety with practical strategies.
16:00 - 17:00	<b>Coping and resilience strategies to support children &amp; young people</b> Exploring the terms coping and resilience - what are they and how might we build coping and resilience into our lives. This workshop uses easy to understand metaphors that can be shared with children to help them to explore their own coping and resilience.	<b>Supporting a young person in crisis &amp; managing self-harm</b> How to recognise crisis and how crisis develops. How emotional regulation difficulties can lead to mental health crises such as becoming suicidal or self-harming.
17:15 - 18:15	<b>NEW Introduction to managing &amp; supporting a young person with Tics and Tourette's</b> 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.	<b>NEW Supporting your autistic child to thrive</b> 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.
18:30 - 19:30	<b>Introduction to managing ADHD</b> What is ADHD? Spotting the signs and symptoms from 5 years to 18 years. How to support a young person with symptoms of inattention, hyperactivity and impulsivity with or without an ADHD diagnosis.	