

Townhill Junior School

Weekly Update: 30th January



Year 4 Oral Health Workshop

On Monday morning the Year 4 children had a workshop all about teeth with Rita Slevin from the NHS Oral Health Team. This helped to add and embed to their Science learning on teeth and Rita's feedback about how knowledgeable and engaging the children were.



Author and Illustration Workshop

On Friday morning, ahead of National Storytelling Week, Year 3 and 4 had an online workshop with Philip Reeve and Sarah McIntyre from the Adventure Mice book series. The workshop involved an online author chat and draw-along which the children thoroughly enjoyed. You can see examples of the children's fantastic illustrations below.



SOUTHAMPTON READING NEWSLETTER



EDITION 10

The National Year of Reading 2026

GO
ALL
IN.

National Year of
Reading 2026

2026 is the National Year of Reading. The National Year of Reading - Go All In is a national campaign that encourages schools to champion reading for pleasure and help every child develop a lifelong love of books. Primary schools can access a range of support, including free resources, events, training and ideas for whole-school celebrations, all designed to make reading fun, inclusive and engaging for children.

Click [here](#) to sign up.

New Releases



**My Small
World: Frozen**
Carol Hart +
Harry
Woodgate
Age 3+



**The Cave
Explorer**
Kate Winter
Ages 5-9



**The Not-So
Great Escape**
Emma Green
Age 9+

National
Literacy
Trust

Change your story

National Storytelling Week
Soundtrack your story

2-8 February 2026

National Storytelling Week
is taking place on 2nd
February 2026 and will
celebrate oral story telling,
and reading and writing
for pleasure. Access free
online workshops and
resources [here](#) to help your
school join in.



Star of the Week

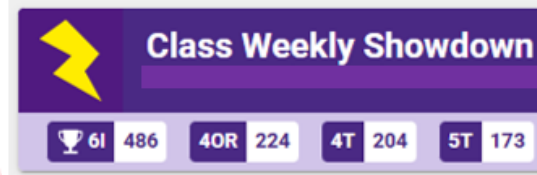
Class	Name
3F	Theo
3G	Tommy
4OR	Izzy
4T	Ivy
5T	Max BK
5C	Bella
6I	Peter
6OH	Vlad
PE	Chloe (3F)

Times Tables Rocks Leaderboard

Rank	First Name	Class	Accuracy Improvement
1	Joanne	4OR	0.72
2	Bow	4OR	0.57
3	Ruby	4T	0.51
4	Alana	4OR	0.43
5	Abdullah	4OR	0.38
6	Ilknur	3F	0.32
7	Rosa	4OR	0.31
8	Izzy	4OR	0.31
9	Marnie	4OR	0.27
10	Ayra	4T	0.25

Boom Reader Leaderboard

Class	Most Reads
3F	Maggie
3G	Emilia
4OR	Penny
4T	Aoife
5C	Herkus
5T	Leo
6I	X
6OH	Hector
Class	4OR



Learning is the key to success



Current Learning

	WB	Subject	What the children will be learning	Ideas to support with the learning at home
Y3	2/2	English	Narrative	Share a story with someone at home – make the time to read together.
		Maths	Fractions	Add fractions together with the same denominator e.g. $\frac{4}{6} + \frac{1}{6} = \frac{5}{6}$
		Science	Vertebrates and invertebrates	Tell someone what you learnt in your lesson this week. Draw a picture to show the difference between vertebrates and invertebrates.
Y4	2/2	English	Narrative	Practice using fronted adverbials to describe the events around you. E.g. After lunch, we went to the park.
		Maths	Fractions	Using your dinner, have a go at making mixed number fractions. E.g, I've eaten half of one of my carrots, now I have 2 ½!
		Art	Making collages	Have a go at making a collage of your face using old newspapers or magazines!
Y5	2/2	English	Narrative	If you go somewhere on the weekend, use your senses to try and come up with some sentences about what you have seen using some figurative language e.g. the leaves danced in the trees
		Maths	Fractions	Complete the fractions practice that has been assigned to you on Maths.co.uk
		Science	Moon movement	Over the next week watch how the moon changes
Y6	2/2	English	Narrative	Using dialogue. Can you recap the skills of writing dialogue to an adult?
		Maths	Algebra	Look at work on www.maths.co.uk
		History	World War II	Can you explain to an adult why World War II began?

Home Learning

A reminder that all of our home learning is online through two main platforms and the expectation is that every child should be logging their reading, and completing challenges on TT Rocks every week. The children should also be learning their spelling lists.

Maths: Times Tables Rockstars
Reading: Boom Read



School Attendance News



Attendance Statistics

Whole School Attendance this week	95.2%	Whole School Attendance this year to date	94.3%
Number of children with over 97% attendance this week	174	Number of children with over 97% attendance this year	112



Class Attendance for this week:

Weekly Attendance	3F	3G	4OR	4T	5C	5T	6I	6W
Attendance Percentage	98.8%	96.9%	97.3%	96.9%	96.4%	95.9%	90.8%	90.9%
Progress	+3.7	+5.5	-0.8	+1.9	-0.4	+2.1	-3.6	-1.3

Getting Your Child to School Really Matters



Did You Know... ?

In a School Year, if Your Child is Late Every Day By... Your Child Would Have Lost Approximately... or They Would Have Missed Approximately...

5 Minutes	3.5 Days from School	20 Lessons
10 Minutes	7 Days from School	41 Lessons
15 Minutes	10 Days from School	55 Lessons
20 Minutes	14.5 Days from School	82 Lessons
30 Minutes	22 Days from School	123 Lessons

Please Encourage Punctuality to Maintain Attendance

What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9-15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'tricks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

Meet Our Expert

Anna Bateman is Director of Halyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday®

The National College®

X @wake_up_weds

f /www.thenationalcollege

ig @wake.up.wednesday

music @wake.up.weds

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This Week at Re:Minds

2nd-6th February

No need to book for a support group, just pop in and stay as long as you want

With thanks to:



Shirley Evening Support Group
For parents and carers of children who are neurodivergent and/or have mental health needs

6:30pm
Monday, 2nd of February

No booking needed. No cost. Just drop in.

A safe, welcoming space to connect with other parents and carers who share similar experiences. Meet others who understand and get advice and support from our trained staff with lived experience. You can also find out more about the wider support and projects we run across the city.

St James Road Methodist Church, St James Road, Shirley, SO14 3JF. Free parking available for those with a car.

For more and details visit www.reminds.org.uk or scan the QR code.

Shirley Support Group
For parents and carers of children who are neurodivergent and/or have mental health needs

10am
Friday 6th February

No booking needed. No cost. Just drop in.

A safe, welcoming space to connect with other parents and carers who share similar experiences. Meet others who understand and get advice and support from our trained staff with lived experience. You can also find out more about the wider support and projects we run across the city.

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BUSHCRAFT HOLIDAY CLUB

SPEND YOUR HOLIDAYS EXPLORING THE OUTDOORS!

Unleash your adventurous side at our Bushcraft Holiday Club! This one-day outdoor course is perfect for young people aged 9-14 (Year 5 and up) who are ready to explore the great outdoors and learn real bushcraft skills.

Spend the day building shelters, cooking delicious food over a campfire, mastering the use of Kelly Kettles, and trying your hand at woodworking. Whether you're a first-time explorer or an experienced adventurer, there's always something new to learn! Sign up and book your space through the QR Code →

 School holidays

 Itchen Valley Country Park, Allington Lane



www.youthoptions.org.uk
Youth Options is a registered Charity (1056463).



PRESCHOOLS & CHILDCARE

PREVENTION

TARGETED

PROGRESSION

OUTDOOR LEARNING




WOODLAND HOLIDAY CLUB

SPEND YOUR HOLIDAYS EXPLORING THE OUTDOORS!

Unleash your sense of adventure at our Ofsted Registered Forest School-themed holiday club!

Designed for children aged 5-11 (Year 1 and up), our holiday club offers a magical mix of outdoor activities. From shelter building and campfire cooking to woodland art, games, nature walks, and habitat exploration, there's something for every young explorer. Join us for a holiday experience full of learning, fun, and fresh air!

Sign up and book your space through the QR Code →

 School holidays

 Outdoor Learning Centre, Bishopstoke Road, Eastleigh



www.youthoptions.org.uk
Youth Options is a registered Charity (1056463).



PRESCHOOLS & CHILDCARE

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OUTDOOR LEARNING

Dates for the Year



SPRING TERM 2026

Wednesday, 4th February	:	Y3 Library Visit
Tuesday, 10 th February	:	Y4 Outcome Afternoon at 2:30pm
Friday, 13 th February	:	'Break the Rules' Non-Uniform Day Disco (5:30pm - 7pm)
16 th – 20 th February	:	Half Term
Monday, 23 rd February	:	INSET Day
Thursday, 5 th March	:	World Book Day & Dress Up Day
9 th – 13 th March	:	Assessment Week
Tuesday, 24 th March	:	Parents Evening (3:30pm – 7:00pm not 5T)
Wednesday, 25 th March	:	Parents Evening (3:30pm – 5:00pm)
Friday, 27 th March	:	'Break the Rules' Non-Uniform Day End of Term: (3.15pm)

SUMMER TERM 2026

Monday, 13 th April	:	Summer Term begins
Wednesday, 22 nd April	:	Y6 SATS Parents Evening Event (6:00pm)
Thursday, 23 rd April	:	Spanish Language Day
Friday, 24 th April	:	Disco (5:30pm - 7pm)
Thursday, 30 th April	:	Y3 Hilliers Trip
Monday, 4 th May	:	Bank Holiday
11 th – 14 th May	:	SATs Week (Y6)
Friday, 22 nd May	:	Y6 Careers Fair (pm) 'Break the Rules' Non-Uniform Day
25 th – 29 th May	:	Half Term
Friday, 5 th June	:	Disco (5:30pm – 7pm)
Friday, 19 th June	:	INSET Day
22 nd – 26 th June	:	Assessment Week (Y3 –5)
Monday, 29 th June	:	Year 2 Parents Evening (5:30pm)
Wednesday, 1 st July	:	Transfer Day
Thursday, 2 nd July	:	Y3 & Y4 (9am – 11:30am) Sports Day
Friday, 3 rd July	:	Y5 & Y6 (9am – 11:30am) Sports Day (Reserve Sports Day: Mon 6 th July)
Friday, 10 th July	:	Y4 Itchen Valley Teambuilding Day
Friday, 17 th July	:	Year 6 Leavers Prom (6.30pm – 8:30pm)
Monday, 20 th July	:	Y6 Leavers Celebration Event (6:00pm)
Wednesday, 22 nd July	:	End of Term: (3.15pm)

