

# Townhill Junior School

## Start of Term Newsletter



### Welcome Back

Thank you for your support with a fantastic start to the new term over the first two days. The children have worked extremely hard and made a very positive impression with both their behaviour and the quality of their work.

Unfortunately, I was not as visible as I would have liked this week following an operation I had waited for all summer, that was then offered on Tuesday and I had to take. The operation successfully removed an area of skin cancer below my left eye and that would explain why I was wearing sunglasses even in the rain! I was advised to rest so have not been in school in the afternoons, but I will be in fully from Monday and on the gate before and after school should you need to speak to me. I am very grateful to Mrs Salmon and the staff team for helping to create such a smooth start to the term.

This is the first edition of our weekly newsletter where we will share key events that have happened and also give a summary of what the children are learning.

### Morning Routine

Thank you for getting the children to school so successfully on the first two days – this is never easy after the summer break!

From Monday, the children can now walk on round with their friends and we ask that adults leave them at either of the gates. There are always staff on the main gate and Cutbush Lane gate and our playground areas to get the children where they need to go and it helps us to ensure we know who is on site making it safer for the children.

### Morning Routine

### Open Classrooms

This week there will be an opportunity to Meet the Teacher and see your child's classroom. They will run from 3:05pm until 3:30pm and you can enter via the back door of the classroom. Members of SLT will be there to show you where to go. The dates are as follow:

- Monday 7<sup>th</sup> September: Year 3
- Tuesday 8<sup>th</sup> September: Year 6
- Wednesday 9<sup>th</sup> September: Year 4
- Thursday 10<sup>th</sup> September: Year 5



## Key Dates

I have included the key dates that we have so far for this academic year at the bottom of the newsletter, so please make a note of them and you will receive further information nearer the time of each event via Arbor. All key dates can also be found on the calendar on the website:

[Townhill Junior School - Calendar](#)



## Clubs



Information for registering your child for either our before or after school clubs will be available to book on Arbor very soon. Unless they are provided by an external provider, all our clubs run by staff are free of charge.

## Tuck Shop

Our TJS tuck shop opens at breaktime each day. There are a selection of healthy snacks available and each item is 50p.

- Monday and Thursday tuck will be available from the school office
- Tuesday, Wednesday & Friday tuck will be available on the playground



## Name Labels



The children have looked so smart in their new uniforms but please help us to ensure they don't lose them by labelling their clothes and also their water bottles and lunchboxes. Despite being back only two days, we already have an increasing collection of items in Lost Property and none of it has names on. If they are named, we have a system to quickly return them to the children. We have named their new PE top that are provided for Year 3 and Year 5.

## Breakfast Club

Should you require a place at our free Breakfast Club, please let the office know. This runs from the back door of The Snug, which can be found a short way down the path leading into school from the Cutbush Lane gate. It opens at 8:15am and the children are walked up to class through the inside of the building when the bell goes for the start of the day.



## Safe Parking



Please try to avoid parking in Cutbush Lane and especially on the zig zags. There are plenty of parking spaces in the roads opposite with crossing points in place to help the children cross safely. We thank you for your support with keeping the roads safe for our children. As a parking priority area, there will be an increased presence in parkign patrols in Cutbush Lane. We are also part of the Safer Paking Campaign with SCC.

## Safer Parking Campaign

Southampton City Council is running a **Safer Parking Campaign** to help keep children, families and neighbours safe around Townhill Junior School.

Unsafe and inconsiderate parking can make it difficult for children to cross safely, block visibility, delay emergency vehicles and prevent people using mobility aids or pushchairs from moving around safely on their everyday journeys.

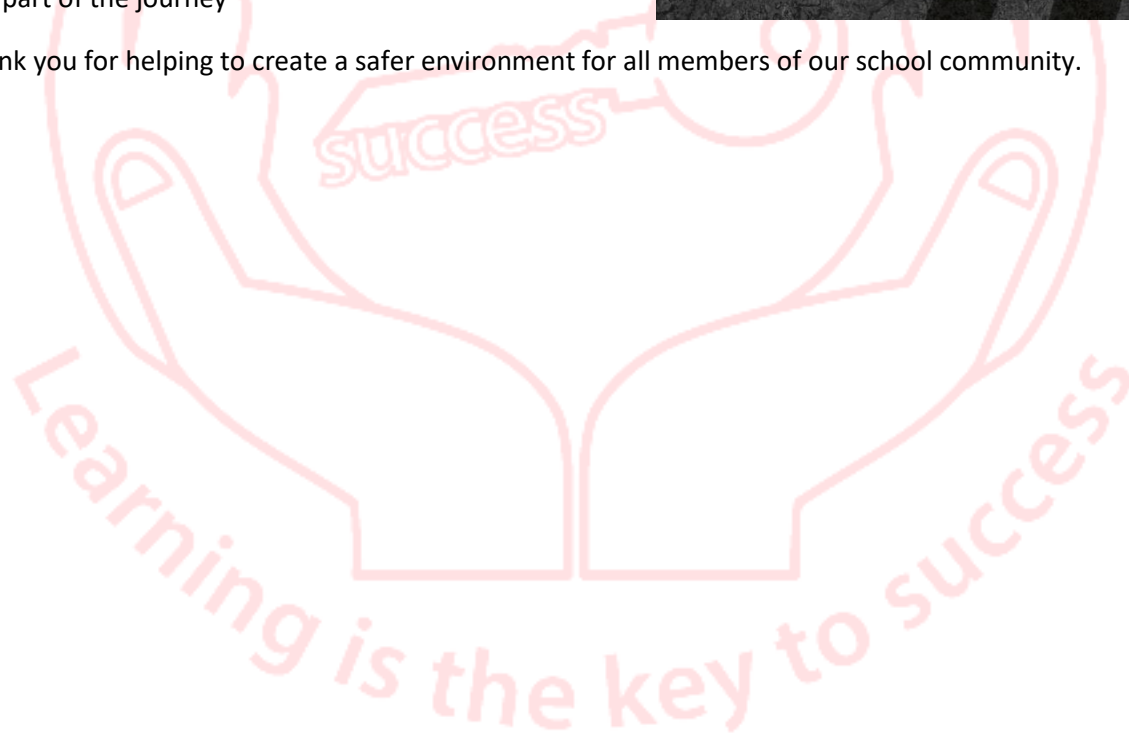
We ask all parents and carers to support the campaign by:

- Parking legally and considerately.
- Avoiding School Keep Clear zig-zags and yellow lines.
- Not stopping or parking at junctions, crossings or across dropped kerbs
- Parking a little further away and walking the final part of the journey

Thank you for helping to create a safer environment for all members of our school community.

### HOW CAN YOU HELP KEEP US SAFE?

- ✓ Park considerately
- ✓ Never park on Keep Clear zig-zags or yellow lines
- ✓ Park further away from the school
- ✓ Avoid parking near junctions, driveways or crossing points



## School Attendance News



### Attendance Statistics

|                                                                     |                                                                     |
|---------------------------------------------------------------------|---------------------------------------------------------------------|
| Whole School Attendance this week<br><b>97.0%</b>                   | Whole School Attendance this year to date<br><b>97.0%</b>           |
| Number of children with over 97% attendance this week<br><b>187</b> | Number of children with over 97% attendance this year<br><b>187</b> |



### Class Attendance for this week:

| Weekly Attendance     | 3F    | 3T    | 4C    | 4T    | 5B    | 5G   | 6I    | 6P    |
|-----------------------|-------|-------|-------|-------|-------|------|-------|-------|
| Attendance Percentage | 93.4% | 98.4% | 89.5% | 94.4% | 95.5% | 100% | 98.8% | 93.0% |
| Progress              |       |       |       |       |       |      |       |       |

### Getting Your Child to School Really Matters

#### Did You Know... ?

In a School Year, if Your Child is Late Every Day By...

|            |                       |             |
|------------|-----------------------|-------------|
| 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 |

or They Would Have Missed Approximately...

Please Encourage Punctuality to Maintain Attendance

# 10 Top Tips for Parents and Educators

## RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

### 1 SPOT THE SUBTLE SIGNS

Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

### 2 KEEP CONVERSATIONS FLOWING

Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

### 3 MAKE MOVEMENT PART OF THE DAY

Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

### 4 SUPPORT HEALTHY SLEEP PATTERNS

Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

### 5 PRACTISE MINDFULNESS

Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

### 6 SET DIGITAL BOUNDARIES

Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

### 7 NURTURE SOCIAL CONNECTIONS

Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

### 8 PROGRESS OVER PERFECTION

Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

### 9 TEACH EVERYDAY PROBLEM-SOLVING

Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

### 10 BE THE MODEL THEY NEED

Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

### Meet Our Expert

Anna Bateman is Director of Halcyon 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®

**NON CONTACT KARATE  
TAUGHT BY FULLY  
QUALIFIED INSTRUCTORS**



**EVERYONE WELCOME  
FROM 4 YEARS OLD**



WE TEACH TRADITIONAL KARATE  
ENCOURAGING CONFIDENCE, RESPECT,  
DISCIPLINE, SELF AWARENESS AND AGILITY IN  
A FUN & CONTROLLED ENVIRONMENT. ALL  
CLASSES ARE FRIENDLY, INFORMATIVE &  
CATER TO THE INDIVIDUAL NEEDS OF THE  
STUDENT.



**TOWNHILL JUNIORS SCHOOL  
TUESDAYS 5.00PM – 6.00PM**

*£0.50 PER CLASS – PAY AS YOU GO*

*MEMBERSHIP REQUIRED AFTER FIRST CLASS £27.50 PER YEAR*

*MANY MORE CLASSES TO CHOOSE FROM, FIND THEM ALL AT: [WWW.SOUTHERNKARATE.ORG](http://WWW.SOUTHERNKARATE.ORG)*

**FOR MORE INFORMATION AND TO BOOK YOUR PLACE**

**EMAIL: [info@southernkarate.org](mailto:info@southernkarate.org)**

**Tel: 07764 478507**





A vertical poster for Shine Performing Arts Drama Academy. The background is dark purple with white stars and light rays. At the top, the text 'TRAIN. PERFORM. ELEVATE.' is in white, bold, sans-serif font, underlined. Below it is a circular logo with 'SHINE PERFORMING ARTS' around the perimeter and a camera on a tripod in the center. The text 'Weekly classes for ages 5-17 years' is in a white, cursive font. Below this are five sections, each with an icon and text. 1. Icon: Two theater masks (one smiling, one frowning). Text: '-ACTING FOR STAGE & SCREEN-' in red, bold, sans-serif font, followed by 'Develop skills for stage, screen & auditions' in white. 2. Icon: A certificate with a ribbon. Text: '-LAMDA EXAMS-' in blue, bold, sans-serif font, followed by 'Earn qualifications that boost your future.' in white. 3. Icon: A clapperboard. Text: '-SPA TALENT AGENCY-' in red, bold, sans-serif font, followed by 'Take steps towards professional casting. Spotlight accredited.' in white. 4. Icon: A five-pointed star. Text: '-ANNUAL AWARDS EVENING-' in blue, bold, sans-serif font, followed by 'Celebrate achievements and success.' in white. At the bottom, a dark purple banner contains the text '• Ashurst • Bursledon • Hedge End • Stubbington • West End •' in white, cursive font. Below the banner, the text 'BOOK A FREE TRIAL TODAY' is in large, bold, yellow, sans-serif font. To the left of the website address are four social media icons: Facebook, Instagram, TikTok, and YouTube. The website address 'www.shineperformingarts.net' is in white, sans-serif font. To the right is a QR code with 'SHINE' written above it and 'DISCOVER MORE' written below it in a small, white, sans-serif font.

**TRAIN. PERFORM. ELEVATE.**

SHINE PERFORMING ARTS

*Weekly classes for ages 5-17 years*

**-ACTING FOR STAGE & SCREEN-**  
Develop skills for stage, screen & auditions

**-LAMDA EXAMS-**  
Earn qualifications that boost your future.

**-SPA TALENT AGENCY-**  
Take steps towards professional casting.  
Spotlight accredited.

**-ANNUAL AWARDS EVENING-**  
Celebrate achievements and success.

*• Ashurst • Bursledon • Hedge End • Stubbington • West End •*

**BOOK A FREE TRIAL TODAY**

    [www.shineperformingarts.net](http://www.shineperformingarts.net)

SHINE  
DISCOVER MORE



# Neuly is now available in the UK

The expert-built AI for parents and carers raising neurodivergent children.

Neuly is an AI companion for parents and carers of neurodivergent children, **offering personalised insights, practical strategies and support**. The more you talk, the more Neuly learns what works for your child - your conversations with Neuly are between you and Neuly, no one else.

What you get:

- Practical strategies and support tailored for your child
- Always there for you, day or night
- On WhatsApp and Web app
- All data securely held

“ To have support and be able to chat freely whenever it is needed has been so helpful for myself and my family. The strategies and ideas it can bring into everyday life has helped us so much.

Lydia, mum of 2



Available across the UK, on **WhatsApp & Web app**

## LAUNCH OFFER

Just for members of the Re:Minds community

## 14-day free trial

Offer ends  
30<sup>th</sup> September 2026

Start your free trial today

**neuly.ai**

Then £12.99 a month. Cancel any time

Neuly is not a diagnostic service and does not replace advice from your GP or school.

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## Neuly understands

# Next Week at Re:Minds



**7th – 11th September**

## Book ahead

**5pm · Monday 8<sup>th</sup> September**

### **CAMHS Evening Advice Clinic**

A private 10-minute virtual appointment with a CAMHS clinician about any issue covered by the service. Open to all Re:Minds members seeking general advice.

**Book your slot: [info@reminds.org.uk](mailto:info@reminds.org.uk)**

## Book ahead

**10.30am · Tuesday 9<sup>th</sup> September**

### **CAMHS Autism Advice Clinic**

A private 10-minute virtual appointment to speak with a clinician about support for your child's mental health including where autism may be contributing to their needs.

**Book your slot: [info@reminds.org.uk](mailto:info@reminds.org.uk)**

## Drop in

**6pm · Wednesday 10<sup>th</sup> September**

### **Virtual Support Group**

For parents and carers of children who are neurodivergent and/or have mental health needs. Meet others who understand, from the comfort of home.

**Zoom link shared in our Facebook group**

## Drop in

**10am–12pm · Friday 12<sup>th</sup> September**

### **Shirley Support Group**

A safe, welcoming space to connect with other parents and carers who share similar experiences. Held at St James Road Methodist Church, St James Road, Shirley.

**No booking needed – just drop in**

Please check our Facebook events page for any changes, or visit our website to find out more information about our advice clinics and support groups.

 [reminds.org.uk](https://reminds.org.uk)

 [/groups/reminds](https://www.facebook.com/groups/reminds)

 [info@reminds.org.uk](mailto:info@reminds.org.uk)

**With thanks to**

  
Hampshire and Isle of Wight

  
Child and Adolescent Mental Health Services

  
Solicitors

## Dates for the Year



### AUTUMN TERM 2026

|                                              |   |                                           |
|----------------------------------------------|---|-------------------------------------------|
| Monday, 7 <sup>th</sup> September            | : | Y3 'Open Classroom' from 3:05pm           |
| Tuesday, 8 <sup>th</sup> September           | : | Y6 'Open Classroom' from 3:05pm           |
| Wednesday, 9 <sup>th</sup> September         | : | Y4 'Open Classroom' from 3:05pm           |
| Thursday, 10 <sup>th</sup> September         | : | Y5 'Open Classroom' from 3:05pm           |
| Monday, 14 <sup>th</sup> September           | : | Children's Photos (Individual)            |
| Thursday, 17 <sup>th</sup> September         | : | Y5 Anglo Saxon & Viking History Day       |
| Friday, 18 <sup>th</sup> September           | : | Y4 Art Gallery Trip                       |
| Friday, 2 <sup>nd</sup> October              | : | Y3 Hilliers Garden Trip                   |
| Tuesday, 6 <sup>th</sup> September           | : | Y6 Stubbington Parents Meeting (5:30pm)   |
| 5 <sup>th</sup> – 8 <sup>th</sup> October    | : | Y6 Mock SATs Week                         |
| Monday, 5 <sup>th</sup> October              | : | Harvest Festival                          |
| 12 <sup>th</sup> – 16 <sup>th</sup> October  | : | Y5 Bike Week                              |
| Monday, 19 <sup>th</sup> October             | : | Y3 Stone Age Day                          |
| Thursday, 22 <sup>nd</sup> October           | : | 'Break the Rules' Non Uniform Day         |
| Friday, 23 <sup>rd</sup> October             | : | INSET Day                                 |
| 26 <sup>th</sup> – 30 <sup>th</sup> October  | : | Half Term                                 |
| 2 <sup>nd</sup> – 6 <sup>th</sup> November   | : | Y6 Stubbington Residential Trip           |
| Wednesday, 11 <sup>th</sup> November         | : | Y4 Mayflower Trip to Welsh National Opera |
| 16 <sup>th</sup> – 20 <sup>th</sup> November | : | Assessment Week                           |
| Friday, 20 <sup>th</sup> November            | : | Disco (5:30pm - 7pm)                      |
| Tuesday, 1 <sup>st</sup> December            | : | Parents Evening (3:30pm – 6:30pm)         |
| Friday, 4 <sup>th</sup> December             | : | Parents Evening (3:30pm – 5:30pm)         |
| Tuesday, 15 <sup>th</sup> December           | : | Carols by Candlelight (5pm)               |
| Wednesday, 16 <sup>th</sup> December         | : | Christmas Lunch                           |
| Friday, 18 <sup>th</sup> December            | : | End of Term (3.15pm)                      |

### SPRING TERM 2027

|                                              |   |                                   |
|----------------------------------------------|---|-----------------------------------|
| Monday, 4 <sup>th</sup> January              | : | Spring Term begins                |
| 18 <sup>th</sup> – 21 <sup>st</sup> January  | : | Y6 Mock SATs Week                 |
| Friday, 12 <sup>th</sup> February            | : | 'Break the Rules' Non Uniform Day |
| 15 <sup>th</sup> – 19 <sup>th</sup> February | : | Half Term                         |
| Tuesday, 23 <sup>rd</sup> February           | : | Language and Culture Day          |
| Friday, 26 <sup>th</sup> February            | : | Disco (5:30pm - 7pm)              |
| Monday, 22 <sup>nd</sup> February            | : | INSET Day                         |
| 1 <sup>st</sup> – 5 <sup>th</sup> March      | : | Assessment Week                   |
| Thursday, 4 <sup>th</sup> March              | : | World Book Day & Dress Up Day     |
| Tuesday, 16 <sup>th</sup> March              | : | Parents Evening (3:30pm – 6:30pm) |
| Friday, 19 <sup>th</sup> March               | : | Parents Evening (3:30pm – 5:30pm) |
| Thursday, 25 <sup>th</sup> March             | : | 'Break the Rules' Non Uniform Day |
|                                              | : | End of Term: (3.15pm)             |

### SUMMER TERM 2027

|                                   |   |                                        |
|-----------------------------------|---|----------------------------------------|
| Monday, 12 <sup>th</sup> April    | : | Summer Term begins                     |
| Wednesday, 21 <sup>st</sup> April | : | Y6 SATS Parents Evening Event (6:00pm) |
| Monday, 3 <sup>rd</sup> May       | : | Bank Holiday                           |

|                                                  |   |                                                 |
|--------------------------------------------------|---|-------------------------------------------------|
| <b>10<sup>th</sup> – 13<sup>th</sup> May</b>     | : | SATs Week (Y6)                                  |
| <b>Monday, 24<sup>th</sup> May</b>               | : | Class Photos                                    |
| <b>Friday, 28<sup>th</sup> May</b>               | : | Y6 Careers Fair (pm)                            |
|                                                  |   | 'Break the Rules' Non Uniform Day               |
|                                                  |   | Disco (5:30pm – 7pm )                           |
| <b>31<sup>st</sup> May – 4<sup>th</sup> June</b> | : | Half Term                                       |
| <b>TBC: Friday, 11<sup>th</sup> June</b>         | : | Y6 Paultons Trip                                |
| <b>Friday, 18<sup>th</sup> June</b>              | : | INSET Day                                       |
| <b>14<sup>th</sup> – 18<sup>th</sup> June</b>    | : | Assessment Week (Y3 –5)                         |
| <b>Monday, 5<sup>th</sup> July</b>               | : | Year 2 Parents Evening (5:30pm)                 |
| <b>Wednesday, 7<sup>th</sup> July</b>            | : | Transfer Day                                    |
| <b>Thursday, 8<sup>th</sup> July</b>             | : | Y3 & Y4 (9am – 11:30am) Sports Day              |
| <b>Friday, 9<sup>th</sup> July</b>               | : | Y5 & Y6 (9am – 11:30am) Sports Day              |
|                                                  |   | (Reserve Sports Day: Mon 12 <sup>th</sup> July) |
| <b>Friday, 16<sup>th</sup> July</b>              | : | Year 6 Leavers Prom (6.30pm – 8:30pm)           |
| <b>Tuesday, 20<sup>th</sup> July</b>             | : | Y6 Leavers Celebration Event (6:00pm)           |
| <b>Wednesday, 21<sup>st</sup> July</b>           | : | End of Term: (3.15pm)                           |

**NB:** All dates are subject to change, but you will be notified in advance if this happens.

#### **INSET Days for 2026/27**

Friday 23rd October 2026  
Monday 22nd February 2026  
Friday 18th June 2027



Wishing you all an enjoyable weekend,

Mr H  
Headteacher

