

Townhill Junior School

Weekly Update: 16th January



We have already completed the second week in January and it has been another busy and eventful week. Here is a flavour of what has been taking place:

Life Lab

We have linked up with the Faculty of Medicine Team at University of Southampton who have kindly provided their huge Life Lab boxes to enhance our Science provision for both Year 3 and Year 6. This week Year 3 were looking at work on the human skeleton and which chocolate bar would make the strongest bone!



Chatterbooks Group .



Mrs Gregory's Chatterbooks group really enjoyed their latest book and have finished reading *The Millicent Quibb School of Etiquette and Young Ladies of Mad Science* by Kate McKinnon. They would highly recommend it, so look out for it in the library.

Year 5 Food Technology

Year 5 have enjoyed developing their cooking skills by peel, cutting and preparing fillings for their fruit crumbles. They will be learning how to mix their ingredients into a crumble and cook them in the school kitchens over the coming lessons.



Star of the Week

Class	Name
3F	Marcel
3G	Daniel
4OR	Anaya
4T	Lana
5T	Glynnis
5C	Hope
6I	Clarke
6OH	George
PE	Viren
Music	Isla J

Times Tables Rocks Leaderboard

Rank	First Name	Class	Speed Improvement
1	Bow	4OR	-6.39
2	Anaya	4OR	-2.78
3	Donat	4T	-1.77
4	Charis	5T	-1.37
5	Lillia	6I	-1.28
6	Ava	4T	-0.78
7	Aoife	4T	-0.63
8	Kaya	4OR	-0.35
9	Jaxson	5C	-0.14
10			

Boom Reader Leaderboard

Class	Most Reads
3F	Maggie
3G	Darcy
4OR	Penny
4T	Ruby
5C	Iliana & Bella
5T	X
6I	Desandu
6OH	Hector
Class	4OR



Learning is the key to success



Current Learning

	Week Begin	Subject	What the children will be learning	Ideas to support with the learning at home
Y3	19/1	English	You do non-chronological report	Think about what you want your own mythical creature to look like. This will help us in advance to write our own non-chronological reports.
		Maths	Volume	Have a look at liquid containers, what unit of measurement is used? What is the smallest and largest container you can find?
		DT	Sewing	Practice or tell an adult how to produce the running stitch and back stitch.
Y4	19/1	English	You do non-chronological report	Tell an adult the most interesting fact you know about the digestion system
		Maths	Graphs and statistics	Ask people you know what their favourite fruit is and draw a graph of their answers
		Geography	Our locality	Look at Southampton on a digital map – what features of the area can you find?
Y5	19/1	English	You do non-chronological report	Tell your adult at home about your perfect pet and how to care for them
		Maths	Fractions	Practise TTrockstars to help you find common multiples between numbers
		DT	Kitchen skills	Ask an adult if you can help them make dinner, see if you can use the knife skills from our DT lesson (chopping, dicing, julienne)
Y6	19/1	English	Non-chronological report	Research any extra facts you might need to help you write your report.
		Maths	Ratio	Maths.co.uk for some extra practice before Mock SATs next week
		History	Sewing	Do you have an item of clothing that needs repairing at home? Have a go at making do and mend it!

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	92.5%	Whole School Attendance this year to date	94.3%
Number of children with over 97% attendance this week	163	Number of children with over 97% attendance this year	118



Class Attendance for this week:

Weekly Attendance	3F	3G	4OR	4T	5C	5T	6I	6W
Attendance Percentage	96.8%	96.3%	92.5%	92%	90.1%	90.1%	91.9%	93.4%
Progress	-2.5%	+3.7%	+4.3%	-4.9%	-6.1%	-0.8%	-0.6%	+2%

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 DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUpWednesday®

The National College®

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ig @wake.up.wednesday

music @wake.up.weds

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Coming up at Re:Minds



9th - 19th January 2026

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

**10am Friday
9th January**

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 experience.

The team also find out more about the wider health and practice we can offer the LIT.

For more and details visit: www.reminds.org.uk or call 01329 300000

ADHD Advice Clinic

10am Monday, 12th of January

About the Clinic
Book a private, 15 minute virtual appointment to speak with a clinician about any questions or concerns related to ADHD, pre or post diagnosis.

Appointments will be with Laura Nisbet, Lead ADHD Nurse from CAMHS.

To book your advice slot, please email: info@reminds.org.uk

SEND Legal Advice Clinic

12.30pm Tuesday 13th January

About the Clinic
We are linking with Shenton's Solicitors to offer free SEND legal advice clinics for Re:Minds families. These sessions provide clear guidance and support on issues such as:

- DAD needs assessments and how to request one
- Problems of school related to SEN (with or without an EHC)
- Agreements, including referrals to therapy, advice to meet a DfE, and issues with placement or placement
- Preparing for Tribunal and getting evidence of need
- Issues with provision in an IEP, including non-delivery of educational provision
- Appointments, statutory timescales and LA compliance
- Health and social care needs linked to EHCs
- Identifying other organisations to contact
- Rights of young people aged 16+ (with capacity) regarding their EHC

To book your 30 minute advice slot, please email: info@reminds.org.uk

CAMHS Advice Clinic

10am Thursday 15th January

About the Clinic
Book a private, 15-minute virtual appointment to speak with a clinician about any issues covered by CAMHS.

This clinic is led by the Southampton Specialist CAMHS service and is open to all Re:Minds members seeking general advice.

To book your advice slot, please email: info@reminds.org.uk

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

**10am Monday
19th January**

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 relevant experience. You can also find out more about the wider support and projects we can offer across the city.

The Hope Centre, Depton Close, Weston, SO40 5JH. On-site parking available, free access.

Kerstin from our 16-25 service Mental Health Collective will be at each group to offer her support and guidance for anyone who is looking after a young person in this age group

Please email info@reminds.org.uk to book your space at the clinic

with thanks to:

No need to book to attend the support group - just drop in!



SOUTHAMPTON MENTAL HEALTH IN SCHOOLS TEAM

NHS
Hampshire and
Isle of Wight Healthcare
NHS Foundation Trust

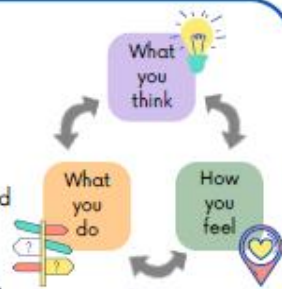


Supporting An Anxious Child

for parents /carers of children age 4-11

SilverCloud is an online, evidence-based, programme for parents who are supporting a child with anxiety that will help to teach you techniques based on Cognitive Behavioural Therapy (CBT).

It looks at thoughts feelings and behaviours and there are many activities to complete to help you to make practical changes in these areas that will help your child overcome their anxiety.



What is Supporting An Anxious Child?

It can be challenging as a parent when your child is struggling with the first signs of anxiety, but many parents find CBT based support helps them to understand their child's difficulties better and learn how to help them overcome their fears and worries.

Accessing this support online means that you can complete learning modules at a time and pace that suits your schedule, making it easier to balance with your other commitments at home and/or work.

With SilverCloud you can also have support from a mental health practitioner for the first 2 months of your programme to help tailor the content to your individual needs, provide guidance as you work through the content, and answer any questions that you may have.

SOUTHAMPTON MENTAL HEALTH IN SCHOOLS TEAM

NHS
Hampshire and
Isle of Wight Healthcare
NHS Foundation Trust

The programme includes the following modules:

Supporting An Anxious Child

Empower you to recognise and focus on the helpful sides of anxiety.

Parenting Positively

Learn how to respond more positively when your child is experiencing anxiety.

Changing Anxiety

Learn how to use key CBT skills to help your child make changes which reduce their anxiety.

Problem Solving

Learn when to address your child's worries with effective problem solving.

Changing Thoughts

Promote the use of cognitive restructuring strategies to challenge worries and create more balanced thinking.

Facing Fears

Facilitate recognition of the importance of children facing their fears, rather than avoiding them.

Creating a Plan

Supporting you in ongoing anxiety management planning.

Moving Forward

Enhance understanding of the importance of self-esteem and resilience in staying healthy.

What parents have told us...

“Good advice”
“Lots of good ideas through the modules and it was a good opportunity to organise thoughts and strategies for managing my child's anxieties”
“ So many helpful materials”

How can I access SilverCloud?

If you would like to be referred to the programme, please speak to the mental health lead at your child's school.

Additional modules

Relaxation
Grief & Loss
Sleep difficulties
Panic

Scan the code for the SilverCloud Video



Boom!

Boom! is a beginner percussion group for all young musicians.

Everyone is welcome. No previous experience required.



Rehearsals take place on Tuesdays in term time,
4.30 – 5.15 at Cantell School, Violet Road, SO16 3GJ

Membership fee: £60 per term

Up to 3 free taster rehearsals

For further information and to sign up, please use contact details below:



siowmusic.org
music@siowmusic.org
023 8083 3648



BRASSROOTS

Do you play a brass instrument? Can you play 5 notes or more?
Do you enjoy making music others? Then this is the group for you.

Brassroots is the beginner brass ensemble in Southampton,
run by Southampton & IOW Music with funding
from the Friends of Southampton Youth Brass Band.

Rehearsals will take place at

Richard Taunton Sixth Form College

on

Tuesdays (5-6pm) during term time



Membership fee: £60 per term
Up to 3 free taster rehearsals

For further information and to sign up, please use contact details below:



SOUTH
COAST
MUSIC

siowmusic.org
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Southampton and IOW Music Ensembles 2026

Beginner	Boom! Percussion Group – No prior experience required Tuesday, 4.30 – 5.15 at Cantell School				
Initial	Elgar Strings Bowed Strings Grades 1-3 Monday 4.30 – 5.30, Cantell School	Airplay Wind Band Woodwind, Brass, Percussion, Pre-Grade 1 – Grade 3 Thursday 4.30 – 5.30, Cantell School		Brassroots Brass Band Brass and Percussion 5 notes – Grade 3 Tuesday 5.00 – 6.00, Taunton's College	
Mid Tier	Southampton Youth Strings Bowed Strings Grades 3-5 Monday 5.00 – 6.30, Cantell School	Pulse8 Wind Band Woodwind, Brass, Percussion Grades 3 – 5 Monday 4.50 – 6.20, Taunton's College		Southampton Youth Brass Band Brass and Percussion Grade 3 + Tuesday 4.45 – 6.45, Taunton's College	
Training	Southampton Youth Concert Sinfonia Bowed Strings, Woodwind, Brass and Percussion Grade 5 + Wednesday 6.15 – 8.15, Cantell School		Southampton Youth Brass Band Brass and Percussion Grade 3 + Tuesday 4.45 – 6.45 Taunton's College		Groove Syndicate (Rock Band) Guitar, Bass Guitar, Kit, Keys, Vocals Grades 3-5 Wednesday 4.45 – 5.45 Cantell School
Top Tier	Southampton Youth Orchestra Bowed Strings, Woodwind, Brass and Percussion Grade 7 + Friday 6.15 – 9.15 Taunton's College	Southampton Youth Wind Band Woodwind, Brass and Percussion Grade 6+ Thursday 5.00 -7.00 Taunton's College	Southampton Youth Brass Band Brass and Percussion Grade 3 + Tuesday 4.45 – 6.45 Taunton's College	Groove Merchant (Rock Band) Guitar, Bass Guitar, Kit, Keys, Vocals Grade 5 + Thursday 4.45 – 5.45 Bitterne Park 6 th Form	Studio Band (Jazz Band) Grade 6 + Select Saturdays 9.45 – 11.45 Taunton's College

Please use the details below for further information. Membership fees apply.



siowmusic.org
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Y6 SECONDARY TRANSITION

Join Lisa for our SEN Support Workshop

- Learn what a smooth transition looks like
- Explore practical SEN strategies
- Make the most of the time before September
- Get signposted to extra guidance



March 2026
Friday 6th 13:00
Tuesday 10th 17:00
Thursday 12th 10:30

JOIN US VIA TEAMS



WWW.HAMPSHIRESENDIASS.CO.UK/WORKSHOPS



Online Workshops

- Free impartial advice relating to SEND for 0-25 years.
- Confidential sessions not recorded.
- Peer support, talking to others experiencing a similar journey.
- A dedicated session with an experienced support worker

2 FEB

Responding to a draft EHCP

13:00

If you are in that critical time frame having received your draft

4 FEB

Considering an EHC Plan?

12:00

Independent and impartial information to guide you through the process

10 FEB

Alternative Provision

17:30

What constitutes as a suitable education in relation to section 19 of the education act

11 FEB

Ordinarily Available Provision and SEN Support

12:00

Looking at support available for those who do not have an EHCP

17 FEB

Responding to a draft EHCP

11:00

If you are in that critical time frame having received your draft

18 FEB

Appeals to SEND Tribunal

13:00

A step-by-step guide through the appeals process

www.hampshiresendiass.co.uk/workshops

Dates for the Year



SPRING TERM 2026

19 th – 23 rd January	:	Y6 Mock SATs Week
Wednesday, 21 st January	:	Y 4 Temple Visit
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)
Tuesday, 22 nd July	:	End of Term: (3.15pm)

