

# Townhill Junior School

## Weekly Update: 1<sup>st</sup> May



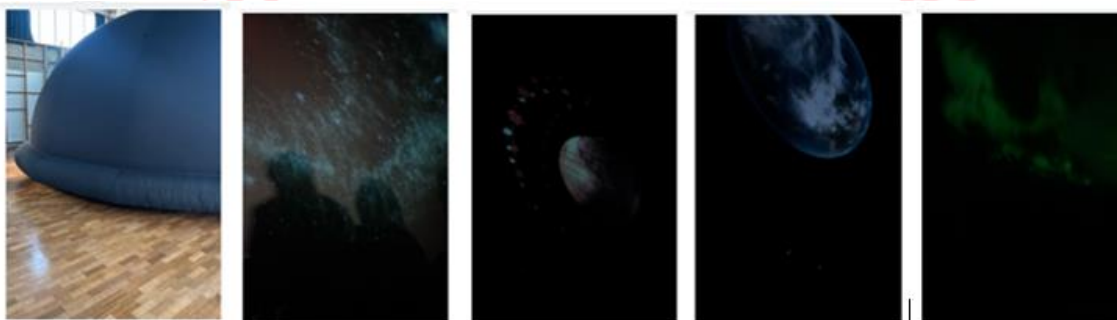
### Year 3 Hilliers Trip



On Thursday, Year 3 had an enjoyable and informative trip to Sir Harold Hillier Gardens, in Romsey. The children had the opportunity to explore the fantastic grounds to help them with their science work on plants. They also got to do pond dipping and use nature to create art work whilst getting a close up look at plants in their natural environment. The staff at Hilliers were impressed with how engaged and polite the children were.

### Year 5 Astrodome

On Wednesday, Year 5 were visited by the Astronomy Team at Southampton University who brought their wonderful astrodome to TJS. This helped to imbed their science knowledge on Earth and Space and the University staff were impressed with their knowledge and understanding. Inside the astrodome, the children got to see some fantastic images of Earth and Space, and all of this without even needing to leave the school hall. The University team will be returning to do some art and creative work alter in the term.



### Star of the Week

Class	Name
3F	Bright
3G	Zack
4OR	David
4T	Lincoln
5T	Lena
5C	Jake
6I	Reggie
6W	Matilda
PE	Jalen
GAMES	Clara

### Times Tables Rocks Leaderboard

Rank	First Name	Class	Correct Answers
1	Alyssia	6I	11282
2	Desandu	6I	7764
3	Kaci-Jai	5C	5021
4	Joshua	6I	4871
5	Tawfiq	6I	3341
6	Connor	5C	2164
7	Louis	4T	2093
8	Oakley	4T	1855
9	Kejsan	6I	1819
10	Callum	5C	1530

### Boom Reader Leaderboard

Class	Most Reads
3F	Jack & Maggie
3G	X
4OR	Penny
4T	Darcey
5C	Herkus
5T	Charis
6I	X
6OH	Hector
<b>Class</b>	<b>4OR</b>



**Weekly Battle: Premier League**

6I 1,089 5C 485 4T 416 6OH 121

**Weekly Battle: Championship**

4OR 254 3F 59 3G 54 5T 52



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	04/05	English	Letter writing	Expand your vocabulary by reading 4 times this week. Don't forget to log it on Boom Reader.
		Maths	Lines and shape	<a href="#">Lines and angles - Year 3 Maths - BBC Bitesize</a> Use the activities to support your learning in class.
		Geography	Bee conservation	Research how we can help bees in the UK.
Y4	04/05	English	Non-chronological reports	Recap using commas in a list - <a href="#">How to use commas in a list - KS2 English - BBC Bitesize</a>
		Maths	Mass, length and volume	Read a recipe, what units of measure do they use in the recipe?
		Geography	Weather and Climate	<a href="#">Make your own wind vane - Met Office</a>
Y5	04/05	English	Letter writing	Write a letter to your teacher explaining why you deserve extra break
		Maths	Position and movement	Work on angles on <a href="http://www.maths.co.uk">www.maths.co.uk</a>
		Geography	Water cycle	Do the water cycle in a bag experiment so you can see the water cycle in action - <a href="#">How to Make a Water Cycle in a Bag   STEAM Activity for Kids</a>
Y6	04/05	English	SATs Revision	Revision on grammar strategies for the VGPS test
		Maths	SATs Revision	Revision on <a href="http://www.maths.co.uk">www.maths.co.uk</a>

## 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	94.8%	Whole School Attendance this year to date	94.3%
Number of children with over 97% attendance this week	173	Number of children with over 97% attendance this year	108



### Class Attendance for this week:

Weekly Attendance	3F	3G	4OR	4T	5C	5T	6I	6W
Attendance Percentage	99.4%	96.3%	93.5%	96%	96.8%	93.7%	91.1%	94.2%
Progress	-0.6%	-0.6%	+1.5%	+1.2%	+8.3%	0%	-7.3%	+1%

## 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

# 10 Top Tips for Parents and Educators

## MANAGING EXAM STRESS

At some point in their education, most young people will encounter exam stress, which can affect their mental, emotional, and physical wellbeing. Mental health charity YoungMinds estimates that 87% of pupils experience exam-related stress. This highlights the importance of supporting young people to manage exam pressure effectively, maintain perspective, and protect their overall wellbeing during these periods.

### 1 PRACTISE WORKLOAD WISDOM

The build-up to exams can feel overwhelming, with competing demands on time and energy. Encourage young people to reflect on whether their workload is realistic and allows them time to rest and recharge. Support them in creating a manageable revision timetable that includes regular breaks and occasional days off. Remind them that plans can be adjusted if they feel overwhelmed, helping to reduce the pressure and prevent burnout.

### 2 CLEAR UP THE CLUTTER

A cluttered workspace can reduce focus and increase stress levels. Encourage young people to keep their study area tidy and organised, with clearly arranged notes and materials. A calm, dedicated space can support concentration and create a more relaxed mindset. Adding colour, mind maps, or creative elements can also make revision feel less daunting and more manageable.

### 3 MASTER THE MATERIALS

Revision can feel particularly stressful if young people are unsure where to begin. Help them confirm key study topics and materials, ensuring they're using accurate and relevant resources. Reducing uncertainty can help them feel more in control of their learning. Reassure them that they don't need to know everything perfectly, as building their understanding over time is what matters most.

### 4 GET CREATIVE WITH NOTES

Writing out detailed notes, rather than relying only on bullet points, can strengthen their understanding and retention. Encourage young people to turn these notes into flashcards for regular review and repetition. Feeling familiar with their material can boost their confidence and reduce anxiety during exams. This approach can help them feel more prepared and less likely to panic under pressure.

### 5 USE VISUAL MEMORY AIDS

Visual resources can make learning more effective and reduce their frustration when information feels difficult to grasp. Encourage the use of diagrams, videos, sticky notes, and colour coding to reinforce key ideas. Creating simple mnemonics can also make information easier to remember. Using a variety of methods can help prevent mental fatigue and keep revision feeling fresh and manageable.

### 6 BUILD A TECH TOOLKIT

Technology can be a valuable supporting tool during exam preparation when used in a balanced way. Educational websites, revision platforms, and subject-specific videos can help explain complicated topics clearly, reducing the risk of confusion or stress. Encourage young people to use these tools to support – rather than overwhelm – their learning, and to take regular breaks from their screens to protect their wellbeing.

### 7 KEEP REVISION ENJOYABLE

Revision is often more effective when it feels engaging and varied. Encourage young people to incorporate humour, real-life examples, or creative approaches into their learning. Mixing study methods, including light physical activity such as short walks, can also improve their mood and focus. Enjoyable revision experiences can help reduce stress and make the process feel more positive and sustainable.

### 8 USE ACTIVE STUDY METHODS

Active revision techniques can help young people feel more confident and in control of their learning. Strategies such as spaced repetition and active recall, including self-testing or explaining concepts aloud, can highlight both their strengths and areas for improvement. This clarity can reduce last-minute panic and support a calmer, more prepared approach to exams.

### 9 USE AI THOUGHTFULLY

AI tools can support revision by making learning more personalised and manageable. Young people can use them to generate practice questions, summarise information, or break down topics into simpler steps. Used carefully, these tools can reduce overwhelm and save time. Remind young people to check AI information with trusted sources to ensure its accuracy and build confidence in their understanding.

### 10 PRACTISE WITH ONLINE TOOLS

Online revision platforms can help young people test their knowledge and track their progress. Many offer quizzes, flashcards, and practice papers aligned with exam boards. Encourage regular self-testing – including timed activities – to build up familiarity with exam conditions. Becoming more comfortable with the format of exams can reduce anxiety and help young people approach them with greater confidence.

### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of Social Enterprise UK's 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



See full reference list on our website

@wake\_up\_weds

/www.thenationalcollege

@wake.up.wednesday

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# ANCHOR YOUTH CLUB



A PLACE TO **CONNECT, CHAT & HAVE FUN!**

## WHAT'S ON OFFER?



POOL TABLE



FOOTBALL TABLES



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BOARD GAMES



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OCCASIONAL BAKING



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**£1**

**PER SESSION!**

FOR AGES 8 - 18YRS

**TUESDAYS**  
(TERM TIME ONLY)

**6.30PM - 7.30PM**

**TUCK SHOP AVAILABLE!**



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FOR MORE INFO  
& UPDATES

**ANCHOR COMMUNITY CHURCH**  
26 QUOB LANE,  
WEST END, SO30 3HN

Email: [anchorcommunitychurch2018@gmail.com](mailto:anchorcommunitychurch2018@gmail.com)  
[www.anchorcommunitychurch.com](http://www.anchorcommunitychurch.com)

**ALL WELCOME - BRING YOUR FRIENDS!**



**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**

**£6.50 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



Child Protection  
in Sport Unit






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 aged 5 - 12 years old,  
from £23.50 per day.

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**Romsey Rapids**  
**Itchen College**

08:30 - 17:30

26th - 29th

May

**BOOK  
ONLINE**



Book before May 5<sup>th</sup> for our early bird discount: Enter "EARLYBIRD15" at checkout.

## WHAT'S ON?

**GAMES**



**CRAFT**



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★ MAY HALF TERM ★  
**DANCE WORKSHOPS**

**KPOP  
DEMON  
HUNTERS**

*Dance  
Workshop*



**KATSEYE**  
DANCE WORKSHOP



★ **THURSDAY**  
**28th MAY**  
Highfield primary school

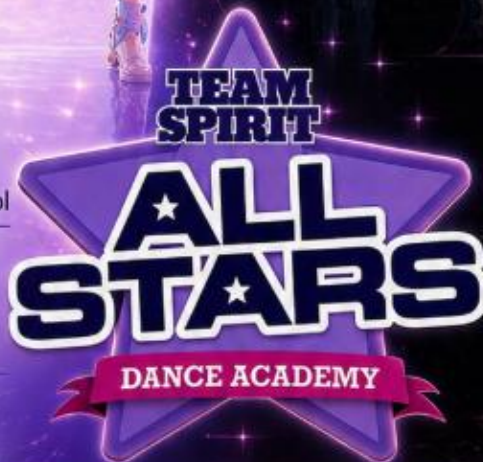
★ **FRIDAY**  
**29th MAY**  
Bevois town school

🕒 **10-2pm**  
To book follow the link

📅 **TUESDAY**  
**26th MAY**  
Wordsworth primary school

🕒 **10-2pm**

👥 **All ages and  
ability welcome**



<https://team-spirit-all-stars-dance-academy.pembee.app>



# Emotionally-Based School Avoidance Virtual Workshop



9.30am Wednesday 20<sup>th</sup> May


## About the Workshop

### We will cover:

- What's really going on beneath school anxiety and avoidance
- How school anxiety presents across different ages and needs
- Small, practical steps that can make everyday school life easier
- Support, shared understanding, and where to go next
- Your legal rights and what schools can do to help

Share understanding, learn practical strategies, and take away helpful resources in a supportive space. There will be time to talk with other parents and carers who are going through the same thing and receive support from our team.

To book onto the workshop, please email:

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



# Emotional Regulation Virtual Workshop



9.30-12.30  
Wednesday 13<sup>th</sup> May

## About the Workshop

### We will cover:

- What emotional regulation is and why some children struggle more than others
- What dysregulation looks like in the body and behaviour
- Different types of dysregulation from melt-downs to self-harm
- Practical strategies that support regulation at home and in everyday life
- Supporting recovery and repairing relationships after hard times
- What can help in school and how to talk to school about your child's needs
- Creating a simple regulation plan that works in real life

Come along to share experiences, build understanding, and leave with practical ideas and helpful resources. There will be time to talk with other parents and carers who understand, get support from our team, and explore our book and sensory library.

This workshop has been written and is delivered by the Reminds team, drawing on lived experience, our training in neurodiversity, and our work alongside CAMHS to support families..

To book onto the workshop, please email:

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

## Dates for the Year



### SUMMER TERM 2026

<b>Monday, 4<sup>th</sup> May</b>	:	Bank Holiday
<b>11<sup>th</sup> – 14<sup>th</sup> May</b>	:	SATs Week (Y6)
<b>Wednesday, 20<sup>th</sup> May</b>	:	Drama Club Performance: High School Musical (5:30pm)
<b>Friday, 22<sup>nd</sup> May</b>	:	Y6 Careers Fair (pm) 'Break the Rules' Non-Uniform Day
<b>25<sup>th</sup> – 29<sup>th</sup> May</b>	:	Half Term
<b>Wednesday, 3<sup>rd</sup> June</b>	:	Y5 Astrodome event (2)
<b>Friday, 5<sup>th</sup> June</b>	:	Disco (5:30pm – 7pm)
<b>Friday, 12<sup>th</sup> June</b>	:	Y6 Paultons trip
<b>Friday, 19<sup>th</sup> June</b>	:	INSET Day
<b>22<sup>nd</sup> – 26<sup>th</sup> June</b>	:	Assessment Week (Y3 –5)
<b>Monday, 29<sup>th</sup> June</b>	:	Year 2 Parents Evening (5:30pm)
<b>Wednesday, 1<sup>st</sup> July</b>	:	Transfer Day
<b>Thursday, 2<sup>nd</sup> July</b>	:	Y3 & Y4 (9am – 11:30am) Sports Day
<b>Friday, 3<sup>rd</sup> July</b>	:	Y5 & Y6 (9am – 11:30am) Sports Day (Reserve Sports Day: Mon 6 <sup>th</sup> July)
<b>Friday, 10<sup>th</sup> July</b>	:	Y4 Itchen Valley Teambuilding Day
<b>Friday, 17<sup>th</sup> July</b>	:	Year 6 Leavers Prom (6.30pm – 8:30pm)
<b>Monday, 20<sup>th</sup> July</b>	:	Y6 Leavers Celebration Event (6:00pm)
<b>Wednesday, 22<sup>nd</sup> July</b>	:	End of Term: (3.15pm)



### **Inset Days: 2026-27**

Tuesday 1<sup>st</sup> September 2026  
Wednesday 2<sup>nd</sup> September 2026  
Friday 23<sup>rd</sup> October 2026  
Monday 22<sup>nd</sup> February 2027  
Friday 18<sup>th</sup> June 2027

