

# Townhill Junior School

## Weekly Update: 10<sup>th</sup> October



### Year 4 Art Gallery Trip

On Monday, Year 4 visited the Art Gallery as part of their work on Ancient Greece. They got to learn about the Perseus story through a guided tour of the paintings there and got to make their own Greek pots out of clay. As an added bonus, they also got to visit the Sea City Museum to learn about the history of Southampton.



### Harvest Festival



On Monday we had our Harvest Festival which was led by Jo and Luke from Bitterne Church of Ascension. We had a huge number of food offerings which we then packaged up and delivered to our community partners at Big Difference who then distributed them through their fantastic work for the communities of Southampton.

### Year 2 Open Evening and Tours

We will be hosting an Opening Evening and Parent / Carer Tours for prospective children currently in Year 2 on the following dates:

Tour: Thursday 23<sup>rd</sup> October at 9:15am

Open Evening: Thursday 6<sup>th</sup> November at 5pm

Tour: Tuesday 11<sup>th</sup> November at 9:15am

Please let the office know if you are planning to attend.

### School admissions



### Is your child moving onto Secondary School in September 2026?

Applications need to be submitted by **31st October 2025 at 23.59pm**. Applications should be submitted by using 'Your Citizen Portal' on Southampton City Council website.

For further information please visit:

<https://www.southampton.gov.uk/schools-learning/find-school/apply-school/year-7/>

### Star of the Week

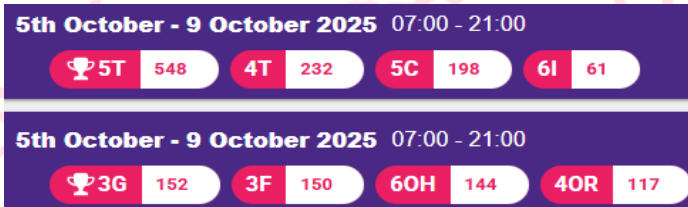
Class	Name
3F	Mason
3G	Zenitia
4OR	Marnie
4T	Darcey
5T	Lena
5C	Jorgie
6I	Mysha
6OH	Sukhleen
PE	Martin

### Times Tables Rocks Leaderboard

Rank	First Name	Class	Speed Improvement
1	Anaya	4OR	-9
2	Elizabeth	5C	-3.74
3	Oakley	4T	-1.46
4	Ava	4T	-1.3
5	Darcey	4T	-0.72
6	Janelle	4T	-0.7
7	Ruby	4T	-0.61
8	Raena	4T	-0.44
9	Clara	4T	-0.32
10	Penny	4OR	-0.31

### Boom Reader Leaderboard

Class	Most Reads
3F	X
3G	Tiago
4OR	Oscar
4T	Aoife
5C	Herkus
5T	Leo
6I	x
6OH	Maisie



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## School Attendance News



### Attendance Statistics

Whole School Attendance this week	Whole School Attendance this year to date
95.4%	94.5%
Number of children with over 97% attendance this week	Number of children with over 97% attendance this year
190	124



### Class Attendance for this week:

Weekly Attendance	3F	3G	4OR	4T	5C	5T	6I	6OH
Attendance Percentage	91.9%	93.9%	95.9%	97.5%	94.6%	93.8%	95.3%	94.1%
Progress	-1.9%	+4.1%	+0%	+1.6%	-3.0%	+3.9%	+4.8%	+6.0%

## 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

## DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

### 1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

### 2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

### 3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

### 4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

### 5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

### 6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

### 7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

### 8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

### 9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

### 10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

### Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



#WakeUpWednesday

The National College®

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# Next week at Re:Minds

## 13th - 17th October 2025

### ADHD Advice Clinic

Monday 13th October 10am

Book a private 10 minute, virtual Zoom appointment to speak with a clinician about any issues related to ADHD

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



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



### New Support Group Weston

#### 10am Monday 13<sup>th</sup> October

Meet other parents and carers who truly understand what it's like. Share experiences, talk about the ups and downs of neurodiversity and mental health, and pick up advice, information, and support – all over a friendly cuppa.

No booking needed and no cost to attend – just drop in – you'll be warmly welcomed



The Hope Centre, Drayton Close, Weston, SO19 9JN  
On-site parking available and fully accessible

The Busstop DASH bus stops right outside - have health checks & city centre bus pass in Weston, Strling, and General Hospital



### 16-25 Mental Health Collective

Supporting young people with their transition to adulthood

A brand new service for Southampton parents/carers of young people aged 16-25 with mental health needs

#### Advice & Support on all aspects of transitions

- Assessment
- Learning difficulties
- Higher education
- Employment
- Social care
- Housing
- Financial
- Transport
- Employment
- Health and safety
- Advocacy
- Adult mental health
- Disability and gender
- Feeling safe
- Suicide
- Health
- Education
- Health and safety
- Advocacy
- Adult mental health
- Disability and gender



Kerstin from Re:Minds is offering

- Peer Support
- Information
- Advice
- Advocacy
- 24/7 helpline support

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

Please email [info@reminds.org.uk](mailto:info@reminds.org.uk) to book your space at the clinic

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



Re: Minds



with thanks to NHS Trust

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Ascension

# LIGHT PARTY

FANTASY OF THE EAST

EXPECT GAMES, CRAFTS, FOOD AND  
LOTS OF SWEETS AND PRIZES!

DRESS UP AS POKEMON, KUNG FU  
PANDA, MULAN AND OTHER  
EASTERN THEMES!

FRIDAY 31ST OCTOBER

4-6PM

Scan me!



**BOOK YOUR TICKETS**  
**WWW.ASCENSIONSOOUTHAMPTON.CO.UK**  
**ASCENSION CHURCH, 1 THOROLD ROAD, SO18 1HZ**

**CAN YOU HELP?**  
**WE ARE COLLECTING  
SELECTION BOXES AND  
ADVENT CALENDARS FOR  
THE CHOCOLATE ELF**

THE CHOCOLATE ELF SUPPORTS CHILDREN'S HOMES, CHILDREN IN CARE, WOMEN'S REFUGES AND CHILDREN'S RESPITE CENTRES ACROSS HAMPSHIRE.

OUR MISSION IS TO ENSURE NO CHILD MISSES OUT ON CHRISTMAS MAGIC. YOUR GIFT WILL TRULY IMPROVE A CHILD'S DAY.



[facebook.com/groups/TheChocolateElf](https://facebook.com/groups/TheChocolateElf)

## Dates for the Year



### AUTUMN TERM 2025

<b>13<sup>th</sup> – 17<sup>th</sup> October</b>	:	Y6 Stubbington Residential Trip Y5 Bike Week
<b>Tuesday, 21<sup>st</sup> October</b>	:	Parents Evening (3:30pm – 7:00pm – not 5T)
<b>Wednesday, 22<sup>nd</sup> October</b>	:	Parents Evening (3:30pm – 5:00pm)
<b>Friday, 24<sup>th</sup> October</b>	:	'Break the Rules' Non Uniform Day
<b>27<sup>th</sup> – 31<sup>st</sup> October</b>	:	Half Term
<b>Friday, 14<sup>th</sup> November</b>	:	Disco (5:30pm - 7pm)
<b>24<sup>th</sup> – 28<sup>th</sup> November</b>	:	Assessment Week
<b>Tuesday, 16<sup>th</sup> December</b>	:	Whole School Church visit (9am) Carols by Candlelight (5pm)
<b>Wednesday, 17<sup>th</sup> December</b>	:	Christmas Lunch
<b>Friday, 19<sup>th</sup> December</b>	:	End of Term (3.15pm)

### SPRING TERM 2026

<b>Monday, 5<sup>th</sup> January</b>	:	Spring Term begins
<b>19<sup>th</sup> – 23<sup>rd</sup> January</b>	:	Y6 Mock SATs Week
<b>Friday, 13<sup>th</sup> February</b>	:	'Break the Rules' Non Uniform Day Disco (5:30pm - 7pm)
<b>16<sup>th</sup> – 20<sup>th</sup> February</b>	:	Half Term
<b>Monday, 23<sup>rd</sup> February</b>	:	INSET Day
<b>Thursday, 5<sup>th</sup> March</b>	:	World Book Day & Dress Up Day
<b>9<sup>th</sup> – 13<sup>th</sup> March</b>	:	Assessment Week
<b>Tuesday, 24<sup>th</sup> March</b>	:	Parents Evening (3:30pm – 7:00pm not 5T)
<b>Wednesday, 25<sup>th</sup> March</b>	:	Parents Evening (3:30pm – 5:00pm)
<b>Friday, 27<sup>th</sup> March</b>	:	'Break the Rules' Non Uniform Day End of Term: (3.15pm)

### SUMMER TERM 2026

<b>Monday, 13<sup>th</sup> April</b>	:	Summer Term begins
<b>Wednesday, 22<sup>nd</sup> April</b>	:	Y6 SATS Parents Evening Event (6:00pm)
<b>Thursday, 23<sup>rd</sup> April</b>	:	Spanish Language Day
<b>Friday, 24<sup>th</sup> April</b>	:	Disco (5:30pm - 7pm)
<b>Thursday, 30<sup>th</sup> April</b>	:	Y3 Hilliers Trip
<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>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>Friday, 5<sup>th</sup> June</b>	:	Disco (5:30pm – 7pm )
<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

**Friday, 3<sup>rd</sup> July** : Y5 & Y6 (9am – 11:30am) Sports Day  
(Reserve Sports Day: Mon 6<sup>th</sup> July)  
**Friday, 10<sup>th</sup> July** : Y4 Itchen Valley Teambuilding Day  
**Friday, 17<sup>th</sup> July** : Year 6 Leavers Prom (6.30pm – 8:30pm)  
**Monday, 20<sup>th</sup> July** : Y6 Leavers Celebration Event (6:00pm)  
**Tuesday, 22<sup>nd</sup> July** : 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**

Monday 23<sup>rd</sup> February 2026

Friday 19<sup>th</sup> June 2026



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