

Townhill Junior School

Start of Term Newsletter



Welcome Back

Thank you for your support with a fantastic first day of the new term. The children have worked extremely hard and made a very positive impression in both their behaviour and the quality of their work. 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 their first day – never easy after the summer break! We will continue with Year 3 parents bringing the children onto the playground until Tuesday, at which point they will be familiar with the route and routine. From Wednesday, they can walk on round with their friends. There are always staff on the main gate and 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 8th September: Year 3
- Tuesday 9th September: Year 6
- Wednesday 10th September: Year 5
- Thursday 11th September: Year 4



Key Dates

I have attached a copy of the other key dates that we have so far for this academic year 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: <https://www.townhilljuniorschool.co.uk/diary/list/>



Street Parking

Please try to avoid parking in Cutbush Lane and especially on the zig zags. There are plenty spaces in the roads opposite with crossing points in place. We thank you for your support with keeping the roads safe for the children.



The Roof

Sadly, there is not a great deal of progress to report on the roof. The company that were appointed by the LA to carry out the works went into administration, but they have now been bought out and work is set to resume in the coming weeks. This does mean the scaffolding will remain up for the foreseeable future.



Decking



During the summer our playground decking had to be removed for safety reasons. It is currently fenced off but we have a design team coming up with a number of plans for the area that the children will get to vote on shortly. We are hopeful the work will be complete by the end of the Autumn term.

Clubs

Most of our clubs start next week and they will be available to book on Arbor very soon.

Athletics Club (invite only) as well as Gymnastics and Football provided by Superstar Sports will start the following week and information will be coming out early next week.



Tuck

Our TJS tuck shop opens at breaktime each day. There are a selection of 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



Learning is the key to success

Parent Governor Vacancy

Parent Governor Vacancy

We have a vacancy for a parent governor at TJS. If you're interested, please do let us know at the start of term in September.

What do the governors do?

We're often described as the "critical friends" of the school - think of us as the friends you go to when you need an honest opinion, rather than someone who will just tell you what they think you want to hear. We provide support and challenge at the strategic level - monitoring progress, checking policies are fit for purpose and asking the tough questions if things are not quite going as they should.

The benefits

You'll learn new skills, which is great for your CV, and you'll help shape the future of local children. You can feel proud knowing you're supporting your community in a meaningful way. It's a very rewarding role, which is why some of us have continued volunteering as governors long after our children have moved on from TJS!

The detail

You don't need any governance experience, but you need a willingness to learn and an interest in education. We meet on Mondays, a couple of times per half-term and you'll be required to have a DBS check.

Questions?

Feel free to contact existing governors via our clerk, Karen, on:
clerk@townhilljuniorschool.co.uk



arning is the key to success

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.



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**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**

**£6.00 PER CLASS – PAY AS YOU GO
MEMBERSHIP REQUIRED AFTER FIRST CLASS £27 PER YEAR**

MANY MORE CLASSES TO CHOOSE FROM, FIND THEM ALL AT: WWW.SOUTHERNKARATE.ORG

FOR MORE INFORMATION AND TO BOOK YOUR PLACE

EMAIL: info@southernkarate.org

Tel: 07764 478507



Child Protection
in Sport Unit



Dates for the Year



AUTUMN TERM 2025

Monday, 8 th September	:	Y3 'Open Classroom' from 3:05pm
Tuesday, 9 th September	:	Y6 'Open Classroom' from 3:05pm
Wednesday, 10 th September	:	Y5 'Open Classroom' from 3:05pm
Thursday, 11 th September	:	Y4 'Open Classroom' from 3:05pm
Friday, 12 th September	:	Y3 Teambuilding Day
Monday, 15 th September	:	Children's Photos (Individual)
Tuesday, 16 th September	:	Y6 Stubbington Parents Meeting (5:30pm)
Wednesday, 1 st October	:	Y6 Mayflower Trip (non Stubbington children)
6 th – 9 th October	:	Y6 Mock SATs Week
Monday, 6 th October	:	Harvest Festival
Wednesday, 8 th October	:	5T Parents Evening (3:30pm – 5:30pm)
Friday, 10 th October	:	INSET Day
13 th – 17 th October	:	Y6 Stubbington Residential Trip Y5 Bike Week
Tuesday, 21 st October	:	Parents Evening (3:30pm – 7:00pm – not 5T)
Wednesday, 22 nd October	:	Parents Evening (3:30pm – 5:30pm)
Friday, 24 th October	:	'Break the Rules' Non Uniform Day
27 th – 31 st October	:	Half Term
Friday, 14 th November	:	Disco (5:30pm - 7pm)
24 th – 28 th November	:	Assessment Week
Tuesday, 16 th December	:	Whole School Church visit (9am) Carols by Candlelight (5pm)
Wednesday, 17 th December	:	Christmas Lunch
Friday, 19 th December	:	End of Term (3.15pm)

SPRING TERM 2026

Monday, 5 th January	:	Spring Term begins
19 th – 23 rd January	:	Y6 Mock SATs Week
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 – 5:30pm)
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
Wednesday, 20 th May	:	Y3 Hilliers Trip
Monday, 4 th May	:	Bank Holiday

11th – 14th May	:	SATs Week (Y6)
Friday, 22nd May	:	Y6 Careers Fair (pm) 'Break the Rules' Non Uniform Day
25th – 29th May	:	Half Term
Friday, 5th June	:	Disco (5:30pm – 7pm)
Friday, 19th June	:	INSET Day
22nd – 26th June	:	Assessment Week (Y3 –5)
Monday, 29th June	:	Year 2 Parents Evening (5:30pm)
Wednesday, 1st July	:	Transfer Day
Thursday, 2nd July	:	Y3 & Y4 (9am – 11:30am) Sports Day
Friday, 3rd July	:	Y5 & Y6 (9am – 11:30am) Sports Day (Reserve Sports Day: Mon 6 th July)
Friday, 10th July	:	Y4 Itchen Valley Teambuilding Day
Friday, 17th July	:	Year 6 Leavers Prom (6.30pm – 8:30pm)
Monday, 20th July	:	Y6 Leavers Celebration Event (6:00pm)
Tuesday, 22nd 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 2025/26

Friday 10th October 2025
Monday 23rd February 2026
Friday 19th June 2026



Wishing you all an enjoyable weekend,

Mr H
Headteacher

