

# Townhill Junior School

## Weekly Update: 20<sup>th</sup> June

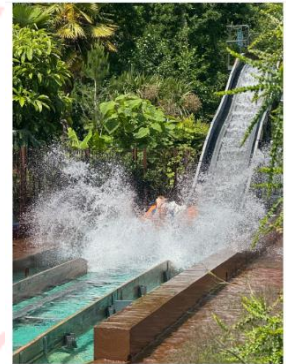


It has been a busy two weeks both here in school and away from school too and here are some of the highlights.

### Year 6 Paultons Trip



Last Friday Y6 went to Paultons Park to support their DT work. They attended workshops to see how fairground rides operate and then got the opportunity to explore the park and experience the rides in action for themselves. As always, the feedback from staff at Paultons and members of the public who were there was very positive about the positive attitude and manners of our children.



### Year 3 Sound Hunt

As part of their English work, Y3 went on a sound hunt around the school to get inspiration for their poetry. Their poems are very creative so please look out for them in your child's English book.



## Year 6 Enterprise Week

The Y6 Enterprise Week proved to be very successful as the Y6 children learnt how to grow their £5 stake. By having a range of stalls available including Lucky Dip, naming toys, keep yuppy challenge, food and drink stalls they were able to see their profits grow. With the help of some poor teachers getting sponges thrown at them, the Y6 children managed to take an incredible £306 during the course of the week and it was great to see the rest of the school supporting the event so well.



## City Athletics Champions

Last Tuesday, our talented athletics team competed against schools across the city in the annual City Athletics Championships. There were 18 schools competing and over 360 athletes taking part. The team consisted of children across the school and they put in some phenomenal performances with the girls finishing second overall and the boys finishing first. This meant that overall we ended up as City Champions by a clear winning margin. As the school has become smaller, this makes it an even more impressive achievement as we are competing against far bigger schools so a huge well done to the whole team, who have been supported by the resto four athletes who train each Thursday on the school field.



## Family Board Game Night

We have teamed up with Board in the City to host a Family Board Game Night on Friday 11<sup>th</sup> July. Please save the date and signing up details will be coming out on Arbor on Monday.

FRIDAY 11<sup>TH</sup> JULY - 6-8 PM

# FAMILY BOARD GAME NIGHT

PLAY TIMELESS CLASSICS TO THE LATEST CROWD PLEASERS

**£1 PER PERSON ENTRY**

**RAFFLE!**

**BRING YOUR OWN DRINKS & SNACKS.**

SOME REFRESHMENTS WILL ALSO BE AVAILABLE TO PURCHASE

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**Board  
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[www.boardinthecity.co.uk](http://www.boardinthecity.co.uk)

## Star of the Week

Class	Name
3G	Aoife
3T	Saumya
4T	Connor W
4P	Kelly-Joe
5I	Viren
5OH	Aria
6S	Oliver S
6C	Mille
6O	Freddie
PE	Elena D (5I)
Music	Reggie (5I)



## Times Tables Rocks Leaderboard

Rank	First Name	Class	Improvement in Speed
1	Jaivon	4T	21949
2	Jesaiah	4T	11346
3	Divino	4T	9586
4	Bogdan	4T	9552
5	Desandu	5I	6177
6	Iliana	4P	3391
7	Reimisa	4P	3290
8	Gloria	6S	2113
9	Lily	5OH	1690
10	Valencia	4T	1573

15th June - 19 June 2025 06:00 - 21:00

Year 4 600 Year 5 415 Year 3 106 Year 6 31



## Boom Reader



Class	Most Reads
3G	Oliver P
3T	Oscar
4P	Iliana
4T	Connor P
5I	x
5OH	Matilda
6C	Andrea
6O	Max B
6S	Eli
<b>Weekly Class Winner</b>	<b>3G</b>

## Spelling Shed



Rank	Pupil	Class	Score	Total Score
1	Janelle O	3G	25,515,312	161,164,129
2	Oscar O'R	3G	20,133,435	33,144,579
3	Tawfiq R	5I	10,373,064	66,871,762
4	Charis M	4P	4,955,518	143,743,914
5	Desandu G	5I	3,001,944	47,286,263
6	Aoife P	3G	2,908,737	12,706,009
7	Amelia K	5OH	1,658,000	25,499,266
8	Izzy B	3T	1,115,728	4,086,104
9	Charlie S	3G	900,970	47,714,531
10	Raena S	3G	601,420	69,533,252

## School Attendance News



### Attendance Statistics

Whole School Attendance this week	Whole School Attendance this year to date
92.4%	93.8%
Number of children with over 97% attendance this week	Number of children with over 97% attendance this year
213	122



### Class Attendance for this week:

Weekly Attendance	3G	3T	4P	4T	5I	5OH	6C	6O	6S
Attendance Percentage	93.1%	99.6%	97.3%	94.4%	90.3%	90.3%	92.9%	86.2%	87.9%
Difference on last week	-1.6%	+9.5%	+5.7%	-2.5%	+1.5%	-5.2%	-2.6%	-7.3%	-9.7%

## Book Talk Challenge

We enter the final week of the Literacy Trust Book Talk Competition where prizes can be won for the winning year group. The children need to make a note of the different genres they are reading and then have to tell someone about them to earn a book to stick onto the Reading Tree on display in each year group area. It is extremely close between two year groups so all to play for in the final week.



# 10 Top Tips for Parents and Educators

## PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental well-being. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

### 1 MAKE IT FUN

Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

### 2 MIX MOVEMENT WITH LEARNING

Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercises into the curriculum can also reinforce learning and stimulate creativity. Combine water with physical activity and children can benefit their lessons.

### 3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtime, while limiting screen time at home can help keep children up and about.

### 4 PROVIDE POSITIVE REINFORCEMENT

Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes in relative positive behaviour. Educators could do this in several ways, such as applauding their efforts at assemblies or recognising their accomplishments in newsletters.

### 5 VARIETY IS KEY

Introduce a selection of physical activities to keep children engaged and prevent boredom. Even swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

### 6 ENJOYMENT OVER COMPETITION

Encourage children to focus on the enjoyment of physical activity rather than winning or achieving particular, emphatic effort, improvement and having fun rather than activities, to minimise the amount of stress that children can experience associated with sports and other competitions.

### 7 SET REALISTIC GOALS

Help children set achievable physical activity targets based on their interests, ability and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

### 8 MAKE IT ACCESSIBLE

Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

### 9 LEAD BY EXAMPLE

Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Family walks, bike rides or sports activities can be wonderful opportunities for bonding and playing active together.

### 10 ENCOURAGE PERSISTENCE

Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

### Meet Our Expert

Adam Skellin is a learning and development specialist who, as well as working for MIND Ahead, is associate vice principal for personal development at a large secondary school in Burnley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



#WakeUpWednesday

The National College

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Views of this guide do not reflect the views of The National College. Content as of the date of release: 18.01.2024

# Next week at Re:Minds...

23rd - 27th  
June 2025

## Eating Disorders Advice Clinic

**Tuesday 24th June 10.30am**

Book a 15 minute, private, virtual appointment by Zoom to speak with a specialist clinician from the CAMHS Eating Disorder team for advice about:

eating disorders / disordered eating  
eating patterns / increased activity  
ARFID / relationship with food

or any other aspects of concern around eating

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



## CAMHS Evening Advice Clinic

**Wednesday 25th June 6pm**

Book a 10 minute private appointment to speak with a clinician about any issues CAMHS deal with via Zoom

The clinic is  
led by the Southampton  
Specialist CAMHS Service  
and is open to ALL members  
of Re:Minds for  
general advice

Please note, they are unable to give information about CAMHS services outside of Southampton



Please email [info@reminds.org.uk](mailto:info@reminds.org.uk) to book an appointment at any of the clinics.

You do not need to book to attend support groups - just turn up!

## ADHD Advice Clinic

**Thursday 26th June 1pm**

Book a 10 minute, private, virtual Zoom appointment to speak with a member of the ADHD team at CAMHS about any issues you are facing around this topic

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



## Millbrook Support Group

**Friday 27th June 10am**

A chance to talk to other parents/carers with neurodiverse children and/or mental health issues. Get advice & support from our team - it doesn't matter where you live, you can attend any group!

You can also access the book & sensory library on request

\*please allow 48 hours prior notice for this\*

Please to help bookings are held at:  
All Saints Church, Saddington Road, Millbrook, Southampton, SO24 9LJ



Kerstin from our 16-25 team will be on hand at Millbrook to support anyone with children/young people who are in or approaching this age



Kerstin from Re:Minds is offering

- Peer Support
- Information
- Advice
- Advocacy
- links to other services



with thanks to



## Dates for the Diary

<b>23<sup>rd</sup> – 27<sup>th</sup> June</b>	:	Assessment Week
<b>Wednesday, 25<sup>th</sup> June</b>	:	3G Pizza Express Trip
<b>Wednesday, 2<sup>nd</sup> July</b>	:	Transfer Day
	:	Year 2 Parents Evening (5:30pm)
<b>Thursday, 3<sup>rd</sup> July</b>	:	Y3 & Y4 (9am – 11:30am) Sports Day
<b>Friday, 4<sup>th</sup> July</b>	:	Y5 & Y6 (9am – 11:30am) Sports Day (Reserve Sports Day: Mon 7 <sup>th</sup> July)
<b>Tuesday, 8<sup>th</sup> July</b>	:	Y4 Itchen Valley Teambuilding Day
<b>Wednesday, 9<sup>th</sup> July</b>	:	3T Pizza Express Trip
<b>Friday, 11<sup>th</sup> July</b>	:	Board Game Family Evening (6pm – 8pm)
<b>Friday, 18<sup>th</sup> July</b>	:	Year 6 Leavers Prom (6.30pm – 8:30pm)
<b>Monday, 21<sup>st</sup> July</b>	:	Y6 Leavers Celebration Event at BPS (6:00pm)
<b>Tuesday, 22<sup>nd</sup> July</b>	:	End of Term: (3.15pm)



## INSET Days for 2025/26

Wednesday 3rd September 2025  
Thursday 4th September 2025  
Friday 10th October 2025  
Monday 23rd February 2026  
Friday 19th June 2026

Wishing you all an enjoyable and relaxing weekend,

Mr H  
Headteacher



Learning is the key to success