

Townhill Junior School

Weekly Update: 31st January



Digital Leaders

This week the children have been applying for a role as one of our Digital Leaders. They will meet regularly with Miss Chadd and develop ideas for online safety in the school. Their first meeting will be during assembly on Monday. Following an impressive application process, the following children have been chosen:

3T: Karina & Jaxon G
3G: Sasha
4P: Jaxson Mc
4T: Tallulah
5OH: Adam & Amelia
5I: Kara
6C: Timothy & Connor
6O: Kian
6S: Paul & Jasmine



Badminton



Our badminton team completed their league fixtures with 3 wins from our final 4 matches. This means both our A and B teams have qualified for the finals evening next week so we are extremely proud of the whole squad.

Stubbington Study Centre

We are continuing to support the campaign to prevent surprising plans to close Stubbington Study Centre. If you would like to support this campaign here are the links:

Consultation by 10th February: [consultation](#)

Petition: <https://chng.it/M49MX5hDGw>

On **Friday 7th February** we will be supporting the campaign by encouraging any children who have a Stubbington sweatshirt, including those belonging to older siblings, to wear them to school for promotional photos.



Current Learning

	Subject	What the children will be learning	Ideas to support with the learning at home
Y3	English	Writing a narrative	Read your favourite adult and tell an adult how the author describes a key character
	Maths	Volume	Follow a recipe measuring out the ingredients in weight and volume
	Science	Balanced diet	Sort your weekend meals into the different food groups
Y4	English	Diary writing	Write a diary of your weekend and discuss the key features you use
	Maths	Fractions	With an adult look at different portions of food as a fraction (eg: pieces of chocolate, slices of pizza)
	History	Ancient Greek houses	Look at images of Ancient Greek houses and tell an adult how they look different to modern houses
Y5	English	Writing a narrative based on Harry Potter	Read an extract or a video clip of the beginning of Harry Potter to get to know the characters
	Maths	Decimals	Recap to an adult how to write $\frac{1}{2}$, $\frac{1}{4}$, $\frac{1}{10}$ and $\frac{1}{100}$ as decimals
	Geography	Physical Geography	Go on Google maps: use the walking man to explore the Amazon rainforest. What physical geography can you see?
Y6	English	Writing a narrative based on a spy story	Read your favourite book and look at what skills the author is using to convey character
	Maths	Measures and Area	Revise how to calculate area (the amount of space taken up by a 2D shape)
	Science	Circulatory system	Explain to an adult how blood pumps around the body using the correct vocabulary



Year 6 Revision Packs



As Year 6 build up to SATs there will be optional revision packs available for each week from class teachers. Please ask your class teacher each Monday and they are ready for you to take home.

Star of the Week

Class	Name
3G	Louis
3T	Lucia
4T	Rio
4P	Fleur & Leah
5I	Mysha
5OH	Reggie G & Arey
6S	Jessica H
6C	Harnoor
6O	Ethan
PE	Max BK



Times Tables Rocks Leaderboard

Rank	First Name	Class	Improvement in speed
1	Lena	4T	-4.63
2	Olivia	3G	-3.87
3	Aoife	3G	-2.39
4	Raena	3G	-1.94
5	Heritage	3T	-1.29
6	Valencia	4T	-1.19
7	Yavi	4P	-0.84
8	Ayda	4T	-0.54
9	Louis	3G	-0.48
10	Marlie	4T	-0.4



24th January - 30 January 2025

Year 5

258

Year 4

204

Year 3

156

Year 6

63

Boom Reader



Class	Most Reads
3G	Aoife
3T	Penny
4P	Charis, Fleur & Bella
4T	x
5I	Isa
5OH	Matilda
6C	Sienna & Andrea
6O	x
6S	Eli
Weekly Class Winner	3T

Spelling Shed



Rank	Pupil	Class	Score	Total Score
1	Louis H	3G	7,075,582	10,417,330
2	Raena S	3G	4,997,890	52,137,198
3	Idah M	5OH	3,466,560	78,325,627
4	Oscar C	3T	3,134,420	4,682,738
5	Charlie S	3G	2,711,356	28,293,023
6	Lincoln J	3G	1,290,424	4,204,624
7	Emilia Z	5I	1,241,048	78,329,930
8	Hector G	5OH	1,011,136	37,715,004
9	Janelle O	3G	827,210	75,797,641
10	Daniel L	3G	685,560	2,099,526

School Attendance News



Attendance Statistics

Whole School Attendance this week 92.7%	Whole School Attendance this year to date 94.0%
Number of children with over 97% attendance this week 196	Number of children with over 97% attendance this year 114

Class Attendance for this week: 27th – 31st January

Weekly Attendance	3G	3T	4P	4T	5I	5OH	6C	6O	6S
Attendance Percentage	96.3%	92.4%	92.4%	92.3%	89.2%	94.8%	92.5%	93.4%	91.1%

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

Parent Governor Vacancy

We currently have a parent governor vacancy and we would love to hear from you if you would be interested in supporting the school in a governor capacity. Meetings are on Monday evenings through the year, with two meetings per half term. If you would like to express your interest please email: info@townhilljuniorschool.co.uk.



Next Week at Re:Minds

Next week at Re:Minds... 3rd-7th February 2025

Shirley Evening Support Group 

Monday 3rd February 6.30pm

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

Face to face meetings are in Room 7 upstairs in the daytime, Room 3 downstairs in the evening at St. James Road Methodist Church, SO18 5AR
Childsworld.com!
This venue has free parking, is accessible and a 100% refreshments are available

Autism Advice Clinic 

Wednesday 5th February 10.30am

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

The clinic is led by the Southampton Autism Assessment Service
Email info@reminds.org.uk


SEND Legal Advice Clinic

Wednesday 5th February 12.30pm

We are linking with Shentons Solicitors to offer three SEND legal advice clinics to our Re:Minds families who require advice around education, tribunals, appeals etc.

Please email info@reminds.org.uk to book a slot, or follow the link on the event


  


ADHD Advice Clinic 

Wednesday 5th February 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 to book



Sholing Support Group 

Friday 7th February 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

Face to face meetings are in the Community Room, to the right of the church, at Mary's church, St Monica Road, Sholing, SO18 6SA
This venue has free parking and is accessible - Refreshments are available on road parking also available

With thanks to  

February Half Term Activities in Southampton



Supported using public funding by
**ARTS COUNCIL
 ENGLAND**



February Half Term Activities in Southampton

Activities running at Sea City Museum, Tudor House and Garden, Southampton City Art Gallery venues over February half term. Click on the links to book your child's place.

Monday 17th February - Friday 21st February	9am - 4pm	Southampton Culture Club for kids Sea City
Monday 17th February - Tuesday 18th February	10am - 3pm	February Art School (Age 11-16 years) Southampton Art Gallery
Monday 17th February	Various	Hands on History: Shiver Me Timbers Tudor House
Tuesday 18th February	Various	Hands on History: Clay Viking Longboats Tudor House
Wednesday 19th February	Various	Art for all: Manga Club (7+ Years) Southampton Art Gallery
Thursday 20th February	Various	Art for all: Bluey inspired watercolour! (4+ years) - Southampton Art Gallery
Thursday 20th February	11am - 12.30pm	Southampton Myths & Mysteries Tudor House
Friday 21st February	Various	Art for All: Pokemon Inspired Card printing (5+ Years) - Southampton Art Gallery
Saturday 22nd February	10am - 11am	Mini Money Art Club (Under 7's) - Southampton Art Gallery

February Half Term - Library Events

Monday 17th February	10.30am - 12.30pm	Gnome Time - Bitterne Library Suitable for ages 3+
Monday 17th February	10.30am - 12pm	Butterfly Crafts - Shirley Library Suitable for all ages
Tuesday 18th February	10.30am - 12.30pm	Jane Austen 250 Paper Dolls & Bonnets - Central Library. Suitable for ages 5+
Wednesday 19th February	10.30am - 12.30pm	Gnome Time - Woolston Library Suitable for ages 3+
Wednesday 19th February	10.30am - 12.30pm	Jane Austen 250 Paper Dolls & Bonnets - Central Library. Suitable for ages 5+
Thursday 20th February	2.30pm - 3.30pm	25 years of Monkey Puzzle fun! - Lordshill Library - Suitable for all ages

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Primarily developed by National Online Safety, these guides now address wider topics and themes. For further guides, facts and tips, please visit [wakeupweds.com](https://www.wakeupweds.com).

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, eat goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children; a 10-year-old, for example, will have different personal needs to a child of 15. This can make personalisation and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a surprising number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical activities can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including names, location, date of birth, details of their physical health and more. It's worth keeping in mind that many of these apps may sell this data to third parties. We'd advise that any apps giving people personal information should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as meal plans, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can be a hidden cost to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being carefully designed – users may become dependent on the app. Young people may also become obsessed with tracking their exercise, health and eating habits; this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their routine. Remind them of the importance of staying active, as well as the benefits of doing so with company.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-computing features – such as location tracking – are disabled.

PROMOTE POSITIVE BODY IMAGE

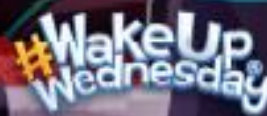
While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin to take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – as set commonly – these will relate to screen-time limits, disabling of in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

Meet Our Expert

Dr Claire Matthews is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and online behaviour of young people in the UK, USA and Australia.



The National College

Source: See full references list on guide page at: <https://www.thenationalcollege.com/guides/keeping-children-fit-and-healthy-with-fitness-apps>



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Dates for the Diary

Thursday, 13th February: Y4 Break the Rules Day

Friday, 14th February: Y4 Art Gallery Trip

Break the Rules Day

Discos Y3/4 (5:00pm) & Y5/6 (6:45pm)

17th – 21st February: Half Term

Monday, 24th February: INSET Day

Thursday, 6th March: World Book Day & Dress Up Day

10th – 14th March: Assessment Week

Friday, 28th March: Y4 Parents Evening

Monday, 31st March: Parents Evening (3:30pm – 5:00pm) (Not Y4)

Tuesday, 1st April: Parents Evening (3:30pm – 7:00pm)

Thursday, 3rd April: Y5 Parent Reading Event (2:30pm)

Friday, 4th April: Break the Rules Day

End of Term: (3.15pm)



Wishing you all an enjoyable and relaxing weekend,

Mr H
Headteacher



Learning is the key to success