

Townhill Junior School

Weekly Update: 3rd July



Sports Day

At the end of a busy week, we enjoyed good weather for our Sports Days. On Thursday, it was our Lower School athletes and on Friday, our Year 5 and 6 athletes had their turn. We were very grateful for a fantastic turn out in support of the children on both days and there were a number of fantastic performances in both the individual races and team events. The house and class winners will be announced in assembly next week.



Inflatables

On Monday, we were fortunate to be able to experience an inflatable session, free of charge, courtesy of The School Games Team at Solent University. Each of the classes got a 35 minutes session on the obstacle course with a range of challenges and problem solving activities. All the children had great fun solving the problems and being active.



Year 5 Mosque Visit



On Monday, Year 5 had the opportunity to visit a mosque as part of their RE unit on 'Sacred Places'. They learnt about the five pillars of Islam and also got to see an example of the Wudu ritual. The children listened well and were praised for their knowledge and how respectful they were.

Transfer Day

On Wednesday, the children got to meet their new teachers for next year and find out all about them. They also got to discover the topics and activities they will be doing in their new year groups. Our Year 6 children went off to their new secondary schools and the feedback from our feeder schools was extremely positive about the engagement and behaviour of the children.

Leavers Hoodies

The online shop for Y6 Leavers Hoodies is now open with a range of design and colour options available. Orders will be delivered to school once the shop closes.



Year 6 Enterprise Film Evening



On Friday, as part of their enterprise work, the children in 6W are organising a film evening at school from 5:30pm – 7:30pm. Please use Arbor to apply for a ticket which includes refreshments.

Star of the Week

Class	Name
3F	Marcel
3G	Theo O'D
4OR	Timur
4T	Olivia
5T	Rio
5C	Elizabeth
6I	Peter
6W	Thea
PE	Our Sports Day Competitors

Times Tables Rocks Leaderboard

Rank	First Name	Class	Correct Answers
1	Jaxon	4OR	10803
2	Sophia	4T	10156
3	Dylan	4T	5770
4	Oakley	4OR	4444
5	Connor	5C	3791
6	Penny	4OR	3181
7	Lincoln	4T	2981
8	Bow	4OR	2877
9	Kaci-Jai	5C	2705
10	Marley	4OR	2621

Boom Reader Leaderboard

Class	Most Reads
3F	Jack
3G	Poppy
4OR	Penny
4T	Oscar
5C	Bella-Grace
5T	Fleur
6I	X
6OH	Matilda
Class	4OR



Y3 Ultimate Duel
CREATED BY: Mr Humphries

3F 161
 3G 86

Y4 Ultimate Duel
CREATED BY: Mr Humphries

4OR 1,248
 4T 1,045



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	6/7	English	Poetry	Have a go at writing a short poem about friendship using the skills we have learnt.
		Maths	Time	Keep practising telling the time on an analogue clock to the nearest minute.
		Science	Shadows	Can you make your own shadow puppets? How are the shadows formed?
Y4	6/7	English	Poetry	Have a go at writing your own poem using onomatopoeias
		Maths	Revision	Complete work on www.maths.co.uk
		Science	Evaporation	Pour some water outside, time how long it takes to evaporate
Y5	6/7	English	Poetry	Think about things you could 'overhear' on the playground at breaktimes.
		Maths	Revision	Complete work on www.maths.co.uk
		Science	Double page assessment	Talk to an adult about our 'animals including humans' unit
Y6	6/7	English	Speeches	Practise your speeches in preparation for performing them
		Maths	Revision	Complete work on www.maths.co.uk
		Drama	Leavers Performance	Practise your lines and dance routines at home

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	Whole School Attendance this year to date
94.3	94.2
Number of children with over 97% attendance this week	Number of children with over 97% attendance this year
177	98



Class Attendance for this week:

Weekly Attendance	3F	3G	4OR	4T	5C	5T	6I	6W
Attendance Percentage	92.6%	97.5%	97.7%	98.5%	89.8%	97.1%	95.3%	92.7%
Progress	0%	+14.8%	+14.6%	+12.7%	+8.3%	+11.7%	+11.4%	+18.7%

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 DIGITAL BOUNDARIES FOR CHILDREN UNDER FIVE

Screens are part of everyday life, but they should not take over early childhood routines. For under-fives, healthy digital habits are built through simple, steady boundaries that protect sleep, play, connection, and development. Current UK guidance advises avoiding screen time for children under two – except for shared activities such as video calls – while children aged two to five should ideally have no more than one hour a day.

1 ASK A GROWN-UP FIRST

For under-fives, autonomy is important, but not when it comes to choosing digital content. Establish an 'ask a grown-up first' rule early, whether at home or in an early years setting. Adults should choose the video, app, or game, therefore helping children avoid unsuitable content and understand that devices are tools to be guided, not toys to control.

2 PROTECT SLEEP BUFFERS

Screens can make it harder for young children to wind down, especially when content is bright, noisy, or fast paced. Aim for a screen-free hour before sleep or start with 30 minutes if that feels more realistic. Use this time for calming routines such as stories, bath time, quiet play, or cuddles, helping children recognise that bedtime is approaching.

3 CO-VIEW AND CHAT

Screen time is safer and more meaningful when adults are involved. Sit with children, even briefly, and talk about what they're watching. Ask simple questions like, "What can you see?" or "How does that character feel?" This turns passive viewing into shared interaction, supports language development, and helps adults spot adverts, unsuitable content, or confusing messages.

4 KEEP DEVICES HIDDEN

Young children are more likely to ask for screens when they can see or reach them. Keep devices out of sight when they're not being used, and consider casting content to a shared screen instead of handing over a phone or tablet to a child. This reduces private scrolling, supports shared viewing, and helps adults stay in control of what appears next.

5 PLAN THE TRANSITION

The hardest part of screen time is often stopping. Before the screen goes off, tell the child what's coming next and offer two acceptable choices, such as blocks or drawing. This gives them a sense of agency without removing the boundary. A planned next activity prevents a sudden gap, which can quickly become frustration or distress.

6 LEAD BY EXAMPLE

Children notice adult habits long before they understand adult explanations. If they're expected to put their screens away, they need to see adults doing the same thing during meals, play, and conversations. Create a shared 'phone home', such as a basket or shelf, to show that technology has a place in daily life but does not need constant attention.

7 MAKE SCREENS PREDICTABLE

Young children do not always understand minutes, but they quickly learn patterns. When screen time happens at a regular point in the day, it becomes a routine rather than a negotiation. Use the same start and finish signals each time, such as a timer, goodbye wave, or tidy-away moment, so children know what to expect next.

8 CREATE SCREEN ZONES

Physical boundaries help children understand digital boundaries. Keep screens out of bedrooms to protect their sleep and away from tables to preserve mealtime connections. Choose one agreed 'yes space', such as a shared living room area or supervised classroom corner. This makes limits feel less personal and more like a clear family or setting routine.

9 USE SIMPLE SCRIPTS

Transitions are easier when children hear the same calm language each time. Use short, repeatable phrases such as, "First tidy, then tablet," or "When the timer beeps, we stop." Avoid long explanations during emotional moments. Simple scripts reduce negotiation, help adults stay consistent, and give children clear expectations they can gradually understand and follow.

10 PRIORITISE SLOW CONTENT

Not all screen time feels the same to a young child's brain. Fast-paced clips, loud sounds, and rapid scene changes can make it harder for some children to settle down afterwards. Choose slower content with simple stories, gentle voices, and natural pauses. Think of digital content like food, with more calm, nourishing choices than fast-paced, digital 'sugar rushes'.

Meet Our Expert

Neha Agarwal is the founder of Cyber Ved Kids, an innovative educational initiative that transforms complex cybersecurity concepts into engaging, age-appropriate adventures for children aged 3-10. With her unique background leading cybersecurity services for corporates and serving as an expert panel advisor on Internet Matters, Neha brings corporate-grade cybersecurity expertise to the early years world.



See full reference list on our website

@wake_up_weds

/www.thenationalcollege

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#WakeUpWednesday

The National College

READY, SET...TRANSITION



NHS
Hampshire and
Isle of Wight Healthcare
NHS Foundation Trust

Free Summer Transition Sessions 2026

Mental Health in Schools Team

Join our fun and supportive summer sessions to help you feel confident and ready for Secondary School

Sessions will be held at **GOALS**, Third Avenue, Southampton, SO15 0JW
3:30pm-4:30pm



Communication & Friendships Monday 24th August



Managing our worries Wednesday 26th August



Self-Care Thursday 27th August

You will:

- Build confidence
- Meet new people
- Learn how to manage worries
- Feel ready for your new school

Book your place now!
Just scan the QR code



Your Parent/Carer must attend with you

Next Week at Re:Minds

6-10th July

To book in for an advice clinic, please email info@reminds.org.uk. No need to book for a support group, just check the events section of our Facebook group or email us to receive the link to join.



With thanks to:



Eating Disorder Advice Clinic

 5pm, Monday 6th July

About the Clinic

Book a **private, 15-minute virtual appointment** to speak with a specialist clinician from the **CAMHS Eating Disorder Team** for advice and guidance on:

- **Eating disorders** / disordered eating
- Changes in **eating patterns**
- Increased or concerning **activity levels**
- **ARFID** / **relationship with food**
- Any other concerns related to eating

To book your advice slot, please email:
 info@reminds.org.uk



Virtual Support Group

For parents and carers of children who are neurodivergent and/or have mental health needs

 6:30pm
Monday
6th July

No booking needed.
No cost. Just drop in.



This is a chance to get advice, support and meet others who understand what you are going through from the comfort of your own home.

If you would like some individual advice we can use a breakout room to speak to you during the meeting.

The zoom link will be shared in the events section of our Facebook group, or emailed on request.



Sholing Support Group

For parents and carers of children who are neurodivergent and/or have mental health needs

Join us for a special support group session run with the **Southampton Mental Health Network**.

A safe, welcoming space to connect with other parents and carers who share similar experiences, share support, and take some time for yourself.

Alongside the usual opportunity to meet others who understand and speak with our trained staff with lived experience, there will also be:

 Arts and crafts

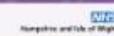
 Colouring

 Air dry clay

 Cake & refreshments

No booking needed. No cost. Just drop in!

 10-12, Wednesday 8th July
 **Salvation Army**, 93 North East Road, Sholing, Southampton, SO19 8AF
Near park to the rear via Pembroke Road



Dates for the Year



SUMMER TERM 2026

Friday, 10 th July	:	Y4 Itchen Valley Teambuilding Day
(NEW) Friday, 10 th July	:	Film Evening – Y6 Enterprise Event (5:30pm – 7:30pm)
Friday, 17 th July	:	Year 6 Leavers Prom (6.30pm – 8:30pm)
(NEW DATE) Tuesday, 21 st July	:	Y6 Leavers Celebration Event (6:00pm)
Wednesday, 22 nd July	:	End of Term: (3.15pm)



Inset Days: 2026-27

Tuesday 1st September 2026

Wednesday 2nd September 2026

Friday 23rd October 2026

Monday 22nd February 2027

Friday 18th June 2027

