



Dear parents and carers,

We are nearing the end of the term and I am sure that you are all looking forward to a well-deserved break. In this term, we have seen an enormous effort from children not only in their learning in ensuring that they are always ready, respectful and safe. This has allowed every child to thrive. Well done to all of our pupils!

Over the break, please enjoy the weather with your children and get ready to join us for No Mobile May!



## Attendance

You will know that we, along with Hampshire and the Department for Education, highly value attendance as it has a significant impact on children's mental and emotional wellbeing, alongside their academic attainment. We want to say a huge thank you to everyone who is ensuring that their child attends regularly and on time.

**Our school attendance is currently 97.8% which means that our pupils have the best chance to be successful in their school life.**

Thank you! If you need any support to assist your child into school, please do not hesitate to call us.



## Free\* Courses for Parents this Summer Term

Course	Location	Date	Time
Positive Parenting	Online	Tuesdays 22 April - 20 May	7:30pm - 9pm
Emergency First Aid	Alton Library	Saturday 26 April	9:45am - 4:45pm
Emergency First Aid	Tadley Library	Saturday 3 May	9:45am - 4:45pm
Emergency First Aid	Basingstoke Discovery Centre	Saturday 10 May	9:45am - 4:45pm
Raising Resilient Children	Online	Mondays 2 - 30 June	7:30pm - 9pm
Emergency First Aid	Andover Library	Wednesday 11 June	9:45am - 4:30pm
Introduction to Paediatric First Aid	Online	Tuesdays 17 June - 8 July	6:30pm - 9:15pm
Emergency Paediatric First Aid	Bridgemary Library	Friday 20 June	9:15am - 4:30pm
Emergency First Aid	Waterlooville Library	Saturday 28 June	9:45am - 4:45pm

\*Free tuition, some courses may have a certification or materials fee



JOIN HAMPSHIRE'S FRIENDLIEST CLUB  
AND BECOME PART OF OUR FAMILY!

TRY  
FOR  
FREE!



Bob Rehill

HOWDEN  
Biffa

FARNBOROUGH  
RUGBY CLUB

Inspired by the 6 Nations?  
Come and give rugby a try!

Email:  
info@farnboroughrugby.co.uk

## Key Dates

### April

**Thursday 3rd April:** TT Rockstars Day (dress as your favourite rockstar!)

House times tables competition

**Wednesday 2nd April-Friday 4th April:** Annual reports to parents

**Tuesday 22nd April:** First day of Summer 1 Term

**Wednesday 20th April:** Think Safe, Year 6

### May

**Friday 2nd May:** Parents V Kids cricket

**Monday 5th May:** Bank Holiday—no children in school

**Thursday 8th May:** Winchester Science Centre, Year 5

**W/C Monday 12th May:** Resilience Week

**W/C Monday 12th May:** SATs Week, Year 6

**Friday 16th May:** House event—Tug of War

**Wednesday 21st May:** Talavera Treat

**Thursday 22nd May:** Nepali Day

**Friday 23rd May:** Year 6 photos

**Friday 23rd May:** Last day of term

**Saturday 24th May-Sunday 1st June:** Half-term—no children in school

### June

2025

January	February	March	April
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
May	June	July	August
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September	October	November	December
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## Playing Out Safely

As the weather continues (hopefully) to get nicer, please continue to talk to your children about how to behave safely outside. It is easy for children to lose track of time or to go further than you have allowed without thinking.

Playing out is vital for children's development but please ensure that they are aware of things such as crossing roads safely.

Thank you for your continued support!



# Hampshire SENDIASS at HPCN Get Togethers in 2025

Hampshire SENDIASS have agreed to join several HPCN Get Togethers across Hampshire in 2025. These sessions provide a supportive environment for parent peer support while SENDIASS offer:

- Confidential, impartial information, advice, and support on SEND-related issues.
- 1:1 guidance tailored to your personal journey, with real-time advice to support your young person (ages 0-25).

If you'd like to have a 1:1 conversation with SENDIASS, they'll be available at the following sessions:

- **09/01/2025, 10am – Fleet Get Together** - Fleet Town Football Club, Fleet Hampshire GU51 5FA
- **23/01/2025, 12pm – Lunchtime Online Get Together** - Zoom meeting ID: 835 1332 0196 Passcode: GT
- **28/02/2025, 10am – Alresford Get Together** - The Swan Hotel, 11 West Street Alresford, SO24 9AD
- **19/03/2025, 10am – Winchester Get Together** - Badger Farm Community Centre, Winchester, SO22 4QB
- **03/04/2025, 10am – Fleet Get Together** - Fleet Town Football Club, Fleet Hampshire GU51 5FA
- **22/05/2025, 12pm – Lunchtime Online Get Together** - Zoom meeting ID: 835 1332 0196 Passcode: GT
- **11/06/2025, 10am – Basingstoke Get Together** - The Viables Craft Centre, Basingstoke RG22 4BJ
- **10/07/2025, 10.30am – East Hants (Alton) Get Together** - Alton community centre Alton GU34 1HN



Follow us on our socials:



[linktr.ee/hpcn.org.uk](https://linktr.ee/hpcn.org.uk)



[participation@hpcn.org.uk](mailto:participation@hpcn.org.uk)



NEW  
FOR 2025



Hampshire Child and Adolescent  
Mental Health Services

# HAMPSHIRE CAMHS INFORMATION & ADVICE SESSION

YOUNG PERSON'S  
MENTAL HEALTH

10am - 2pm

The Arc, Jewry Street  
Winchester, SO23 8SB

This is an opportunity for  
parents/carers, professionals  
or young people to come  
and chat to our CAMHS  
clinicians, ask questions,  
get advice and resources.

Bookable slots available via  
our website or just drop in.



2 April  
7 May  
4 June  
2 July  
6 August

3 September  
1 October  
5 November  
3 December

[hampshirecamhs.nhs.uk](https://hampshirecamhs.nhs.uk)



**Hampshire Child and Adolescent  
Mental Health Services**

# UNDERSTANDING ADHD

**A day that focuses on skills and strategies**, for parents, carers and professionals supporting a child with ADHD. Hampshire CAMHS Colleagues will be hosting this day alongside parents / carers with lived experience.

Understanding your child with ADHD, support, strategies and tips. Led by the Hampshire CAMHS ADHD team.

Support for SEN in education & what to do if it's not working. Led by Gayle Moir, SENDIASS Services Manager.

ADHD nervous system differences, sensory systems, emotional regulation, stress response, attention regulation, and executive functioning. Led by Courtney Freedman-Thompson-coach and wellbeing facilitator and lived experience.

**9.30am - 3.30pm**

**Wednesday,  
14 May, 2025**

Thorngate Hall, Bury Road  
Gosport, PO12 3QX

For more  
details and  
booking scan  
the QR code



**Tickets £20**  
Tea and coffee  
included

For more information and to book a place go to  
[www.hampshirecamhs.nhs.uk/events/](http://www.hampshirecamhs.nhs.uk/events/)



# P.A.C.E.

2025  
PARENT & CARER EVENTS



Hampshire Child and Adolescent  
Mental Health Services

A **free** mental health & wellbeing event  
for all parents and carers who support  
or work with young people

## WHAT CAN I EXPECT?

PACE events consist of two main components:

1. A number of introductory sessions on young people's emotional health and wellbeing.
2. Information stands from local organisations.

Attendees can choose which sessions they would like to attend; select as many or as few as you would like to attend.

THURSDAY, 26TH JUNE 2025

WINTON COMMUNITY ACADEMY, LONDON RD,  
ANDOVER, HAMPSHIRE SP10 2PS

## SESSIONS:

**NEW** Connecting with your child, Tics and Tourette's, Understanding ADHD - an extended session

To find out more  
and booking  
scan this QR code



BOOK YOUR SESSION SPACE AT:

[hampshirecamhs.nhs.uk/events](https://hampshirecamhs.nhs.uk/events)

TIME	SESSION 1	SESSION 2
9:30 -	<b>Supporting a child with eating difficulties including ARFID</b> This session solely focuses on eating disorders as a mental health disorder for young people. This will cover Avoidant Restrictive Food Intake Disorder, which is a feeding and eating disorder. People with ARFID find it hard to eat enough for healthy growth, development and functioning.	<b>Supporting trauma recovery</b> Understanding the impact of trauma on children and young people and how together we can help them to recover.
10:30 -	<b>Introduction to managing ADHD - ADHD Team</b> What is ADHD? Spotting the signs and symptoms from 5 years to 18 years. How to support a young person with symptoms of inattention, hyperactivity and impulsivity with or without an ADHD diagnosis.	<b>Supporting a young person in crisis &amp; managing self-harm</b> Supporting a young person in crisis & managing self-harm.
10:45 -		
11:45 -		
12:00 -	<b>Coping and resilience strategies to support children &amp; young people</b> Exploring the terms coping and resilience - what are they and how might we build coping and resilience into our lives. This session uses easy to understand metaphors that can be shared with children to help them to explore their own coping and resilience.	<b>Introduction to autism</b> What is Autistic Spectrum Condition? Spotting the signs and symptoms Diagnosis: the process and things to know about the diagnostic assessment How to support a young person with ASC.
13:00 -		
13:30 -	<b>Understanding and supporting a young person with Obsessive Compulsive Disorder (OCD)</b> This session aims to give an introduction for parents and carers supporting a young person with Obsessive Compulsive Disorder (OCD). It will provide information regarding what OCD is, how this develops and what keeps it going. It will give an overview of the treatment options for OCD and ways family members can support a young person at home.	<b>Looking after yourself to support your child</b> This session will focus on the needs and challenges for parents and carers, as well as provide a range of practical advice and strategies around how to look after yourself in order to better support the wellbeing of your child.
14:30 -		
14:45 -	<b>New Connecting with your child</b> Understanding what true connection, co-regulation and compassion are, why we need them as humans (adults and children), and how they influence our nervous system states. Including ways to build them into your everyday life to support your child's wellbeing and your own.	<b>Understanding &amp; managing anxiety</b> What anxiety is and how to spot the signs and symptoms of anxiety in children and young people. How to support a child and young person who experiences anxiety with practical strategies.
15:45 -		
16:00 -	<b>Coping and resilience strategies to support children &amp; young people</b> Exploring the terms coping and resilience - what are they and how might we build coping and resilience into our lives. This session uses easy to understand metaphors that can be shared with children to help them to explore their own coping and resilience.	<b>New Tic's and Tourettes</b> An introduction to what are Tics and what is Tourette's. This presentation will cover what can make tics wax and wane and explore ideas and interventions that can help young people, their carers and other people who may support them.
17:00 -		
17:15 -	<b>New Understanding ADHD</b> This session will include what ADHD is, practical strategies to support the child/ young person with identifying their strengths, prioritising tasks, building resilience and has a focus on maintaining wellbeing. It includes evidence-based parent/carer skills to manage behaviour that can challenge using Non-violent resistance skills. Overall the event provides tools to support children and young people with ADHD to thrive.	<b>Supporting your autistic child to thrive</b> This two-hour session will consider what areas of life can be challenging for autistic young people. We will think about how we can adapt our communication and the environment around the young person to make life easier and more suited to their needs. We will discuss practical changes that can be made in all the areas and give example of what these look like in real life. We will support you to think about the specific needs of your child and develop the beginnings of an individualised plan, providing the opportunity for discussion with other group members and the facilitators.
19:30		