

Dear parents and carers,

We are so excited to welcome back the children from the Easter holidays—and to welcome the sunny weather too!

This month, we will be encouraging you to partake in No Mobile May. Some of you will have already seen that the children have created posters to explain how they feel about mobile phones. Thank you in advance for joining in whole-heartedly.

Enjoy the sunshine while it lasts!



## Attendance

We know that there has been a lot of sickness in the school recently and, now that children have had a holiday and are feeling better, are excited to see them all back in and learning.

Our whole school attendance is currently **96%**.

**Thank you for your support.**

## Event feedback

Thank you for completing our questionnaire regarding events across the school. It was lovely to hear how much you appreciate the wide range of opportunities that we offer the pupils. We are incredibly proud of our provision.

We know that you have requested dates in advance. Please take a look at newsletters and the website to see upcoming events.

We will ensure we send confirmation of your child's attendance at events to help you to plan too.

**Thank you!**

## Internet Safety

Internet Matters is a great tool to help families understand how to ensure that children are safe online.



Recently, they have published this Game Safe guide which is made to help everyone in the family to make the right choices.

Remember: parental locks and restrictions can only go so far. The proven best way to keep children safe is to monitor usage and talk openly about what can go wrong.

**Thank you for your continued support.**

<https://www.internetmatters.org/resources/game-safe-guide-to-help-young-people-game-safely-online/>



## Key Dates

### 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**

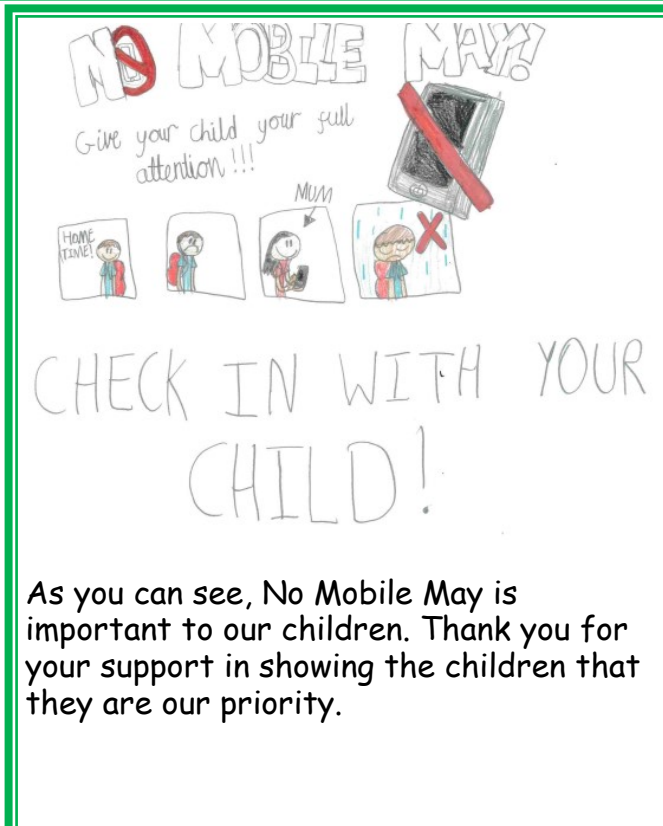
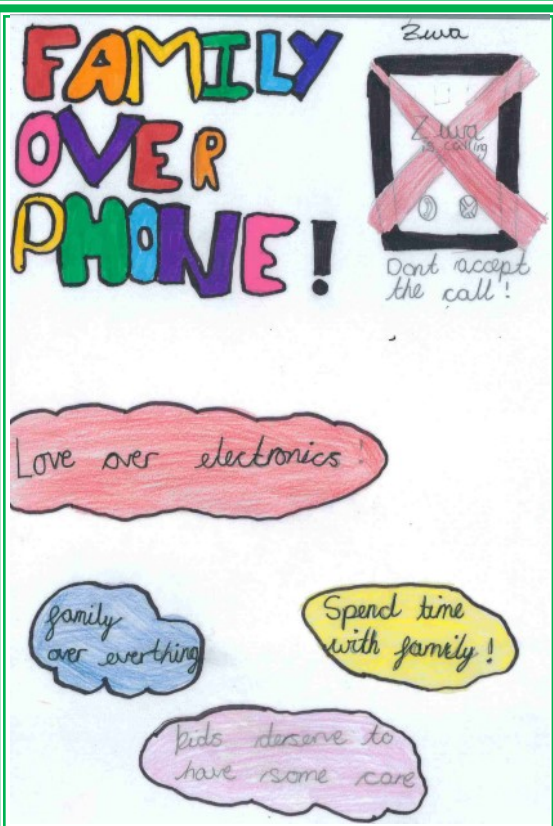
### June

Monday 2nd June: First day of Summer 2 term

As always, please look at our other communications for any further information.

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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# 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)

# PACE ITINERARY

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/carers 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		