



## Parent Newsletter

Friday 24<sup>th</sup> May 2024

Dear Parents/Carers,

I hope you've had a positive week.

I can't believe half term has arrived already; time is flying by. I would like to take this opportunity to thank you as parents for your ongoing support, education is a team effort!

A special thank you must go to our fantastic PTA for their incredible efforts and creative ideas which raise funds to help improve the education of our pupils, we really appreciate all you do.

Our Governing Body would like to expand their team for September and are hoping to co-opt a Parent Governor. The Senior Team meet with the Governing Body formally once a half term and regular monitoring visits are carried out. Governors play a vital role in the effective functioning of schools and a parent governor is a key voice and perspective in helping us shape the future of the school. If you are interested in joining the Governing Body, please can you email [freemanm@testvalley.hants.sch.uk](mailto:freemanm@testvalley.hants.sch.uk) with an expression of interest by June 3<sup>rd</sup>, 2024.

Sadly, we are saying goodbye to Nicolette Ockwell, our excellent Attendance Officer. Nicolette and her family are moving out of the County, we wish them lots of luck in their new home. After half term we welcome our new Attendance Officer Clare Ellard.

We are so incredibly proud of our pupils and for the work they put in, and the life they breath into our school. There are so many unsung acts of kindness that happen every day, we are so very privileged to work with your child. I hope everyone enjoys their well-deserved break, stay safe.

Over half-term, we will be setting up Arbor, which is a simple, smart and cloud-based MIS (Management Information System), which helps us work faster, smarter and more collaboratively as a school. Over the next week or so we will be communicating with you further about log in details, how it works, and how parents' cans use it to make payments, book onto trips and more.

Warm wishes  
Mrs N Goodridge  
Head of School

More about all the activities occurring in and out of lessons at Test Valley School can be found on our Facebook page: Test Valley School, Twitter Feed: [@testvalleysch](https://twitter.com/testvalleysch) and Instagram Account: [testvalleyofficial](https://www.instagram.com/testvalleyofficial). Reshares and likes are always appreciated!

Jo McKeown  
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SENCO & Assistant Headteacher  
[andrewse@testvalley.hants.sch.uk](mailto:andrewse@testvalley.hants.sch.uk)

## Vacancies

Please see our website for current vacancies: [Test Valley School - Vacancies](#)

## Venue Hire

Do you require a room for a meeting or sports event? School facilities are available to hire outside of the school day. Please email [leisure@testvalley.hants.sch.uk](mailto:leisure@testvalley.hants.sch.uk) for all enquiries.

## Forthcoming Dates

**w/c May 27th May Half Term**

**w/c June 3rd**

**Week 1**

GCSE Exams Continue

Friday 7<sup>th</sup> June – Trip to Sparsholt for Year 8 &9

Friday 7<sup>th</sup> June – Trip to National Oceanographic Centre

## Inspiring Future Teachers

[Test Valley School - Are you interested in becoming a teacher?](#)



## Inspiring Assembly

This week the Year 10s had an inspiring assembly with Craig Spicer. Fitness coach, medal winning powerlifter and business owner.



### Top of the pops

Will	Weatherall	10CE
Josie	Cahill	10CE
Niya	Gurung	10PH
Evie	Kanarens	10PH
Rosie	White	10PH
Milly	Puxley-Brown	11CE
Ella-Mai	Kane	11CE
Mason	Readings	11GR
Jack	Freeman	11PH
Dylan	Lyne	11PH
Seren	Shirley	11PH

**Year 11 GCSE** Self Study Programmes have been emailed to Year 11 and put in the Year 11 MS Teams site ready to keep the exam preparation momentum going.

## Year 10 Mock Exams

Date	Tutor P1 & 2 9:00am start	Period 3 & 4 11:50am start
<b>WEEK 2</b> Monday 24 <sup>th</sup> June	Science Biology 1hr45	English Language Paper 1 1hr45
Tuesday 25 <sup>th</sup> June	English Language Paper 2 1hr45	<b>Option C</b>  French Writing F 1hr5 German Writing F 1hr5 H 1hr20 Drama 1hr D.T 2hrs  <b>Construction students to normal lesson</b>
Wednesday 26 <sup>th</sup> June	<b>Option B</b>  Geography 1hr15 Computer Science 1hr30 History 1hr	Maths Paper 1 <b>Non-Calculator</b> 1hr30
Thursday 27 <sup>th</sup> June	Science Chemistry 1hr45	French Reading F 45m German Reading F 45m H 1hr
Friday 28 <sup>th</sup> June	Maths Paper 2 <b>Calculator</b> 1hr30	<b>Option A</b>  D.T 2hrs Food 1hr15 Geography 1hr15 Music – 1hr30 <b>ROOM</b>
<b>WEEK ONE</b> Monday 1 <sup>st</sup> July	Science Physics 1hr45	<b>Option D</b> Food 1hr15 P.E 1hr History 1hr R.E 55m <b>Art students to lesson</b>
Tuesday 2 <sup>nd</sup> July	English Literature  1hr	<b>Catch Up Session</b>  <b>ROOM 35</b>

## Exam Preparation

Year 10 exams commence on Monday 24<sup>th</sup> June and subject teachers are preparing 'self-study programmes' to support students to manage their preparations. Details of examination preparation materials will be posted to students via class-charts.

Mr Langdown will place the 'self-study programmes' into the Year 10 team and share the link to these via student's school email so that all Year 10 students can plan their preparations commencing at the end of April.

Preparation for these exams is an opportunity for student to start the process of forming good study habits which is the key to success. The one single thing which has the greatest impact upon exam success is starting preparations early and we therefore urge students to commence their study for their Year 10 exams at the end of April to give them the best opportunity to succeed.

As students' progress into Year 11, they will sit two further mock exams in November and February to further support their preparation before sitting their actual GCSEs which commence in May 2025.

Forming these good study habits now will help build on their knowledge and confidence on their learning journey and ultimately take them towards success and a wide range of choices for their next steps into adult life.

## University of Southampton Year 10 Residential

After its successful launch in 2022, this 3<sup>rd</sup> edition of the Learn with US Year 10 Residential invites students to live in Halls of Residence, learn all about student life at university, experience subject tasters and develop skills for learning as they work on a group project presented at the end of their stay with us.

**To improve this opportunity further, we have been working with Year 10 Youth Consultants who have evaluated what we do and made improvements that are for the benefit of their peers:**

*'This residential has been co-designed by a group of year 10 students who are determined to create the best experience for other year 10 students and to show them what life is like as a university student.'*

*In this experience, we have learned how to work as a team, and come up with different solutions to different problems we may have come across. We have given each other effective feedback on our work to see where we can improve, and have developed new ideas when doing so.'*

As a *Widening Participation* initiative, the residential is FREE for eligible students (including the reimbursement of reasonable travel expenses). Eligibility criteria, along with full details and how to apply, can be found on our webpage: [Learn with US Year 10 Residential | University of Southampton](#).

Within the application form, applicants will have to complete three shortlisting questions. In order to give the best chance for those in higher need to access the opportunity, spelling and grammar WILL NOT form part of the shortlisting process.

Applicants will also be expected to provide a teacher reference – the main aim of this is to verify the eligibility criteria, plus any additional contextual information from a widening participation perspective – we will happily assume that everyone that applies and gets a reference would be a fantastic participant! As part of this we will also need confirmation that permission has/will be granted for the days to be registered as authorised absences for the students taking part.

## Key Stage 3

### Duke Of Edinburgh's Award - Year 9 students Bronze Award sign-up

Test Valley School supports students signing up to the Duke of Edinburgh's Award through the exceptionally well-run Andover Community Church Open Award Centre licenced by Hampshire.

Staff and ex-staff from Test Valley School support the centre's programme throughout the year. Candidates from Year 9 who sign up to the award programme form teams and meet at Andover Community Church fortnightly from October of the autumn, the programme also contains day walks, night orienteering, training days and two weekend camping expeditions.

[Duke of Edinburgh' Award Application Form](#)

There are a limited number of spaces offered and would therefore urge interested candidates to apply early in order to avoid disappointment.

**Information evening on Thursday the 6th June at 7.30 pm at Andover Community Church**

## Sport/Physical Education

South Winchester Cricket Club will be running its Summer Cricket Camp at the IBM Hursley playing fields from August 5th to 9th. T

the camp is for boys and girls from 7 to 14 years old. It will be run by ECB Level 2 coaches and includes lunch each day. Further details, including cost and a link to the booking form, are included in the attached flyer.



**Summer Cricket Camp**

South Winchester CC  
SO21 2JN

5<sup>th</sup>-9<sup>th</sup> August 2024  
9.30am-3.30pm

Level 2 coaches  
7-14yrs

£32/day or £130 for 5 days  
(includes lunch)

10% discount for siblings

Age group specific drills  
Fun games  
Nets Matches  
Prizes

To book:  
<https://forms.gle/Bqi5StvjABMHRDrQ7>

Sports hall available if wet

Queries?  
[graham.meech@gmail.com](mailto:graham.meech@gmail.com)

South Winchester Cricket Club  
EST. 1962

## OPPORTUNITIES – OUTDOORS & ENVIRONMENT

### GEOGRAPHY / DUKE OF EDINBURGH / PSHE / UCAS SUPPORT

As we look ahead to the Summer, we are delighted to announce more FREE outdoor / practical sessions for local young people to explore the impact of climate change within their local communities through positive youth social action. The programme is part of the YouCAN youth for climate and nature scheme, in partnership with the New Forest National Park Authority, supported by National Lottery Community Funding.

Suitable for young people **aged 14-25 years old**, passionate about making a difference in their communities, the programme can also support skills development for Duke of Edinburgh qualifications / endorse personal statements for UCAS.

We will escort young people from Southampton on the train to some of the locations.

This includes SEVEN interactive and site-specific sessions with climate scientists, marine biologists, park rangers and creative practitioners from May to September 2024. We will be using youth voices and findings around climate change in our local communities to inspire the creation of a brand-new theatre production - *Generation Anthropocene*.

#### **NEW FOREST**

1st June (Ashurst)

8th June (Lymington)

Exploring together in the heart of the New Forest, we have the opportunity to learn first-hand how nature is being impacted by the climate crisis and the importance of nature recovery.

Exploring:

Flooding

Deforestation

Sustainable travel (cycling session)

Eco-friendly and sustainability through the arts

Costal erosion

#### **COASTAL**

29th June (Lymington)

Learning together in Southampton and the New Forest, exploring how our local coastlines are being impacted by climate change and how we can protect our oceans. Understanding how we can restore our natural environments and eco systems and the importance of nature for survival.

Freshwater habitats and biodiversity session working with Freshwater Habitats

EXPLORING: Rising sea levels; Sea pollution; Acidification; Costal erosion

#### **CITY CENTRE - SOUTHAMPTON**

13th July

7th September

...with Southampton National Park City Project and Sholing valley study centre.

Working in the heart of Southampton City, in the National Park and surrounding areas, exploring air pollution, travel and the impact of City life on our environment.

**[SIGN UP UP HERE](#)**

## College Information

There is information on our website regarding forthcoming College open events, including dates and how to book a place.

**Salisbury 6<sup>th</sup> Form College:** [www.salisbury6c.ac.uk](http://www.salisbury6c.ac.uk)

**Peter Symonds College:** [www.psc.ac.uk](http://www.psc.ac.uk)

**Open Evenings:** 5.30 to 8.30 pm

3rd & 4<sup>th</sup> July 2024

1<sup>st</sup> & 2<sup>nd</sup> October 2024



**Andover College:** [www.andover.ac.uk](http://www.andover.ac.uk)

Please could you make your students aware that registrations are now open for the Andover Community Open Event on Saturday 15 June 2024, 11am – 3pm. In addition to normal open day activities there will be lots of fantastic opportunities to engage with subject areas, including **bookable experiences** such as: Motor Vehicle and Wellbeing Checks and an Esports tournament.

To attend, your students will need to register for the event **as soon as possible** by visiting [Open Events - Andover College | Hampshire](#).

**Also, it is not too late to apply to Andover College as applications are still open and Year 11 students can still apply by visiting the Andover College website or by using [Apply - Full Time and Part Time courses - Andover College | Hampshire](#).**

**Sparsholt College –** [www.sparsholt.ac.uk](http://www.sparsholt.ac.uk)

Please could you make your students aware that registrations are open for Sparsholt College's next open event on Thursday 13 June 2024 (Slots between 5.30pm – 7pm).

To attend, your students will need to register for the event **as soon as possible** by visiting [Experience Sparsholt - Sparsholt College Hampshire](#) as **our events do fill up quickly!** At this event students will have a tour of the subject area they are interested in at a specific time which they will book in advance.

**Also, it is not too late for year 11s to apply to Sparsholt College as applications are still open and students can apply by visiting the Sparsholt website or by using [How to Apply - Sparsholt College and University Centre Sparsholt](#).**

**Basingstoke College of Technology -** [www.bcot.ac.uk](http://www.bcot.ac.uk)

Just a quick one about an event we have coming up for your students who are interested in T Levels, and parents who maybe are a bit confused by them! It will be a short event with a quick presentation and then opportunity to talk to the course areas about their T Level offering, we currently have them in Animal Management, Business, Computing & IT, Construction, Engineering, Health & Social Care and Media. Students who have already applied for one might find it useful to chat through the course, and those who are on the cusp of entry requirements or who are considering one but aren't sure will hopefully find the information useful for decision making come results day. You can find out more information and book a free ticket here: <https://www.bcot.ac.uk/news-and-events/2024/05/t-level-information-evening/>

### Future Events



**ENGINEERING APPRENTICESHIPS 2024**

**RECRUITMENT CLINICS**

- Tues 5 March
- Wed 24 April
- Thurs 16 May
- Tues 11 June

4.30 - 6pm *Booking advised*

**Why attend?**

- Join us at one of our Recruitment Clinics to provide practical support & guidance to anyone from Year 11 upwards wishing to apply for an engineering apprenticeship starting in September 2024 (parents are welcome too!).
- Come along to discuss the current vacancies, what the roles involve & get guidance on writing a great application!

**Who should attend?**

- Anyone looking for an engineering apprenticeship starting in September 2024
- School or College leavers in 2024
- Those just thinking about a change in career, this event is for you!

**Where is it taking place?**

SETA Apprenticeship Centre,  
First Avenue, Millbrook,  
Southampton, SO15 0LJ

**REGISTER ONLINE:**



<https://www.setatraining.co.uk/seta/evs-its-recruitment-clinic.html>

[www.seta-training.co.uk](http://www.seta-training.co.uk) [info@seta-training.co.uk](mailto:info@seta-training.co.uk)



**Supporting Tomorrow's Engineers**



### Apprenticeships

John Robinson Butchers are looking for a butcher's apprentice.

Please contact them if you know anyone that might be interested.

All the vacancies listed can be found on the [SETA Apprenticeship Vacancy](#) web page. Throughout the coming months more vacancies will go live. Make sure you visit our webpage regularly for the latest additions!

Employer	Vacancy	No. of positions	Level	Location	Duration (months)	Closing Date
<a href="#">Williams Engineering Solutions Ltd</a>	<a href="#">Apprentice Plate Welder</a>	1	3	Hardley, nr Hythe	42	20 May
<a href="#">Vintage Bentley</a>	<a href="#">Apprentice Mechanical Fitter</a>	2	3	Liss, nr Petersfield	42	21 May
<a href="#">IMI Thompson Valves</a>	<a href="#">Machinist Craft Apprentice</a>	3	3	Poole, Dorset	42	24 May
<a href="#">IMI Thompson Valves</a>	<a href="#">Engineering Technician Inspection/Quality Craft Apprentice</a>	1	3	Poole, Dorset	42	24 May
<a href="#">IMI Thompson Valves</a>	<a href="#">Engineering Fitter/Assembly Craft Apprentice</a>	1	3	Poole, Dorset	42	24 May
<a href="#">IMI Thompson Valves</a>	<a href="#">Maintenance Craft Apprentice</a>	2	3	Poole, Dorset	42	24 May
<a href="#">Ionoptika Ltd</a>	<a href="#">Electrical/Electronics Technician Apprentice</a>	1	3	Chandlers Ford	42	5 Jun
<a href="#">Rhyal Engineering</a>	<a href="#">Welding Apprenticeship</a>	1	3	Based on Fawley Refinery, nr Hythe	36	6 Jun
<a href="#">Toomers Ltd</a>	<a href="#">Metal Fabricator Apprentice</a>	1	3	Downton	42	10 Jun
<a href="#">Southampton Marine Services Ltd</a>	<a href="#">Apprentice Fabricator</a>	1	3	Southampton	42	16 Jun
<a href="#">Southampton Marine Services Ltd</a>	<a href="#">Apprentice Engineering Fitter - Mechanical</a>	1	3	Southampton	42	16 Jun



Scan the QR code to visit  
SETA's vacancy webpage



[www.setatraining.co.uk/apprenticeships/current\\_vacancies](http://www.setatraining.co.uk/apprenticeships/current_vacancies)

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## Future Events

### Recruitment Clinics 1-2-1

For anyone in Year 11 and above seeking advice or wishing to apply for an apprenticeship starting in September 2024, SETA is offering a one-to-one chat with our friendly staff to receive practical advice, support and guidance. This can be either via a telephone call or a video call using MS Teams.

[Register your interest on our website](#) and The Apprenticeship Services Team will contact you to arrange a suitable date/time.



Wed 5<sup>th</sup> June 15:30-19:30 – Free event providing parents, carers and young people (Yr10+) with information on education & career opportunities after Yr11. Speak to colleges, 6<sup>th</sup> Forms, universities, apprenticeship providers (inc SETA!), and personal development partners

[Your Future - 5th June 2024 | Solent University \(zeckofrom.com\)](#)



**SETA will be attending some exciting events over the next few months which are open to schools. If you or your school would like to participate then contact the relevant organisation!**

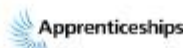
Come and be inspired at either of the **EBP Get Inspired** career events. Book your students in to attend!



Wed 5<sup>th</sup> Jun 9.30am-3pm (time slots per school)

A brilliant STEM specific event for school children at the National Oceanography Centre in Southampton.

<https://www.ebpsouth.co.uk/event/inspiring-stem-2024-schools/>



Part of the  
Engenuity Group

## Hampshire County Youth Choir and Training Choir Sing-Alongside



Supported using public funding by  
Department for Education  
ARTS COUNCIL ENGLAND



ENJOY PERFORMING?

LOVE SINGING?



### Are you looking to join a choir from September?

Come and sing alongside our current members.  
Friday 21 June 2024

- Training Choir 7.30pm - 8.45pm Yr 7 to Yr 9
- Youth Choir 7.30pm - 9pm Yr 10 to Upper Sixth

The United Church, Jewry St, Winchester



MAKE NEW FRIENDS

To sign-up and find out more information, scan the QR Code



[www.hcyc.hmsensembles.org.uk](http://www.hcyc.hmsensembles.org.uk)

Are you aged between 11 and 18 and looking to join a Choir from September, or do you know someone else that might like to join?

Hampshire County Training and Youth Choirs will be holding a Sing Alongside rehearsal on Friday 21<sup>st</sup> June and invite you to join them with a view to joining in the new academic year. Come along to find out more at United Church, Jewry Street, Winchester, SO23 8RZ.

Follow the link below to sign-up:

[Sing Alongside Friday 21<sup>st</sup> June 2024 Sign Up](#)

## Pop Up Ensemble

FREE



### Pop Up Ensemble Winton School, Andover

JMST Theatre, London Road, Andover,  
Hampshire SP10 2PS  
Sunday 14 July 9.15 - 13.15

Beginner to Grade 4



Back by Popular Demand!



Come and be part of a 'from scratch' orchestra!

Scan the QR code to register your place



andover  
musical  
theatre  
company

amtc starlights  
YOUTH THEATRE

Calling all  
maggots  
aged 9-18!  
(from current Year 5+)

Do you fancy  
being a little bit  
naughty?

BOOK BY  
DENNIS KELLY

MUSIC AND LYRICS BY  
TIM MINCHIN

ROALD DAHL'S  
**Matilda**  
THE MUSICAL JR.

**31ST OCT - 2ND NOV 2024**

**FREE Workshops**

Sundays 9th and 23rd June  
Knights Enham Primary School, Andover.  
10am-12pm

**Auditions**

Sunday 30th June  
Time slots will be allocated

**Show fee £180**

This includes professional tuition, insurances and licenses, sets, props etc and all staff hold DBS  
Payable in 4 monthly instalments - sibling discount available

**To register visit [andovermusicaltheatre.co.uk/matilda](http://andovermusicaltheatre.co.uk/matilda)**

This amateur production is presented by arrangement with Music Theatre International  
All authorised performance materials are also supplied by MTI [www.mtishows.co.uk](http://www.mtishows.co.uk)

Andover Musical Theatre Company is a registered charity number 1143762

**Celebrating Neurodiversity Training Day**

A day that focuses on learning skills and strategies for parents, carers and professionals who are supporting an autistic young person.

**CELEBRATING NEURODIVERSITY**

A TRAINING DAY FOR PARENT/ CARERS & PROFESSIONALS

**19TH JUN 2024**

**What Parents & Educators Need to Know about SCHOOL AVOIDANCE**

Emotionally Based School Avoidance is a term used to refer to reduced attendance or non-attendance at school by a child or young person. It's often rooted in emotional, mental health or wellbeing issues. The rate of children who miss school more than 10% of the time in England has more than doubled since before the pandemic: rising from 10.9% in 2018-19, to 22.3% in 2022-23.

**UNDERSTANDING SCHOOL AVOIDANCE**

**REASONS FOR ABSENCE**  
School avoidance is sometimes underpinned by several factors (rather than one single cause). This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for example, or a change in family dynamics. Bullying and friendship difficulties at school, pressure to achieve in schoolwork and exams, or moving from primary school to secondary school.

**PATTERNS OF ABSENCE**  
You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodivergent, there is some evidence to suggest there are more aspects of school life which can cause distress - such as changes in the environment, changes of routine and sensory stimuli.

**COMPLAINTS ABOUT PHYSICAL SYMPTOMS**  
There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include complaining of a racing pulse, headache or aching feet. If when there doesn't appear to be a medical cause, always check with the GP first to rule out medical causes or illness.

**IMPACT OF SCHOOL AVOIDANCE**

**LEARNING AND DEVELOPMENT**  
School refusal can negatively impact a young person's learning and development. Absence from school on a regular basis, not only impacts on the child's academic progress but also the development of key life skills and the growth of children and young people as citizens.

**LONG-TERM OUTCOMES**  
The difficulties associated with school non-attendance can be far-reaching and may have a long-term impact on long-term outcomes. It may, for example, lead to reduced future aspirations, limited academic progress and restricted employment opportunities.

**CYCLE OF ABSENCE**  
Consistent absences may contribute to increased school non-attendance over time. In order to stop this, the longer a pupil is out of education, the more likely it is that there is a need for their urgent return to avoid the cycle which is making them anxious - increasing their desire to stay at home.

**Advice for Parents & Educators**

**WORK TOGETHER**  
If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

**MANAGING OVERWHELMING FEELINGS**  
While there may be times you feel frustrated or angry, try to stay calm, acknowledge the child's worries, listen and discuss a range of coping strategies together to help them face the discomfort and overwhelming feelings. These could include mindfulness, deep breathing or going for a walk and practice the strategies in less overwhelming situations first.

**FOLLOW REGULAR ROUTINES**  
Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and limited time on screens can also give children much needed predictability and familiarity. Schools can help create a timetable routine for the child's school day, if required.

**REDUCE STIMULATING ACTIVITIES AT HOME**  
If a child is avoiding school, reduce their access to more stimulating activities (such as watching television, playing games and spending time with friends) during school hours, where possible. This reduces the potential for the child having rewarding experiences at home, which could be interpreted as a positive aspect of avoiding school.

**Meet Our Expert**  
With 30 years' experience as a teacher, teacher consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.

Wake Up Wednesday | The National College

Source: See full reference list on guide page at [nationalcollege.com/guide/school-avoidance](https://nationalcollege.com/guide/school-avoidance)

@wake\_up\_weds | /www.thenationalcollege | @wake.up.wednesday | @wake.up.weds

Hampshire Parent Carer Network (HPCN) in partnership with Hampshire CAMHS are delivering monthly meetings across the County. For more dates and venues click here.

**FUTURE IN MIND PARENT PEER SUPPORT**

**PARENTS & CARERS MEETINGS**

**31ST MAY 2024**

# Student Services @ Test Valley School

"In Pursuit of Personal Excellence"

Term : Summer / Issue 2 / Date: May 2024

Welcome to the Test Valley Student Support Newsletter. At Test Valley School you are never on your own, there is always someone here to help and to listen, no matter how big or small you think your problem is. As well as your tutor and year leader, there is the pastoral support team. Lots of external agencies, which I have listed below, with hyperlinks to their website, also offer support. I would recommend KOOOTH as a great self help website. Kooth have magazines, discussion boards and chats with their online counsellors. You can also look at the Wellbeing section on the website for more links to support. [Test Valley School - Wellbeing](#)

## EXTERNAL SUPPORT



Tool kits, resources and more



Call or visit the website for a wide range of support



Support for child abuse



Call to talk about anything you need



Supporting young people with their mental health



Free confidential advice and counseling



Local support with LGBTQ+

## TEXT SHOUT 85258

You can text 85258 any time day or night, your messages are confidential and anonymous, and it is free. There is a lot of information on their website but you can ask for help with anything from abuse, bullying, anxiety and stress, depression, grief, loneliness and self harm.

**shout**  
**85258**

here for you 24/7



## ONLINE SUPPORT

**kooth**

Just some of the things you'll find on Kooth



## PHYSICAL AND MENTAL HEALTH

Click here to watch this video clip to get more of an understanding of how to help your own wellbeing and mental health



Summer Reading Challenge 2024  
Delivered in partnership with libraries



Hampshire  
County Council

Library Service

# Marvellous Makers



This summer we need volunteers in  
our libraries to help us run the  
Summer Reading Challenge!

It's great fun and very rewarding – if you're aged 14+  
please speak to a member of staff or scan the code to  
find out more and apply:



THE  
READING  
AGENCY

Celebrating  
creativity

CREATE  
HANTS

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## Other Events

### Father's Day Fun Cycle - Rotary Event

We are raising money for Local Charities and more importantly we have offered every school and Charity the chance of raising money for themselves. It would be very helpful if you could get all your families to come and ride in the afternoon as a Family Afternoon event for Father's Day.

What a great time to get everybody together and just have fun as a family.



**FAMILY FUN CYCLE AROUND THE CIRCUIT**  
Bring the whole family and cycle the wrong way around the circuit  
What a great way to have **Father's Day** 16 June with the family start 12.30pm end 5.00pm

Price just £10 per whole family  
Where else can you cycle in a safe on-road area with NO Traffic



**CYCLE THRUXTON**

THE ROTARY CLUB OF ANDOVER [Christopher.lynn36@gmail.com](mailto:Christopher.lynn36@gmail.com) 01264 396511 to book now  
Hot and cold drinks available as well as Hot Dogs etc

Have a concern about you or  
someone else?



***At Test Valley we are committed to building an engaging inclusive environment where success and excellence is experienced by all. We will achieve this by ensuring:***

### **KINDNESS**

We always show care, respect and consideration for each other. Test Valley is a warm, welcoming and safe place for all.

### **RESILIENCE**

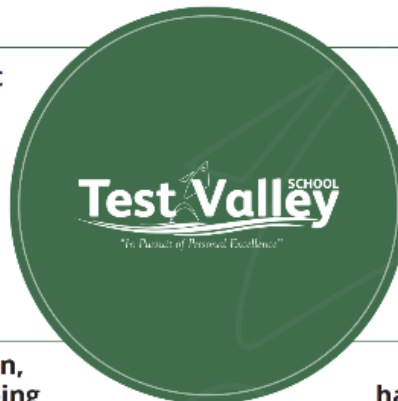
We show courage by not giving in, challenging ourselves, stepping out of our comfort zones and not fearing failure.

### **EXCELLENCE**

We are relentlessly determined to strive for the best in all we do; developing excellent learning habits which help us to grow.

### **EMPOWERMENT**

We help pupils to evolve into happy, independent, knowledge rich citizens who have the skills to make a real difference in our ever changing world.



***In pursuit of personal excellence you must dream big work hard and make it happen.***