

## **Parent Newsletter**

**Tuesday 23<sup>rd</sup> July 2024**

Dear Parents/Carers,

As we draw the school year to a close, I'd like to firstly thank all of our wonderful pupils for playing their part in transforming our school culture. I have a hugely privileged job of working with your children, they bring so much energy and positivity to our community every day, it's been incredible watching them achieve in their academic studies, in the Arts, in sport and into well rounded young people this year. I would also like to thank all the staff for their hard work and dedication this year, they've been awesome.

I'd also like to extend my thanks to you for your support in so many ways. Thank you for working with us on uniform, attendance, homework and everything else linked to school life. We all want the very best for the children, working as a partnership will have the biggest impact, I hope to build our partnerships further next year. I'd also like to thank you for your kind messages, conversations and gifts, they mean the world to us a staff and certainly give us a huge boost.

We've had such a positive end to the academic year, so much to celebrate. Year 10s had a great time on Work Experience last week, the feedback was overwhelmingly positive from the employers and via the staff who went out to visit each pupil. This is the first time Work Experience has taken place in a number of years, we have already started to plan it next year for our new Year 10s.

Our Osmington trip was huge success, fortunately the weather was on our side for most of the time, many thanks to Mr Thomas for organising this fantastic opportunity for our pupils. I'm just about to head down to the New Forest to pick up our pupils who've been on an outdoor and adventurous trip to Tile Barn in the New Forest, the photos look amazing, I can't wait to hear about their adventures on the way home.

Yesterday was a day most of won't forget, we started with our Celebration Assembly, it was lovely to see so many pupils win awards for academic success, attendance, attitude to learning and kindness to others. We also had to say a few farewells, I never enjoy goodbyes, but it was time to celebrates 3 long careers in the teaching profession. Mr Atkins is retiring after 28 years of teaching, Mr Stephens is retiring for the third time, thankfully, we will see him back from time to time. Mr Langdown is retiring after 33 years of teaching at Test Valley School. Despite my best efforts I wasn't able to convince them to stay for another year! They have given so much to the profession, but I totally respect that they need to kick back a little and spend more time with their families. I'm sure you'll join me in thanking them for all their hard work and dedication over the years, we will miss them hugely but wish them long and happy retirements. Mrs Wray is also leaving us, we are sad to see her go, her husband has been posted up north, we wish them well in their new life.

Within our celebration assembly we marked the end of Test Valley School and the opening of Danebury School in September, we paid tribute to all the positive things about Test Valley and the foundations we've laid which have helped us create such a vibrant culture within the school. We will hold onto these positives very tightly as we venture forward together. I have every confidence that the school will continue to go from strength to strength over the coming years. We will be holding our **Open Evening** and **Danebury launch** event for any current pupils, parents and carers and prospective pupils, parents and carers on **September 11<sup>th</sup> 2024 6:00-8:00pm**. I look forward to seeing as many of you there as possible to mark the occasion.

A polite reminder of the new school uniform policy ([link](#)), please do take a few minutes to look through it. Stitch-a-logo are open on weekdays, please visit the store in Andover to order uniform, any orders after August 8<sup>th</sup> may not be processed in time.

As previously communicated, our school day is changing slightly in September. The school day will start at 8:40am and finish at 3:10pm, lessons will remain at 60 minutes, break 1 is 25 minutes long and break 2 is 35 minutes long. We are waiting for final confirmation from the bus companies on their services, we will share this with you asap.

All pupils are expected to return to school on September 3<sup>rd</sup> 2024 at 8:40am, we are very excited about opening our doors as Danebury School on September 3<sup>rd</sup> 2024 but until then we wish you all a lovely summer break, have fun and stay safe.

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 and Instagram Account: testvalleyofficial. Reshares and likes are always appreciated!

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Cara Rees  
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## 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

***School is Closed for the Holidays***  
**Will reopen as Danebury School on 3<sup>rd</sup> September**

## Key Stage 3

Poem by Hugo L (YR7) about TVS!

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Test Valley School

Founded in 1976 it is one of the oldest schools in the UK,

Mr Langdown has been here for 30 years!

Mr Falkingham nearly as long,

Yet, some are quite new. . .

Mrs Goodridge, Mrs Andrews have only been here for 1 year and six months,

Even if it seems longer.

Mr Langdown is going to retire in a few days,

that will be the end of an era.

But soon everything will change, because we will be Danebury School. . .

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## Key Stage 4

### Top of the pops last week

Oliver	Levy-Clinkard	10CE
Rosie	White	10PH
Freddie	Allsopp	10CE
Will	Weatherall	10CE
Elliot	White	10PH

## Year 10 Andover College Taster Day

What a wonderful opportunity our Year 10 students had today when they travelled to Andover college and tried out courses of their choice and get to see around a college.

The wide range of courses on offer to them was impressive and I'm sure all of them would have been happy with the level of choice.

Most importantly this brings to the forefront of their minds, following their Year 10 exams, that thinking seriously about their next steps begins now as it becomes apparent that applications for colleges need to be made in the autumn term of Year 11.

## 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*.

### **CITY CENTRE - SOUTHAMPTON**

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 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)

### Key dates for 2025:

16 September Applications open  
1 & 2 October Open Evenings  
9 December Application deadline  
Year 11 Welcome Days 26 & 27 June

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

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)

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)



SPARSHOLT  
CAMPUS

Saturday 5 October 2024

Saturday 9 November 2024

Saturday 1 February 2025

Saturday 1 March 2025

Wednesday 30 April 2025

Thursday 12 June 2025

Visit [sparsholt.ac.uk](http://sparsholt.ac.uk) to register or scan the QR code!

**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 Youth Choirs will be holding an open rehearsal on Friday 13<sup>th</sup> September and invite you to join them and experience one of our rehearsals. Come along to find out more at United Church, Jewry Street, Winchester, SO23 8RZ.

Follow the link below to sign-up:

[Hampshire County Youth Choirs Open Rehearsal Evening - Friday 13th September 2024 \(google.com\)](#)

**Are you looking for activities for your children over the Summer Holidays?**

Hampshire Music Service are running a three-day course where attendees learn to compose, produce, record, and mix their own recordings. These recordings can be original songs, or a cover of an existing song of their choosing. Each day runs from 9.15am to 4.30pm and is split into four group sessions lasting 90 minutes each. By the end of the course, each group will have a recording that they have produced themselves, from start to finish.

Cost: £115 for all three days

Below is a video about Music Production.

<https://www.youtube.com/watch?v=-tsAZxDml9E>

Sign-up form

[Hampshire Music Service Recording and Production Enrichment - 19, 20 and 21 August 2024](#)





# ARTBLAST



**6 FREE awesome street art workshops during the summer holidays, suitable for 11yrs+**

This year's theme is "Memories"—those that make you feel you belong, and those of people and places that make you feel happy and safe. It's all about celebrating what matters to you.

Get creative, have fun, and connect with the community. Come join us for a summer of street art, celebration, and making new memories.

## Ludgershall Skatepark

Rec Ground, Deweys Lane, Ludgershall  
SP11 9QU

**Tuesdays | 11am - 2pm**

30th July  
6th August  
27th August

## Smannell Skatepark

Off Smannell Rd, Andover SP10 5HZ

**Wednesdays | 11am - 2pm**

31st July  
7th August  
28th August

Email [admin@yellowbrickroadprojects.com](mailto:admin@yellowbrickroadprojects.com) to register interest





# SUMMER TIMETABLE

Talks are delivered online via zoom 7pm to 9pm £24 each  
 Book online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

<b>2 FREE SESSIONS</b> <b>Cannabis &amp; Ketamine Awareness</b> <b>Supporting Kids with School Anxiety</b>	30 JUL 26 SEP
Understanding Addictive Behaviour	11 JUL, 8 AUG, 5 SEP
Understanding the Teenage Brain	15 JUL
Raising Self-Esteem	16 JUL
Supporting a Child with ADHD	18 JUL, 15 AUG, 24 SEP
Anxiety Explained	25 JUL, 22 AUG
Understanding Anger	29 JUL, 26 AUG, 23 SEP
Introduction to OCD	6 AUG
Improving Family Communication	12 AUG
Autism: Improving Communication	8 JUL, 5 AUG, 2 SEP
What is ACT?	9 JUL, 3 SEP
Decreasing Depression	23 JUL
Supporting Healthy Sleep	20 AUG
Today's Teens & Today's Drugs	27 AUG

[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

[info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)



# CELEBRATING NEURODIVERSITY

A TRAINING DAY FOR PARENT/ CARERS & PROFESSIONALS

**19TH JUN 2024**

**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.

## 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 home or school, a child may have caring responsibilities at home, for example, 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 during school holidays or on school days). It's a child or young person's behaviour. There is some evidence to suggest there are more reports 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 aching aches, headaches, or aching the 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 avoidance can negatively impact a young person's learning and development. Absence from school can impact on the child's social, emotional and mental health. It's important to be aware of the signs and symptoms of school avoidance and the impact of children and young people as citizens.

### LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be long-lasting and may have long-term impacts on learning and development. For example, lead to reduced future opportunities and reduced academic progress and restricted employment opportunities.

### CYCLE OF ABSENCE

Consistent absences may contribute to a continued school avoidance over time. As time goes on, the longer a child is out of education, the more likely it is that there is a risk to their ongoing need to avoid the activity 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 consistency. Schools can help create a timetable routine for the child's school day 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 Barman has a superb understanding of what works in practice, 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](https://twitter.com/wake_up_weds) [www.thenationalcollege](https://www.facebook.com/thenationalcollege) [@wake.up.wednesday](https://www.instagram.com/wake.up.wednesday) [@wake.up.weds](https://www.tiktok.com/@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**

Please find our Raring2go! Summer magazine link below. It's full of things to do for families during the summer break,







Hampshire  
County Council

Library Service

# Crazy Cartoons and Incredible Illustrations

HAF Family Events

## Totton Library

Wednesday 24 July 10am

## Hythe Library

Wednesday 24 July 2pm

## Eastleigh Library

Friday 26 July 10am

## Romsey Library

Friday 26 July 2pm



All events to include free goody bag with indoor and outdoor activity, plus tea/lunch bag to take away.

**These events are suitable for children aged 4-11 years old and who receive free school meals as part of pupil premium or are supported under an SEN/EHCP.**

Tickets are free but must be booked -  
scan the QR code to book



**Children under 9 must be accompanied by a parent/carer.**



  @hantslibraries

[hants.gov.uk/library](https://hants.gov.uk/library)



# FREE Family Fun Day



## BULA FESTIVAL

Join us for a day of free family orientated fun, Saturday 3rd August. There will be live rugby, local food and drink vendors, stalls and many other offerings to create a truly vibrant festival atmosphere.

Learn more about your Army and how you can get involved as well as the opportunities available.

**03 August 10 AM - 9 PM**

Queens Avenue  
playing field  
Aldershot, GU11 2JN

### Activities:

- Rugby
- Live music
- Amusements
- Hang tough
- Helicopter
- Plus more



Scan here to learn more about the Army

Get your **FREE** Tickets here:

<https://www.eventbrite.co.uk/e/bula-festival-uk-24-tickets-929058588247>





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  
ARTS PROGRAM

Illustrations by Natelle Quek and logo artwork by Lizzie Everard. All © The Reading Agency 2024



### **Annual "Trout n About" street festival in Stockbridge**

This year it'll be held on **Sunday August 4th**. The whole of the High St will be filled with artisan food, drink, crafts etc. And there is a Festival Field which has music, children's activities, circus skills, face painters etc food trucks and a picnic area.

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**

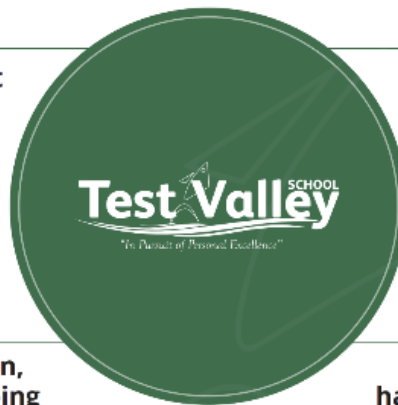
We show courage by not giving in, challenging ourselves, stepping out of our comfort zones and not fearing failure.

## **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.***