

Parent Newsletter

Friday 5 May 2023

Dear Parents/Carers

This week has seen many triumphs across the school, I'd like to take this opportunity to congratulate Lily, Megan, and Alice on their outstanding achievements winning the National Age Group Water Polo Championships Finals. Their dedication, resilience and skill are second to none. Read all about it below.

Our year 10 prefects have been put through their paces over the last few weeks. This week they had to go through the interview process and convince us that they are the right ambassadors for Test Valley school. Mr Langdown and I were blown away by all of their interviews. It was an incredibly tough decision; however I am extremely proud to announce that Sam J and Keysha M have now taken on the esteemed role of Head Prefects and I have every confidence that they will be fantastic ambassadors for our school. I would also like to congratulate Harry G, Holly W, Jack F and Sarah B on becoming Senior Prefects, what an incredible team we have!

Year 10 have been working hard in preparation for their up coming mock exams next week, I wish them well and I am sure they will rise to the challenge. I would also like to congratulate year 11 who have shown great maturity in their studies and are also working hard in the run up to their final GCSEs.



For the first time in over a year, I had a whole school assembly this morning to mark the King's Coronation, I have to say I was incredibly impressed at the behaviour and attitude of all the students in the assembly, it gave me goosebumps to have everyone together as one.

Many thanks to all of our students who entered the bake off, there were so many fantastic designs it was so hard to pick a top three. However the winner of the competition was Lily. As you can see from the picture below her artistic talent is off the scale and deserved first place.





Thank you to everyone who sent in cakes today, all our children were able to help themselves to a cake and drink during afternoon break whilst listening to some entertainment. It was a lovely atmosphere and a great way to end the week.



Providing the singing entertainment were Jennifer S-P and Mrs Ellis: you were both amazing, thank you.

I wish you all a restful long weekend and look forward to seeing pupils in school on Tuesday.

Kind regards

Nicky Goodridge

Forthcoming Dates:

Monday 8 May – Coronation Bank Holiday – School closed

9-12 May – Year 10 Core Exams

Tuesday 9 & Thursday 11 May – MFL Speaking Exams

Monday 15 May – GCSE Exams Commence

Wednesday 24 May – Imperial War Museum Visit – Yr 9

Monday 29 May – Friday 2 June – Half Term Break

More about all the activities occurring in and out of lessons at Test Valley School can be found on our Facebook page, Twitter Feed and Instagram Account. Reshares and likes are always appreciated!

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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 for all enquiries.

Remaining INSET Day

Friday 23 June

Shoutouts to our top points earners

Year 7	Year 8	Year 9	Year 10	Year 11
Michelle A	Julita C	Ailsa S	Lili-Penelope R	Simon J
Rosie C	Lucy F	Alfie M	Mollie S	Oliver L
Ted J	Alexis B	Oliver L-C	Luna A	Gareth C
Liqi L	Matilda L	Josh R-O	Adam L	Henry A
Ethan E	Sienna P	Sohni J		Ruby A
Grace R				
William G				

Congratulations

We love celebrating our pupils' successes both in and outside of school, so please feel free to email us so we can share with our wider school community.

This week, we are delighted to share with you Lily, Megan and Alice's success at the National Age Group Water Polo Championships Finals.

Cheltenham won their semi final on Saturday to progress through to the Final on Sunday and the Under 17 Girls Team (Alice was the youngest player in the whole competition) beat Manchester 20-17 to take the National Title and gold medal! Lily also played in the Under 19 competition - Cheltenham again won their semi-final match but were then beaten by a very strong Manchester U19 side 16-10 in the final, coming away with the silver medal. Well done!



Year 10 Exams

All pupils need to ensure they have a clear pencil case containing ruler, pens, pencils etc. Exam packs can be purchased via Scopay.

Timetables for the forthcoming exams can be found on our website [Test Valley School - Yr 10 Exam Information](#)

Sports News

We took year 7 boys and girls track teams to a track knock out competition at Romsey school. There were 5 other boys' teams and 4 girls.

Every Test Valley pupil performed to their best and we were proud that no one gave up and pushed all the way despite racing against some very good athletes. Well done to all of you.

Henry B, Maison B, William G, Benji M, Freddie P, Naomi T, Grace R, Freya B, Alice R, Victoria S

Online Safety Message

As online gaming continues to be a popular activity for many young people, it's important to educate ourselves and our children on gaming safety and best practices. To ensure your child's safety while playing online, encourage them to use strong, unique passwords for their gaming accounts and to never share personal information with strangers.

Remind them that people they meet online may not always be who they claim to be. It's also crucial to keep gaming devices up-to-date with the latest security software, and to be cautious when clicking on links or downloading content related to games.

Additionally, limiting screen time is essential for a balanced lifestyle. Encourage your child to take regular breaks from gaming, engage in physical activities, and spend quality time with family and friends. By following these strategies, your child can enjoy the benefits of online gaming while staying safe and protecting their personal information.

Check out the National Online Safety posters "10 Ways Gaming Can Support Positive Outcomes" for some extra tips on how to support a positive outcome with gaming.

10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES

in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage ...

THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. Those emotions can be incredibly beneficial for mental well-being – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fail or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance: striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity: it's like listening to a favourite song that always makes you feel happy or confident.

ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

Meet Our Expert

Daniel Lipscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.



Source: https://www.ofcom.gov.uk/consult/condocs/assess/pd1_file/0024/234808/children-media-use-and-attitudes-report-2022.pdf



www.nationalonlinesafety.com



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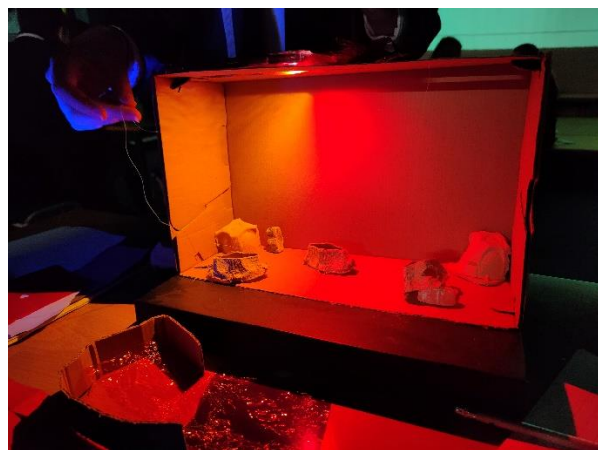
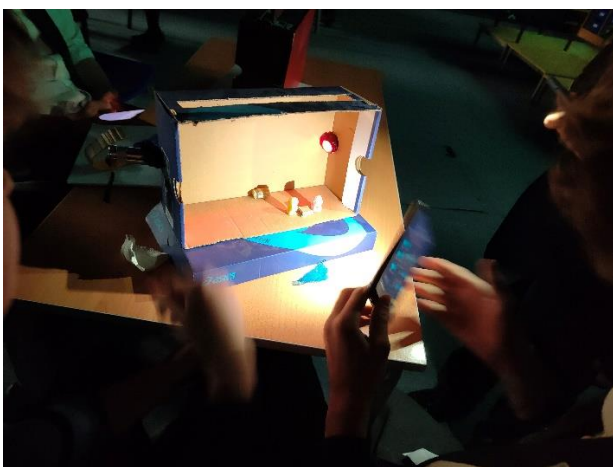
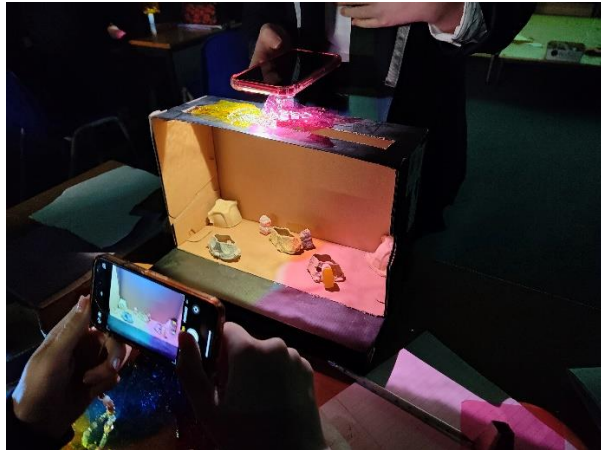
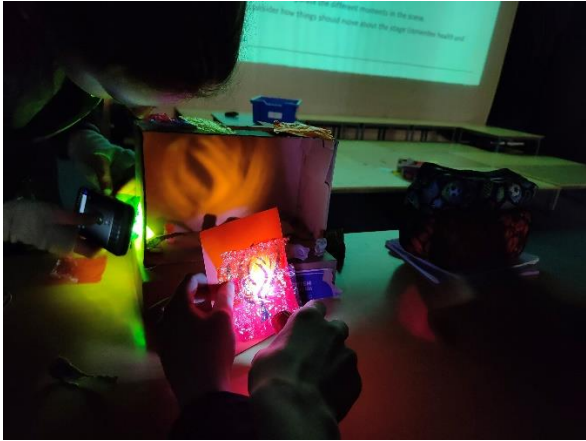
@nationalonlinesafety

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Drama

Some shoebox stage work from year 9.

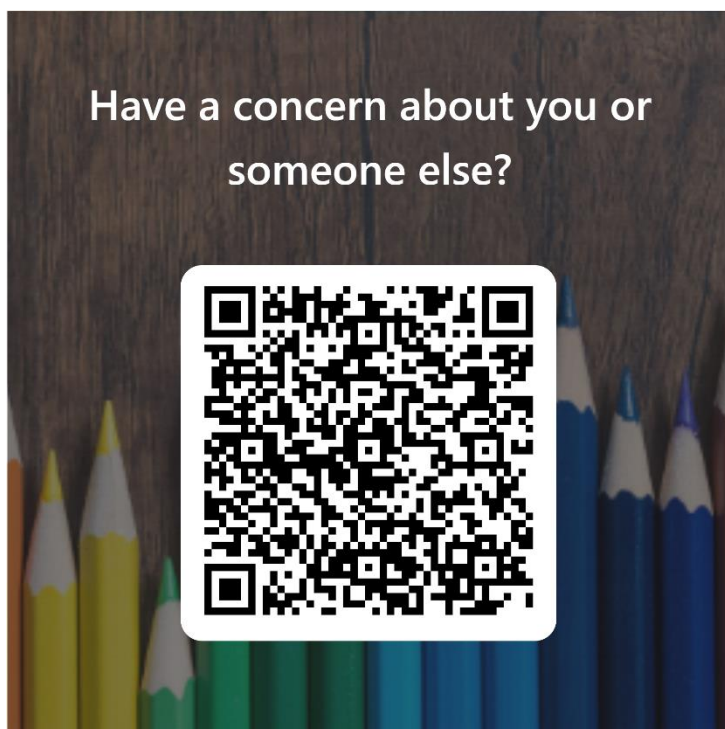
They are using torches, coloured filters, miniature stages and jelly baby actors to design for a scene in the play we are studying.



Class of 2023 School Prom

To celebrate their time at Test Valley School, we are going to hold a leavers' prom within the school grounds for the Class of 2023 on **Friday 23rd June from 6pm to 10pm**. A letter has been sent to all parents/carers please complete the form and return to pupil services by **Friday, 12th May 2023**

Pupil Anonymous Reporting Function



GCSE Summer Exam Timetable

Please use the below link to access timetable information for the summer GCSE exams

[Test Valley School – Yr 11 Exam Information](#)

Year 11 Exam Preparation Workshops

[Test Valley School - Yr 11 Exam Information](#)

Details of workshops running during breaks and afterschool are detailed below and on our website.

Year 11 Summer GCSE Exam Preparation Workshops 2023

Subject	Day	Times	Notes
English	Wednesdays	3.20-4.20pm	This will be English Language focus to begin with (as studying literature in class). We will publish which question we are focusing on each week on the bulletin, and a reminder in the parent newsletter
Maths	Mondays	3.20-4.20pm	Foundation in Rm4, Higher in Rm 3. Whilst pupils will be invited to specific sessions, all may come if they wish.
Science	Monday lunchtimes, Thursday after school	12:45 - 1:15pm and 3:20 - 4:00pm	Booster sessions will be run 2 x per week (1 lunch and 1 after school) Details of what will be covered and preparatory materials for each session will be posted on Class charts and teams. All pupils are invited but may only attend if they have completed the prep work as sessions will be run as clinics to address gaps/misconceptions identified by the pupils.
French	Thursdays	3.30-4:30	Pupils will be invited to specific sessions.
German	Thursdays	3.30-4.30	Pupils will be invited to specific sessions.
Food & Nutrition	Wednesdays	lunch	Exam revision, coursework catch-up but written only in room 32.
Physical Education	Friday	3:20 - 4:00pm	All pupils are encouraged to attend. They will be given the opportunity to revisit previous work and exam questions.

Please ensure pupils check with staff before attending workshops due to unforeseen situations such as absences or meetings.

College Open Events

[Test Valley School - College Open Events 2022-23](#)

Please see our website for the latest information on College open events with information on how to book a place.

Andover College

Registrations are now open for the next open event on **Wednesday 10 May 2023, 4.30pm – 7.30pm**

To attend, students will need to register for the event **as soon as possible** by visiting [Open Events – Andover College | Hampshire](#) **as the events do fill up quickly!**

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

SETA Engineering Apprenticeships

[Test Valley School – SETA Engineering Apprenticeships](#)

Health and Wellbeing

Kooth Stress Support

Exploring Stress for Yr 7-9s

<https://www.eventbrite.co.uk/e/kooth-exploring-stress-webinar-for-year-7-9-students-tickets-559627740637>

Exam Stress support for Yr 10- 13s

<https://www.eventbrite.co.uk/e/kooth-exam-stress-webinar-for-year-10-13-students-tickets-559646165747>

Winchester CAMHS

FUTURE IN MIND PARENT PEER SUPPORT

NHS
Hampshire Child and Adolescent
Mental Health Services

PARENT AND CARER MEETINGS WINCHESTER SPECIALIST CAMHS SERVICES

CHESIL STREET, AVALON HOUSE, WINCHESTER, HAMPSHIRE, SO23 0HU

Hampshire Parent Carer Network (HPCN) in partnership with Hampshire CAMHS deliver monthly meetings across the county. This is a great opportunity to meet other parents & carers and hear about their lived experience, of supporting a child or young person with mental health and/or emotional difficulties. At meetings clinical experts deliver talks on a variety of topics. You are welcome to turn up no booking required. For further information please contact: marybaldwin@hpcn.org.uk

MEETING DATES, TIMES AND SPEAKERS:

Wed 7th September 2022 10am-12pm	Thinking Beyond the Behaviour Evelynn Tan, Hampshire CAMHS
Wed 5th October 2022 10am-12pm	CARE workshop Dr Emily David, Hampshire CAMHS
Wed 2nd November 2022 10am-12pm	Body Image Dr Emily David, Hampshire CAMHS
Wed 4th January 2023 10am-12pm	Developing the use of digital technologies to support interventions in Hampshire CAMHS Ana Brankovic, Hampshire CAMHS
Wed 1st February 2023 10am-12pm	Teenage Turmoil Dr Natalie Roberts, Hampshire CAMHS
Wed 1st March 2023 10am-12pm	ASC Dr Catherine Robson, Hampshire CAMHS
Wed 3rd May 2023 10am-12pm	Managing Crisis Dr Jennie Eeles, Hampshire CAMHS
Wed 7th June 2023 10am-12pm	Resources Projects Events Helen Dove, Hampshire CAMHS
Wed 5th July 2023 10am-12pm	Cyber Safety for Young People Daniela da Palma, Police & Crime Cyber Ambassador

participation@hpcn.org.uk hampshirecamhs.nhs.uk

Parent and Carer meetings
Winchester Specialist CAMHS Service
Chesil Street, Avalon, Winchester, Hampshire, SO23 0HU

Wed 7th June 2023
10am-12pm
Resources Projects Events
Helen Dover, Hampshire CAMHS

Wed 5th July 2023
10am-12pm

Community News

Hampshire Music Service Boys Choir



Supported using public funding by
Department for Education | ARTS COUNCIL ENGLAND



ENJOY
PERFORMING?

LOVE SINGING?



Friday (term time only), 6.20pm - 7.10pm
The United Church, Jewry Street, Winchester
Starting 5th May

- Love singing or know someone who does?
- Then come along to see what it's all about!
- We invite boys from Year 6+ to join us



MAKE NEW FRIENDS



Scan the QR Code
to sign up



www.hcyc.hmsensembles.org.uk

Ethos, Values and Vision

Ethos – (characteristic spirit of a community):
“In Pursuit of **Personal** Excellence”

Values

- Readiness to learn
- Respect for self and others
- Individual responsibility
- Determination and Ambition
- Enjoyment through belonging

Vision – To develop Test Valley as a small, rural, high achieving school