

## Parent Newsletter

Thursday 28 September 2023

Dear Parent and Carers

I hope you've had a good week.

We've had another positive and productive week at TVS. On Tuesday we welcomed a number of visitors in for open morning, following on from our successful open evening last week. Mr Thomas, Mrs Andrews and myself were joined by our incredible Student Leadership team to show our prospective children and parents around. I felt so proud of our community, there were no interruptions to learning, engagement was high and pupils were working hard. Our visitors were highly complementary of the atmosphere in classrooms and around the school. We do have additional open mornings on 12<sup>th</sup> October and 20<sup>th</sup> October, please spread the word!

We are very grateful for the positive feedback we've received:

*"I felt compelled to write you an email in response to attending last night's open evening. May I say what an absolute pleasure the evening was"*

*"the passion which poured out in the presentation was obvious and encouraging to hear"*

*"We have so far visited 4 schools in our area and your open evening by far was the most entertaining, informative and generally impressive"*

Our Year 11s really enjoyed their trip to see Macbeth at the Theatre Royal in Winchester on Tuesday evening. Creating more immersive experiences within our curriculum is very important to us. There will certainly be more opportunities for other years groups to experience these opportunities to learn beyond the classroom going forward. Next week our Year 11s head off to the Careers Fair at Andover College, I'm sure it will be an inspiring day for them. Lastly for Year 11, I would like to congratulate them for their high level of attendance to enhancement sessions during breaks and afterschool, starting this early will certainly help them prepare thoroughly for their mocks and final GCSE exams.

I would like to congratulate all of our pupils who completed their GL assessments this week, all pupils in Years 7-10 will be taking the on-line assessments in English, Maths and Science over the next few weeks. This will provide us with additional assessment data which will inform our planning and intervention groups going forward.

Our regeneration of the top field continues, our amazing Mrs Vincent and Mr Atkins have been hard at work with their groups clearing foliage, preparing the chicken coop and pond area in preparation for some new additions to #teamTVS, watch this space!

This week I met with the catering company HC3 in order to improve the menu and value for money, this is something the School Council have passionately voiced during our bi-weekly meetings. I will update you on our progress.

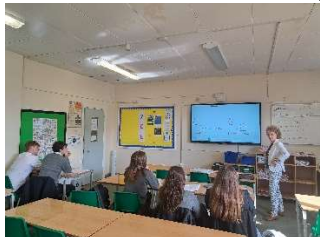
The standard of uniform has remained high so far this term, it's very impressive to see. We are very grateful for your support with this and hope we can work together to sustain these high standards. As communicated

previously, trainers are not permitted, along with hoodies, piercings (other than one pair of studs in the ears) and acrylic nails.

Lastly, I'd like to thank the staff in advance for giving up their Friday and Saturday morning to lead our Year 7 Camp this weekend. We have lots of very excited Year 7s this week, they'll have a fantastic time bonding and overcoming the challenges set, fingers crossed the weather is on our side!

Warm Wishes  
Nicky Goodridge

Year 11 Maths Workshop



Year 9 Art – Pop Art



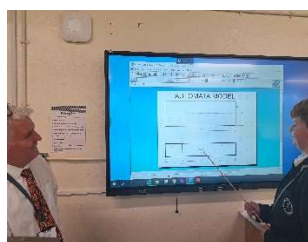
Year 9 Art – Pop Art



Year 8 Art – Pop Art



Year 8 D&T



Year 8 D&T



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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## 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 2 October is Week 1 Timetable

Friday 29 September – Year 7 Camp

Wednesday 4 October – Yr 11 Careers Fair, Andover College

Thursday 12 October – Open Morning (9.30am-11am)

Thursday 12 October – KS4 Information Evening

## Prefect Team

We have an amazing Prefect Team at Test Valley School and we are very proud of them and all the work they do to represent TVS both inside and outside of school. They have been very prominent recently at our Open Events: we have received some wonderful feedback from visiting families.

Please meet our Head Prefects: Keysha and Sam

Hello everyone, we are Sam and Keysha, the current head prefects at Test Valley. Here at Test Valley, we have experienced a lot of change within the past few years, however the community here at our school has been incredibly helpful and supportive throughout our whole school experience. Despite COVID and changes of head teacher, we have been offered many great opportunities which could be expanded on in the future. We are extremely proud to be ambassadors of Test Valley and we are confident we can achieve excellent results due to the support we have received. There have already been amazing improvements to the school including extra trips, clubs and activities for students to enjoy, in addition to lots of positive changes to the way lessons are taught and even new equipment and resources for our classrooms. All of this and more make the school better than ever so we look forward to welcoming many prospective students as well as helping everyone thrive during their time at Test Valley.

## GL Assessments

This week we have commenced a series of GL Assessments. More information can be found via this link: [PT Series Support - GL Assessment \(gl-assessment.co.uk\)](#)

Year 7

Date	Week	Lesson	Class	Assessment
Mon 25th Sept	2	P3 & 4	7A/Hi	English
		P3 & 4	7B/Ge	English
Friday 29th Sept	2	P3 & 4	7A/En	Maths
		P3 & 4	7B/Hi	Maths
Monday 2nd Oct	1	Tutor & P1	7CE	Science
		Tutor & P1	7GR	Science
		Tutor & P1	7PH	Science
Monday 2nd Oct	1	P3 & 4	7R/Sc	English
Wednesday 4th Oct	1	P3 & 4	7C/Ce	Maths

## Year 8

Date	Week	Lesson	Class	Assessment
Wednesday 27th Sept	2	P3 & 4	8A/Ce	English
		P3 & 4	8B/Hi	English
Friday 29th Sept	2	P1 & 2	8A/CV	Maths
		P1 & 2	8B/En	Maths
		P1 & 2	8C/SC	Maths
Wednesday 4th Oct	1	P3 & 4	8R/Ma	English
Friday 6th Oct	1	P1 & 2	8BE/Gn	Science
		P1 & 2	8PA/Fr	Science
		P1 & 2	8LY/Fr	Science

## Year 9

Date	Week	Lesson	Class	Assessment
Monday 25th Sept	2	P1 & 2	9A/Cv	Maths
		P1 & 2	9B/Ge	Maths
Tuesday 26th Sept	2	P1 & 2	9P/Ma	English
		P1 & 2	9Q/Ma	English
		P1 & 2	9R/Ma	English
Monday 2nd Oct	1	P3 & 4	9C/En	Maths
Wednesday 4th Oct	1	Tutor & P1	9CE - 9P/Sc	Science
		Tutor & P1	9GR - 9Q/Sc	Science
		Tutor & P1	9PH - 9R/Sc	Science

## PE – KS3

For the next two weeks, all KS3 pupils should have with them for PE lessons: football boots, navy football socks, shin pads, navy shorts and rugby tops.

After this time we change to rugby where they will not need shin pads but gumshields are highly recommended.

Pupils may wear navy or black legging under their shorts but not tracksuit trousers. Pupils can also wear extra layers under their rugby shirts.

## KS3 and KS4

Shoutouts to our top  points earners w/c 4 September

Year 7	Year 8	Year 9	Year 10	Year 11
Milly T	Grace R	Bryn B	Ailsa S	Josie B
Paige J	Fay R	Leon D	Freddie A	Eleanor V
Lexi S-F	Kian B	Olivia T	Rosie W	Sam J
Charles R	Brianna J	Livvy S	Jack F	Harry G
Bertie P	Jack W	Matilda L	Elliot W	Jack F

## Open Mornings



**Test Valley** SCHOOL  
*"In Pursuit of Personal Excellence"*

# OPEN MORNINGS

We have the following dates available:  
Tuesday 26th September  
Thursday 12th October  
Friday 20th October

**OUR SCHOOL**

- ✓ Small and more personal environment for your child
- ✓ Rural setting with large outdoor spaces
- ✓ A versatile team dedicated to supporting your child

Scan me to go to website



Test Valley School | @testvalleysch | testvalleyofficial

Please be advised that these are only available by booking only  
Email the team to book: office@testvalley.hants.sch.uk

Our next open events are being held as follows:

Open Mornings – Thursday 12 October and Friday 20 October 9.30-11am

Further details on how to book a place for the open mornings can be found on our website.

## Extra Curricular PE Activities

The following activities are available for pupils to take part in, just turn up and have a go.

Day	2 <sup>nd</sup> Break 13.50 – 14.15	After School 15.20 – 16.30
Monday	Girls Basketball All years Sports hall - MT	Netball All years Sports hall – SD & KE
Tuesday		Indoor football Year 7 & 8 Sports hall – CF
Wednesday	Badminton Club All years Sports Hall - RB	Indoor football Year 9, 10 & 11 Sports hall - MT
Thursday	Boys Basketball All years Sports hall CF	(*Boxing Club All Years Gym) (TBC)
Friday	Dodgeball Club Years 7 & 8 Sports Hall - CF	Badminton All staff & pupils Sports Hall

\* Payment for this activity will be required in advance.

Activities at 2<sup>nd</sup> break will require pupils to change into their PE shirt & trainers but they do not have to wear shorts, this is to reduce changing time.

## After School Clubs – Autumn Term

Monday	Tuesday	Wednesday	Thursday	Friday
School Production Rehearsals Room 42 (3.20pm-5pm) Commences w/c 16 Oct Mrs Brush	MFL Club (Room 62) Mr Wareham	STEM Club Mrs White	Creative Art Club (3.20-4.15pm) Mr Johnson	Badminton All staff & Pupils (Sports Hall)
Netball all year groups (3.30- 4.20pm) Sports Hall Mrs Dunn and Mrs Wray	Humanities Film/documentary Club (3.20-4.20pm) Ms Martin	Indoor football Yrs 9, 10 & 11 (Sports Hall) Mr Thomas	*Boxing Club All Years (Gym)	
Homework Club (3.20-4.20pm) Room 1 Mrs Ling	Indoor football Yrs 7 & 8 (Sports Hall) Mr Falkingham		Homework Club (3.20-4.20pm) Room 1 Mrs Ling	
	Homework Club (3.20-4.20pm) Room 1 Mrs Ling			
*Payment for this activity will be required in advance				

## College Open Events

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

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

**Salisbury 6<sup>th</sup> Form College:** [Test Valley School - Salisbury 6th Form College](#)

**Sparsholt College Open event:** [Test Valley School - Sparsholt College](#)

**Peter Symonds Open Event:** [Test Valley School - Peter Symonds College](#)

**Andover College Open Event:** [Test Valley School - Andover College](#)

## Pupil Anonymous Reporting Function

Have a concern about you or  
someone else?



## Health and Wellbeing

Please see our website for more useful information: [Test Valley School - Wellbeing](#)

[Test Valley School - Future in Mind](#)

[Our Community Hub | More Education](#)

[Shout - UK's 24/7 Crisis Text Service for Mental Health Support | Shout 85258  
\(giveusashout.org\)](#)

[Vaping Dangers](#)



# What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

## WHAT ARE THE RISKS?

### NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

### WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be disposable (once the liquid or battery runs out, the vape is thrown away) or rechargeable (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

### LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction: that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

### POTENTIAL TOXICITY

Many vape liquids have been found to contain heavy metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

### UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2006 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

### ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

### ENVIRONMENTAL EFFECTS

In the UK alone, around 1.3 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal materials that, of course, do not naturally decompose.

### WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

### UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing liquid chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

### SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of oils, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

### VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavoured e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term "natural and artificial flavourings". Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

## Meet Our Expert

Ran by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goals to embed prevention, educational approach across both primary and secondary schools in discouraging smoking and vaping behaviours.



[www.thenationalcollege.co.uk](http://www.thenationalcollege.co.uk)



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## Community News

Great Activities for your children over half term: [Children and family activities | Hampshire Cultural Trust \(hampshireculture.org.uk\)](https://www.hampshireculture.org.uk)

## The Solihull Approach

Hampshire County Council has partnered with the [Solihull Approach](#) to provide free, evidence based online courses with practical tips and advice to boost parent's and carer's confidence, help them navigate family life, and strengthen their relationships. Families receive unlimited access to the courses and can go back to them as their needs change. The interactive courses cover topics like:

Understanding your child with additional needs (0-19 years)

Understanding your child's mental health and wellbeing

Understanding the impact of the pandemic on your child/teenager

Understanding your brain (for teenagers only)

Understanding your feelings (for teenagers only)



**UNDERSTANDING YOUR CHILD**  
SOLIHULL APPROACH

**NHS**

**WELCOME**  
**BACK TO**  
**SCHOOL**

**EXCITED, NERVOUS, ANXIOUS?**  
**NOT SURE HOW THEY'RE FEELING?**

EMOTIONAL HEALTH CAN MAKE A BIG DIFFERENCE  
TO CHILDREN'S PROSPECTS IN SCHOOL AND BEYOND

**I**n Hampshire, we believe in supporting children's emotional health development, and that's why we've invested in online courses in understanding your child for parents.

By understanding how your child's brain develops and responds emotionally, you can better support their needs as they navigate the big milestones in school.

- Learn to better read and understand behaviour
- Help them to communicate how they feel
- Gain psychologist-informed ideas to support your child

**GO TO [INOURPLACE.CO.UK](https://www.inourplace.co.uk)**  
AND ENTER THE CODE FAMILY  
FOR FREE ACCESS TO THE ONLINE COURSES

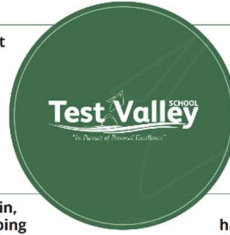
*At Test Valley we are committed to building an engaging inclusive environment where success and excellence is experienced by all. We will achieve this by ensuring:*

### **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.*