

Dear parents and carers,

What a long time it seems to have been since Christmas! Your children have come back raring to go and we have begun to see great impact from this.

In our next half-term, we will be holding additional Parents Evening slots for focus children. If you receive an invite to this, please work with us closely to ensure your child makes the progress that they need in their learning. Thank you for your continued support of the school and we look forward to seeing some of you soon for Parents V Kids!



### Online Safety Advice

We have been sent this safety advice by the NSPCC regarding children's use of WhatsApp. It is a great starting point if you'd like to explore the steps that you can take.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/2023-01-12-is-whatsapp-safe-for-my-child/>

### Attendance

As you will know, every child is entitled to a full-time education.

We appreciate so much all of the effort that you put into ensuring that your child attends school regularly and on time.



However, we know that some children find school attendance more difficult. As a school, we have a wide range of options to support you in this.

Please ensure that you are working with us to give your child the best life chances by reaching out as soon as you begin to find attendance or punctuality tricky.

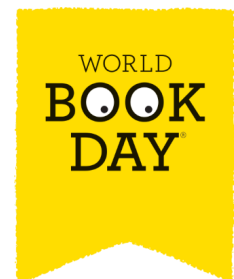
### Generative AI

You will be aware of the amazing power of generative AI. However, it does come with many associated risks. Please take a look at this video to help you understand why some professionals are concerned. Please be aware that some may find this video upsetting.

<https://www.youtube.com/watch?v=OuH-D-au1Ho>

### World Book Day

Watch out for our letters coming out this week about World Book Day.



We are really excited to make our whole week focused on oral storytelling. If you have any traditional stories that have been passed down through your family, please share these with your child.

# Hampshire Parent Workshops

Free for families of autistic children and young people  
Dates available for 2024/25



Family Information Workshops exploring a child's unique experiences and practical support



Open to family members and others closely associated with the care and support of the child



Delivered over six sessions  
Online via Microsoft Teams



Funded by Hampshire Child and Adolescent Mental Health Services and Hampshire County Council



[autismhampshire.org.uk/how-we-can-help/training-consultancy/](https://autismhampshire.org.uk/how-we-can-help/training-consultancy/)



If you feel that you would benefit from a course such as this, please take a look.

If you would like to discuss your child's needs, please contact our SENDCo, Mrs Litwin, via the school office.

We are always here to help you in ensuring the best for your child and your family.



NHS  
Hampshire and Isle of Wight

Not sure how to treat coughs, colds, scrapes and sniffles?

Download the Healthier Together app or visit:  
[what0-18.nhs.uk](https://what0-18.nhs.uk)

Healthier Together provides advice for parents on every common injury and illness your child or teenager might experience, including mental health problems. If you're not sure what the best way to treat something is, or whether it's time to seek help, Healthier Together has the answer.

NHS  
Hampshire and Isle of Wight

## Think Pharmacy First!



Did you know that you can take your child to your local pharmacy and get treatment for five medical conditions?

These are:

- Ear ache (children aged 1-17)
- Sore throat (over 5s)
- Infected insect bites (over 1s)
- Impetigo (over 1s)
- Sinusitis (aged 12 and over)

If your child is poorly with any of the above conditions, by going straight to your local pharmacy you can have a consultation with a trained pharmacist and receive advice and even medication (if appropriate) ..... and your child can get back to school sooner.

Visit our Pharmacy First website to find out more.



Often, children are well enough to be in school with simply small adjustments for them.

Please support their education by ensuring they are in.

Please support the NHS by exploring ways to support your child which avoid unnecessary GP appointments.

## Key Dates

### February

W/C 3rd: IEP drop-ins - these will be organised directly with parents

Tuesday 4th: Talavera Treat (selected children) at Pizza Express

Thursday 6th: Year 5 Rural Life trip

W/C 10th: Safer Internet Week

Friday 14th: Last day of the half-term

**Saturday 15th-Sunday 21st February: half-term**

**Monday 24th February: Children's first day back at school.**

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

2025

January	February	March	April
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
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September	October	November	December
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## HERE'S THE IMPACT OF READING 20 MINUTES PER DAY!

A student who reads A student who reads A student who reads

20:00

minutes per day

5:00

minutes per day

1:00

minute per day

will be exposed to  
**1.8 MILLION**  
words per year  
and scores in  
**90th PERCENTILE**  
on standardized tests

will be exposed to  
**282,000**  
words per year  
and scores in  
**50th PERCENTILE**  
on standardized tests

will be exposed to  
**8,000**  
words per year  
and scores in  
**10th PERCENTILE**  
on standardized tests

SCHOLASTIC

## Reading At Home

We would like to say thank you for the fantastic engagement we are seeing in your children's reading records and, therefore, the brilliant progress we are seeing in class!

Reading is a fundamental skill that not only allows children to access the wider curriculum but also helps them to develop crucial empathy skills, improves focus and memory and vastly improves their communication.

Please continue to record your reads in your child's reading record books - even if is a book you have chosen to select together for fun. We love hearing

about books that have caught their interest to help shape our library!

**Safer Internet Day 2025** Tuesday 11 February

Safer Internet Day is a fantastic opportunity to have a conversation with children about using the internet safely, responsibly and positively. Whether you are a parent, grandparent, foster carer, aunt, uncle or older sibling - we can all play a role in empowering children to enjoy their time online!

This year, the UK Safer Internet Centre is particularly focusing on the role of images and videos in young people's lives and has provided some conversation starters to help you talk about these issues with children.

Safer Internet Day is a fantastic opportunity to have a conversation with children about using the internet safely,

### Conversation starter ideas

- 1 Ask your children to tell you about the sites they like to visit and what they enjoy doing online.
- 2 Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?
- 3 Ask them if they know where to go for help, where to find the safety advice, privacy settings and [how to report](#) or block on the services they use.
- 4 Encourage them to help. Perhaps they can show you how to do something better online or they might have a friend who would benefit from their help and support.
- 5 Think about how you use the internet as a family. What could you do to get more out of the internet together and further enjoy your lives online?

## Local Services



**HAMPSHIRE  
PARENT CARER  
NETWORK**  
enabling voices to be heard

Take a look at the **Get Togethers** and other events being run this February by the **Hampshire Parent Carer Network**.

***Our Get Togethers:** Pop in for a cuppa and a chat with other parent carers who get it. Run by parent representatives, for parent carers - no pressure, just understanding. We invite services such as SENDIASS and others along to offer individual support and advice when you need it.*



**Future in Mind**

**HAMPSHIRE  
PARENT CARER  
NETWORK**



## Future in Mind - Presents a Face to Face workshop with Viv Dawes



**Thursday 13th February  
2025  
11-1pm**

**At : Hanger Farm Arts  
Centre , SO40 8FT**



**Book tickets via our ticket tailor :**

**<https://www.tickettailor.com/events/hpcn>**

**if you have any questions please contact :**

**[FIM@hpcn.org.uk](mailto:FIM@hpcn.org.uk)**



***Making Change Happen:*** We gather feedback from our Get Togethers and other parent carer interactions to share in our meetings with Health, Hampshire County Council, and Social Care services. This ensures your experiences help shape how services work for families like yours.

Viv Dawes has 25 years of experience providing neuro affirming services to neurodivergent people, parent carers, and young people. As a late-diagnosed autistic and ADHD individual, Viv is the author of several books, including two focused on autistic burnout. Viv is passionate about promoting neurodiversity acceptance and helping families and young people better understand and navigate neurodivergent experiences.

# February 2025

## Get Togethers



Our Get Togethers are for parent carers of children and young people (0-25 years old) with any additional needs (diagnosis not needed).

**What we offer: To Share experiences, discuss local issues and enjoy a cuppa with other parents at our non-judgemental, friendly, and relaxed sessions!**



**6th February, 10am: Fleet** - Fleet Town Football Club, Crookham Road, Fleet Hampshire GU51 5FA -



**11th February, 10am: Eastleigh** - St Francis Hall, Nightingale Avenue SO50 9JH



**12th February, 10am : Basingstoke** - The Viables Craft Centre, 19 The Harrow Way, Basingstoke RG22 4BJ



**25th February 8pm: Evening Zoom** - Meeting ID: 890 6612 2644  
Passcode: GT



**28th February , 10am: Alresford** - The Swan Hotel, 11 West Street, Alresford,SO24 9AD - **SENDIASS ATTENDING**



**HAMPSHIRE  
PARENT CARER  
NETWORK**



**Hampshire  
SENDIASS**

Follow us on our socials:



participation@hpcn.org.uk

# Hampshire SENDIASS at HPCN Get Togethers in 2025

Hampshire SENDIASS have agreed to join several **HPCN Get Togethers** across Hampshire in 2025. These sessions provide a supportive environment for parent peer support while SENDIASS offer:

- Confidential, impartial information, advice, and support on SEND-related issues.
- 1:1 guidance tailored to your personal journey, with real-time advice to support your young person (ages 0-25).

If you'd like to have a 1:1 conversation with SENDIASS, they'll be available at the following sessions:

- **09/01/2025, 10am – Fleet Get Together** - Fleet Town Football Club, Fleet Hampshire GU51 5FA
- **23/01/2025, 12pm – Lunchtime Online Get Together** - Zoom meeting ID: 835 1332 0196 Passcode: GT
- **28/02/2025, 10am – Alresford Get Together** - The Swan Hotel, 11 West Street Alresford, SO24 9AD
- **19/03/2025, 10am – Winchester Get Together** - Badger Farm Community Centre, Winchester, SO22 4QB
- **03/04/2025, 10am – Fleet Get Together** - Fleet Town Football Club, Fleet Hampshire GU51 5FA
- **22/05/2025, 12pm – Lunchtime Online Get Together** - Zoom meeting ID: 835 1332 0196 Passcode: GT
- **11/06/2025, 10am – Basingstoke Get Together** - The Viables Craft Centre, Basingstoke RG22 4BJ
- **10/07/2025, 10.30am – East Hants (Alton) Get Together** - Alton community centre Alton GU34 1HN



Follow us on our socials:



[linktr.ee/hpcn.org.uk](https://linktr.ee/hpcn.org.uk)





[participation@hpcn.org.uk](mailto:participation@hpcn.org.uk)



## ☀️ February 2025 ☀️

These sessions are to give parent carers of young people 14-25 years, access to information to support their young person during transitions

- ✓ **7th Feb 7-8pm - Mindfulness - Meditation skills with a Mental health wellbeing Practitioner**
- ✓ **11th Feb, 11.30-1pm - Transitions with IPSEA**  **IPSEA**
- ✓ **13th Feb - 7-8pm - Mindfulness, with Solent Trust Practitioner**
- ✓ **24th Feb, 1-2pm - Post 16 sexual health concerns - with Solent Trust**
- ✓ **25th Feb, 1-2pm - Information session with Sunshine Support** 
- ✓ **26th Feb, 1-2pm - Information Session with KOOOTH -** 
- ✓ **27th Feb, 6-7pm - Send Employability Post 16 Options - with HCC**
- ✓ **28th Feb, 7-8pm - Mindfulness - with a Mental health wellbeing Practitioner**

Please book tickets here

<https://www.tickettailor.com/events/hpcn>

