# Sun Hill Junior School Newsledge







Congratulations to all the pupils awarded Head Teachers awards this week

week		
Strive	Sophia B (Kingfishers), Jim H (Woodpeckers), George H (Woodpeckers), Finn H (Robins), Samuel D (Kestrels)	
Trust Aspire	Matthew A (Kingfishers), Beau R-T (Robins), Alfie B-R (Buzzards), Charlie R (Herons)  Annabel S (Kestrels)	
Resilience	Bella W (Herons)	
Support	Finlay ADS (Swans), Rosie E (Swans), Lewis P (Buzzards)	

This week our Star Mascot Puff Puff was awarded to:

Lewis P (Buzzards)
"super map work with partner in Geography"



### SCHOOL HOUSE OF THE WEEK



<u>Arle</u> = 115 <u>Meon</u> = 112 <u>Itchen</u> = 88 <u>Candover</u> = 132

# Make a Difference Awards



 $\bigstar$ 

Congratulations to all our Stars for achieving their first 25 stars certificates for their "Making a Difference Awards" this week!



### 25 STRIVE STARS:

Martha S (Woodpeckers), Henry T (Woodpeckers)



Harry B (Robins), Macey B (Robins), Jessica W (Woodpeckers), Polly N (Swans), Natalie B (Swans), Issy G (Swans), Scarlett M (Swans), Seb W (Buzzards)







### 25 SUPPORT STARS:

Charlotte J (Robins), Macey B (Robins), Lizzy L (Kestrels)



### 25 RESILIENCE STARS:

Jaime Lee S (Robins), Rory W (Swans), Scarlett M (Swans)



### 50 STRIVE STARS :

Joe D (Robins), Grace S (Swans), Brooklyn C (Swans), Jessica O (Swans) Sam M (Robins), Rosie J (Kestrels)

# Make a Difference Awards







Imogen H (Kestrels)

Congratulations to all our Stars for achieving their Bronze, Silver or Gold certificates for their "Making a Difference Awards" this week!

Bronze: 25 Stars in every Star Value

Silver: 50 Stars in every Star Value

Gold: 100 Stars in every Star Value

### Bronze Make A Difference Award:

Lizzy L (Kestrels)

Scarlett M (Swans)

Jaime-Lee S (Robins)

Macey B (Robins)









Please refer to the websites linked below if you would like information on how to discuss death, loss and grief with your child.

https://www.winstonswish .org/telling-a-childsomeone-has-died/

https://www.winstonswish \_org/activities/

It is with great sadness that we have to inform you that, our Pets As Therapy school dog, Bingo has peacefully passed away. Bingo made a difference to so many children (and adults too!) at Sun Hill Junior School. He was a true best friend to everyone he met. Staff and students will miss him a great deal, but we are so grateful for all the fun times we had with Bingo and to have had him as our school dog, friend and Wellbeing Ambassador.

All the staff will be here to support the children with this sad news. Please do get in contact with the school if you feel your child would benefit from extra support.

The children are all invited to contribute to a Bingo's Memory Box. If your child would like to draw a picture, write a note or poem then they can post their contributions in the post box by the school office. These can be anonymous and are not compulsory. The memory box will be buried in our Wellbeing Garden during the summer holidays.

Support is one of our school values and Bingo was the cutest and cuddliest embodiment of kindness and friendship. Therefore, it is in loving memory of Bingo Woods that the school will be fundraising for the Pets As Therapy charity. Pets As Therapy is a national charity that understands the amazing bond between humans and animals. Their vision is "to ensure that everyone in the UK, no matter their circumstances, has access to the companionship of a friendly pet". Please use the link below if you would like to donate. If you wish, please feel welcome to add a special Bingo memory to the page with your donation.

https://www.justgiving.com/page/sun-hill-junior-school-1718792528895?utm\_medium=fundraising&utm\_content= page%2Fsun-hill-junior-school-1718792528895&utm\_source=copyLink&utm\_campaign=p

fp-share

# FIZZY FEELINGS

This activity can help to explain to children the importance of safely expressing the natural feelings they may have when someone is seriously ill or has died.

#### Explain to children that our feelings can feel very 'fizzy'

When someone important is seriously ill or has died, we have many different and sometimes very difficult feelings inside us. All of these feelings are normal to have. It can help to think about these feelings as a bit like a bottle of fizzy pop; the feelings are like the bubbles inside the bottle. When someone we care about is ill or has died, we can feel like a bottle that has been shaken up and keeps being shaken. All our fizzy feelings inside are shaken and mixed up.

#### What happens to the feelings?

There are a couple of things that can happen to a bottle of fizzy pop when it is shaken and all the bubbles are churned up... and the same is true for us and the feelings inside us.

#### We explode

You could ask your child to imagine a bottle of fizzy water or pop. 'What would happen if we shook that bottle really hard and then opened it?' (You can also do this with an actual bottle of fizzy water).

You can agree with them that it would explode everywhere and everyone nearby would get drenched. You can then explain that it can be like that sometimes with our feelings: our big feelings about someone who is ill or has died can become all churned up inside us. And if they stay inside they can feel like the bubbles in the bottle, becoming so fizzy and mixed up, and then – when it gets too much – exploding.

You could then also explain that everyone gets really upset or angry but if we hold all the huge, difficult feelings inside, we'll explode and get upset over smaller things (for example, being asked to tidy up).

#### We tighten the lid

The other thing that can happen with the bottle of fizzy drink while it is being shaken is that we tighten the lid. We don't want to let out all the shaken-up big, scary feelings, so we keep trying to screw the lid down tighter and the pressure inside the bottle becomes more and more intense. Eventually it just feels too much and needs to be gently opened.

You could explain to your child that sometimes we all keep the lid tightly screwed down on our feelings. You could ask them if they are trying to hold all of their feelings in. You could then explain that if we keep our feelings tightly screwed down for too long, it starts to affect our mental and physical health. And then it can be so difficult to open up – like the bottle where the lid has been tightened so much, we just can't open it.



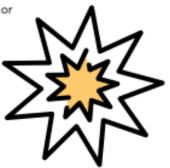
#### How to help our fizzy bottle of feelings

Ask your child what would be a safe way to open a shaken up bottle of fizzy drink: or you could demonstrate with another shaken up bottle of water. 'How can we open this without everyone getting drenched?' Hopefully, they will suggest that the lid is loosened very slowly to let some of the fizz out safely.

You can then explain that we too can help our feelings become less pressurised and easier to manage by finding ways to let those feelings out safely. This might be by talking to someone about how we are feeling or doing an activity that helps us to let out some of our feelings (for example, doing some exercise, trying some arts and crafts or watching a film).

It is natural to have huge and fizzy feelings inside, especially when someone is ill or has died. Feelings like anger, sadness, confusion, resentment and so many more are all normal. We need, however, to find a way to express them safely to avoid explosions or holding on to them too tightly.

If we let a little bit of fizz out from time to time, we can eventually take the lid completely off. And, once we have done this, we can choose to close the lid again, until the next time we are ready to loosen it again.



### What helps

You can talk together and share some ideas about things that help us all express our feelings safely without exploding all over each other.

For example, if someone is feeling angry and that anger is coming out physically, you could talk through the idea of fizzy feelings. Acknowledge that feeling angry when someone is ill or has died is completely normal and natural. This anger needs to be expressed but it needs to be expressed in a way that doesn't hurt anyone or anything.

Ask them for some ideas and suggest your own. These could include: kicking a ball against a wall, hitting a pillow, using a punch bag, running fast, doing star jumps, singing loudly. Or you could talk to someone, write down how you are feeling, listen to music or do some exercise. All of these are okay things to do (and what is not okay is to hit out at people or things).





# A **free** health & wellbeing event for all parents, carers & professionals who support or work with young people

### WHAT CAN I EXPECT?

PACE events consist of two main components:

- A number of specialist workshops on young people's emotional health and wellbeing.
- Information stands from local and national organisations.

Attendees can choose which sessions they would like to attend; select as many or as few as you would like to attend.

### FRIDAY 19TH JULY 2024

OAKLANDS CATHOLIC SCHOOL, STAKES HILL RD, WATERLOOVILLE, PO7 7BW

### WORKSHOPS:

Obsessive Compulsive
Disorder (OCD), Tourette's
Syndrome and Tics, Supporting
your Autistic Child to Thrive,
and Disability, Difficulty, SEND
& Mental Health.

BOOK YOUR WORKSHOP SPACE AT:

hampshirecamhs.nhs.uk/events

Brought to you by Hampshire CAMHS



TIME	WORKSHOP 1	WORKSHOP 2
9:30 - 10:30	Supporting a child with eating difficulties including AFRID This workshop solely focuses on eating disorders as a mental health disorder for young people. This will cover Avoidant Restrictive Food Intake Disorder is a feeding and eating disorder. People with ARFID find it hard to eat enough for healthy growth, development and functioning.	Supporting trauma recovery Understanding the Impact of trauma on children and young people and how together we can help them to recover.
10:45 - 11:45	Introduction to managing ADHD - ADHD Team What is ADHD? Spotting the signs and symptoms from 5 years to 18 years. How to support a young person with symptoms of inattention, hyperactivity and impulsivity with or without an ADHD diagnosis.	Supporting a young person in crisis & managing self-harm Supporting a young person in crisis & managing self-harm.
12:00 - 13:00	Coping and resilience strategies to support children & young people  Exploring the terms coping and resilience - what are they and how might we build coping and resilience into our lives. This workshop uses easy to understand metaphors that can be shared with children to help them to explore their own coping and resilience.	Introduction to autism  What is Autistic Spectrum Condition? Spotting the signs and symptoms Diagnosis: the process and things to know about the diagnostic assessment How to support a young person with ASC.
13:30 - 14:30	New Understanding and supporting a young person with Obsessive Compulsive Disorder (OCD)  This workshop aims to give an introduction for parents and carers supporting a young person with Obsessive Compulsive Disorder (OCD). It will provide information regarding what OCD is, how this develops and what keeps it going. It will give an overview of the treatment options for OCD and ways family members can support a young person at home.	Looking after yourself to support your child This workshop will focus on the needs and challenges for parents and carers, as well as provide a range of practical advice and strategies around how to look after yourself in order to better support the wellbeing of your child.
14:45 - 15:45	New Disability, difficulty, SEND & mental health An awareness session to offer a space for Q&A around Learning needs and how Mental Health issues can present; difficulty with language used when children and young people have varying learning needs with or without formal diagnosis.	Understanding & managing anxiety What anxiety is and how to spot the signs and symptoms of anxiety in children and young people. How to support a child and young person who experiences anxiety with practical strategies.
16:00 - 17:00	Coping and resilience strategies to support children & young people Exploring the terms coping and resilience - what are they and how might we build coping and resilience into our lives. This workshop uses easy to understand metaphors that can be shared with children to help them to explore their own coping and resilience.	Wew Artificial Intelligence and safeguarding What is meant by the term Al identify the risks of Al for children and young people. It will explore recent news stories about Al and consider the implications when working with young people.
17:15 - 18:15		Supporting your autistic child to thrive This two-hour workshop will consider what areas of life can be challenging for autistic young people. We will think about how we can adapt our communication and the environment around the young person to make life easier and more suited to their
18:30 - 19:30	Introduction to managing ADHD  What is ADHD? Spotting the signs and symptoms from 5 years to 18 years. How to support a young person with symptoms of inattention, hyperactivity and impulsivity with or without an ADHD diagnosis.	needs. We will discuss practical changes that can be made in all the areas and give example of what these look like in real life. We will support you to think about the specific needs of your child and develop the beginnings of an individualised plan, providing the opportunity for discussion with other group members and the facilitators.





### 2024 PACE Events

Free health & wellbeing events for all parents, carers & professionals who support or work with young people

DATE	LOCATION	
Friday	Gosport	
26 <sup>th</sup> January	St Vincent College,	
2024	Mill Lane, Gosport, PO12 4QA	
Thursday	Basingstoke	
22 <sup>nd</sup> February	Queen Mary's College, Cliddesden Rd,	
2024	Basingstoke, RG21 3HF	
Monday	Andover	
11 <sup>th</sup> March	Testbourne School, Micheldever Rd,	
2024	Whitchurch, RG28 7JF	
Friday	Waterlooville	
19 <sup>th</sup> July	Oaklands Catholic School, Stakes Hill Rd,	
2024	Waterlooville, PO7 7BW	
Wednesday 25 <sup>th</sup> September 2024	Winchester Winchester United Reform Church, Jewry ST, Winchester, SO23 8RZ	
Monday Havant  7 <sup>th</sup> October Trosnant Federation of Schools, Stockheath L  2024 Havant, Hampshire, PO9 3BD		
Thursday 21st New Forest November Lyndhurst Community Centre, 2024 Main Car Park, Lyndhurst, S043 7NY		

BOOK YOUR WORKSHOP SPACE AT: hampshirecamhs.nhs.uk/events

## **Childrens 10k Races 2024**

On Sunday 16<sup>th</sup> June, FOSHJS did an amazing job organising the children's races at the Alresford Rotary 10k event.

Thank you to everyone who joined in and supported the event!





Delighted to announce that the races raised £200 for FOSHJS.

THANK YOU Sandra for organising!



# Ice Pop Thursdays 2024

Year 6 would love to invite all Sun Hill families to join them every Thursday for Ice Pops! All proceeds will go towards their Leavers Celebration.



# **Sports Clubs Autumn 2024**

Our ever popular after school sports clubs will be returning from Monday 9th September 2024.

- · Monday Dance by Intergr8 dance (3:30pm-4:30pm)
- ·Tuesday Football by Soccer School UK (3.30pm-4.30pm)
- ·Wednesday Girls Football by The Saints Foundation (3.30pm 4.30pm)
- ·Thursday Athletics & Games by Soccer School UK (3.30pm 4.30pm)

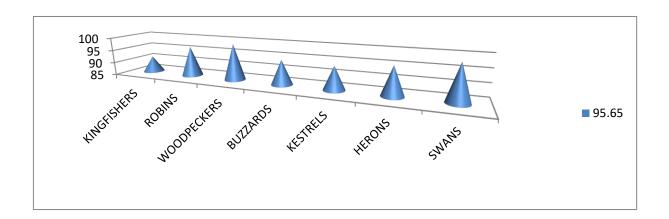
Sports Clubs for the Autumn Term are open to 2024/25 years 4, 5 and 6 only. Year 3 will have the opportunity to sign up in the Spring Term.

The form to register your child's interest in a club will be sent out at 6pm on Monday 15<sup>th</sup> July. The form is required for all students who wish to participate, including those already taking part in a club. If you would like a paper copy, please request one from the school office.

Places will be awarded at random, but places are limited and interest in each club compiles incredibly fast. Enrolment via the form is required every term to ensure an even opportunity for a place.



# Whole school attendance this week at SHJS 95.65% (results taken from Thursday to Thursday)



### The attendance award was presented to:

### Woodpeckers class with 99.04%



- Kingfishers = 91.32%
- Robins = 96.67%
- Woodpeckers = 99.04%
- Buzzards = 94.44%
- Kestrels = 93.83%
- Herons = 95.68%
- Swans = 98.46%





Please use the following information as reference if you have any concerns regarding "Is my child too ill for school?"

https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/

## A Message from Sun Hill Infants

Dear all,

Mrs Jones is retiring from Sun Hill Infant and Preschool on 23rd July after an incredible 24 years as Headteacher. We know that she has had such a huge impact on the lives of so many children and families in Alresford and beyond and we wanted to share how you can say thank you and wish her well in her retirement. There are 3 options below which we are hoping to keep secret for as long as possible!!

- 1. Sun Hill Infant and Preschool summer fete is on Saturday 6th July between 11am and 3pm. We would love to see as many current and past pupils and families as possible and this is a great opportunity to see Mrs Jones and wish her well. There will be a 'thank you' moment at mid-day.
- 2. We are organising a Memory Book and would love to include your photos, drawings, a poem or a memory. These need to be emailed to Rosie Waring Green (rosie@22rwg.co.uk) or put through her door at 2, Grange Road, Alresford SO24 9HB. The deadline for contributions for the Memory Book will be Saturday June 29th.
- 3. You can also donate towards a leaving gift for her through the following link: pay.collctiv.com/mrs-owen-jones-retirement-gift-39651 Deadline for donations will be Sunday 14th July.

Many thanks and we hope to see you at the fete on the 6th of July.

Ben Howlett

Chair of Governors at Sun Hill Infant and Preschool





Dear Parents and Carers,

THE DRAMA BEAST presents.

#### REVOLTING RHYMES - A CREATIVE ARTS "PLAY IN A DAY" WORKSHOP

Come and spend a disgustingly fun day with us as we explore the many stories Roald Dahl's **Revolting Rhymes** has to offer. There'll be acting, singing, dancing and crafting aplenty as the children get revoltingly mucky bringing the stories to life. A day full of summer time activities, glitter, glue, paint...and some drama magic!

Venue: Sun Hill Infants School, Alresford.

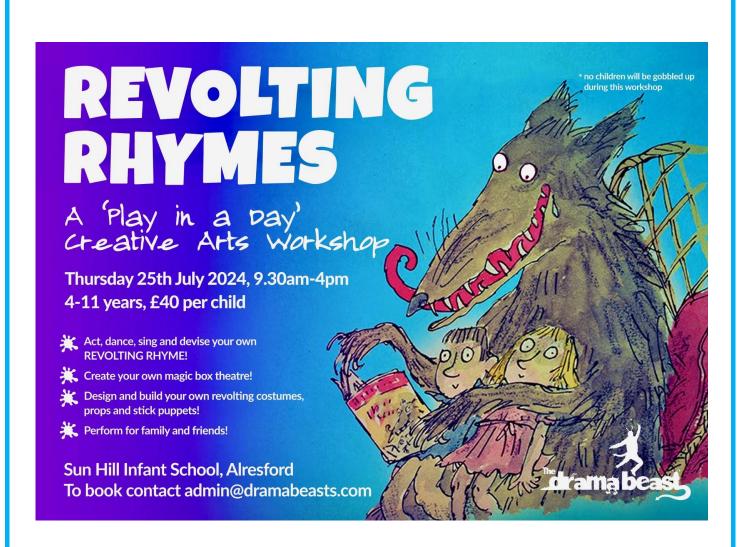
Date: Thursday 25th July 2024, 9.30am - 4pm, for children ages 4-11.

Cost: £40 per child

To register your interest and book your place, please email <a href="mailto:admin@dramabeasts.com">admin@dramabeasts.com</a>

Places on our workshops do go fast, so please book soon to avoid disappointment.

Hope to see some of our Drama Beasts there!



# **Winchester Basics Bank**

Winchester Basics Bank are pleased to announce that families can now sign up, via our website, for the Summer Holiday Lunch Scheme.

Please spread the word!

https://winchesterbasicsbank.co.uk/get-help/self-referral/summerlunch-scheme/

Closing date is Sunday 7th July 2024

### We are open for clients:

21a Penton Place, Milland Rd, Highcliffe, SO23 OPZ - Tue & Fri 10-3pm

St Gregory's Church, Grange Road, Alresford, SO24 9HD - Wed 10-12pm, and the first Tuesday of every month 6-8pm

St Barnabas Church, Weeke, SO22 6EF - Thurs 10-1pm Storehouse, Vineyard Church, SO23 9NR - Mon & Thurs 10-12pm \*\*Please note that we are not open on Bank Holidays\*\*

### Any queries, please don't hesitate to contact us;

Tel: 01962 864720 (please leave a message out of hours)

Facebook: <a href="https://www.facebook.com/WinchesterBasicsBank">https://www.facebook.com/WinchesterBasicsBank</a>
website: <a href="https://winchesterbasicsbank.co.uk/get-help/">https://winchesterbasicsbank.co.uk/get-help/</a>

### Our Donation hub (donations only) is open :

Gabare House, Winnall Valley Road, Winnall, SO23 OLD - Tue & Fri 9-3pm



VENUE ROPLEY PRIMARY SCHOOL CHURCH ST ROPLEY, ALRESFORD, HANTS, SO24 DDS





SUMMER HOLIDAY CAMP

WEEK 1

WED 24TH - FRI 26TH JULY

WEEK 2

MON 29TH JULY - FRI 2ND AUG

WEEK 3

WED 5TH - FRI 9TH AUG

WEEK A

WED 12TH - FRI 16TH AUS

WED 19TH - FRI 23RD AUS

COST

£20 PER CHILD, PER DAY

(STANDARD DAY)

£28 PER CHILD, PER DAY

(EXTENDED DAY)

STANDARD HOURS

EXTENDED HOURS

FULL EXTENDED DAY 8.55am-4.45pm (EB)



### INFO

BOOKINGS - WWW.SOCCERSCHOOLS-UK.COM/BOOKING CONTACT - ADMIN@SOCCERSCHOOLS-UK.COM

TELEPHONE - 07463 237878

ALL COACHES ARE FULLY LICENSED. HOLD ENHANCED DBS (CRB) CERTIFICATES, HOLD FA EMERGENCY AID CERTIFICATES AND ARE FULLY TRAINED/ Fully insured. Copyright succer schools uk 2022-24



Active Holidays 360

## **Alresford**

Summer Holidays 2024

Monday 29th July - Friday 23rd August

» 360 Sports

## £21 per day\*

\*Get 15% off with our Active Saver code SUMMERAS15 valid until Sunday 30th June.

Scan the QR code to book your place:



#### Location:

Sunhill Infant School, Sun Lane, Alresford, SO24 9NB



Don't forget about our 10% sibling discount too!

### Our mission is

To change lives by improving health and wellbeing using the power of physical activity, sport and education.







For more information and to book, visit

www.activemes60.com







### Come and join our Music Production Holiday Workshops



Create, Remix and Perform

Supported using public funding by





ARTS COUNCIL ENGLAND





Two exciting enrichment days for Music Production enthusiasts. Workshops across each day using iPads to create and perform music.

Exciting DJing workshops as part of the programme.

All equipment provided.

Thursday 8th August 8.45 Arrival - 16.15 Finish Friday 9th August 8.45 Arrival - 16.15 Finish Suitable for Years 5, 6 and 7

At The King's School, Fair Oak SO50 7DB

£75 inclusive for both days



Scan the QR Code to Sign up. Places will be allocated on a first come, first served basis as these are limited.





www.hants.gov.uk/hms



### Dates for your diary 2024

- Tuesday 25<sup>th</sup> June- Leavers Matinee Performance- 1.30pm\*
- Wednesday 26<sup>th</sup> June- Bikeability (Year 6)\*
- Wednesday 26<sup>th</sup> June- Woodpeckers Outdoor Learning\*
- Wednesday 26<sup>th</sup> June- Leavers Performance- 6pm\*
- Thursday 27<sup>th</sup> June- Ice Pop Thursday\*
- Thursday 27<sup>th</sup> June- Leavers Performance- 6pm\*
- Friday 28<sup>th</sup> June INSET DAY
- Monday 1<sup>st</sup> July INSET DAY
- Tuesday 2<sup>nd</sup> July- Free Dress Day for Leavers Fundraising Day
- Tuesday 2<sup>nd</sup> July- Choir Trip to Hampshire Primary Proms\*
- Wednesday 3<sup>rd</sup> July- Bikeability (Year 6)\*
- Thursday 4<sup>th</sup> July- Bikeability (Year 6)\*
- Thursday 4<sup>th</sup> July- Ice Pop Thursday\*
- Friday 5<sup>th</sup> July- Transition Day
- Monday 8<sup>th</sup> Friday 12<sup>th</sup> July Year 6 Residential Trip\*
- Tuesday 9<sup>th</sup> July- 2024/25 Buddy Afternoon
- Friday 12<sup>th</sup> July- SHJS Second Hand Uniform Sale
- Monday 15<sup>th</sup> July- Book Look
- Monday 15<sup>th</sup> July- Sports Club sign up for 2024/25 opens
- Monday 15<sup>th</sup> July- New Starters Transition Meeting\*
- Tuesday 16<sup>th</sup> July-Lower School Listen2Me Concerts
- Wednesday 17<sup>th</sup> July-Rock Steady Concert
- Thursday 18<sup>th</sup> July- SHJS Thank you Tea Party\*
- Friday 19<sup>th</sup> July- Upper School Exhibition 3-3.30pm
- Friday 19<sup>th</sup> July- Lower School Project Exhibition 3.30-4pm
- Friday 19th July- 2024 Leavers Celebration
- Tuesday 23<sup>rd</sup> July Last Day of term 1pm finish

<sup>\*</sup>An email/letter has been sent home regarding this event.

### Dates for 2024-2025

- Monday 2<sup>nd</sup> September INSET DAY
- Tuesday 3<sup>rd</sup> September INSET DAY
- Wednesday 4<sup>th</sup> September First Day of Autumn Term
- Friday 6th September- Music Tuition Sessions Start
- Saturday 7<sup>th</sup> September- Alresford Show
- Monday 9<sup>th</sup> September- Autumn Term Sports Clubs Start
- Friday 11<sup>th</sup> September- Flu Immunisations
- Monday 21<sup>st</sup> October-Friday 1<sup>st</sup> November Autumn Half Term
- Friday 20<sup>th</sup> December Last Day of Autumn Term (1pm finish)
- Monday 6<sup>th</sup> January- First Day of Spring Term
- Friday 14<sup>th</sup> February- INSET DAY
- Monday 17<sup>th</sup> February- Friday 21<sup>st</sup> February- Spring Half Term
- Monday 7<sup>th</sup> April- Friday 17<sup>th</sup> April- Easter Holidays
- Tuesday 22<sup>nd</sup> April- INSET DAY
- Wednesday 23<sup>rd</sup> April- First Day of Summer Term
- Monday 5<sup>th</sup> May-BANK HOLIDAY
- Monday 26<sup>th</sup> May- Friday 31st May- Summer Half Term
- Friday 27<sup>th</sup> June- INSET DAY
- Tuesday 22<sup>nd</sup> July- Last Day of Summer Term (1pm finish)

My Name Tags: Order name tags for your childs uniform, water bottles, coats and shoes! Many different designs to choose from!

Please visit <a href="www.mynametags.com">www.mynametags.com</a> and enter the code: 21102. FOSHJ will receive 24% of the order value.