



Friday 8th March 2024

Website: [www.hernejunior.com](http://www.hernejunior.com)

Email: [admin@hernejunior.com](mailto:admin@hernejunior.com)

Twitter: [@HerneJunior](https://twitter.com/HerneJunior)

Telephone: 01730 263746

## A Note from our Headteacher

Dear Parents & Carers,

Short and sweet this week!

It was lovely to see so many of you at the first of our two **Parents' Evenings**. Huge thanks to the Year 6 Ambassadors and Sports Captains and to Governors who helped people find their way to classrooms and were generally very helpful. It was a lovely evening with a great atmosphere and lots of smiling faces.



We're planning already for the 2024/25 academic year and have the possibility of needing to move the 22<sup>nd</sup> May 2025 **INSET day** to February next year due to the availability of the trainer. We will have two quite meaty programmes running next year which will help with many aspects of learning: one of empowering children through the development of metacognitive (thinking) skills and the second is a programme to combat racism. Please keep an eye on the diary!



**And Finally**...whichever special woman you are spending Sunday with, whether it is grandma, mum, aunty, sister or the next door neighbour – make sure she has a lovely day and feels your love and appreciation on **Mothering Sunday**. I'm off to Liverpool to see my Mum!

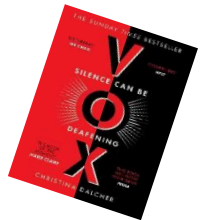


Take care,

*Sue Sayers*

Sue Sayers (Headteacher)

P.S. My book group is looking at stories which challenge stereotypes of women – suitable for Inspirational Women Month. I'm reading a recommendation by a parent – thank you! "Vox" by Christina Dalcher, is a dystopian tale set in America. The USA government has "silenced" females, limiting them to 100 words a day. It follows Jean, a mother and scientist, who has been allowed to continue her research but to what end? It's a bit Margaret Atwood, "Handmaid's Tale". Not one for a conspirator theorist! I'm about half way through...no idea how it will end!



## Showcase Event

On Monday 25<sup>th</sup> March, we will be having another after-school 'Showcase' event, where each class will be laying out selections of work from across the term. Save the date for your diary.

**CAMHS**  
Child and Adolescent  
Mental Health Service

### CAMHS

Hampshire Child and Adolescent Mental Health Services (CAMHS) are running P.A.C.E. events across the county. These are **free events to help families better understand the needs and difficulties that young people can face and how to manage potential issues/concerns they have about their young person.**

Workshops covered at each event include:

- Supporting a young person in crisis & managing self-harm.
- Introduction to managing ADHD.
- Introduction to autism.
- Coping and resilience strategies to support children & young people.
- Supporting a child with eating difficulties including AFRID.
- Understanding and supporting a young person with Obsessive Compulsive Disorder (OCD).
- Looking after yourself to support your child.
- Introduction to managing & supporting a young person with Tics and Tourette's.
- Supporting your autistic child to thrive.

Events are being held on:  
Monday 11 March 2024 - Andover

Friday 19 July 2024 - Waterlooville  
 Wednesday 25 September 2024 - Winchester  
 Monday 7 October 2024 - Havant  
 Thursday 21 November 2024 - New Forest

Book your workshop space at: [www.hampshirecamhs.nhs.uk/events](http://www.hampshirecamhs.nhs.uk/events).

## Home Link Corner

### Are you using Back to Basics? I would love to have your feedback.

'Back to Basics' is a community campaign run by Hampshire County Council and partners. The purpose of the project is to support families to manage their wellbeing within the home, creating resilience and empowering families through conversations, resources and tools which can be found on the [Back to Basics online platform](#).

Just near the main entrance, is our 'Back to Basics' noticeboard, which contains the 'Back to Basics' flower. Each petal represents one of the 'five ways to wellbeing': 'Take Notice', 'Give', 'Be Active', 'Keep Learning' and 'Connect'. Every half term, I change the suggestions within each petal, of ways you can support your family. Please contact me if you would like further information.

[s.balmer@hrnejunior.com](mailto:s.balmer@hrnejunior.com)



### Breakfast/Breaktime Snacks

We are finding that more and more children are coming to school having not had breakfast and often these children don't have a breaktime snack either. It's really important that children don't come to school hungry. Being hungry can mean they struggle to concentrate and can find it much harder to regulate their emotions. We all know what it feels like to be 'hangry'!

We understand that some children might not like having breakfast but then it's really important that they come in with a healthy snack, so that they can eat when they are ready to.

It also might be that families are struggling because they cannot afford enough food. If this is the situation you face, please get in touch. There are lots of ways in which we can (confidentially) support you, including referring you to the food bank. Please don't feel embarrassed or that we would be judgemental in any way. We are all too aware of the difficult financial situation for many people these days, which can mean choosing between heating your home and providing adequate food for your family. And until this situation improves, we are here to support you.

### Sonja Balmer

(Home School Link Worker)

## COMMUNITY MESSAGES



### The Petersfield Seed Swap

It is on Saturday March 9<sup>th</sup> 10am – 2pm at Winton House Centre (18 High Street).

### Free Easter Family Fun Day

It is on Friday 5<sup>th</sup> April 9.30am to 1.30pm at St Mary's Bentworth CE Primary School, GU34 5RE. Free project for families in receipt of benefit related free school meals. Arts and Craft activities, sports, construction toys, hot lunch and more. Call 01420 562177 or email [adminoffice@bentworth.hants.sch.uk](mailto:adminoffice@bentworth.hants.sch.uk) to book your place.

March		April	
Thur 14th	Parents' Evening (no running club or choir)	1 <sup>st</sup> - 12 <sup>th</sup>	Easter Holidays
Fri 15 <sup>th</sup>	No afterschool football club for the girls	Tues 16	7pm HAFS Meeting
Fri 22 <sup>nd</sup>	Class and Leavers Photos	24-26 <sup>th</sup>	Avon Tyrell (Year 5 residential)
Mon 25th	Showcase 3.30pm	<b>May</b>	
26 <sup>th</sup> - 27 <sup>th</sup>	HAFS Easter Activities	Mon 6 <sup>th</sup>	<b>BANK HOLIDAY – May Day</b>
Thur 28 <sup>th</sup>	<b>Easter Holiday begins - 12.30pm Finish</b>	Mon 13 <sup>th</sup>	SATS Week
Fri 29 <sup>th</sup>	<b>BANK HOLIDAY – Good Friday</b>	Wed 22 <sup>nd</sup>	Rainbow Theatre (Year 5 and 6)
		Thurs 23 <sup>rd</sup>	Rainbow Theatre (Year 3)
		Mon 27 <sup>th</sup> – Fri 31	<b>HALF TERM</b>