



Weekly Newsletter

Week ending Friday 2 February 2024

Full Governing Body Meeting

The Full Governing Body met this week for its first meeting of 2024 and, whilst too late to wish you Happy New Year, hope that the school community has had a good start to 2024. We are delighted to officially welcome Nermin Holland and Simon Pope to the team to serve as new Parent Governors.

The main focus for this meeting was the Headteacher's Autumn report. This is a termly paper that provides updates on key aspects of school life, including a profile of the pupil population, admissions, attendance and behaviour, staff personal development, pastoral support, the curriculum, staffing, and safeguarding. Reviewing and discussing such comprehensive, data-driven insight is one way that governors fulfil its core functions of ensuring clarity of vision and strategic direction, holding leaders to account for educational and management performance, and overseeing financial performance. Considering carefully the variety of challenges faced in education, governors remain satisfied that the school, its pupils, and its staff are well placed.

Elsewhere in the agenda statutory responsibilities, such as health and safety, were reviewed and a variety of policies approved. These are examples of standing items considered by governors at each meeting and assured in the course of its monitoring.

Governors plan to spend a whole day in school later this term to conduct a variety of monitoring activities and to immerse into school life (including the sampling of school lunch!). A full report of this day will be provided in a future newsletter. In the meantime, the half term week falls between now and when the FGB next meets so wishing everyone a good break, which by that time will be well deserved.

Chris Bass

Vice Chair of Governors

Young Voices Concert at the O2 Arena



On Monday of this week the school choir visited the O2 arena to perform with many other children from the UK. The Young Voices concerts bring together children from schools to form the largest children's choir concerts in the world!

Children had an incredible experience and we are proud of the entire choir for taking part.

We have received some wonderful feedback from parents of children who participated:

Thank you so much for the experience that you gave all the pupils. What a lovely 'family of singers' and build-up to the excitement of a wonderful event. I know there were many hours of practice and organisation that go into giving the students this opportunity. Way beyond the pure fun of the evening. Thank you also to the teachers and staff for the very late night. I hope they all feel proud. I'm sure Felix felt a sense of belonging and improved his self-confidence.

I just wanted to say a huge thank you to Mrs Francis and her helpers for taking the choir to Young Voices last night. It was incredible! The music was fantastic and such a wonderful experience for them all. Evie came back last night exhausted but still with a huge smile on her face and full of excitement. I know these things take a lot of planning and preparation, not to mention all the rehearsals. And of course taking teachers away from their own families and giving up their precious time. Last night will definitely be one the Evie remembers for a life time, so once again thank you 🙏

Firstly, I wanted to express my upmost thanks to Mrs Francis and the wider team of staff and volunteers for orchestrating a superb experience for the Choir at The O2 on Monday. The children all seemed to have a

wonderful time and an unforgettable musical experience. It is so important to have enriching experiences alongside high quality education and I am grateful for the opportunity for Emmy to be involved, feel a part of something big and special and a sense of belonging with likeminded children from her own and other schools right across the country. Parents on the day were also appreciating and commenting on the administration and logistical efforts that go into making these trips a success so please know all your efforts do not go unnoticed.

Japanese Cedar donation from The Heckfield Estate



This week a team from The Heckfield Estate visited school to donate a new tree for the school grounds. The tree, a Japanese Cedar, has been donated in order to introduce a new species to our grounds and also to extend the lineage of the parent tree, first planted by William Wildsmith on The Heckfield Estate in 1876. The specimen planted in our grounds was grown from seed in 2019 and we hope our grounds will provide an environment where it can grow for many years to come.

We would like to extend our thanks to Dom, Alastair and Ben who not only delivered the tree but also dug a hole, planted the specimen and also installed a protective fence. Our Eco Warriors all joined in with the planting and talked with Dom and his team about the plants already present in our grounds.



Volunteers in Science, Technology, Engineering and Maths careers needed

It is that 'TIME' of the year again. Science week is taking place from the 11 March to the 15 March and this year's theme is time! After the success of last year's Science Fair and the enthusiasm of the children who attended, we would like it to take place again this year. We are hoping for enough volunteers so that all year groups can attend this year. The fair is planned for the day of Tuesday 14 March.

The aim of the fair is to inspire children and make them aware of the many job roles that are linked to STEM (Science, Technology, Engineering or Maths).

To make the event a success, we would like some parents (or others you may know of, including work colleagues) to come and talk to the children about what their job involves and how it links to STEM. If you have a job related to STEM (Science, Technology, Engineering or Maths) or work for a company related to STEM and would be happy to come in and speak to the children about your role, we would love you to get in touch.

Examples of the types of industry that could come under the STEM umbrella are Pharmaceutical; Nursing; Health; Veterinary; Dentistry; Banking and Finance etc.

Please contact the office team, either by telephone (01256 762468) or by email (adminoffice@hook-jun.hants.sch.uk) if you would like to volunteer.

Many thanks once again for your support.

Miss Orchard, Science Leader

Children's Mental Health Week

It's Children's Mental Health Week from 5th - 11th February. The theme this year is 'My Voice Matters'. In school, children will be learning about how to promote mental health and wellbeing. Lessons in school will include mental health aspects throughout the week, taking advantage of the outdoor spaces in our grounds. If your child doesn't already have a pair of wellington boots at school, please consider sending some with them to keep safely here on the 'welly wall' storage close to their classroom.

What Matters To You?

We have included at the end of this newsletter a factsheet addressing children's mental health and wellbeing. Included are the top ten things children say they need from you as their parent or carer, along with some conversation starters to help you do this. You can also find some creative and practical wellbeing activities to enjoy together by visiting [the What Matters To You? Page for primary aged children](#).

Mental Health Workshop Resources

In October we hosted a mental health and wellbeing workshop for parents, led by Brightcore Education and the resources from this session remain [available via our website](#). The document sets the context for current mental health and wellbeing challenges for young people today, compares this with earlier generations and presents evidence from multiple organisations on the many contributing factors. Also included are simple tips and advice for supporting your child with their wellbeing and establishing healthy habits and routines.

The Good Mental Health Handbook

The [Good Mental Health Handbook](#) has been developed by Hampshire Child and Adolescent Mental Health Service (CAMHS) and parents/carers.

Its pages it contains information, short videos, and workshops to support children's mental health challenges including: anxiety, bereavement, depression, self-harm, eating disorders, obsessive compulsive disorder, sexuality, substance misuse and trauma.

The handbook also contains information on parental wellbeing. The handbook will introduce you to a range of topics and strategies you can use to help you to cope better in order to support your child when they are struggling with mental health difficulties.

Jamco After School Clubs

Thanking you all for helping give Jamco Coaching a successful start at Hook Junior School.

Booking for the Spring Term 2 Jamco Coaching after school clubs will open next Sunday the 5th February at 6pm. Set your reminders as places go fast. When booking opens at 6pm you may need to refresh to show booking options.

Follow this link to sign up: <https://jamco-coaching.pembee.app/>

- Tuesday Football - Years 5&6, £30 - 6 weeks, 20/02/24 - 26/03/24
- Wednesday Football - Years 3&4, £30 - 6 weeks, 21/02/24 - 27/03/24
- Thursday Basketball - All years, £25 - 5 weeks, 22/02/24 - 21/03/24
- Friday Football - All years, £25 - 5 weeks, 23/02/24 - 22/03/24

If you have any queries or issues with signing up, please feel free to call on the number below or email to this address.

Jack Cotton

Jamco Coaching (07778398098, jamcocoaching@outlook.com)

Supporting Robin Hood Junior School with Writing

At Hook Junior School we are privileged to be able to share our outstanding practice with many other schools locally and nationally, when they require support. This week the Headteacher and English Leader of Robin Hood Junior School, Sutton, London spent the day with us looking at our rationale, methodology

and outcomes in Writing, exploring how we have developed it over the years. As a result of our work, we received these warm words of gratitude about their experience and about our school.

'Dear Miss Powell,

Thank you so much for your support and generosity on Tuesday. Your Senior Leadership Team were fantastic; shared so much expertise and were refreshingly honest about your journey and the challenges we all face. Your school is a delight, the children and staff made us feel very welcome and we took away some very interesting things to discuss as a Leadership Team and with the whole staff.

Although our contexts are rather different we will definitely adopt or adapt lots of things which we saw or were shared and build them in to our setting. Please pass on our sincere thanks to your staff for their time and openness and accept our thanks to you for your generosity in sharing your practice.

I hope your academic year continues well despite all the current challenges!'

School Readiness Workshops

Hampshire Healthy Families are running monthly workshops throughout the school year for families with children starting school in September 2024.

Workshops aim to answer your questions or concerns, such as:

- Will my child be ready for school when the time comes, physically and emotionally?
- What will I need to do to make sure my child and the family are prepared?
- What does school readiness actually mean?
- What resources will my child need for starting school?
- How will I cope when my child starts school?
- How will the school help me and my family to settle and feel included?

Find out more and book a free place by visiting [the Hampshire Healthy Families website](#).

Year 4 Rainfall Investigations



Year 4 have been learning about climates in different countries.

We decided to set up a rain gauge and monitor our local weather as well.

From this data, the children have created graphs to show the temperature and rainfall in Hook.

HSCA Pre-Loved Uniform Sale

The Hook Schools Parents Association (HSCA) are holding a pre-loved uniform sale after school on Friday 15 March.

If you have any good condition uniform that you no longer require, the HSCA will gratefully receive this for re-sale to other parents. Uniform donations can be placed in the collection bin outside the Junior school reception. All funds raised at the pre-loved uniform sale are returned to the Infant and Junior schools.

Learning Consultations on 5 and 6 February

Learning consultations take place on Monday 5 and Tuesday 6 February from 3:30pm.

Appointments can be booked using Parentmail until Sunday 4 February.

If you (or another parent you know) are experiencing any difficulties accessing Parentmail, please contact the school office for assistance.

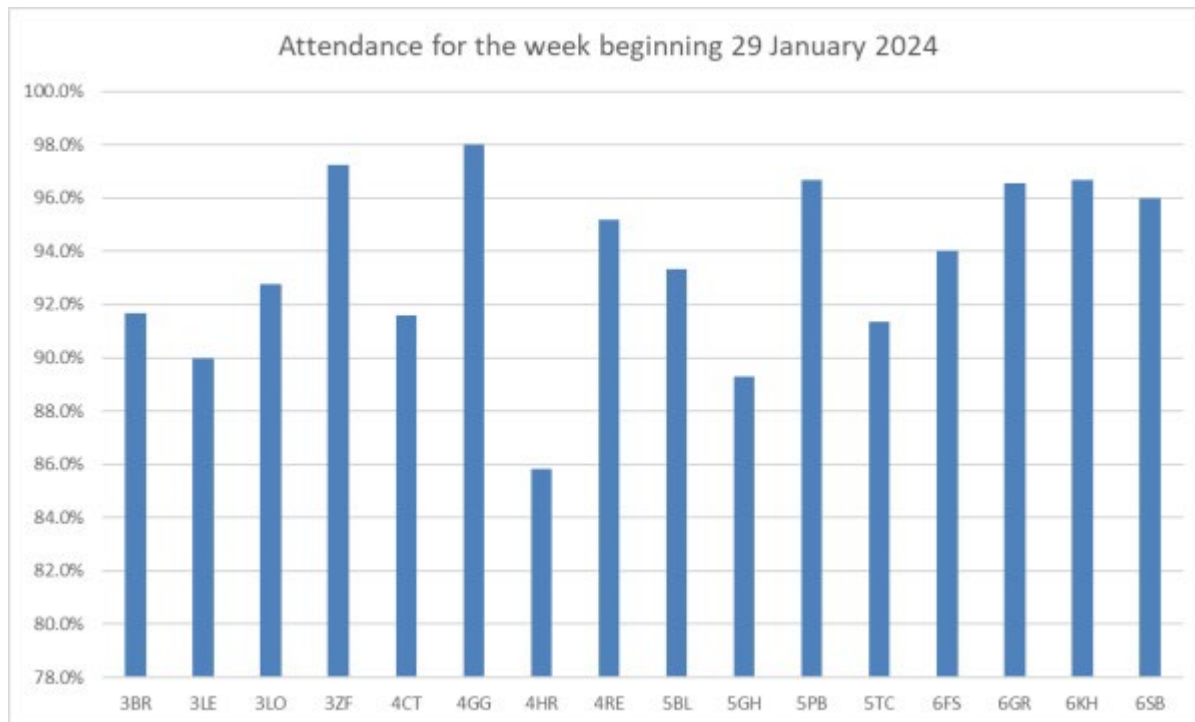
Shots Foundation Soccer Camp, 15 and 16 February

Spaces are still available for the the Shots Foundation half-term football camp at Hook Junior School on Thursday 15th February and Friday 16th February.

Children attending will receive top quality coaching from FA qualified coaches and a free community stand family ticket (max 4 people) to an Aldershot Town 2023-24 home game.

More details are included in the flyer later in this newsletter. You can book a place online via <https://www.participant.co.uk/register/HookJrFeb>.

Attendance



Whole School Attendance this week: 93.5%

Stars of the Week

Year 3: Sophia P, Finley E, Reuben W, Alantis G, Reggie C

Year 4: Reggie H, Keiran F, Elliot M, Emma H, Leo M

Year 5: Thomas D, Helney P, Thomas R, Poppy F

Year 6: Hannah V, Sehansa D, Eleanor D, Delia S, Eloise T, Ethan P

House Points this week

Austen: 207

Brunel: 213

Nightingale: 208

Wellington: 192

House point winners this week: Brunel

Find out more...

Follow us online to see much more about what's happening in school.

[Twitter.com/hookjunior](https://twitter.com/hookjunior)

[Facebook.com/hookjuniorschool](https://facebook.com/hookjuniorschool)

[Instagram.com/hookjunsch](https://instagram.com/hookjunsch)

Key Dates

New dates added since the last Newsletter appear in green

5 Feb Children's Mental Health Week

5 Feb Learning Consultations – appointments between 3.30pm until 6.30pm

6 Feb Safer Internet Day

6 Feb Learning Consultations – appointments between 3.30pm until 6.30pm

7 Feb Year 3 Iron Age Workshops

12 Feb – 16 Feb Spring Half Term

19 Feb Inset Day – school closed to children

28 Feb HSCA Bag2School Collection

28 Feb Year 4 trip to the Mary Rose

4 Mar Year 5 River Trip – 5TC and 5GH

4 Mar SATs Presentation to Parents – 5pm

5 Mar Year 5 River Trip – 5PB and 5BL

7 Mar HSCA Mother's Day Sale

7 Mar World Book Day

11 Mar Science Week (all week)

14 Mar Gremlin Dance Challenge

15 Mar Comic Relief Red Nose Day

15 Mar HSCA Pre-Loved Uniform Sale 3:20 on the Junior school playground

18 Mar Year 4 Learning Event

19th March Year 5 Learning Event 5PB – 9.00-10.00am

19th March Year 5 Learning Event 5GH -2.00-3.00pm

21 March Year 5 Learning Event 5TC - 9.00-10.00am

21 March Year 5 Learning Event 5BL - 2.00-3.00pm

27 Mar Year 3 (3BR and 3ZF) Easter Service in the Church (Learning Event) – 9.30am

27 Mar Year 3 (3LO and 3LE) Easter Service in the Church (Learning Event) – 2pm

28 March 2024 Year 6 Learning Event 9.00-10.00am

28 March End of Spring Term - 1:20 finish

29 Mar - 12 Apr Easter Holiday

15 Apr Back to School Summer Term

23 Apr Year 4 Ufton Court Viking Workshop in school

24 Apr Year 4 Ufton Court Viking Workshop in school

29 Apr Open Box Theatre Company visit for Year 5

6 May Spring Bank Holiday

8 May Coffee Morning for Parents of Year 2 Children – 8.45am

13 May SATs Week

14 May Class Photos

19 May Hook Fun Run

27 May - 31 May Summer Half Term

3 Jun Year 4 Times Tables Assessments

13 Jun HSCA Father's Day Sale

14 Jun Class Allocation Letters to Parents

17 Jun Sports Day

19 Jun Information Evening for Parents of Children in Year 2 - 5pm

21 Jun HSCA Non-school Uniform Day

22 Jun HSCA Summer Fair

24 Jun Robert May's Transition Day for Year 6 pupils

25 Jun Robert May's Transition Day for Year 6 pupils

25 Jun Whole School Transition Day, including Year 2 pupils

5 Jul End of Year Reports to Parents

9 Jul Lepe Beach 4HR and 4CT

10 Jul Lepe Beach 4RE and 4GG

9 Jul Year 4 trip to Lepe Beach

10 Jul Strawberry Tea

16 Jul 9:15 Year 6 Production - 6GR and 6SB

17 Jul 9:15 Year 6 Production - 6SF and 6KH

24 Jul - 30 Aug Summer Holiday

Safeguarding your children is our priority. Please contact the school's Designated Safeguarding Leads, either Miss L Powell (Headteacher), Mrs N Bailey (Deputy Headteacher), Miss J Carne (Inclusion Leader)

or Mrs Boardman (SENDCo) with any concerns. Further Safeguarding information and support can be found via www.NSPCC.org.uk or Childline 0800 1111. Any concerns may also be raised directly with Hampshire County Council Children's services phone line (anonymously if you wish) by calling 0300 555 1384. Keeping our children safe is everyone's responsibility.

My VOICE MATTERS

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.

LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and act on their views.

PARENTINGSMART.ORG.UK

Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school – because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.

WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

For primary children: bit.ly/3PzCGI8

For secondary children: bit.ly/3LBD2wK

CHILDRENSMENTALHEALTHWEEK.ORG.UK

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...



TELL ME ABOUT
YOUR DAY

WHAT WAS THE BEST
THING ABOUT TODAY?

WHAT IS THE BIGGEST
STRESS / WORRY IN YOUR
LIFE RIGHT NOW?

WHAT'S YOUR
ONLINE LIFE LIKE?



WHO WOULD YOU TALK
TO IF YOU WERE FEELING
WORRIED ABOUT YOUR
MENTAL HEALTH?

WHAT CAN I DO
TO HELP YOU?

