

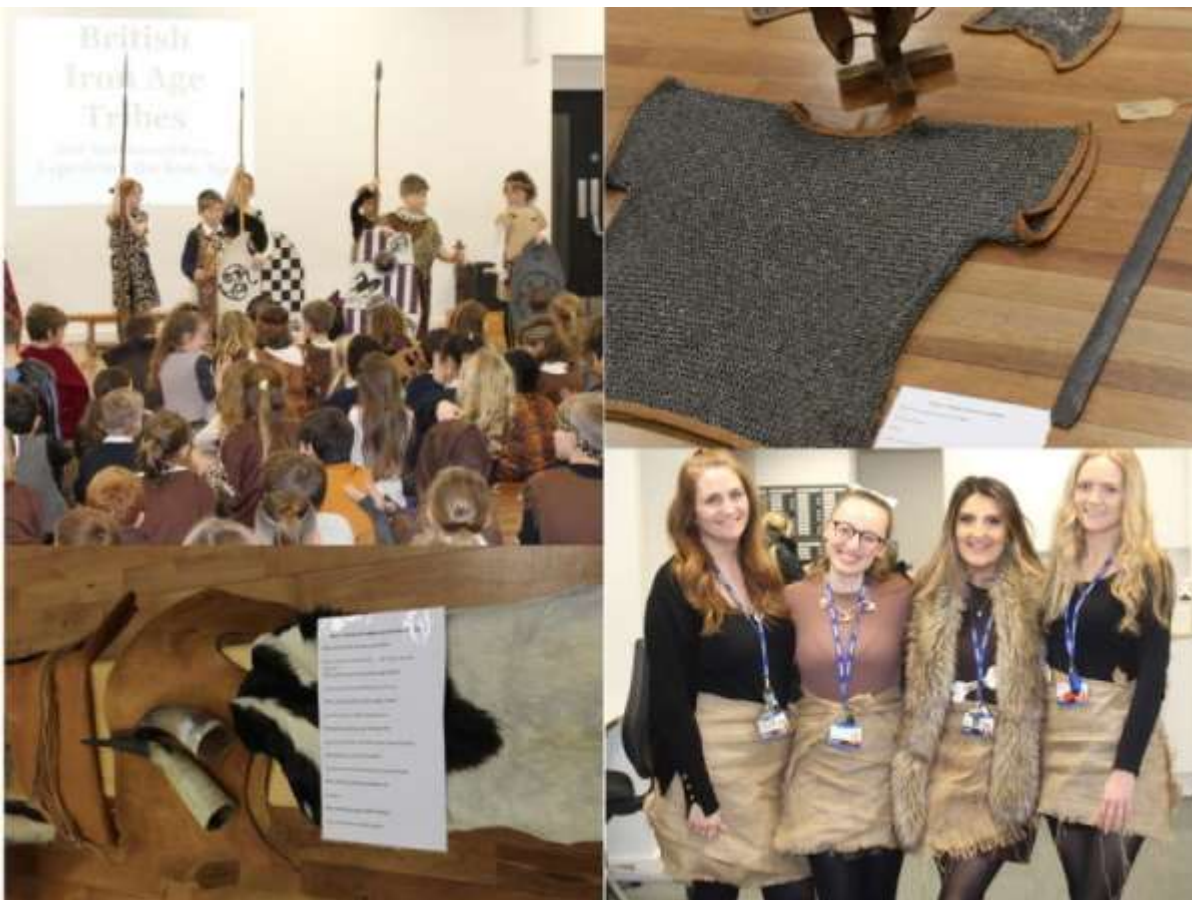


HOOK JUNIOR SCHOOL

Weekly Newsletter

Week ending Friday 9 February 2024

Year 3 Iron Age Day



Year 3 thoroughly enjoyed stepping back in time to the Iron Age period. Iron Age Matt made the day extremely entertaining for all the children from getting them dress up as warriors and 'Chiefy' to handling artefacts like the Quern Stone. During the workshop, the children have designed their own shield and learnt all about Iron Age homes.

Thank you for providing some amazing costumes, it made the day feel even more special.

The Year 3 Team

Safer Internet Day – Tuesday, 6th February

Safer Internet Day is a global campaign to promote the safe and responsible use of technology, which calls on children and young people, parents, carers, teachers, social workers, law enforcement, companies,

policymakers and more, to help to create a better internet. Using the internet safely and positively is a key message that we promote in our school, and celebrating Safer Internet Day is a great opportunity for us to re-emphasise the online safety messages we deliver throughout the year.

This year the campaign focused on change online, this includes:

- Young people's perspective on new and emerging technology
- Using the internet to make change for the better
- The changes young people want to see online
- The things that can influence and change the way young people think, feel and act online and offline

Throughout the week, each class has focused on an aspect on Internet Safety including changes in technology and what we hope for in the future, influencers online and the impact they can have both positively and negatively, as well as Artificial Intelligence (AI) and its impact the world and the future. On Tuesday, the whole school partook in BBC's Safer Internet Day Live Lesson which focused on AI technology and how to stay safe. The lesson explored what AI is and where we might already be using it in our day-to-day lives. Then, the children were asked to think about different statements about AI before discovering if the statements were true or false to debunk some myths surrounding it. Additionally, they learnt about machine learning and Micro:bits before finishing by exploring the concept of deepfakes and disinformation.

If you would like to continue exploring these concepts at home, UK Safer Internet Centre have created some free activities and information for parents and carers which are available at: <https://saferinternet.org.uk/SID-parents>.

STEM Fair Volunteers required for Tuesday 12 March

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 and volunteers 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 12 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. Your employer may offer opportunities for you to participate through a community engagement scheme.

Examples of the types of industry that could come under the STEM umbrella are Engineering; Construction; 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

MyHappyMind Parent App

Dear Parents,

We have introduced a program to all year groups at school called myHappyMind. myHappyMind is all based around helping children to understand how their brain works and to support them in developing positive skills and habits to be their very best selves!

myHappyMind is delivered in schools by class teachers through a series of interactive lessons and then the children apply these learnings throughout the day.

To further embed this learning, myHappyMind has developed a Parent App. These resources can be accessed online on your computer, or through an app on your phone. The Parent App will support you as a parent in understanding what your child is learning, activities for you to do together at home and also a Kids Zone featuring myHappyMind Games plus much more!

To access these materials just go to <https://myhappymind.org/parent-resources> to create your free account. You will need to enter your name, email, and authentication code.

Your authentication code is **116045**

Once you have created your account, you will receive an email with the next steps on downloading the app.

We really encourage you to make use of this free content so that you can support your child in getting the best out of the curriculum.

If you have any questions about myHappyMind, please contact your class teacher.

If you have any technical questions about accessing the resources, please contact hello@myhappymind.org

There's a poster at the end of this newsletter with further information.

Many thanks,

Miss Evans, PSHE Leader

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)

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](#).

HSCA Bags2School Collection

The next Bag2School collection organised by the HSCA will be on Wednesday, 28 February by 9am. So if you're having a clear-out during the half-term break please consider donating your items here.

Bag2School is part of a textile collection company that provides a free fundraising service to schools by paying them for unwanted, second-hand clothing. The amount of money paid to our school is based on the weight of the donations - on the collection day, all donations get weighed on the van and payment is handed over.

Good quality second-hand clothes, accessories and linens are accepted. Please see below for a full list of items accepted or go to bag2school.com to learn more.

Please bring your donations in bin bags (not bags distributed by other charities) and leave under the tarpaulin provided behind the bollards outside the Junior School gates in Hartletts Park, or by the Infants vehicle gate in Church View before 9am on the day.

Bag2School **DO** collect:

- Clothes
- Paired shoes
- Handbags
- Hats
- Bags
- Scarves and ties
- Bras
- Jewellery
- Socks
- Belts
- Soft toys
- Household linen

- Curtains
- Towels
- Bedding

Bag2School **DO NOT** collect:

- Duvets and blankets
- Pillows and cushions
- Carpets, rugs and mats
- Soiled, painted, damaged or wet items
- School uniform (with or without logo)
- Corporate clothing and workwear
- Textile off cuts, yarn or threaded material
- Furniture and large items
- Batteries

HSCA Pre-Loved Uniform Sale

The Hook Schools Community Association (HSCA) are holding a pre-loved uniform sale after school on Friday, 15 March. If you have good condition logo uniform that you no longer require, the HSCA will gratefully receive this for re-sale to other parents. The HSCA accepts school jumpers, cardigans and blazers; ties with house colour; PE polo shirts with house colour and school track suits; and school branded accessories such as hats and bags. Unfortunately, we are unable to accept non-logo items. 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.

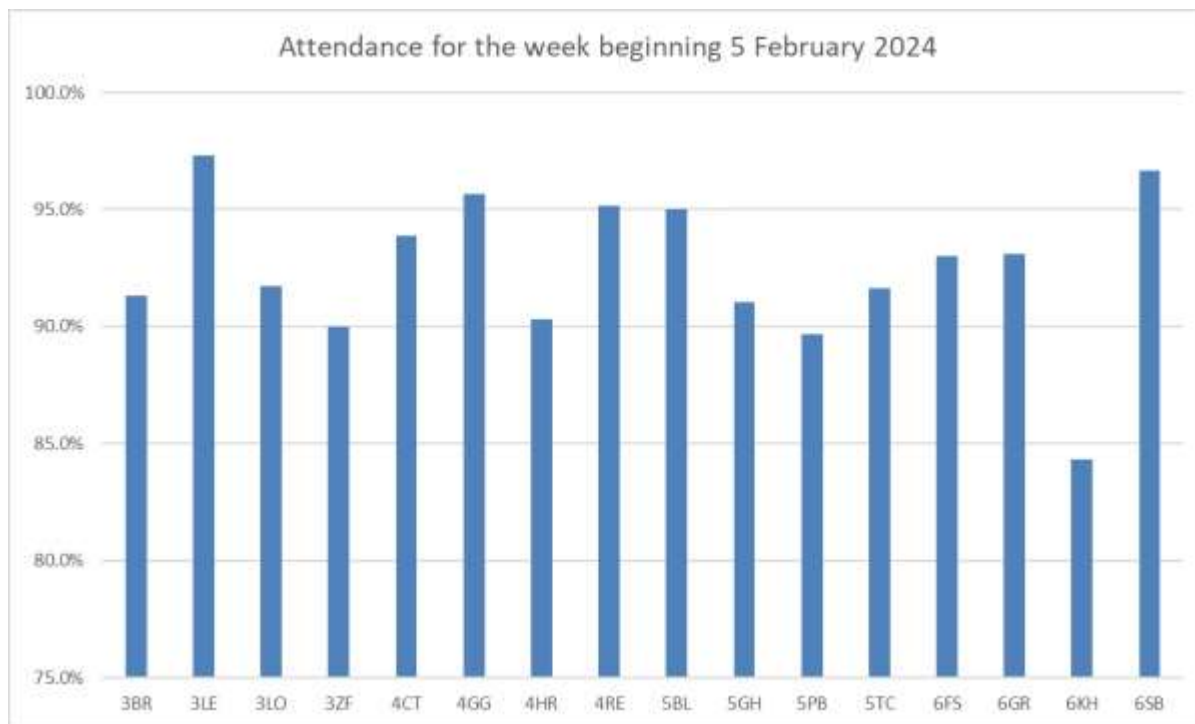
Shots Foundation Soccer Camp, 15 and 16 February

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: 92.5%

Stars of the Week

Year 3: Zachary A, Zach H, Emily S, Clarissa J

Year 4: Emmy C, Bella A, Alp A, Lucy P, Lucy V

Year 5: Logan W, Poppy A, Pietro A, Rosanna B, Syon S

Year 6: Summer K, Edie M, Eloise T, Ethan P, Dorothy C

House Points this week

Austen: 164

Brunel: 159

Nightingale: 102

Wellington: 161

House point winners this week: Austen

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

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
9 Nov HSCA Firework Show

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.



Download your FREE myHappyMind Parent App



...An online resource to support you and your family to learn more about how you can use myHappyMind to support your child.



myHappyMind for Parents

Exclusively for parents with children at a myHappyMind School or Nursery.

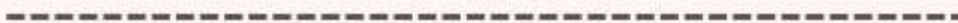


Learn all about what your children are learning in school



YOU WILL NEED THIS AUTHENTICATION CODE TO SIGN UP

116045



My VOICE MATTERS

Place2Be's
CHILDREN'S MENTAL HEALTH WEEK

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, wherever 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](https://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](https://bit.ly/3PzCGi8)

[For secondary children: bit.ly/3LBD2wK](https://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?

