

## Parent Newsletter

Friday 27 January 2023

### Ethos, Values and Vision

**Ethos – (characteristic spirit of a community):**  
"In Pursuit of **Personal Excellence**"

#### Values (formerly PRIDE)

- Readiness to learn
- Respect for self and others
- Individual responsibility
- Determination and Ambition
- Enjoyment through belonging

**Vision – To develop Test Valley as a small, rural, high achieving school**

I am delighted to let you know that we did appoint a substantive Head of School. Our pupils were a big part of the two-day process that successful candidates were impressed. Ms Goodridge, who is currently a Deputy Headteacher, will join us full time after Easter. Ms Goodridge demonstrated a clear vision of improvement for our community, with our pupils, and their progress and wellbeing being at the heart of everything. I very much look forward to working with Ms Goodridge, and I know you will too.

It is now my intention to plan, as I said I would in my welcome letter, some opportunities for you to be invited into the school, to meet us and discuss our school improvement journey.

Congratulations to pupils who have received 100% positive Class charts rewards this week.

Wishing you restful weekend

Mrs McKeown

#### Forthcoming Dates:

Monday 30 Jan-Friday 10 Feb – Yr 11 Practice Exams 2

Monday 6 February – INSET Day

Monday 13 – Fri 17 Feb – Half Term Break

More about all the activities occurring in and out of lessons at Test Valley School can be found on our Facebook page, Twitter Feed and Instagram Account. Reshares and likes are always appreciated!

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## Venue Hire

Do you require a room for a meeting or sports event? School facilities are available to hire outside of the school day. Please email [leisure@testvalley.hants.sch.uk](mailto:leisure@testvalley.hants.sch.uk) for all enquiries.

## Message from Mrs Goodridge



At the start of this year I was fortunate enough to have been placed at Test Valley for half a term, supporting the team. I quickly got to know the incredible Test Valley pupils and I thoroughly enjoyed my time with them. The school stole my heart and I hoped to be able to return. I am exceedingly passionate, motivated and committed to supporting every child, children are at the heart of everything we do.

I am forever optimistic about the power of education and how it can help shape and change lives. I will do everything in my power to ensure that pupils, staff and our families thrive at Test Valley. I look forward to meeting you soon.

## INSET Days

Please note the school will be closed to all pupils on:

Monday 6 February

## Making appointments

It is not possible during a busy school day for members of staff to meet with parents/carers if they drop into reception without an appointment.

Please can we ask that if you wish to meet with a member of staff that you either contact the school office, and they will take a message and pass it on to the appropriate person or contact your child's Head of Year or Tutor directly to arrange a mutually convenient appointment.

Thank you for your support.

## Canteen Menu

Please see our website for our canteen menu together with a price list.

[Test Valley School - Canteen Menu](#)

## Behaviour Update

Thank you to the parents and pupils who responded so positively to the resetting of behaviour expectations and structures at Test Valley in the letter sent last week.

We are using Class Charts in a different way so please accept our apologies if the email settings aren't quite right yet and you received a detention alert when your child should not have. These are teething problems and all feedback will help us to create a robust clear set of procedures for certainty, clarity and consistency.

For your information, after-school detentions are always set on a Wednesday, Thursday and Friday, unless there is a pre-arranged event, such as a parents evening. If the date on the email alert suggests otherwise, please get in touch as it is not correct.

As part of our behaviour reset, a priority is to ensure the behaviour of all our pupils is of the highest standard and creates a safe environment. It is essential that everyone has a voice and every single opinion is extremely important to us. In order to do this, we would like, as far as possible, for every pupil to complete the following questionnaire. The questionnaire is anonymous, however if the pupil would like to add their name this would be gladly received.

We would appreciate your encouragement with this so we can get Test Valley to be the School and environment we want it to be.

[Microsoft Forms](#)



# Microsoft Forms

## Yr 11 Practice Exam Timetable

Please use the link below to view our website for all the information relating to the forthcoming second practice exams for Year 11. You will find:

- Update exam timetable
- Information on workshops
- GCSE Exam Booklet
- Information on managing exam stress

Exams will run from Monday 30 January until Friday 10 February.

[Test Valley School - Yr 11 Practice Exam Information](#)

## Drama



## Sports Results

### U16 Boys Basketball

Test Valley 26 - Thorndon 53 & Toynbee 57 - Test Valley 29

With 2 fixtures in two days against two of the strongest teams in the league, (containing international and nation league players), it was always going to be a battle but one that would let us measure our improvement over the course of the season.

Despite losing both games by similar margins and sporting rolling substitutions by both Thorndon and Toynbee, Test Valley's players showed a lot of understanding and development within their game both as individuals and as a squad and should be proud of themselves.

We have one game left against 2<sup>nd</sup> placed Romsey and again this will be a big test but if the squad respond as they have in the last two outings then they will have every right to be proud of themselves irrespective of the outcome.

Thorndon Squad: Max H, Angus B, Henry A, Ben H, Simon J, Kyle T, Rudy H, James P  
Player of the match: Rudy H

Toynbee Squad: Max H, Angus B, Henry A, Simon J, Gareth C, Benny G, Charlie E  
Player of the match: Max H

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### Year 7 Football

John Hanson 5 - Test Valley 2

We travelled to John Hanson for a game under floodlights on their Astroturf and it took a while for us to get used to the surface conceding quite early. John Hanson doubled their lead but Selorm pulled one back for us but unfortunately, they managed to take the difference back to 2 with a goal just before half time.

In the second half we managed to pull a goal back after smart interplay between Jack and Henry led to the latter scoring. Test Valley kept pushing for an equaliser but unfortunately got caught pushing up twice in the last 5 minutes to make the final score 5-2.

Squad: Henry B, Will B, Ethan E, Selorm G, William G, Charlie L, Jacob O, Alice R, Jack W  
Player of the match: Selorm G

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### Basketball

On Thursday 19<sup>th</sup> January, 4 of our pupils competed in the Andover and District 3v3 girls Basketball tournament held at Testbourne school. Their teamwork and basketball skills shone through winning them the tournament with ease. They won all of their games quite convincingly.

Well done to you all, you played brilliantly.

The players were: - Megan R, Alice R, Evie K, Evie L

## KS3 & KS4

### Shoutouts to our top points earners

Year 7	Year 8	Year 9	Year 10	Year 11
Ethan E	Julita C	Alisa S	Josie B	Oliver H
Jack W	Livvy S	Oliver LC	Liam Ngan	Henry A
William G	Alexis B	Rosie W	Evelyn W	Harriet D
Ted J	Sienna P	Angela M	Aurelia R	Oliver F
Alice R	Evie H	Alfie M	Mason B	Ruby Allison
Rosie C	Leo B	Elliot M	Sarah B	
Victoria S	Teddy LC	Bethany H		

## Sport Change – Years 7, 8 & 9

We have spoken to all the pupils in class but just a reminder to parents that all years 7, 8 & 9 will be working on **rugby** from the week beginning Monday 30<sup>th</sup> January until the week ending Friday 24<sup>th</sup> February.

For rugby, pupils should have football/rugby boots, navy rugby socks, navy shorts & Test Valley Rugby top. All pupils may wear blue or black sports leggings under their shorts and layers under their rugby shirts in the interest of warmth and comfort. We also recommend the use of gum shields which can be bought in a variety of places but also on Amazon [Amazon.co.uk : gum shield](https://www.amazon.co.uk/gum-shield)

If your child is not participating due to injury or illness, they still need to bring kit as per the PE Department policy, so they can change and participate in the elements of the lesson that they are able to or through coaching & officiating. They may bring an extra jacket to school to wear to keep warm. As all teachers will be on the field, we will not be able to house pupils inside.

PE procedure letter has been sent out separately to year 7, 8 & 9

## College Open Events

Please see our website for the latest information on College open events with information on how to book a place.

[Test Valley School - College Open Events 2022-23](#)

### Extra Curricular Activities – Spring 2023

Time	Venue	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Before School 0830-0850</b>	Library			Drop in Session with Mrs Whitehead (All)	Drop in session with Mrs Whitehead (All)	Drop in session with Mrs Whitehead (All)	
<b>Lunchtime</b>	Rm 40		Keyboard Club and Band Practice (All)				
	Rm 1			Coding Club			
	Drama	School Production Rehearsals			School Production Rehearsals		
	Rm 21	Geography Club (All)					
	Library				Drop in session with Mrs Whitehead (All)	Drop in session with Mrs Whitehead (All)	
	Library	-	Quiet Reading and Research (All)	Quiet Reading and Research (All)	Quiet Reading and Research (All)	-	
	Sports Hall	Mixed Basketball (Yr 7 & 8)		All years mixed Trampolining & Badminton	Football (Yr 10 & 11)	Yr 9, 10 & 11 mixed Basketball	
	Mr Page's Office	Take Hope for a walk	Take Hope for a walk	Take Hope for a walk	Take Hope for a walk		
	Various special activities taking place at lunchtime in the Modern Foreign Languages Block during the term						
	<b>After School</b>	Drama		Staff Meetings	School Production Rehearsals		

	Sports Hall	Yr7 Mixed Football (hall/field)		All Years Netball	Yr 8 & 9 Mixed Football	
	Rm 1	Homework and Revision Support (All)	Homework and Revision Support (All)	Homework and Revision Support (All)	Homework and Revision Support (All)	

## Health and Wellbeing

**LET'S CONNECT**



### TIPS FOR PARENTS AND CARERS

Dear parents and carers,

6 - 12 February 2023 is Children's Mental Health Week. The week is run by children's mental health charity Place2Be to raise awareness of the importance of children and young people's mental health. This year's theme is Let's Connect.

#### WHAT'S IT ALL ABOUT?

Let's Connect is about making meaningful connections, and for Children's Mental Health Week 2023, Place2Be is encouraging people to connect with others in healthy, rewarding and meaningful ways.

As parents and carers, you are an important role model to your child. How you connect with friends and family will influence your child, and how they develop their own friendships and relationships. For example, how you greet people and maintain friendships, but also how you forgive people or say sorry when you need to.

#### WHAT CAN YOU DO?

Here are a few simple ways you can connect with your child and help them to make meaningful connections.

##### 1. Connect with your child in everyday ways

Moments of connection (and re-connection) are really important in child-caregiver relationships. For example, when you pick them up from school, or come in from work, try to give them your full attention and see if this helps you feel better connected as you hug, talk, smile and hear about their day. Watching your child play and joining in is really important to them – so put your phone away and have a bit of fun – being playful is good for adults, too!

With your older child, you may find times such as car journeys a good time to talk, or to re-connect by playing music you both like. It is important to be accessible to a teenager when they need to talk. You may have to be there 'on their terms' and be ready to listen.

##### 2. Talk to your child about important connections

This could include talking about family members, friends, neighbours, childminders, people in the local community and others in your faith group (if you have one). Remember it's ok to talk about people they miss, for example, family members who live in a different country or people who have died.

Children learn a lot from their parents about how to express their feelings, including the joy that comes with feeling connected to others and the sadness that comes with missing others.

##### 3. Talk to your child about their friends

As children become teenagers, their friendship groups become increasingly important to them. Be open to hearing about their friendships and try to listen without judgement.

#ChildrensMentalHealthWeek



# LET'S CONNECT



Ask them about their life in real life and online. You may not think online friends are 'real friends', but your child may feel differently. Losing friends, feeling left out or being bullied is very painful and your child needs to know you will support them through these difficult times.

- 4. Connect by taking an interest in your child's world**  
As adults we can sometimes be dismissive of the things that our children and teenagers are interested in, e.g. their music, fashion, what they watch etc. If you do take an interest in these things, however, you may feel better connected to your child and the important things in their world. This can lead to other conversations about other things in their lives that matter to them.
- 5. Find time to connect as a family**  
Family life can become busy and stressful, so it's important to find some time where you connect together. This could include simple things like cooking, watching a film, playing a game, going to the park or even doing the family shop together.
- 6. Try to resolve conflict and re-connect after arguments**  
Arguments and moments of disconnection are bound to happen in families - between your children, between yourself and your children and between yourself and your partner, if you have one. It is important that children learn how to disagree in appropriate ways, how to say sorry and how to make amends when they have done something wrong. They will learn a lot about how to do these things from you - so try to model the behaviour you want to see in your children. Talk to them about how to re-connect with friends after arguments including what they can do to help repair relationships.

## Video activities from Place2Be

**Puzzle Pieces** - aimed at 4-7 year olds, this activity is presented by CBBC's Art Ninja, Ricky Martin, and will show children how we are all connected. Why not take part as a family? [childrensmentalhealthweek.org.uk/puzzlepieces](https://childrensmentalhealthweek.org.uk/puzzlepieces) <sup>o</sup>

**Connecting Paperchains** - developed by Place2Be's Art Room team for 7-11 year olds, this activity helps children think about the people, things and activities they feel connected to. [childrensmentalhealthweek.org.uk/paperchains](https://childrensmentalhealthweek.org.uk/paperchains) <sup>o</sup>

**Exchanging Postcards** - developed by Place2Be's Art Room team for 11-14 year olds, this activity encourages young people to explore what connection means to them. [childrensmentalhealthweek.org.uk/postcards](https://childrensmentalhealthweek.org.uk/postcards) <sup>o</sup>

## 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. [parentingsmart.org.uk](https://parentingsmart.org.uk) <sup>o</sup>

**Let your child know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school.**

If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice on our website: [place2be.org.uk/help](https://place2be.org.uk/help) <sup>o</sup>

[childrensmentalhealthweek.org.uk](https://childrensmentalhealthweek.org.uk)



**Free\* Paediatric First Aid courses this Spring term!**  
 To book type in the link: <https://shop.hants.gov.uk/collections/library-courses>



Location	Dates (attendance required on both dates)	Time
Fleet Library	27 January and 3 February	9:45am – 4:15pm
Leigh Park Library	2 February and 9 February	9:45am – 4:15pm
Andover Library	4 February and 11 February	9:30am – 4:30pm
Lymington Library	18 February and 25 February	9:30am – 4:30pm
Romsey Library	21 February and 28 February	9:30am – 4:30pm
Wells Place Centre, Eastleigh	22 February and 23 February	9:00am – 5:00pm
New Milton Library	22 February and 1 March	9:30am – 4:30pm
Farnborough Library	28 February and 7 March	9:45am – 4:15pm
Basingstoke Discovery Centre	2 March and 9 March	9:45am – 4:15pm
Alton Library	3 March and 10 March	9:45am – 4:15pm

\*Free tuition, optional certification available at a cost, to be discussed with tutor

These courses are aimed at Hampshire residents aged 19+ Attendance is expected at each session to ensure that you get the most out of your learning experience and to minimise disruption for other learners. Please advise the venue/tutor of any absence you may have.



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