

Parent Newsletter

Friday 15 December 2023

Dear Parent and Carers

We've made it to the end of term and we've finished with some lovely highs!

On Wednesday we had our Christmas Lunch, followed by TVS's 'The Masked Teacher', it was a very light hearted way to round the term off, there was a lovely atmosphere in the hall. Thanks to our esteemed members of staff for performing and congratulations to Pedro 'AKA Mr M Atkins' for winning the event!



Many thanks to those who joined us for our magical Carol Concert at St. Peter's Church on Wednesday evening. Congratulations to our brilliant performers, I'm so proud of you all.



Congratulations to our Under 16 Girls Basketball Team for winning your league, well done for beating Kings School 24-6, what a fantastic team!

I would like to thank you as Parents and Carers for your ongoing support, I really value the partnership we have and enjoy working with you to give the children the best possible start in life. I appreciate your on-going feedback and look forward to strengthening our partnership in the new year.

I hope you have a lovely Christmas together, I look forward to welcoming your amazing children back on January 3rd 2024.

Warm wishes

Nicky Goodridge

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

Jo McKeown
Executive Headteacher
j.mckeown@hispmat.org

Nicky Goodridge
Head of School
goodridgen@testvalley.hants.sch.uk

Cara Rees
School Business Manager
reesc@testvalley.hants.sch.uk

Andrew Page
Deputy Headteacher
pagea@testvalley.hants.sch.uk

Anna Collins
Deputy Headteacher
collinsa@testvalley.hants.sch.uk

Emma Andrews
SENDCO & Assistant Headteacher
andrewse@testvalley.hants.sch.uk

Vacancies

Please see our website for current vacancies: [Test Valley School - Vacancies](#)

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 for all enquiries.

Forthcoming Dates

w/c 11 December is Week 1 Timetable

Monday 1 January – Bank Holiday

Tuesday 2 January – INSET Day

Wednesday 3 January – We welcome back all pupils

Wednesday 3 January – Year 10 theatre trip – A Christmas Carol

Wednesday 3 January -Year 11 Parent and Carer Consultation Evening (4-7pm)

Friday 5 January – Year 11 theatre trip – A Christmas Carol

Wednesday 10 January – Year 8 Parent and Carer Consultation Evening (4-7pm)

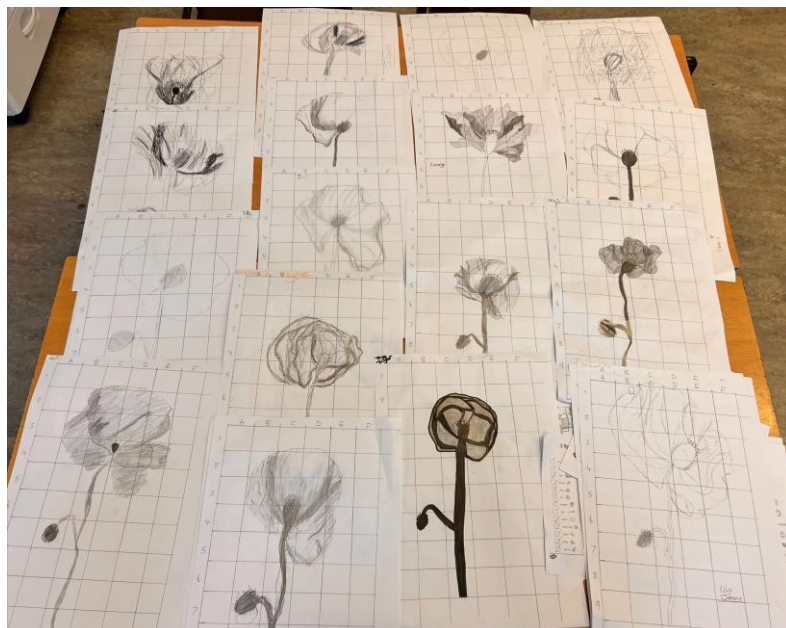
Thursday 11 January – Teenage Booster immunisation

Inspiring Future Teachers

[Test Valley School - Are you interested in becoming a teacher?](#)



Year 7 Art



Above is an example of some of the yr 7 poppy drawings. They have been learning how to scale up from A5 to A3.

Year 10 Food Tech

Some great work in year 10 food tech this week. Recipe below if you want to try at home.

CHOCOLATE YULE LOG PT 1

recipe

Ingredients

For the chocolate sponge

- 4 large eggs
- 100g caster sugar
- 65g self-raising flour
- 40g cocoa powder

Equipment

The Bag

1. Preheat the oven to 200C/400F/Gas 6. Lightly grease a 33x23cm/13x9in Swiss roll tin, and line with non-stick paper or baking parchment, pushing it into the corners.
2. For the sponge, in a large bowl whisk the eggs and sugar using an electric hand whisk until the mixture is pale in colour, light and frothy. Sift the flour and cocoa powder into the bowl and carefully cut and fold together, using a spatula, until all the cocoa and flour are incorporated into the egg mixture. (Be careful not to beat any of the air out of the mixture).
3. Pour the mixture into the lined tin and spread evenly out into the corners. Bake in the middle of the preheated oven for 8-10 minutes, or until well risen and firm to the touch and the sides are shrinking away from the edge of the tin.

CHOCOLATE YULE LOG PT 2

recipe

Ingredients

For the chocolate ganache topping

- 300ml double cream
- 300g dark chocolate

For the cream filling

- 300ml double cream, whipped

Equipment

The Bag

1. Heat the cream in a pan, just so as you can keep your finger in it. Remove from the heat and add the chocolate, stirring until it is melted. Cool to room temperature, then put into the fridge to firm up
2. Uncurl the cold Swiss roll and remove the paper. Spread the whipped cream on top, and re-roll tightly. Cut a quarter of the cake off from the end on the diagonal. Transfer the large piece of cake to a serving plate and angle the cut end in to the middle of the large cake to make a branch.

Spread the ganache over the cake and spread with a palette knife.





Staff v Student Netball Match

Monday 11 December saw a competitive netball match between Staff and Students. Girls from years 8-11 competed against some enthusiastic members of staff. The match was fast paced and lots of fun was had by all. We would love to run more events like this, so hopefully 2024 will bring lots more opportunities for staff and students to compete in a variety of sports.

Thank you to all the girls who have supported netball on Mondays, we started the term with 3 girls and by the end of the term we have had over 15 girls at every session. Have a great Christmas and see you for more netball in 2024!

KS3 and KS4

Shoutouts to our top  points earners w/c 4 December

Year 7	Year 8	Year 9	Year 10	Year 11
Ethan B	Grace R	Alexis B	Oliver L-C	Jack F
Leo H	Jack W	Annabel A	Will W	Ian T
Aimee-Lyn W	William G	Matilda L	Zack S-J	Keysha M
Sophie R	Fay R	Brooke T	Elliot W	Sam J
Hattie L	Kathryn V	Olivia T	Josh R-O	Milly P-B

Year 11 Mock 2 Examination Self Study Programme

Year 11 pupils have been emailed a link to self study programmes for mock 2 examinations which commence at the end of February.

The programmes start from the beginning of January but some Year 11 pupils will want to make plans for these in advance.

College Open Events

There is lots of information on our website regarding forthcoming College open events, including dates and how to book a place.

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

Salisbury 6th Form College: [Test Valley School - Salisbury 6th Form College](#)

The application window is now open and closes on Wednesday 31 January 2024

Sparsholt College Open event: [Test Valley School - Sparsholt College](#)

Recommended to apply by 31 December 2023

Peter Symonds Open Event: [Test Valley School - Peter Symonds College](#)

The application window for PSC is now open and closes on Monday 11 December 2023

Andover College Open Event: [Test Valley School - Andover College](#)

Health and Wellbeing

Please see our website for more useful information: [Test Valley School - Wellbeing](#)



2024 PACE Events

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

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

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

TIME	WORKSHOP 1	WORKSHOP 2
9:30 - 10:30	Supporting a child with eating difficulties including ARFID 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.	Supporting a young person in crisis & managing self-harm How to recognise crisis and how crisis develops. How emotional regulation difficulties can lead to mental health crises such as becoming suicidal or self-harming.
17:15 - 18:15	New Introduction to managing & supporting a young person with Tics and Tourette's This workshop aims to give an introduction for parents and carers supporting a young person with Tics & Tourette's. It will provide information regarding what Tourette's is, how this develops and what keeps it going. It will give an overview of the treatment options and ways family members can support a young person at home.	New 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 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.
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.	

It's Christmas Time!



A Parent's Guide to Social Media



A Parent's Guide to Sharing Pictures



A Parent's Guide to Gaming



A Parent's Guide to Online Grooming



scan the QR code with your phone's camera to see the guides on our website



A Parent's Guide to Live Streaming



A Parent's Guide to Online Influencers



A Parent's Guide to Fake News



A Parent's Guide to Privacy Settings

It's always best to be prepared

Many parents may be planning to give electronic gadgets to their children this festive period.

Our guide is designed to help parents take a realistic approach to help keep their children safe when using the internet, social media and playing online games.

Scan the QR code to find out more.

Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipssed.com Tel: +44 121 227 1941

Developed in partnership with



Skips

www.skipssafetynet.org

Have a concern about you or
someone else?



At Test Valley we are committed to building an engaging inclusive environment where success and excellence is experienced by all. We will achieve this by ensuring:

KINDNESS

We always show care, respect and consideration for each other. Test Valley is a warm, welcoming and safe place for all.

RESILIENCE

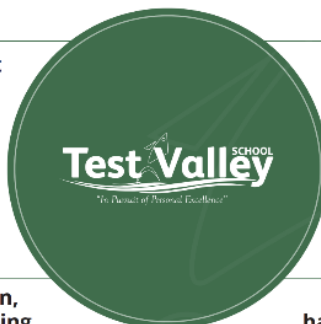
We show courage by not giving in, challenging ourselves, stepping out of our comfort zones and not fearing failure.

EXCELLENCE

We are relentlessly determined to strive for the best in all we do; developing excellent learning habits which help us to grow.

EMPOWERMENT

We help pupils to evolve into happy, independent, knowledge rich citizens who have the skills to make a real difference in our ever changing world.



In pursuit of personal excellence you must dream big work hard and make it happen.