



# PURBROOK POST

Purbrook Junior School

Headteacher – Mr C Williams

## Headteacher's message

Dear Parents/Carers

Please can I remind you that children should have a water bottle in school at all times. These bottles are kept in their classrooms and are available all day – this ensures that the children stay hydrated throughout the day. These bottles should contain water only. A separate drink (e.g. squash) can be provided for lunchtime. Please note that fizzy drinks and energy drinks (including Prime) are not permitted in school at any time. Thank you

On Tuesday and Wednesday next week our Year 6 children will be heading to Selborne for their Rivers Trip. This coincides with trips being undertaken by Purbrook Infant School. There will be 4 coaches picking up children from outside the school on both these mornings. If you usually park along Elizabeth Road or Woodlands Grove please be aware that there will be limited parking available and a lot more congestion. It would be helpful if you could park a little further away from the school on these mornings. Thank you

I am really excited to inform you that we will be having a change of catering supplier for next academic year. Dolce Catering will be providing school meals from September 2024.



A couple of other local schools are already using Dolce and several others are, like us, moving across to them. I have visited one of the schools and sampled a school dinner – I was very impressed. Dolce use the best British produce and in-season ingredients and produce freshly cooked meals every day.

Dolce uses a system called SchoolGrid, whereby Parents/Carers pay for meals on line. For those children entitled to free school meals, these will continue to be paid for by the school. Parents order meals from home (there is an emergency option to do this at school during morning registration if you forget!). This allows children to discuss their food options at home. Meals can be ordered weekly, monthly or even termly

in advance. There are lots of advantages to moving across to Dolce. These include:

- Better value for money (for the school and parents)
- More appropriate portion sizes
- More choice for the children
- Children and Parents can choose and order meals at home
- More flexible options for the school, i.e. theme days and menu choices

We will shortly begin the transition process during which time parents/carers will receive logon details for SchoolGrid. For children with credit balances on their lunch accounts, we will either transfer these across to Dolce at the end of the summer term, or issue Parents/Carers with a refund. Further details will be provided during the summer term.

On Wednesday and Thursday this week, Year 3 had a visit to Lyme Regis. They stepped into Mary Anning's shoes and became fossil hunters!! They made the journey to Lyme Regis beach and explored the Lyme Regis museum where many fossils are exhibited that Mary Anning had uncovered.



They then scoured the beach in order to make their own finds. Many of them were successful and they even found a fossilised vertebra of a plesiosaur!

I was lucky enough to accompany the children on the Thursday and we all had a great time. Once again the children behaved impeccably and were true ambassadors for Purbrook Junior School. Well done Year 3!

Mr C Williams  
Headteacher

DREAM BIG!



RESPECT  
TEAM

15<sup>th</sup> March 2024  
Issue 23

### DATES FOR YOUR DIARY

Tuesday 19<sup>th</sup> and Wednesday 20<sup>th</sup> March – Year 6 Rivers Trip

Wednesday 20<sup>th</sup> and Thursday 21<sup>st</sup> March – Parents' Evenings (Years 3, 4 & 5)

Monday 15<sup>th</sup> April to Friday 3<sup>rd</sup> May – Year 5 Swimming

Wednesday 17<sup>th</sup> April – Year 4 trip to Butser Ancient Farm

Wednesday 1<sup>st</sup> May – School Photographers (class photos)

Tuesday 7<sup>th</sup> to Friday 24<sup>th</sup> May – Year 4 Swimming

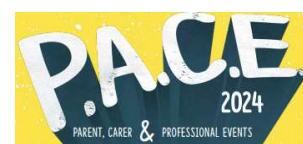
Monday 13<sup>th</sup> May to Thursday 16<sup>th</sup> May – Year 6 SATs tests

### INSET DAYS

Thursday 28<sup>th</sup> March 24  
Monday 3<sup>rd</sup> June 24

### HOUSE POINTS

Check out the latest House Points total at:  
<http://www.purbrook-jun.hants.sch.uk/school-houses/>



Attached to this newsletter is a flyer detailing upcoming PACE (Parent & Carer Professional Events) run by the Hampshire Child and Adolescent Mental Health Services



Hampshire Child and Adolescent  
Mental Health Services

## 2024 PACE Events

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

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

BOOK YOUR WORKSHOP SPACE AT:

[hampshirecamhs.nhs.uk/events](https://hampshirecamhs.nhs.uk/events)

TIME	WORKSHOP 1	WORKSHOP 2
9:30 - 10:30	<b>Supporting a child with eating difficulties including ARFID</b> 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.	<b>Supporting trauma recovery</b> Understanding the Impact of trauma on children and young people and how together we can help them to recover.
10:45 - 11:45	<b>Introduction to managing ADHD - ADHD Team</b> 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.	<b>Supporting a young person in crisis &amp; managing self-harm</b> Supporting a young person in crisis & managing self-harm.
12:00 - 13:00	<b>Coping and resilience strategies to support children &amp; young people</b> 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.	<b>Introduction to autism</b> 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	<b>New Understanding and supporting a young person with Obsessive Compulsive Disorder (OCD)</b> 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.	<b>Looking after yourself to support your child</b> 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	<b>New Disability, difficulty, SEND &amp; mental health</b> 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.	<b>Understanding &amp; managing anxiety</b> 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	<b>Coping and resilience strategies to support children &amp; young people</b> 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.	<b>Supporting a young person in crisis &amp; managing self-harm</b> 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	<b>New Introduction to managing &amp; supporting a young person with Tics and Tourette's</b> 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.	<b>New Supporting your autistic child to thrive</b> 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	<b>Introduction to managing ADHD</b> 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.	