

Welcome back to 26-27!

Dear Families,

Happy new school year! Welcome back! I do hope you all had a happy summer. I know it can sometimes be a juggle but I do hope that no alarm, dash to school or keeping up with school business was a welcome break for you to focus on being a family and having a bit of freedom. As always though the freedom is great but many of us love a routine and so coming back to school is a great return to normality. So many children were buzzing to get back and shared so much news from their lives in class and at breaktimes. We hear it all from new pets to wobbly teeth, from plane trips to baking. So many children

have mastered swimming or discovered a new Uno passion. Wonderful and special times; as I said in my last newsletter, these times do not last forever, so they are even more important. We always start with a whole



school project so children can explore and talk about the same ideas across our school family. This is also great for siblings as they work on the same project theme. This year is 'Ewe Matter'; exploring and developing how our values

guide how we treat ourselves and everyone and everything around us. Each



class has a life sized, fibre-glass sheep and they are creating works of art to represent our values. It is a bit like the zany zebras they had at Marwell Zoo, Southampton Rhinos or Paddingtons in London. Their imaginations can go wild! It's a great team project too. Each day this week we have focused on one value. What a great creative start!

Kind regards, Mrs Jo Ayres - Headteacher

If any parent would like to discuss this project with me I would be very open to making referrals. Please do get in contact quickly though as it starts on Monday.

The Yo-Chi Lighthouse Hub

'A beacon of light for children and young people, where they can connect, build resilience and learn lifelong wellbeing skills'

Free programme starting every Monday at Alton Community Centre from September 7th 2026.

Referral from your GP, School or Mental Health Professionals only.

Our programme seeks to:

- Empower Children and Young People
- Support parents and carers
- Reduce referrals to CAMHS

Our programme includes:

- Yoga and Qigong
- Drama
- Relaxation and Mindfulness

7-11 years at 4:30pm to 5:30pm
12-16 years at 6:00pm to 7:00pm

Term Time Only

Limited number of spaces in each group.

For further information please contact our Director Laura Wills via email: admin@yo-chi-unlimited.com or www.yo-chi.co.uk





Safeguarding Everybody's business



Sussex Police shared a video surrounding the wonderful 'first day of school' photos that we all take of our children. Although, these photos are wonderful memories, they highlight the risks of sharing these images online. Please do click on the image and watch this video as this is so important.

"We warmly welcome each and every child to St Mary's and have high aspirations for all our pupils. Through love, we nurture a sense of purpose, a direction, a meaning of life. Through respect, we celebrate that everyone is unique and special. Through belonging, we commit to our families and communities so that together we can flourish."

Love, Respect, Belong

SURVIVE AND BLOSSOM

Key habit we are learning this half term: Understanding what this is all about!

We spend this half term focusing on:

- What this programme is
- Why it is important exploring words we use a lot like happiness, success and well-being
- What they can expect over the year
- Asking for suggestions from them

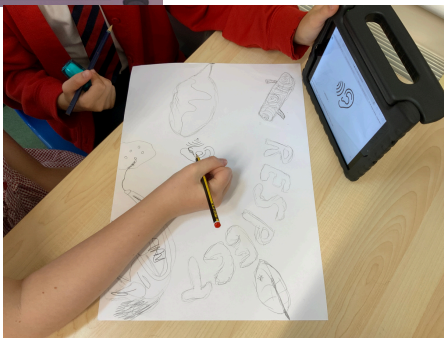
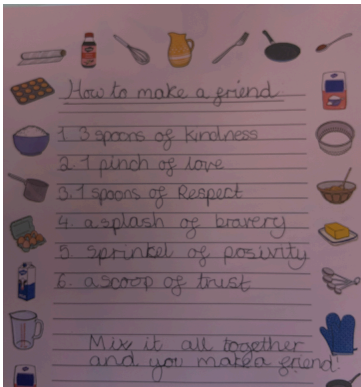
You will get a postcard each half term. In the newsletter, there is a weekly discussion point/reflection/question to think about as a family. This is not big, time-consuming or radical but can take place on a school journey, at breakfast or at bedtime.

It is crucial that all parents engage as our evidence shows that the more parents engage with this, when a bump in the road happens, the individual pupils have so many more strategies to draw on. It is the number one thing to focus on when I talk to parents about the 'happiness' and well-being of their children. Please get into a positive routine of reading newsletter and acting/finding time for the 10mins slot. I would be so grateful.

	1 st half	2 nd half
Autumn	Why do we need to learn about how we survive and how we blossom? Confidence to have a go!	Persistence My steps to success Sticking to my habit each day Practice makes perfect 
Spring	Realistic Optimism Fill your glass with whatever you're grateful for, the people you appreciate and anything good in your life. 	Mutual Respect Respect each other by staying in Equality 
Summer	Self-care Which flower is me right now? 	Mental toughness Reframe 

Elder

Ask us about writing a recipe for friendship and creating a design for our class sheep!



Lime

Ask us about our hot air balloon's!
We have been thinking about our school values and what they look like our classroom



Class Learning

Ash

Ask us about the 'ewe' project.



Oak

Ask us about coming back to school!
We have been getting the classroom ready for our new Year R friends.

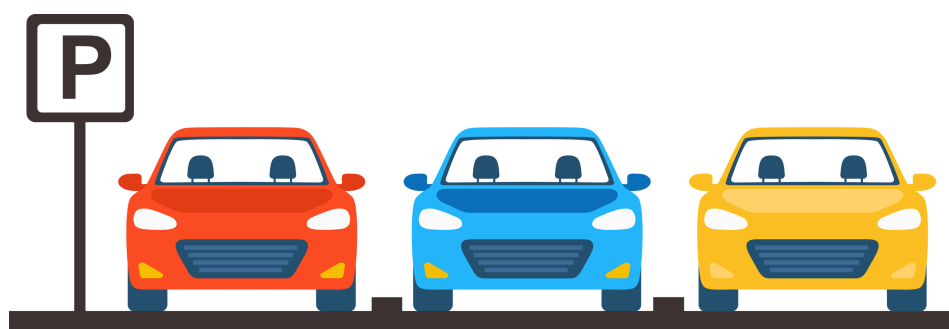


Car Parking Reminders:

As we start the new school year, we'd like to remind everyone of a few simple measures that help keep our children, families and staff safe around the school site.

- Please reverse park around the outside of the playground. This helps us make the best use of the available space and reduces the risk to pedestrians.
- Please switch off your engine once you have parked.
- Please drive slowly when entering the school grounds and be mindful of children and pedestrians.
- Disabled parking bays: If you need to use a disabled bay, please ensure that your Blue Badge is clearly displayed.
- When leaving your vehicle and walking towards the classrooms, please walk behind the parked cars rather than through the middle of the playground.
- Children must not be left unattended. Please do not allow children to walk to the classrooms by themselves, as the car park can become very busy at drop-off and pick-up times.
- Please follow the one-way system. This helps to reduce congestion on the small lanes surrounding the school and makes the area safer for everyone.

Thank you for your continued cooperation and for helping us to make the school environment as safe as possible for everyone.



Read to the Beat

If your child completed the Read to the Beat challenge over the summer holiday's, please encourage them to bring their certificate into school and hand it to their class teacher.

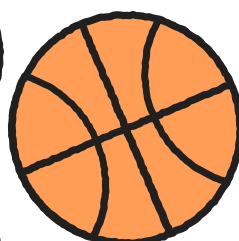
We will be displaying the certificates in the library to celebrate their achievement. Each child who completed the challenge will also receive a merit in recognition of their hard work over the summer.



Autumn Term Clubs

	AM/LUNCHTIME	TEACHER	COST	AFTERSCHOOL	TEACHER	COST
MONDAY				Drama Club (Year 2-6) 3.30-4.30pm	Mrs Lewis	Payable directly to Mrs Lewis
TUESDAY				KS1 & 2 Football (Year R, 1 and 2) 3.30-4.30pm	Soccer Schools UK (Leaflet on newsletter and copies in School office)	Paid directly to Soccer Schools UK
WEDNESDAY						
THURSDAY				EDCD (Every Deserves a Chance to Dance) (Year 1-6) 3.30-4.30pm Girls Football Club (Year R-6) 3.30-4.30pm	Kayleigh - EDCD (Leaflet on newsletter and copies in school office) Soccer Schools UK (Leaflet on newsletter and copies in School office)	Paid and directly to EDCD Paid directly to Soccer Schools UK
FRIDAY				KS1 & KS2 Multi Sports (Year R-6) 3.30-4.30pm	Soccer Schools UK (Leaflet on newsletter and copies in School office)	Paid directly to Soccer Schools UK

Club	Start date	End date	Dates club isn't on	Max numbers
Drama Club Monday PM (Hall)	Monday 14 th September	Monday 14 th December		
KS1 & KS2 Football Tuesday PM Year R-6	Tuesday 8 th September	Tuesday 15 th December	N/A	16 KS1, 16 KS2
EDCD (Dance club) Club Thursday PM Year 1-6	Thursday 10 th September	Thursday 10 th December	N/A	20
Girls Football Club Thursday PM Year R-6	Thursday 10 th September	Thursday 17 th December	N/A	16 KS1, 16 KS2
KS1 Multi Skills Friday PM Year 1-3	Friday 11 th September	Friday 18 th December	N/A	16 KS1, 16 KS2



Action for Happiness

When life gets busy, we often overlook self-care. But small acts of care can help us to feel calmer, stay resilient and help others too. Taking care of yourself isn't selfish - it's essential.



Our Self-Care September calendar is full of simple actions to help you care for yourself, so you can also show up for others.

Self-Care Meditation

This mindful moment video will help you to offer yourself the same care and kindness that you would show to a loved one.



Join psychologist and BBC broadcaster Dr Sian Williams to discover practical tools for living well with anxiety.



➔ Book your place: Living Well With Anxiety - with Dr Sian Williams (15 Sept).

The Power of Beliefs

In our latest Action for Happiness podcast, [Shawn Achor](#) explores how our mindset can shape our experiences and our wellbeing.



🔊 Listen now on [Apple](#), [Spotify](#), [Amazon Music](#) or [Podbean](#). Or you can watch the conversation as a video on [YouTube](#).

Expert Tips

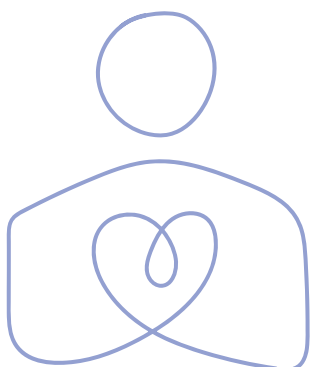
Check out [Vanessa's tips](#) for September.



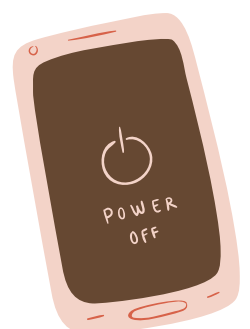
Self-care isn't about putting ourselves first at the expense of others. It's about making sure we have the energy, strength and compassion to keep caring.

Thanks for being part of this caring community.

Mark and the team
Action for Happiness



BE KIND
to yourself



New Strategy Based Films for parents/carers and Professionals New for 2026

What is Emotionally Based School Avoidance 	Risk factors for Emotionally Based School Avoidance 	Tips for Emotionally Based School Avoidance 
Thriving with ADHD in school 	ADHD and sleep 	Reframing ADHD 
Girls and ADHD 	ADHD – order out of chaos 	Growing older and changing ADHD symptoms 
The importance of sleep 	Tips to support sleep optimisation 	

To watch the videos, scan these QR codes

Let's Build a  KINDER, SAFER HAMPSHIRE

Everyone has the right to feel safe and be respected.

DOMESTIC ABUSE CAN AFFECT ANYONE

Help and support is available.

- Call Hampshire Domestic Abuse Service 03300 165 112 (24/7)
- Visit hants.gov.uk/domesticabuse for support and information
- In an emergency, always dial 999.

YOU ARE NOT ALONE

Let's listen. Let's support. Let's build a safer Hampshire. #SaferHampshire

Together, we can make a difference. 

Hampshire County Council



NHS
Hampshire Child and Adolescent Mental Health Services

HOW TO COPE WHEN YOUR CHILD CANT

A one-day event focused on parents/carers understanding their own needs, and learning strategies to look after themselves as they support a young person with their own mental health needs.

The sessions will include looking at guilt/responsibility and acceptance and how to be compassionate with yourself. Led by Hampshire CAMHS.

The afternoon will focus on **How to Feel Better as a Parent in Burnout** Exploring what burnout is, what contributes to it, the signs and avoiding repeating cycle. An immersive workshop including self-care & nervous system regulation practices you can try. Led by Courtney Freedman-Thompson - coach and wellbeing practitioner with lived experience.

For more information and to book a place go to: <https://hampshirecamhs.nhs.uk/events/>

Some events have a small charge to allow us to cover costs, some discretionary free tickets are available

Tickets £25
Tea, coffee and lunch included

Thurs, 22 January 2026 9.30am - 3.15pm

St Peter's Church, Jewry Street, Winchester, Hampshire SO23 8RY



NHS
Hampshire and Isle of Wight Healthcare NHS Foundation Trust

Parent Information Portal

Your Health Visiting and School Nursing records all in one place... at your finger tips

- View and manage your appointments with Health Visitors
- View your child's vaccination history and newborn blood spot screening results
- Search a wide range of resources about children's health
- View growth charts and add measurements
- The Ages and Stages questionnaires are available for you to complete electronically before your child's 1 year/2 year health reviews
- National Childhood Measurement Programme. Receive results of your child's height and weight measurements (Year R and Year 6).

Today's health, tomorrow's future

Sign up today! Email parent_portal@nhs.net

We CARE through:

- Compassion
- Accountability
- Respect
- Excellence





Hampshire Child and Adolescent Mental Health Services

Tickets £5
Tea and coffee included

Understanding & strategies to support young people's mental health

The day will cover 5 individual sessions suitable for parents, carers and professionals.

- Understanding adolescent mental health
- Anxiety
- Low Mood
- Emotionally based school avoidance
- 8 skills to support a young person

Discretionary tickets available to families on request.

9.30am - 4.30pm

22 September Bordon (FREE - Funded by WBCT)

21 October New Milton

22 October Fareham



For more information scan the QR code or visit:
<https://hampshirecamhs.nhs.uk/events/>

Masking Awareness

FREE



FREE

Free online talk for parents

24 September 7pm - 8pm

Book online
facefamilyadvice.co.uk
Parent - Live Talks page



Book Free Talk Now



Caro Strover-Green & Associates
Educational Psychologist

Solutions for children, young people,
schools and families.



NEW SCHOOL YEAR, NEW ROUTINES... AND THE SAME BIG QUESTIONS ABOUT SOCIAL MEDIA

As children and young people begin to think about heading back to school, many families are also finding themselves thinking again about use of phones in school and the impact of social media.

How much is too much?
Does social media really affect children's wellbeing?
What does the research actually tell us?

And perhaps most importantly — how can we support our children without every conversation turning into an argument?

These are questions many parents and carers are asking, which is why we're inviting you to join us for a special live Q&A hosted by Dr Shaheen Mohammed.

Tuesday 8th September 8pm



LIVE Q&A

Join the conversation

BOOK YOUR PLACE HERE

WE HOPE TO SPEAK WITH YOU SOON

Best wishes,

CSGA

Think Pharmacy First!



Did you know that you can take your child to your local pharmacy and get treatment for five medical conditions? These are:

- Ear ache (children aged 1-17)
- Sore throat (over 5s)
- Infected insect bites (over 1s)
- Impetigo (over 1s)
- Sinusitis (aged 12 and over)

If your child is poorly with any of the above conditions, by going straight to your local pharmacy you can have a consultation with a trained pharmacist and receive advice and even medication (if appropriate) and your child can get back to school sooner.

Visit our Pharmacy First website to find out more.



Anxiety

Understanding & strategies to support young people

Tickets £20
Tea and coffee included

The day will provide an overview of the anxiety parent-led intervention we deliver for children and young people in CAMHS.

It is an opportunity for interaction and activities which will give psychoeducation and normalising of anxiety.

There will be chances to learn and practice strategies we teach parents in the intervention.



28 January 2026

The Irish Centre,
Council Road,
Basingstoke, RG21 3DH

11 November 2026

The Pallant Centre,
The Pallant,
Havant, PO9 1BE



For more information scan the QR code or visit:

<https://hampshirecamhs.nhs.uk/events/>

P.A.C.E. 2026

PARENT & CARER EVENTS

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

DATE	LOCATION
Thursday, 26 February 2026	Basingstoke Queen Mary's College, Cliddesden Rd, Basingstoke, Hampshire RG21 3HF
Thursday, 16 April 2026	Eastleigh Junction Church, 2 Romsey Road, Eastleigh SO50 9FE
Friday, 8 May 2026	Lyndhurst Lyndhurst Community Centre, Central Car Park, High Street, Lyndhurst SO43 7NY
Thursday, 25 June 2026	Andover Winton Community Academy, London Rd, Andover, Hampshire SP10 2PS
Monday, 5 October 2026	Havant Trosnant School, Stockheath Lane, Havant, Hampshire PO9 3BD
Friday, 23 October 2026	Waterlooville Waterlooville Community Centre, 10 Maurepas Way, Waterlooville PO7 7AY

BOOK YOUR SESSION SPACE AT:

hampshirecamhs.nhs.uk/events

Trauma

Understanding the impact of trauma on a young person's brain, body and behaviour and how we can guide them from surviving to thriving

Tickets £20
Tea and coffee included

- The importance of relationships and connection in the agencies supporting the young person in order for them to feel safe, build trust and resilience.
- The role of parents, carers and professionals, adapting responses to a young person that considers the impact of trauma and meaning behind the behaviour.
- How to help a young person develop skills to make sense of everyday experience and develop healthier coping and emotional regulation.

Discretionary tickets available to families on request.

4 June 2026

Irish Centre, Council
Road, Basingstoke,
RG21 3DH

7 October 2026

The Pallant Centre,
Havant, PO9 1BE



For more information scan the QR code or visit:

<https://hampshirecamhs.nhs.uk/events/>

School nurse



Hampshire and
Isle of Wight Healthcare
NHS Foundation Trust

CHILD HEALTH CLINICS*

The Community Public Health Advisors from
the East Hants School Nurse Team are
offering support with your child's health

Scan the QR code
to book a 30-minute
slot at
Alton Health Centre



How do I manage
challenging behaviour?

Why does my child wet the bed?

Where can I access support
for my child's anxiety?

How do I encourage
healthy eating?

* These slots should not be used as a place to seek advice regarding specific medical conditions

Top tips on how to talk to your children about their feelings

It can be so tricky to bring up difficult topics, and talking about emotions with your children can sometimes feel more than a little daunting for parents and carers. You may worry about saying the wrong thing, making your child feel uncomfortable, and even worry about making them feel worse. But the fact you want to explore emotions with your child is enough, even if sometimes it doesn't go as you planned!

Here are some handy tips on how you could begin talking to your children about their feelings.

Ask them what they need

It can be tough to talk about how you feel, and when we want to talk about things as parents, children don't always want to or feel ready. Asking what a child needs from you can help them feel more in control, heard, and respected.

Children might also not know what they need, so suggesting a few options can be a good starting point. For example, do you need some space right now?

Name it

Sometimes it can be hard for children to identify their feelings. Naming what you observe can help them to do this. For example, when talking to a young child, you might say, "You seem really angry today. I can see you are clenching your hands, and you don't have a happy face. I wonder if anything has made you angry or upset?"

Listen carefully

This sounds pretty straightforward, but sometimes, when we care, we may jump into problem-solving mode a little too hastily. And while it might come from a really good place, it's not always helpful.

Choose your timing wisely

Talking about feelings, or any difficult subject, can be quite sensitive. Choosing a time when you are both calm and relaxed can be more useful than choosing a time when there are any heightened emotions already at play.

Think about the setting

Talking about feelings can be really sensitive, so making sure the space is private, comfortable, and feels safe for your child can be key to a positive outcome.

Practice asking open questions (rather than closed ones)

Closed questions usually encourage yes or no type answers. Open questions, on the other hand, go a bit deeper and encourage more thinking and exploration. This simple difference in style might help your child consider their own thoughts and feelings a little more and encourage them to share more of their story or problem with you.

Think about whether your child feels ready to talk

Just because you want to talk doesn't mean they feel ready to. Look out for the things they say, and their body, too, for indicators on whether they really want to talk about their feelings.

Model it

Being more open and honest about how you yourself feel (in an age appropriate way, of course) can normalise the idea of talking about emotions. Children who see that adults also have big feelings, doubts, get scared or anxious, get frustrated with others at work, etc. might feel more comfortable opening up themselves.

Get creative

We might feel a pressure to have all the answers and say the right things, but sometimes, we just need to think a little differently. Helping our children express their feelings through play or using art materials can be just as important and useful, especially for much younger children whose natural language is often play.

Take away the intensity

It can be pretty daunting (on both sides) to sit down to talk about something as important as feelings. But decreasing some of the intensity can sometimes reduce the pressure and make things a little less stressful.



If you are struggling to talk to a child in your life about their feelings, or you want to talk to the team about anything at all, you can reach out to us by logging into [qwell.io](#)

Calendar 2026-27

*Items in red are newly added or changes to an event

DATE	TIME	EVENT	INFORMATION
Tuesday 8th September	3:30pm	KS1 & 2 Football starts	Sign up with Soccer Schools UK
Thursday 10th September	3:30pm	KS1 & 2 Girls Football starts EDCD (Dance Club) starts	Sign Up with Soccer Schools UK Sign Up with EDCD
Friday 12th September	3:30pm	KS1 & 2 Multiskills starts	Sign up with Soccer Schools UK
Monday 14th September	3:30pm	Drama Club starts	Sign up with Mrs Lewis directly
Wednesday 16th September	All day	Paul Ullson to visit Elder	
Thursday 24th September	3:30pm	No Afterschool Club this day	
Friday 2nd October	2:45pm	Sharing Assembly	All parents invited to attend sharing assembly. There will be no Year R children to begin with.
Tuesday 6th October	9:30-11:30am	Open Morning	Parents of children due to start in September 2027 to attend. Please contact the office to book a place.
Wednesday 7th October	2:15pm	Church - Harvest	Everyone welcome to come along, all children from school will be there
Monday 12th October	All day	Whole school Flu Immunisations	Letter to go home closer to the time
Monday 26th October - Friday 30th October	School closed	Half term	
Monday 2nd November	School closed	INSET Day	
Tuesday 3rd November	All day	Autumn 2 term starts	
Friday 6th November	All day	Grown up to school day	
Monday 9th November	All day	Paul Ullson visit Oak and Lime	Letter to go home closer to the time
Wednesday 11th November	All day	Individual and sibling photo's	
Friday 13th November	2:45pm	Sharing assembly	
Monday 16th November - 19th November	3:30-5:30pm	Parents evening	
Tuesday 24th November	PM	Panto	Children will watch a pantomime in the hall during school hours
Friday 27th November	2:45pm	Sharing assembly	
Wednesday 9th December	9:15am	Church - Christingle	Everyone welcome to attend, all children will be in church
Friday 11th December	All day	House day and Generation Games	
Tuesday 15th December	tbc	KS1 Nativity	Oak and Ash class performance, all welcome to watch
Wednesday 16th December	tbc	KS1 Nativity	Oak and Ash Class performance, all welcome to watch

DATE	TIME	EVENT	INFORMATION
Thursday 18th December	tbc	KS2 Carols	Lime and Elder class
Friday 18th December	1pm	Achievement Assembly	Children can go home after achievement assembly. No afterschool club this day.
Monday 21st December - 1st December	School closed	Christmas holidays	
Monday 4th January	School closed	INSET day	
Tuesday 5th January	All day	Spring 1 term starts	
Wednesday 6th January	9:15am	Church - Epiphany	Everyone welcome to attend, all children will be in church
Friday 15th January	2:45pm	Sharing assembly	
Friday 22nd January	All day	House day	
Friday 29th January	2:45pm	Sharing assembly	
Friday 5th February	all day	Grown up to school day	
Wednesday 10th February	9:15am	Church - Ash Wednesday	Everyone welcome to attend, all children will be in church
Monday 15th February - 19th February	School closed	Half term	
Monday 22nd February	All day	Spring 2 term begins	
Friday 26th February	2:45pm	Sharing assembly	
Friday 5th March	All day	House day and Generation Games	
Thursday 11th March	All day	Class photos	
Friday 12th March	2:45pm	Sharing assembly	
Wednesday 17th March - 19th March	All day	East Meon residential trip	Year 3
Tuesday 23rd March	9:15am	Church - Easter	Everyone welcome to attend, all children will be in church
Monday 29th March- Friday 9th April	School closed	Half term	
Monday 12th April	School closed	INSET day	
Tuesday 13th April	All day	Summer 1 term starts	
Friday 16th April	2:45pm	Sharing assembly	
Monday 4th May	School closed	Bank holiday	
Thursday 6th May	9:15am	Church - Ascension	Everyone welcome, all children will be in church
Friday 14th May	All day	House day	
Tuesday 18th May - Friday 21st	All day	Calshot residential	Year 4-6
Friday 21st May	2:45pm	Sharing assembly	

DATE	TIME	EVENT	INFORMATION
Monday 31st May - 4th June	School closed	Half term	
Monday 7th June	All day	Summer 2 term starts	
Thursday 24th June	1-3:30pm	Sports day	All parents welcome to come along and watch
Friday 25th June	2:45pm	Sharing assembly	
Monday 28th June - 1st June	3:30-5:30pm	Parents evening	
Thursday 1st June	1-3:30pm	Reserve sports day	
Thursday 8th July	All day	Transition day	
Friday 9th July	2:45pm	Sharing assembly	
Monday 12th July	tbc	KS2 show	
Wednesday 14th July	9:15am	Church - Leavers service (Elder to present)	
Tuesday 20th July	1pm	Achievement assembly	Children can go home after achievement assembly. No afterschool club this day.
Wednesday 21st July	School closed	Inset day	
Thursday 22nd July	School closed	Summer holidays	