



ST MARY'S CE NEWSLETTER

Thursday 17th September

OPEN DAY - TUESDAY 6TH OCTOBER!

Dear Families,

The children have been amazing again this week. The fun we are having, whether that's learning about fire lighting, getting inspired by Dolly Parton or being transported to Ancient Greece times with historian Paul Ullson; we make the most of every day. I have had such wonderful feedback from Mrs Porter about the pupils listening, enthusiasm and respect. I am always very proud to hear our children using excellent words of encouragement and sharing good manners.

The Year R's are a great bunch and I hope (I include our new families across the school too!) every family feels embraced into our community. I discovered that our Year R's will be in Year 6 in 2032-33 – that made my head explode. Anyway, my point being, it's a long 7 year relationship so let's get it built on firm foundations, we are here in person, by email or by telephone for all and any questions. We are delighted you are here. Our data is one way of measuring our success and this is available on our [website](#).

I am very proud of all our children and their individual journey's. We have pupil progress meetings every half term with each class team (all adults) to analyse progress, attainment, gaps, engagement and individual trajectory. We then plan actions, interventions and enrichments so that each child gets their combined result (reading, writing, maths - ARE or greater depth) ready for secondary school. Although our data is very positive, it is the firm focus every half term on reflection, analysis and action that proves powerful. I hope as parents that gives you a small insight into what we do and what is behind this strong data.

From big points to small points but both important! Snacks! Please send a snack in with your child. They work so hard; they do benefit from this at break time. This can be a piece of fruit, cereal bar, yogurt, carrot or cucumber sticks with hummus; piece of cheese or half a sandwich. Let's feed those brains! (Healthily)

I know it is early, but I have always wanted the school to have Christmas lights on the eaves, fascia and soffit. If anyone is eager to and could volunteer to attach these, I would be very grateful. It's been on my wishlist for 3 years now so I am asking for assurance. Thank you in advance. Our first sharing assembly is tomorrow – very exciting! (Not Year R's though – their time will come and Miss Baker will let you know. See you tomorrow!

Kind regards, Mrs Jo Ayres - Headteacher

Safeguarding Everybody's business



NHS
Hampshire Child and Adolescent
Mental Health Services

The Samaritans
116 123
Email: Jo@samaritans.org
24 hours, 7 days a week

HOPELINE247
Call: 0800 068 41 41
Text: 07860 039967
9am-10pm (Mon-Fri)
2pm-10pm (Weekends & Bank Holidays)

YoungMinds
Parents Helpline:
0808 802 55 44
9.30am-4pm (Mon-Fri)
Email: parents@youngminds.org.uk
YoungMinds Crisis Messenger:
Text YM to 85258 (open 24/7)

SAFE CARD

Useful self help apps:

- STAY ALIVE
- Calm Harm
- Clear Fear
- What's Up?

Useful self help websites:
hampshirecamhs.nhs.uk
thecalzone.net
papyrus-uk.org

"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!

I wanted to point you in the right direction of some support which you may not want or need right now but, at some point, it may be helpful.

Habits are the most powerful act in establishing a context where a child flourishes. At the beginning of a year, it is crucial that every child has:

a set routine after school across a week, so they understand, feel secure and can grow independence in as the term progresses.

Use a simple calendar or post it notes for days

a set morning routine- breakfast, dressing, self-care e.g teeth belongings, getting to school on time

a set evening routine- free time (they are allowed to decide what they do), special time with an adult (minimum of 10mins 1 to 1), dinner, homework, reading, bath/shower, bedtime story, bed time (which is set regardless of adult activities)

This is easy to write but hard to achieve after a very free summer holiday. If any adult finds this tricky, please do ask your teacher or catch me on the gate.

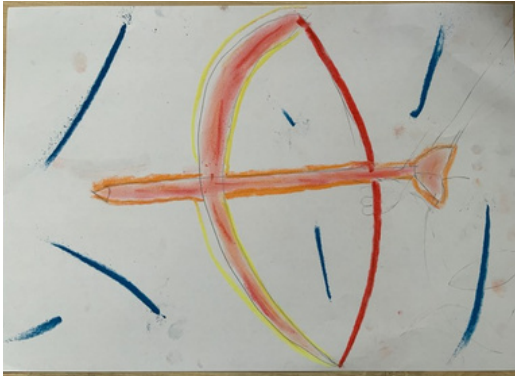
Consistency is pivotal. Keep these routines, routine. Children need repetitive, slow and expected acts- this makes them feel safe and enables them to flourish within them. I know so many of you see this every day and this is what makes parenting and teaching an inspiring (and daunting!) position.

Thank you for every small act towards these goals. We know you work hard on this as we can see every day when children get what they need. Thank YOU!

You are their first and most important teacher so we only can build on your shoulders- we are here to work together.

Elder

Ask us about our art as response to a piece of music lesson.



Lime

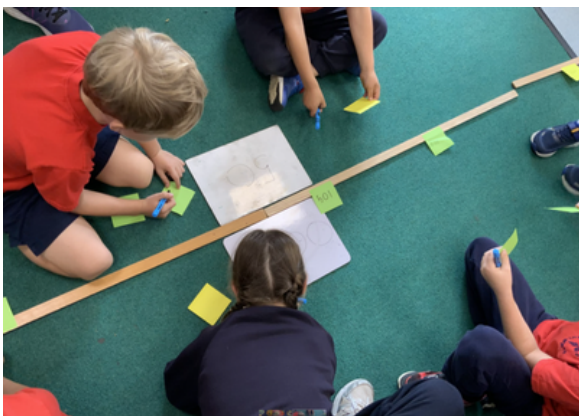
Ask us about our Anglo-Saxon inspired firelighting afternoon!



Class Learning

Ash

Ask us about our giant number lines.



Oak

Ask us about our walk around Bentworth looking at different types of houses.



Sunrise Breakfast Club and After School Club Update

Our “Breakfast Around the World” adventure continued this week as we travelled to Oman 🇴🇲.

The Sunrisers tasted Khubz Ragag, a traditional Omani flatbread made from a simple batter of plain flour, water, and salt. The batter is spread very thinly on a hot surface, creating a light and delicate bread with crispy edges. We tried our best to make it paper thin but it still tasted good.

The Sunrisers enjoyed trying this traditional breakfast and discovering another new flavour from around the world. Thank you to a pupil in Elder class for sharing her research about Oman.

Next week, our breakfast adventure continues as we travel to Paraguay 🇵🇷



Starting school in September **2027**

If your child is 4 or
will turn 4 before
1 September 2027,
they can start school
in September 2027

Applications open for
Hampshire residents on
1 November 2026

THE NATIONAL CLOSING
DATE FOR APPLICATIONS IS
FRIDAY 15 JANUARY 2027
DON'T MISS IT!



**For more information go to
www.hants.gov.uk/admissions**

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

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 emotional regulation. When distress and emotional responses make situations challenging, how can we think clearly and avoid becoming overwhelmed.

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

Wed, 30 September 2026 9.30am - 3.15pm
The Irish Centre, Council Road,
Basingstoke, RG21 3DH



Parent Information Portal

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

NHS
Hampshire and Isle of Wight Healthcare
NHS Foundation Trust

 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

NHS
Hampshire Child and Adolescent
Mental Health Services

RURAL REACH

Understanding & strategies to support young people's mental health

Tickets £5
Tea and coffee included

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/>



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

Child Health Clinics*

The Community Public Health Advisors from the East Hants Public Health Nursing Team (5-19y) are offering support with your child's health

NHS
Hampshire and
Isle of Wight Healthcare
NHS Foundation Trust



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

How do I encourage healthy eating?

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

How do I manage challenging behaviour?

Why does my child wet the bed?



*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.



farnham maltings

family festival

Sat 26 September
10am-4.30pm

Just £2* entry on the door **2026**

Join us for a day of exciting performances, workshops and drop-in activities for children of all ages.

circus potterry storytelling printmaking puppetry
beat making art installations performance silent disco and more

Book selected events and browse the full programme on our website.

farnhammaltings.com/family-festival

*admission includes most activities, with a small number of performances and workshops ticketed separately (festival entry included).



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

CLICK JOBS FAIR

Working in a digital world

Fri 25 Sep • 10am-3pm

Alton Maltings
Maltings Close
Alton GU34 1DT

No need to book,
just drop in

Find out more at
easthants.gov.uk/click

Scan this with
your phone >>>



THE BIG DROP IN

NHS
Hampshire Child and Adolescent
Mental Health Services

As part of World
Mental Health Day,
we are running a
series of **FREE** drop-
ins across Hampshire.



This is an opportunity for parents/carers,
professionals or young people to come and
chat to our CAMHS clinicians, ask questions,
get advice and resources.

**Bookable slots available via our website
or just drop in.**

8 October 2026 10am - 4pm

Meriden
Shopping Centre
Havant

ETCH
Youth Club
Eastleigh

Community
Station
Bordon

Fareham
Shopping Centre
Fareham

For more information visit:

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

Have your say on cycling in Alton

Help shape a local project that makes cycling more accessible, inclusive and enjoyable for everyone.

Complete our short survey for the chance to win a

£75

One4All voucher

Your feedback will help us plan activities that meet the needs of your local community.



Scan the QR code to fill-in our feedback survey or follow the link:
<https://app.onlinesurveys.jisc.ac.uk/s/sustrans/active-alton>

Walk Wheel Cycle Trust is the charity making it possible for everyone to walk, wheel and cycle.

To find out more, please contact:

e: fariha.ahmed@walkwheelcycletrust.org.uk

t: 07912 450666

w: www.walkwheelcycletrust.org.uk

Walk Wheel Cycle Trust is a registered charity in the UK no. 326550 (England and Cymru), SC039263 (Scotland) and 20206824 (Republic of Ireland)
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Supported By:





BOOK NOW

OPEN MORNINGS

Student tours from 9:10 - 10.30 am

Friday 18 September

Thursday 1 October

Wednesday 14 October

OPEN EVENING

Executive Headteacher &
Head of School welcome at 5pm
Department activities until 7 pm

Wednesday 23 September



Musical theatre classes for young people
ALTON BORDON FARNHAM

Musical theatre
training in Alton
Farnham and Whitehill

Tuition in singing,
dancing and acting

Musical Theatre Holiday Workshops in Farnham and Alton

Two days of singing, dancing and acting and a
demonstration of skills for family and friends at the end
of day 2 - all workshops have ages 4-8 and 7-12 groups

Alton Mon-Tue 26-27 Oct
Farnham Thu-Fri 29-30 Oct

See our website
for more 2026
dates.



We also run weekly
musical theatre
classes ending in
full-scale
performances of
musicals

Only £56 for two days 9am-3.30pm
big sibling discounts



We accept childcare
vouchers if you have them

www.strictlyshowtime.co.uk

Tel 07875 764788

bookings@strictlyshowtime.co.uk

Register/Enquire Here!



Musical theatre
for young people

Weekly musical theatre
training in Whitehill
and Alton

Tuition in singing,
dancing and acting
and real shows each term

This term's shows and weekly classes
ages 4-7 ages 7-12



Day	Time	Venue	Ages	Show
Tuesday	4.40-6.40pm	Whitehill Village Hall	4-12	Matilda
Wednesday	4.30-6.30pm	Chawton Village Hall	7-12	Annie
Thursday	4.30-6.30pm	Alton Maltings	7-12	Annie
Thursday	6.30-8.30pm	Alton Maltings	11-18	Matilda
Friday	4pm-5pm	Chawton Village Hall	4-7	Sleeping Beauty
Friday	5pm-6pm	Chawton Village Hall	4-7	Sleeping Beauty



We accept childcare
vouchers if you have them

www.strictlyshowtime.co.uk

Tel 07875 764788

bookings@strictlyshowtime.co.uk

Enquire or sign
up [here](#)

Weekly sessions for £135 per term for
ages 7+ and £80 for ages 4-8
20% sibling discounts



Strictly Showtime



Auditions and Shows in Alton for ages 7-12

Rehearsals in Alton Wednesdays and Thursdays

Performances in March 2027

www.strictlyshowtime.co.uk



Scan me!

Calendar 2026-27

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

DATE	TIME	EVENT	INFORMATION
Friday 18th September	2:45pm	Sharing Assembly	All parents invited to attend sharing assembly. There will be no Year R children to begin with.
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
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	

DATE	TIME	EVENT	INFORMATION
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	
Friday 21st May	2:45pm	Sharing assembly	
Tuesday 25th May - Friday 28th	All day	Calshot Residential	Year 4-6
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

DATE	TIME	EVENT	INFORMATION
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	