

# Toynbee



Friday 3<sup>rd</sup> February 2023

Dear Parents/Carers

I wanted to thank you for your support and understanding this week during the industrial action. I hope that our pupils were able to complete some of the work that was sent for them. I will of course keep you up to date about any future proposed action and I hope that you were not too inconvenienced this week.

Mr M Longden

Headteacher

## **Timetable**

Next week is **WEEK B** on your lesson timetables.

## **Vacancies**

PE Cover Supervisor

Cover Supervisor

Site Assistant

Learning Support Assistant

IT Technician

Deputy Technician Visual Impairment

Visual Impairment Learning Support Assistant

*Personal Best*

*Bodycoats Road, Chandlers Ford, Eastleigh, Hampshire SO53 2PL*

*Tel: 023 80269026 E-mail: [admin@toynbee.hants.sch.uk](mailto:admin@toynbee.hants.sch.uk)*

*Headteacher: Matthew Longden B.Sc.(Hons), NPQH*

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## Attendance Reminder

Please ensure you email [attendance@toynbee.hants.sch.uk](mailto:attendance@toynbee.hants.sch.uk) or send a message via school comms on the first and any subsequent days of absence for your child.

Thank you.

## Charity Week

Charity Week will take place at Toynbee from Monday 6th February to Friday 10th February, including a wide range of activities students will be able to take part in/watch to help fundraise for our chosen charity: the Hampshire and Isle of Wight Air Ambulance.

On Wednesday 8th February, there will be a non-uniform day.

There is a table outlining the other events below. Tickets to Teacher Mastermind (Monday - Mr Law, Mr Rice and Mr Turner and Friday - Mr Pople, Miss Butler and Mr McAllister) are £1 and will be available on the door. Cakes for the Model UN Bake Sale will be 50p each. On Tuesday 7th, we have a representative from Hampshire and Isle of Wight Air Ambulance coming in to speak to students during break. Miss Weston is also running a bake-off for Solent on Tuesday 7th. If you have any questions, feel free to ask me or any of the Senior Prefects.

	Mon 6 <sup>th</sup> Feb	Tues 7 <sup>th</sup> Feb	Weds 8 <sup>th</sup> Feb	Thurs 9 <sup>th</sup> Feb	Fri 10 <sup>th</sup> Feb
KS3 Break	Teacher Mastermind	Hampshire and Isle of Wight Air Ambulance	Non-Uniform Day		
KS4 Break		Hampshire and Isle of Wight Air Ambulance	Non-Uniform Day		Teacher Mastermind
KS3 Lunch			Non-Uniform Day	Model UN Bake Sale	
KS4 Lunch			Model UN Bake Sale Non-Uniform Day		
After School		Solent Bake-Off 3-5	Non-Uniform Day		

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Here is the link to the Just Giving page you can use to donate for our non-uniform day (and to donate in general if you like!)

<https://www.justgiving.com/fundraising/toynbee-school>

Best wishes,

Mr Pople

## **Model UN**

Model UN is meeting again on Monday 6th February to write up a draft resolution to this convention's international crisis: global warming.

It has been fantastic seeing so many passionate, enthusiastic and articulate students practice the skills of debate and negotiation (and have fun!). I am so impressed with the work that Model UN is doing and it is clear we have some future diplomats in the making!

Remember, Model UN meets in MediaStudies1 from 3-4 fortnightly.

After ½ term we will be choosing our own countries (unlike before where they have been assigned) and will work towards tackling another major global issue.

Best wishes,

Mr Pople

## **Personal Development – Mental Health Week**

Next week is Mental Health Week & Internet safety day on 7th February, all pupils will be having an assembly on making meaningful connections, and encouraging people to connect with others in healthy, rewarding, and meaningful ways.

The pupils will also take part in tutor activities built around raising the awareness of positive mental health.

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I have also attached below some parent's guidance with some Top Tips for parents & carers & a link to KOOOTH which is an online mental wellbeing community providing Free, safe, and anonymous support.

<https://www.solent.ac.uk/events/lets-talk-mental-health-online-workshop-for-parents-carers-and-special-guardians>



## 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.





## 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)

**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)

**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)

### 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)

**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)

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

**Interhouse FUNDRAISING**

**Year 9** Tuesday 21<sup>st</sup> Feb 3 to 4

**Year 11** Weds 22<sup>nd</sup> Feb 3 to 4

**Year 7** Friday 24<sup>th</sup> Feb 3 to 4

**Year 10** Monday 27<sup>th</sup> Feb 3 to 4

**Year 8** Tuesday 28<sup>th</sup> Feb 3 to 4

**THE FINALS**  
Thursday 2<sup>nd</sup> March

SPITFIRE vs SOLENT  
CLARENDON vs BRIMBORNE

PROUD  
Points for ALL players & Spectators  
Wear your H/SE Colours!!!  
Make some H/SE bonnet s/posters for APs & Prizes

Guess my name to take me home  
KEEP CALM AND BRING CASH  
Come & support your house!

**Share the love with SPITFIRE HOUSE**

We can deliver for you

On sale @Toynbee from Friday 3<sup>rd</sup> February

Raising money for Charity Week & Year 11 Prom

Chocolate Rose  
LOVE HEARTS  
CHARITY

## Wellbeing

Mindfulness is a great way to help you relax, get better sleep, and reduce stress levels. If you have not practiced mindfulness before here are some top tips and links to some mindfulness practices, you can try at home.

Mindfulness is about reminding yourself to take notice of your thoughts, feelings, body sensations and the world around you is the first step to mindfulness.

### **Notice the everyday**

As we go about our daily lives, we can notice the sensations of things, the food we eat, the air moving past the body as we walk.

### **Keep it regular**

It can be helpful to pick a regular time, such as a morning journey to work or a walk at lunchtime, during which you decide to be aware of the sensations created by the world around you.

### **Try something new**

Trying new things, such as sitting in a different seat in meetings or going somewhere new for lunch, can also help you notice the world in a new way.

### **Watch your thoughts**

Some people find it very difficult to practise mindfulness. As soon as they stop what they're doing, lots of thoughts and worries crowd in.

It might be useful to remember that mindfulness isn't about making these thoughts go away, but rather about seeing them as mental events that come and go. This can be very hard at first, but with gentle persistence it is possible.

Some people find that it is easier to cope with an over-busy mind if they are doing gentle yoga or walking.

### **Name thoughts and feelings**

To develop an awareness of thoughts and feelings, some people find it helpful to silently name them: "Here's the thought that I might fail that exam" or: "This is anxiety".



## Free yourself from the past and future

You can practise mindfulness anywhere, but it can be especially helpful to take a mindful approach if you realise that, for several minutes, you have been trapped in reliving past problems or pre-living future worries.

## Careers Information for National Apprenticeship week

**EMPLOYER OPEN EVENING**  
**7 February 2023 4.30-7.30pm**

Thinking of an apprenticeship in engineering?  
Come along and meet employers recruiting engineering apprentices for Sept '23

**Who should attend?**

- Anyone that is thinking of a career in engineering, giving you "skills for life".
- Whether you'll be a school or college leaver this year, or just thinking about a change in your career, this open evening is for you!

**Why attend?**

- The evening will provide the ideal opportunity to meet and chat to local employers about some of the amazing apprenticeship opportunities available
- Find out about apprenticeship vacancies for September 2023 and how to apply
- Speak to current apprentices about what life is like at SETA
- Speak to SETA staff about your options
- It's free to attend
- Parking is available on a first come first serve basis

**Where is it taking place?**  
Southampton Engineering Training Association (SETA)  
First Avenue, Millbrook, Southampton, SO15 0LJ

**REGISTER ONLINE:**  
  
[https://www.setatraining.co.uk/parents-events/open\\_evenings.html](https://www.setatraining.co.uk/parents-events/open_evenings.html)

**National Apprenticeship Week #NAW2023**

**Apprenticeships**  
National Apprenticeship Week  
6<sup>th</sup> to 12<sup>th</sup> February 2023

[SETA - Training for Industry - Open Evenings \(setatraining.co.uk\)](https://www.setatraining.co.uk)

[Events | National Apprenticeship Week](#)

[Join the Pathway Programme! - YouTube](#)

[RateMyApprenticeship: Apprenticeships, School Leaver Jobs & Reviews](#)

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**Next week is National Apprenticeship week 6<sup>th</sup> – 12<sup>th</sup> February**

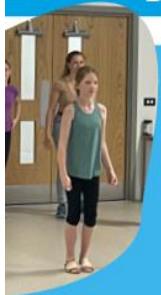
The theme for National Apprenticeship Week 2023 is 'Skills for Life'. The week will reflect on how apprenticeships can help individuals to develop the skills and knowledge required for a rewarding career and help businesses to develop a talented workforce that is equipped with skills for the future.

**Navigate the links above and find a variety of apprenticeships available across numerous different career sectors**



Love Musical Theatre? So do we! Join us!

## BOOKINGS NOW OPEN



14<sup>th</sup> - 18<sup>th</sup> August 2023  
10am-4pm

Wildern School, Hedge End

Limited places available for wraparound care (8.30am-5pm)

Open to ages 8-17

£150



Get Musical! 2023 Booking Form



Hampshire  
County Council

[www.hants.gov.uk/hms](http://www.hants.gov.uk/hms)



Love Musical Theatre? So do we! Join us!

## What is Get Musical...

Get Musical Summer Musical Theatre week is back for 2023! Following another brilliant week in August 2022, bookings are now open for this year with the theme of 'Fantabulous Fantastic Beasts'. We will be working on a programme that includes numbers from a range of musicals, including Little Shop of Horrors, Wicked, Moana and more. Participants will take part in exciting drama, dance and singing workshops run by our team of specialists, leading to a performance to friends and family at the end of the week. Please contact [jemima.kingsland@hms.hants.gov.uk](mailto:jemima.kingsland@hms.hants.gov.uk) for more information and scan the QR code to book. Everyone welcome.



Get Musical! 2023 Booking Form



Hampshire  
County Council

[www.hants.gov.uk](http://www.hants.gov.uk)

All external clubs are not DBS checked by Toynbee School.

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