






Sun Hill Junior School Newsletter



Congratulations to all the pupils awarded Head Teachers awards this week

 Strive -	Capucine H (Robins), Robert W (Swans), Flynn T-S (Kestrels), Alfie S (Buzzards), Isabelle C (Hérons)
 Trust -	Albie A (Kingfishers), Ned H (Hérons)
 Aspire -	Summer B (Kingfishers), Jago M (Robins), Emily D (Buzzards) Gabby T (Woodpeckers)
 Resilience -	
 Support -	James H-D (Swans), Jonah C (Kestrels), Evelyn D (Woodpeckers),

This week our Star Mascot Puff Puff was awarded to:

Flynn T-S (Kestrels)

“Thought provoking contributions to discussions in PSHE”



SCHOOL HOUSE OF THE WEEK

Meon

Arle = 152 Meon = 173
Itchen = 115 Candover = 110

Make a Difference Awards

**Congratulations to all our Stars
for achieving their first 25 stars certificates for their
“Making a Difference Awards” this week!**



25 STRIVE STARS:

Georgina E (Robins), Finn H (Robins), Lyra W (Kestrels), George A (Woodpeckers),
Austin N (Woodpeckers), Kilian K (Woodpeckers)
Maddie O (Buzzards), Harrison S (Buzzards), Heidi L (Buzzards)



25 TRUST STARS :

Joe D (Robins), Evelyn D (Woodpeckers), Luka S (Woodpeckers), Oliver W
(Woodpeckers), Isobel C (Buzzards)



25 ASPIRE STARS :

Finn H (Robins), Brooklyn C (Swans), Jago M (Robins), Isobel C (Buzzards)



25 RESILIENCE STARS:

Sophia B (Kingfishers)



50 STRIVE STARS:

Ophelia R-G (Buzzards)



25 SUPPORT STARS:

Summer B (Kingfishers)



50 TRUST STARS :

Georgina E (Robins), Matthew A (Kingfishers)



50 ASPIRE STARS :

Joe D (Robins)



THE BINGO AWARD



Each week the pupils and staff can nominate someone they think has shown one of our signs of wellbeing particularly well in school.

This weeks award was presented to:

Alfred C from Swans class for the Keep Learning sign.



Why? Because he always tries his hardest.



Well done from Bingo!

Buddy Afternoon- Pirate Maths

During the last Buddy Afternoon, the children enjoyed playing games of Pirate Maths together.



Children's Mental Health Week

The theme for this year was; 'My Voice Matters' which is about empowering children by providing them with the tools they need to express themselves. When we feel empowered, there's a positive impact on our wellbeing.

We focused on mental health week in school with assemblies and class activities and discussions around mental health; why and how to have our voice heard.

Talking to children at home about their mental health is really important however does not always feel easy. Attached is some advice from Place2Be about talking to children about their mental health. Another good source of general advice for supporting children with their mental health is 'Back to Basics'

<https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/back-to-basics>

My VOICE MATTERS

Place2Be's
CHILDREN'S
MENTAL HEALTH
WEEK

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



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. and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- 1** We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2** I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3** Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4** Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5** Don't compare my experiences to your own when you were a child.
- 6** Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7** Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8** If you are open with me about your feelings, this can help me to be more open about mine.
- 9** Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10** Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzC0i8](https://bit.ly/3PzC0i8)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...



TELL ME ABOUT YOUR DAY

WHAT WAS THE BEST THING ABOUT TODAY?

WHAT IS THE BIGGEST STRESS / WORRY IN YOUR LIFE RIGHT NOW?

WHAT'S YOUR ONLINE LIFE LIKE?



WHO WOULD YOU TALK TO IF YOU WERE FEELING WORRIED ABOUT YOUR MENTAL HEALTH?

WHAT CAN I DO TO HELP YOU?





Functional skills Math

Are you a parent who wants to achieve a qualification in order to gain employment, to support you to help your child with homework or to understand your math skills? If so then this is the course for you.....

Learning Maths is not as scary as you think!

Every Thursday and Friday from 23rd of February until 29th of March 9.30am to 2.00pm

Venue: Winchester Club, Highfield Lodge, Worthy Lane, Winchester, SO23 7AB



For more information or to book onto this course please contact Itchen College on 02380 435636 or email courses@itchen.ac.uk



Setting up your own business and marketing skills

Are you a parent looking to start up your own business?

Do you want the freedom to work for yourself?

Come along and join our fun sessions to support you with your business and marketing skills



Dates: 19th and 26th of February

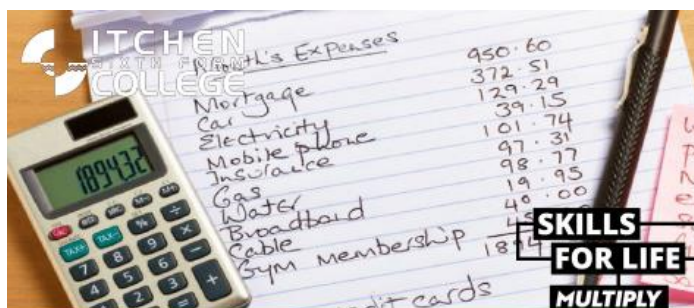
Time: 9.30am to 2.30pm

Venue: The Winchester Club, Highfield Club, Worthy Lane, Winchester, SO23 7AB

Funded by



To book onto this course please contact Itchen College on 02380435 636 or email course@itchen.ac.uk



Budgeting Course

Are you a parent worried about the cost of living crisis?

Do you want to learn how to cook healthy foods for you and your family on a budget?

Do you need support with family budgeting?

Then this could be the session for you!

Come and meet our friendly tutor who will give you some hints and tips to manage your family finances.

- Budgeting tools
- Priority bills
- Finding and comparing deals on-line
- Money saving ideas
- Savings



Date: 21st and the 28th of February

Time: 9.30am to 2.30pm

Venue: The Winchester Club, Highfield Lodge, Worthy Lane, Winchester, SO23 7AB

To book onto this course please contact Itchen College on 0238 435 636 or email course@itchen.ac.uk

SHJS Sponsored Read 2024



This week saw the launch of the Sun Hill Junior School Sponsored Read! All entries must be submitted by Thursday 7th March to be entered into the prize draws. We are excited to announce the following prizes...

Class Prize!

Hot Chocolate and treats afternoon in the newly refurbished library after the Grand Opening

To be awarded to the class with the highest percentage of completed cards.

Reader Prize!

£10 Book voucher & Treats!

To be awarded to one student from each class.

Reader Runner Up Prize!

£5 Book voucher & Treats!

To be awarded to one student from each class.

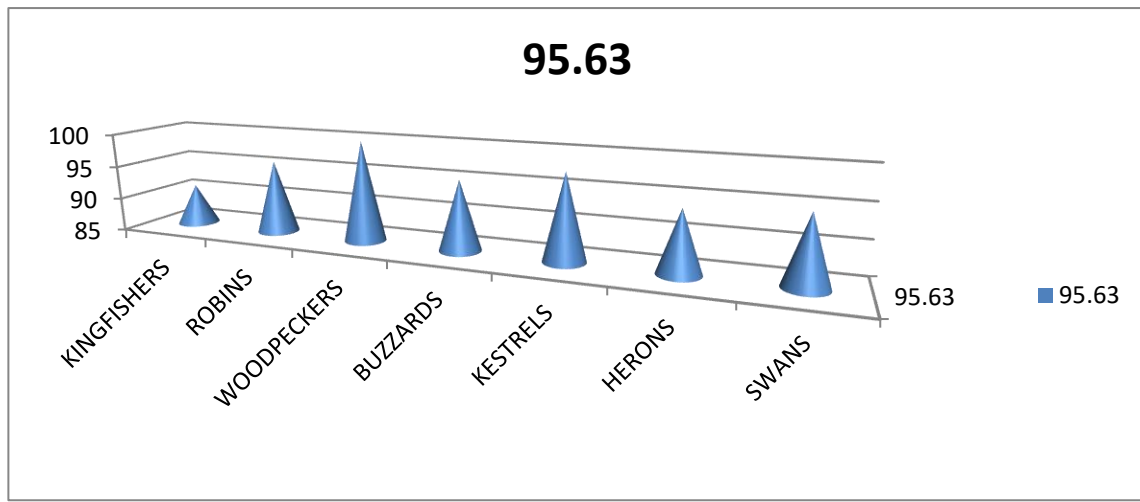
Plus.....

Top Fundraiser Prize!

The exciting opportunity to cut the ribbon at the Grand Opening of our new school library!

To be awarded to the student who raises the most sponsorship money.




School Attendance this week was 95.63%



The attendance award was presented to:

Woodpeckers class with 100%



- Kingfishers = 91.63%
- Robins = 91.15%
- Woodpeckers = 100% 
- Buzzards = 95.42% 
- Kestrels = 97.69% 
- Herons = 93.98%
- Swans = 94.91%



Dates for your diary 2024

- Friday 1st March: Year 5 Trip to The Mayflower Theatre*
- Monday 4th March: Year 6 Trip to the Mayflower Theatre*
- Thursday 7th March - WORLD BOOK DAY*
- Thursday 7th March - 2ND HAND CHILDRENS BOOK SALE- 3.30pm-4.30pm
- Thursday 7th March - 2nd hand childrens book sale - after school
- Friday 15th March- Red Nose Day - *letter pending*
- Monday 25th March: Kestrels Swimming lessons finish (6 weeks)*
- Wednesday 27th March: Rock Steady Concert to parents - starts promptly 9.15am
- Wednesday 27th March: Buzzards Swimming lessons finish (6 weeks)*
- Thursday 28th March: Easter Service at St Johns Church - Year 5 to lead
- Friday 29th March: GOOD FRIDAY
- Monday 1st April: EASTER MONDAY
- Tuesday 2nd - Friday 12th April: Easter Holidays
- Monday 6th May: BANK HOLIDAY
- Thursday 9th May: Area Sports at Perins School (After-School Event)
- Monday 13th - Thursday 16th May: SATs Exam week for Year 6
- Friday 17th May - Wellbeing Day
- Friday 24th May - Sports Day
- Monday 27th May - BANK HOLIDAY
- Tuesday 28th May - Friday 31st May - HALF-TERM
- **Friday 28th June - INSET DAY**
- **Monday 1st July - INSET DAY**
- Monday 8th - Friday 12th July - Year 6 Residential Trip
- Tuesday 23rd July - Last Day of term - 1pm finish

**An email/letter has been sent home regarding this event.*