



23rd February 2024

School Assemblies

Y2C put on a lovely class assembly today! A huge well done Y2C for all your hard work and sharing with us all a lovely assembly this afternoon.

The assemblies are shared across our year groups and classes so everyone gets a turn to get involved. Invites to attend are open to adults with children in the respective classes who are conducting the assembly for that week. These details are on the school calendar and sent out in each weekly bulletin, so keep an eye out for your child's class!

Chickenpox

We would like to inform you that we have noticed a rise in cases of chickenpox within school recently. Chickenpox is an acute, infectious disease that is frequently observed in children under 10 years old. This virus can also lead to shingles, which is more prevalent in adults. It is important to note that the illness can be more severe in adults, especially in pregnant women. For information regarding symptoms and general information on chickenpox, please visit www.nhs.uk/conditions/chickenpox.

CAMHS Parent, Carer and Professional Events (P.A.C.E.) 2024

Hampshire Child and Adolescent Mental Health Services (CAMHS) are running P.A.C.E. events across the county. These are free events to help families better understand the needs and difficulties that young people can face and how to manage potential issues/concerns they have about their young person.

Workshops covered at each event include:

Supporting a young person in crisis & managing self-harm

Introduction to managing ADHD

Introduction to autism

Coping and resilience strategies to support children & young people

Supporting a child with eating difficulties including AFRID

Understanding and supporting a young person with Obsessive Compulsive Disorder (OCD)

Looking after yourself to support your child

Introduction to managing & supporting a young person with Tics and Tourette's

Supporting your autistic child to thrive

Events are being held on:

Thursday 22 February 2024 - Basingstoke

Monday 11 March 2024 - Andover

Friday 19 July 2024 - Waterlooville

Wednesday 25 September 2024 - Winchester

Monday 7 October 2024 - Havant

Thursday 21 November 2024 - New Forest

Book your workshop space at: www.hampshirecamhs.nhs.uk/events. More details can be found on the attached leaflet.

Staff Vacancies

We currently have a Key Stage 2 Class Teacher position and a Teaching Assistant maternity cover position available which we have further details on our website

www.swanmoreprimary.org.uk - vacancies can be found under, Our School – Staff – Staff Vacancies.

Lost Property

On Monday, 26th February and Thursday, 29th February 3.30pm – 3.45pm outside the school hall. Anyone wishing to get any school uniform free, will be able to do so and no donation necessary. Any items that are left after the above dates will be disposed of.

Easter Uncracked Holiday Club at Shirrell Heath Methodist Church

Tuesday, 9th to Thursday 11th April 2024 – 9.30 and 12.30. Years R to 6 all welcome. There is no charge but donations are appreciated.

Registration is just open on <https://shyouthchildren.wixsite.com/website>

There will be no Holiday Club in the summer holiday.

Parent Webinar

Please see below the details for a parent's webinar about child exploitation on 21st March 2024 19.00hrs – 20.30hrs. This is run by Ivison (formally PACE – Parents against child exploitation). This is workshop 1 of 2. The second will be for both parents and their children (date to be announced).

Parent webinar County Lines in Hampshire

Hosted by

Ivison Trust,
a parent with lived experience & a
local police officer.

Register today

www.ivisontrust.org.uk/webinars

7-8.30pm
21st
March



i feel so much
more confident to
to talk to my child



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

BOOK YOUR WORKSHOP SPACE AT: hampshirecamhs.nhs.uk/events

TIME	WORKSHOP 1	WORKSHOP 2
9:30 -	Supporting a child with eating difficulties including ARFID 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.	Supporting trauma recovery Understanding the impact of trauma on children and young people and how together we can help them to recover.
10:30		
10:45 -	Introduction to managing ADHD - ADHD Team 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.	Supporting a young person in crisis & managing self-harm Supporting a young person in crisis & managing self-harm.
11:45		
12:00 -	Coping and resilience strategies to support children & young people 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.	Introduction to autism 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.
13:00		
13:30 -	New Understanding and supporting a young person with Obsessive Compulsive Disorder (OCD) 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.	Looking after yourself to support your child 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.
14:30		
14:45 -	New Disability, difficulty, SEND & mental health 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.	Understanding & managing anxiety 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.
15:45		
16:00 -	Coping and resilience strategies to support children & young people 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.	Supporting a young person in crisis & managing self-harm 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.
17:00		
17:15 -	New Introduction to managing & supporting a young person with Tics and Tourette's 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.	New Supporting your autistic child to thrive 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.
18:15		
18:30 -	Introduction to managing ADHD 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.	
19:30		

Diary Dates for the Spring Term

Saturday, 24th February	FOSPS Quiz Night
Monday, 26th February	Lost Property Sale 3.30-3.45pm
Thursday, 29th February	Lost Property Sale 3.30-3.45pm
Thursday, 29th February	Y3 River Meon Trip
Thursday, 7th March	World Book Day
Friday, 8th March	Mothering Sunday Celebrations at St. Barnabas Church 2.30pm
Wednesday, 13th March	Parent's Evening YR, 1, 2, 3, 4, 5 & 6
Monday, 25th March	Parent's Evening YR, 1, 2, 3, 4, 5 & 6
Tuesday, 9th – Thursday 11th April	Easter Uncracked Holiday Club at Shirrell Heath Methodist Church

Dates for your Calendar 23/24

Friday, 14th June Sports Day
Wednesday, 19th June Back up Sports Day
Monday, 22nd July Y6 Leavers Service at St. Barnabas
Tuesday, 23rd July Y6 Bell Ringing

Inset Days for the Academic Year 23/24

Friday, 3rd May

School Closures for the Academic Year 23/24

Friday, 29th March Good Friday
Monday, 6th May Early May bank holiday