





RC/JAE 20 September 2024

#### Dear Parents and Carers

Welcome back from the summer break. I hope you and your family had a peaceful time enjoying the limited sunshine and time together.

We return to school celebrating a host of really strong GCSE results. These results have secured really positive Post 16 destinations in our local colleges, with apprenticeship providers and with a few workplaces for last year's Year 11 pupils.

The strong GCSE outcomes have improved both our Progress 8 and Attainment 8 scores for the school, but individual successes are of the greatest importance.

#### Individual highlights include:

- Lydia G 8x grade 9, 3x grade 8, 1x grade 7.
- Emma E 2x grade 9, 4x grade 8, 3x grade 7 and 3x grade 6.
- Finlay H 2x grade 9, 4x grade 8, 3x grade 7.
- Kathryn P 2x grade 9, 2x grade 8, 5x grade 7, 1x grade 6.
- Isabelle S 1x grade 9, 4x grade 8, 3x grade 7, 2x grade 6.
- Toby L 1x grade 9, 3x grade 8, 1x grade 7, 3x grade 6.

Pupils demonstrating the greatest levels of progress throughout their five year journey include:

Oznur V, Jack B, Ella T, Oliver L, Chloe Q, Billy H, Sonny W, Isabelle S, Ruben K, Bradley R, Matthew M.

#### Key areas of subject strength include:

• Biology, Chemistry, Physics, English, Design and Technology, Drama, Further Maths, Maths, History, Media, Music, GCSE PE, Double Science, Statistics and single Language entries.

These Year 11 pupils will return in November to collect their formal examination certificates. These must be kept safe and used to validate their achievements when applying to universities or work placements. In the meantime, we wish them every success for the future and ask them to keep in touch and update us on their next steps. We are very proud of their achievements – congratulations.

Congratulations to Mr Webb and Mrs Mudge for leading such a successful year. The Year 11 baton has now been handed to Mrs Lanham and Mr Davis to continue the great work.

The new academic year is now well underway. This week, pupils are having their first House Assemblies with their House Leaders explaining the plan for the academic year and the challenges pupils will participate in – the first being the House Motto Challenge.



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We welcome a new group of Year 7 pupils who have settled in really well. Many of them came to the Summer School in late August and got to know the school and made new friends before the term started. Current Year 7 are this week the highest merit achieving cohort, but Year 10 are very close behind them!

#### Emergency Information/Procedures

If you have moved or updated your mobile/e-mail contact details during the summer break, could you please notify the school immediately. Key messages regarding practice emergency procedures will be sent to parents in the next week.

We have practised a fire drill already this term, but it is essential that we practice other procedures, such as a lockdown and silent evacuation. So that misinformation is not shared in the community, we intend to message parents shortly before these practice procedures. Thank you in advance for your support.

#### Thursday 3 October 2024 - Open Evening

As we prepare to welcome Year 6 and Year 5 pupils and their parents to our Open Evening event, the school will close to most pupils at 1.40 pm on this day. Pupils requiring a school meal on this day will need to get food during Break 1. The school will be open to visitors from 6 pm, with the Headteacher's 'Welcome' in the Main Hall at 7.00 pm. Pupil Leaders will be guiding parents and new pupils around the school campus.

#### Friday 4 October 2024 - INSET Day 2

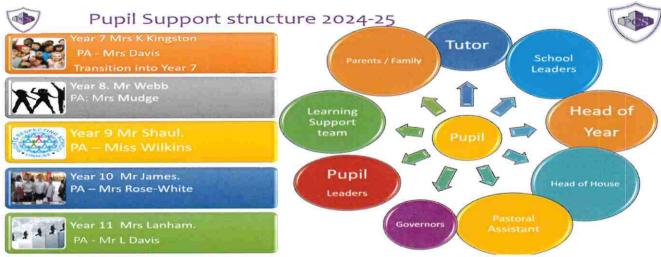
Following the Open Evening, we will be having our second INSET Training Day of this academic year. The school will be closed to pupils unless invited in for specific GCSE revision or mentoring activities.

#### Wednesday 9 October 2024 - Key Stage 4 Post 16 Information Evening

As part of our wider Careers Information and Guidance Programme, this evening is aimed at supporting Year 11 and Year 10 with their Post 16 planning. The evening has two plans – one for each year group. A letter will be sent to parents this week.

Wednesday 9 October 2024 - 5.00 pm - 7.00 pm

	Year 10	Year 11
5.00 pm – 6.00 pm	Sports Hall	Main Hall
	Post 16 provider stalls	GCSE Information from 'core' leaders
6.00 pm – 7.00 pm	Main Hall	Sports Hall
	Year 10 Work Experience launch	Post 16 providers stalls





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Pupil Leadership Structure 2024/25





#### Summer School

Over the summer holiday, we ran a highly successful Summer School to support Year 6 transition into Year 7.

Over 90 pupils benefitted from teambuilding tasks, visits to Fort Nelson, history walks, sports activities, Science experiments and Catering experiences.

Portchester Community School Summer School 2024













Welcome Year 7



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#### Key Dates for this term include:

Year 11 Geography Field Trip	
Year 11 CAT Assessments (am)	
Year 11 Geography Field Trip	
Year 11 Geography Field Trip	
School Fishing Trip	
Open Evening – 6.00 pm – 8.00 pm	
INSET Day 2	
Year 6 Tours start	
Post 16 Evening Year 10/Year 11	
'Stand Against Violence' Workshops for KS3	
Pupil Flu Vaccinations	
Year 11 Mock Examinations start	
Full Governing Body Meeting – 6.00 pm – 8.00 pm	
Au1 term ends at 3.10 pm	

Yours sincerely

Mr R Carlyle Headteacher











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# 10 Top Tips for Parents and Educators

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

## LEARN WHAT EQUIPMENT YOU NEED

Figure out a list of all equipment needed for Figure out a list of all equipment needed for the start of the school year, so you can comfortably get your hands on the necessary items in time. If children have any financial issues and receive free school medis, the school may be

#### COMMUNICATE WITH THE SCHOOL

If you notice that a child is feeling anxious about a change of teacher or school, arranging a one-to-one meeting with their new teacher can be a good way to alleviate some of the anxiety. Just knowing that they understand the child's worries and will be able to help them if the need arises can build the foundations of a good working relationship. Knowing that you can contact them with any queries can also be reassuring.

## CHECK THE SCHOOL

There will be plenty of information about the start of term on the school's website to keep you updated. Furthermore, you should be able to find other useful information such as contact details for staff, important school equipment, clubs, and news about any special events on the school calendar for the year. It could be helpful to look through this with children for anything which might reassure them.

#### **HELP TO MANAGE** FRIENDSHIPS

If a child is feeling anxious about making new friends If a child is feeling anxious about making new friends — especially if they're moving up to secondary school — it can be a good idea to remind them of what they could do or say when meeting new classmates. Investigating the extracurricular activities available could be a good way to open a conversation about their hobbies and pastimes, and joining such clubs could allow new friendships to be built on this mutual

#### **PLAN SELF-CARE**

Talking to children about how they can manage Talking to children about how they can manage their self-care can be an effective way of helping them understand its importance. This might involve playing a computer game they love with friends, a weekly visit to the library, getting to bed at the same time each night, or a range of other activities that support their wellbeing and provide the familiarity and safety of a routine that works for them.

### Meet Our Expert

Amy Sayer is a freelance mental health trainer for schools, an author and a content writer. She is an Associate for Diverse Educators, a fellow of the Chartered College of Teaching and ITT wellbeing coach. Amy has previously been a SMHL coach, helping many different settings audit their mental health provision and support them to create and implement a strategic plan based on the specific needs of each setting.



The National College

MANAGE TRICKY

Explain that it's okay to have difficult feelings around explain that it's okey to have difficult feelings around returning to school. This can help reduce any shame or embarrassment a child might be feeling over these emotions. Emphasise that other children – even some of the teachers – will be feeling the same way. Consider practical ways to manage these feelings and help children feel more in control of their emotions. Some examples include fidget toys, breathing exercises or a notepad for doodling.

## SECURE A SCHOOL

Parents and carers should try to buy a child's uniform for the new academic year well in advance of the new term (although allowing for potential holiday growth spurts) and give them time to adapt to any changes. Make sure they can comfortably change into and out of it for PE lessons. Double check the requirements for PE on the school's website, as

#### PREPARE FOR TRANSITION DAYS

Ensuring that children attend transition days is a vital step in preparing for the new year. Some schools also have transition evenings for parents and carers to attend, offering extra opportunities to reach out for any additional support.

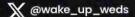
#### READ THE MENTAL HEALTH POLICY

If a young person struggles with their mental health, it's important to understand their school's mental health policy and provision to know what support is available. This should be on the school's website. A range of aid is typically on offer – from individual timetable amendments to group sessions on emotional wellbeing. You can then discuss these options with the child to reassure them that help is there if they need it.

#### LEARN ABOUT SEN SUPPORT

If a child has SEN and receives help in If a child has SEN and receives help in school, try to confirm exactly what support is available, to ensure they'll be having their needs met. If they're moving up to secondary school, it's a good idea to meet with the SENCO to ensure that all teachers receive the most relevant, up-to-date information about the child's needs and have a contact to liaise with if these change over time.

Source-See full reference list on guide page at https://nationalcollege.com/guides/supporting-children-geing-back-to-school



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