

Brighton Hill Community School

'Making success inevitable'

Spring Term
10 February 2023

Newsletter

EVERY MIND MATTERS

Please find below a link that will enable you to put together a self-care plan to help with stress and anxiety. Your Mind Plan can help you to take simple steps to look after your mental health and find what works for you.

WHAT'S THIS FOR?

There are little things we can all do to look after our mental health.

The mental health campaign Every Mind Matters offers a free online action plan, approved by the NHS, that can provide you with personalised, practical tips to help you take care of your mental health. Your plan can help you to deal with stress and anxiety, boost mood, improve sleep quality and take control of your wellbeing.

<https://campaignresources.phe.gov.uk/schools/resources/every-mind-matters-self-care-tool>

[Every Mind Matters self-care tool | PHE School Zone](#)

Your Mind Plan can help you to take simple steps to look after your mental health and find what works for you
campaignresources.phe.gov.uk



Get your free Mind Plan

Answer 5 quick questions to get a personalised action plan, with tips to deal with stress and anxiety, boost your mood, sleep better and feel more in control. UK-based Amazon Alexa users can just say, "Alexa, start Mind Plan" for help today



Looking after a child's mental health

There are times when we all feel the strain. As parents and carers, there are ways we can support children and young people to give them the best chance to stay mentally healthy and help them cope with whatever further changes we all may face.

Mrs M Richards
Senior Mental Health Lead, MHFA



NATIONAL APPRENTICESHIP WEEK 2023

We've been celebrating National Apprenticeship Week (NAW) this week (February 6 - February 10) at BHCS.

Students have been seeing how the different subjects they study, link to a huge range of post-16 apprenticeship opportunities.

NAW has numerous benefits for our students and include:

- ◆ Introducing Year 7 to just one of the options they have when they leave Secondary School
- ◆ Providing Year 8 with support on 'Guided Choices' considerations
- ◆ Helps Year 9 & 10 consider what the right post-16 pathway will be for them

You may have noticed the promotional banner on the BHCS website homepage that links to our [NAW information page](#). PC screensavers across the school have been a consistent reminder that <https://amazingapprenticeships.com/naw2023/> is a great source of information to find out more.

We've launched our 'Apprenticeship Arcade' (Option 15) on the BHCS Careers & Enterprise '[Student Zone](#)' which offers a range of games designed to develop students' understanding of what apprenticeships are.

Year 10 received a launch presentation on Friday, 3 February promoting NAW and the BCOT Apprenticeship Fair which was on the 6 February. We hope the e-mail communication to parents and guardians helped raise awareness of this event and the week as a whole.

We know that post-16 pathway decisions are unique to each individual student, so we have conducted a survey of our Year 9 and 10 students designed to provide targeted industry information to interested students. If you have a child in Year 9 or 10 why not ask them if they completed it and what industries, they expressed an interest in. We also used the results of the survey to invite students to attend live industry specific webinars that further explain apprenticeship opportunities at organisations such as: Bentley Motors, Network Rail, The Ministry of Defence, PWC as well as more generic industry sessions covering construction and digital technology.

Remember the '[Parent Zone](#)' section of the BHCS Careers and Enterprise webpages hold a variety of labour market information

Mr. D. Watkins
Deputy Headteacher
(Careers Leader)

**It's National
Apprenticeship
Week** **#NAW2023**



Apprenticeships

National Apprenticeship Week
6th to 12th February 2023



GEORGE
ABBOT **SCITT**

SCITT
South Farnham
Outstanding Teacher Training



Want to make a difference?
TEACH

Local teacher training in this area and beyond

SOUTH FARNHAM SCITT
www.ssfscitt.org.uk
@ssfscitt | SSF SCITT
www.georgeabbottraining.co.uk
@GABBOT_SCITT

Would you like to train to teach in a school in **your** community?

Come along to an information event held at
Castle Hill Primary School - Rooksdown Campus - Rooksdown Campus, Park Prewett Road, Basingstoke RG24 9XA from 9:30-1pm
Castle Hill Primary Greenbank Campus – Greenbank, Winklebury Way, Basingstoke RG23 8BN from 2-3:30pm

On **Thursday 2nd March 2023**

This is a drop-in event, so come along anytime between **9:30-1 at the Rooksdown Campus and 2-3:30pm at the Greenback Campus** to chat to Tracy Okuma, one of the SCITT team.

Please come to the main entrance of the school – we'd love to meet you!

For further information, please:

visit www.ssfscitt.org.uk ('how to apply') or e-mail scitt@sft.org.uk

DEBATE CLUB

Do you enjoy arguing about thought-provoking matters? Would you like a place where you can build on your opinions, and share them with others? If your answer is YES, join us at Debate Club! Since starting in January, we have had increasing numbers of eager students each week. We have already discussed topics such as whether there is a moral case to send illegal immigrants to Rwanda, where most of us decided that there isn't one. We also discussed whether we should abolish countries' borders, and the majority thought that we should keep them. Furthermore, there is an upcoming debate in the first week after half term, where we will tackle the question of the NHS - should it be privatised? If this seems interesting to you, feel free to find us in M1 on Tuesday afternoons with Mr. Greenaway and Miss Oliver. All abilities and views are welcome, and you will be able to share them with no pressure or judgment. We look forward to meeting you and hearing all your ideas.

NEW YORK TRIP

If your child is going on the New York trip in October, please ensure you have passed on passport details, and allergy and dietary requirements to Mrs Britton.



ARE YOU AGED BETWEEN 13 & 17?
Then why not join.

Fire Cadets

We are NOW recruiting cadets for our Basingstoke Unit.

You will get the opportunity to learn about the following:

- Firefighting techniques
- Basic first aid and what to do in an emergency
- Fire safety in the home and the community
- Youth social action activities to make your community safer and better
- Fundraising for local, national and international charities
- Supporting your local Fire and Rescue Service at open days and events

To book a place at one of our taster events email fire.cadets@hantsfire.gov.uk or call 07918887578 visit www.hantsfire.gov.uk/community/young-people/fire-cadets/

 Hampshire & Isle of Wight FIRE & RESCUE SERVICE



HORIZON

News from Horizon

Another half term down and Horizon are still going strong! We are in an incredible position, less than 100 points behind Voyager in first - an easily assailable gap in my opinion!

Die hard followers of the House Cup will know that last year Horizon chugged along in last place for more or less the entire year. The improvement this year has been driven solely by our wonderful students and the spirit they are showing, wonderfully embodying our four Cornerstones of Courage, Kindness, Collaboration and Commitment. Not only has our attendance been amazing at House Events, but the enthusiasm of the students there has made my week multiple times. And it pays off too! Last week Horizon came first in both Year 9 Badminton and Year 8 Science after some incredible efforts.

I look forward to writing in the next newsletter, where that gap to first place has vanished. Watch out Voyager!

Mr W Firth
Head of Horizon

News from Voyager



PIONEER

Pioneer have worked diligently this half term - turning up to house events with delight and excitement. This hard work and dedication has paid off stupendously as we are now in second place!

Keep our attendance up for events and continue to show our wonderful spirit around school!

The kindness I have seen from our wonderful Pioneers has been truly astonishing as they hand things out in tutor, ask teachers how their day's have been, offered support to a fellow student who is having a trickier day- I have never been prouder to be Head of Pioneer!

Keep up the kindness team as I will be reviewing this in our assembly next half term. And as we know *kindness always wins...*

Miss G Arundale
Head of Pioneer



ENDEAVOUR

News from Endeavour

With February half term just around the corner and in sight, here is an update of all things Head of House and Endeavour:

Although currently sitting comfortably in fourth place we are certainly starting to show our numbers in force on Friday afternoons. I am so, so humbled to see each and every one of our students during our afternoon House Events, you've been: running, jumping, aiming, creating, speaking Spanish and just smashing energy levels week in and week out.

During the week breaktime and lunchtime have become a wonderful part of my day. I am asked daily if an Endeavour student can give me an example of the 'Word of the Week', to use some paper for their tutor board creations and handing me more and more postcards for the inclusiveness competition. This only makes me prouder to be the Head of Endeavour.



As Head of Endeavour I have never smiled so much knowing individually and working as a team, we are being the perfect examples of the Brighton Hill Community School cornerstones of:
Collaboration Commitment Courage Kindness

Have a lovely half term break and see you in a weeks time.

Miss J Marsh
Head of Endeavour

News from Voyager

Voyager have been playing Badminton and Netball a lot lately and doing super well! We are still very proudly in the lead and hope to keep it up as we move forward!



VOYAGER

This week we are ending the term on a very busy one, we have Spanish and Badminton for Year 10 and 11. Our year 8's have been showing excellent attendance lately - a huge well done to Daniel, Lincoln, Jayden, Kyron, Shiona, Jasmine and Ada for your team-ship!

One of the best parts about being a Voyager is how there are always people there to cheer on their teammates. Over the past few weeks I was joined by Liana, Xanthe, Jake B, Kai, Emily, and Sylvana who all came along to support! Really bringing to life our slogan, Out There Together.

Miss Malone
Head of Voyager

PE NEWS



INDIVIDUAL TABLE TENNIS TOURNAMENT

On Tuesday, 24 January ten students attended the district individual table tennis tournament. Students were an absolute pleasure to take to another fixture and yet again a real credit to the school.

The year 9's faced a tough battle in the U16's - playing against students up to two years their senior and an England player too! However, both Matthew S and James G fought through to the plate semi-final with Matthew victorious but losing in a closely fought final 11-9 in the deciding game.

The U13's played the games of their lives with Jacob, Adam, Ethan and Yosung battling through into the main draw. The future of bright for this team and we cannot wait to take them to their next competition.

Miss Lambert and Miss Rogers

TRAMPOLINING CLUB

It's been great to have trampolining back up and running this year. The commitment shown has been outstanding. A group of students partake in the district competition at Everest on 8 February. They have been working incredibly hard towards this! A big shout out to our KS3 competition squad Kiki S, Freya S, Scarlett W-S, Rhianne H, Millie T, Ruby G, Georgina B, Evie B and Penny N who have been training every week, even two or three times at 7:45 am! Fantastic commitment!

NETBALL CLUB



A huge well done to our Year 8 netball team who have smashed their district competitions again this year and will hopefully go on to represent us at the county finals.

FOOTBALL CLUB

All round wins for Brighton Hill Community School's 5-a-side district football!

We took home 1st Place in the KS3 Girls, and Year 7, 8, 9, 10 and 11 Boys' tournaments!

The KS3 girls will go onto to compete at the county finals in March!



FITNESS CLUB



Shayne G has been outstanding at Fitness Suite Club and has even taken the time to help train and guide younger users in the gym - setting an amazing example for the students in younger years.

REPORTING TEAM: Miss Paterson & Miss Richardson

YEAR 8 FOOTBALL

The school record has been broken but our eight-game, undefeated run comes to a disappointing end. However, this cannot take away from the enormous achievement of this team. We reached the last 32 teams in the National Cup and were the last team in Hampshire left in the competition - our nearest opponent in the country was in Bath. Unfortunately, this game saw us exit the competition. This was the sixth round and it was a hard game; we were beaten by an extremely strong side all boys' school. The team have plenty more to give and will be looking to end the season on a high with our eyes set on the Hampshire Cup. We play the quarterfinals on Thursday, 26 February against Springfield. Despite this defeat, we bounced back a couple days later with an outstanding 7-0 win over Everest and have a point to prove in the District Cup after a disappointing third place last year.

REPORTING TEAM: Mr Freemantle & Mr Slack



5-A-SIDE FOOTBALL

All our year groups and teams won their district 5-a-side tournaments:

Year 7 / 8 girls, Year 10 boys, Year 11 boys and Year 7, 8 and 9 boys.

This is an amazing achievement and shows how excellent our football provisions are and that we still continue to improve.



VOLLEYBALL

On 22 January the girls' volleyball team made Brighton Hill Community School history by playing in the first competitive matches for the school, in the National Grand Prix event. The team were drawn against two giants of junior volleyball in Worthing and VBDC volleyball clubs. Arriving at school bright and early on a Sunday morning the team made the two hour journey down to Worthing for a day of matches.

Despite not having trained since the beginning of December the team pushed themselves and improved throughout the day. It was great to see the team gain confidence as the matches went on. Although the results didn't go our way this time, we did manage to win a set against Worthing's better team and pushed the other teams all the way. A great start to competitive volleyball for Brighton Hill and exciting times heading into the next Grand Prix and the Hampshire Cup.

Mr S McCulley



E P A NEWS



ART

This term has been jam packed full of art fantasticalness!!! KS3 Art club have been super busy and we LOVE it!

As a community at Brighton Hill Community School we have had so much to proudly both celebrate and remember.

On the first week back we created braille plaques with our names and words of significance to us individually in celebration of language and its virtual use across the globe in all forms.

On the second week we celebrated Martin Luther King Junior with the creation of thought bubbles containing his infamous speeches and quotations; these can be found proudly hanging in my classroom (A2).

The third week was for weaving! We had fun learning how to create a patch and even took the frames home to experiment with circle formations.

On the fourth week we dedicated our crafting to remembering Holocaust Memorial day. In honour of the victims both past and present we created white roses. At the end of the session all my Art Club students placed their roses into their blazer pockets without being prompted, and this truly was a memory I will cherish forever - the pride I felt was phenomenal.

Please see photos for our creations this term:



Miss J Marsh
Teacher of Art

PHOTOGRAPHY

GCSE photography has really taken off this half term with Year 10s all working hard on their Portrait project. They were given the choice of three sub themes: Surrealism, photojournalism or diversity awareness. This has been the first time the photographers have had to independently to plan their theme. I am impressed by the professionalism, focus and motivation. I wish I could show you their work but we are bound by the exam board regulations and are not allowed to show off current course work in any form outside of the classroom. But do not worry when I am able to share, I will bombard you with their fantastic outcomes, so watch this space.

Mrs C Espeseth
Head of EPA

DRAMA

Drama Club has had an exciting first half term back with some new, and always welcome, faces! We always look forward to welcoming any new members, so please do come along and join in on some exciting activities and performances run by our dedicated Year 11s alongside Mr Nicholson and Ms Walley in the new half term. Drama Club runs every Tuesday after school in the Theatre from 3:00pm

Mr Nicholson
Teacher of Drama

MUSIC

We are very excited to be entering into our second vocal project with Hampshire Music Service during the spring term.

Jessica Orba has been putting on a series of singing workshops in January and February to teach some of our students in Years 7 to 9 several songs which will be sung in two concerts at the Anvil at the start of March.

The first workshop in January was so successful that Ms Orba has introduced even more complex harmonies into the songs they are learning.

The next workshop took place on the 7 February, and information about the day trip to perform at the Anvil is due to come out around the same time.

We can't wait to show all the other schools, both secondary and primary, from around Hampshire who will be attending the concerts at the Anvil what an amazingly talented bunch we have here at BHCS!

Ms Earwood
Teacher of Music



MENTAL HEALTH SUPPORT TEAMS

Service delivered in partnership with Hampshire
and Isle of Wight Integrated Care System



NHS

hampshirecamhs.nhs.uk

MHST Monthly Round up - February 2023

Hello from your Mental Health Support Team (MHST)

We have seen cold and wet weather recently which can make it difficult to spend time outside. Spending time outdoors is known to have a positive impact on mental well-being. Therefore, it is important to make the most of those brighter hours outdoors by going for walks or spending time in the garden. During the winter it is good to remember other ways to positively impact our wellbeing by doing things like spending time with friends or a hobby you enjoy. It is important to know that sometimes we can all struggle with our mental health at times. So, if you feel like it would be useful to speak to our MHST then ask a teacher or your schools mental health lead.

Remember to be kind to yourself and stay safe 😊

Time to talk day - 2nd February

This day is to remind us to encourage everyone to create a safe space to have a conversation about mental health.

Why talk?

Talking about mental health helps to reduce stigma
It can help create a supporting community and school environment
Helps support ourselves and others

How can I get involved?

Ask your friend how they are doing
Put some posters up around school
Send a text to someone to simply check-in

Top tips for talking about mental health:

Listen - sometimes we just need someone to listen (you don't have to try and fix things)
Ask questions - open and non-judgmental "how does that affect you?"
Think about time and place - conversations might be easier whilst doing an activity
Treat them the same - do things you would normally do together
Be patient - some people might want to talk in their own time but at least they know you can be supportive when they are ready

A reminder of what the MHST can support you with:

Sleep difficulties Anxiety Worry Phobias Panic Low Mood OCD Single Event Trauma

The MHST is always here to offer support, so if you think this is something that could help you, speak to your designated mental health lead or an adult you trust at school.

Wall of Achievement

Has your child achieved something amazing outside school? Have they won a medal or competition? We want to know about it and celebrate their success.

Please send details to dduheume@brightonhill.hants.sch.uk or gwilkinson@brightonhill.hants.sch.uk and include a suitable photo for our wall of achievement.



The Parent Teacher Association is an integral part of any school, and we are now in a position to re-establish the charity and therefore need your help.

We pride ourselves on making success inevitable and much is down to the hard work and commitment of our wonderful parent body, however, we need your help and expertise to take us to the next level. We are looking to elect a Chair, Treasurer, and committee members in order to support fundraising for the school and our students. The new committee will work under the guidance of the BHCS PTA constitution policy and receive support from a member of the teaching staff, as an auxiliary member of the committee.

The BHCS PTA will also require additional non-committee roles, allowing flexible casual support throughout the year at various events, to be confirmed. These roles are there to work with parents that are keen to help but cannot commit fully to one specific role within the association.

Finally, all the roles are voluntary and at the good-will of the member. Any specific committee role will come with set of guidelines set out within the PTA constitution.

If you are keen on supporting the BHCS PTA, whether in a committee role or casual role, please complete the short interest form below.

<https://forms.office.com/r/xYhbFcLQkZ>

If you require any additional information, please don't hesitate to get in contact with me on 01256 350606 or via e-mail on:

dduheume@brightonhill.hants.sch.uk

Mr D Du-heaume
Transition & Marketing Manager

Dear Parents

If you are struggling to make ends meet during this really difficult time for many households, and are worried about feeding your family, please don't hesitate to get in touch with us.

We can link you up with one of our 120 local agency teams we've partnered with who may be able to offer immediate help and on-going support with financial challenges. These agencies could assess need, and can send us an online e-voucher on your behalf for a 3-day food / toiletries & washing products pack for you and your dependents in the household. You can then visit any of our seven Basingstoke Foodbank Centres within five working days to collect food and other items. If necessary, further vouchers can be issued whilst additional help is being put in place. The centres are very welcoming and offer free refreshments and a team of volunteers who are happy to listen and help visitors to choose the food and items they need.

We have funded a Citizens Advice worker to offer free 'Drop-in' chats in every one of our centres as we want to help people through their challenges as much as possible. Other agencies who refer to us include doctors surgeries, school pastoral workers, Hampshire children's services, Vivid & Sovereign housing services, and 2 local debt agencies: CAP UK and Money Lifeline.

If in doubt, just give us a call, or message Citizens Advice and they'll get back to you. Look forward to working with you.

Paula Vallance - Basingstoke Foodbank



**Are you in crisis?
Struggling
to afford food?**

Call Basingstoke Foodbank

07722 673645 or 07941 336464 www.basingstoke.foodbank.org.uk
We'll connect you with a local agency to give you support.

Or, contact Citizens Advice www.basingstokeandtadleycab.org.uk
Free phone Basingstoke: 0808 2787829 Tadley: 0808 2787987

If you're referred for a food voucher, visit any of our centres below:

Monday	10.30-12.30	TOWN CENTRE, St Michael's St Michael's Church, Church Cottage Church Square, RG21 7QW
Tuesday	10.30-12.30	TADLEY Tadley Common Methodist Church Newchurch Rd, RG26 4HN
Tuesday	12.30-2.30	WINKLEBURY Church of the Good Shepherd Winklebury Centre, RG23 8BU
Wednesday	10.30-12.30	BRIGHTON HILL Basingstoke Baptist Church Gershwin Road, RG22 4HL
Thursday	10.30-12.30	SARUM HILL The Sarum Hill Centre Hope Community Church, Sarum Hill, RG21 8SR
Friday	10.30-12.30	BUCKSKIN Buckskin Church, Chiltern Way, RG22 5BB
Friday	12.30-2.30	POPLEY St Gabriel's Church Tewkesbury Close, RG24 9DU

Parking is available at all except Town Centre, St Michael's

Registered charity no: 1154319



Safeguarding

Please support our safeguarding culture by contacting us on safeguarding@brightonhill.hants.sch.uk if you have any concerns about the safety of a child.

Mr G Wilkinson – Designated Safeguarding Lead (DSL)