



# 'In the News'

Weeke Primary School Bulletin Issue 6

Wednesday 17<sup>th</sup> December 2025

[www.weekeprimary.com](http://www.weekeprimary.com)



## Whole School News

### **Christmas is nearly here.....**

As we approach the festive season, we want to extend our deepest gratitude to every parent, carer, and member of our school community. Your unwavering support, positive spirit and invaluable contributions have made this term truly special for our children and staff alike.

Thank you for partnering with us in creating an environment where our children can thrive, learn, and grow with confidence and joy. It is this shared commitment that brings our vision to life—empowering every child to be successful, confident, independent, and happy.

As the Christmas break begins, we wish you all a restful, joyful, and peaceful holiday filled with warmth and happiness. May this time be a wonderful opportunity to recharge and enjoy precious moments with your loved ones. We look forward with excitement to welcoming everyone back in the Spring term, ready to continue our journey of learning and achievement together.

Merry Christmas and a Happy New Year from all of us at Weeke Primary School!

### **Celebrating Our Successes and Looking Ahead with Excitement ....**

Last year's Year 6 cohort (2024-25) achieved outstanding end of Key Stage 2 outcomes, out performing all schools of a similar size in Winchester. This remarkable success reflects their hard work, resilience, and the high-quality teaching and support they received. Their achievement sets a high standard and inspires us all as we continue to strive for excellence. <https://www.hampshirechronicle.co.uk/news/25697163.weeke-primary-school-named-top-primary-school-winchester/>

Sporting excellence and participation have shone brightly this term, with our children demonstrating fantastic team spirit and determination across a wide range of activities. Their enthusiasm and commitment continue to inspire us all.

Our youngest learners in EYFS have made an unbelievably brilliant start to their school journey, settling confidently into the 'Weeke way.' The heartwarming Christmas productions by EYFS and Year 1 were a true highlight, showcasing the creativity and talent of our children and bringing smiles to all who watched.

The rich variety of trips and visitors throughout the term have enabled our children to be fully immersed in their learning, making education both relevant and exciting. These experiences, combined with our ongoing focus on embedding our core values of Respect, Kindness, Responsibility, and Excellence, help nurture the whole child—ensuring they grow as confident, independent, and happy learners.

Our dedicated team of staff and the supportive WPSA continue to be the foundation of our school community. The events organised by the WPSA have been outstanding, with one event even rivalling the RHS in vibrancy and fun! Their energy and commitment enrich our school life and bring us all closer together.

Looking ahead to the Spring term, we are excited about the new opportunities and further developments planned to give our children relevant, interesting, and giggle-worthy experiences throughout their time at Weeke Primary. We remain committed to providing ambitious and enriching learning experiences that empower every child to thrive.

Thank you to every parent, carer, staff member, and community partner for your ongoing support, positivity, and dedication. Together, we continue to build a wonderful, inclusive, and inspiring environment for our children to flourish.

## 2026 September - Applications for Early Years at Weeke

As we approach the middle of December, we want to remind families within our school community and beyond that we are very much looking forward to welcoming children in September 2026. At this time of year, parents and carers need to consider their choice of primary school for their 3-year-old. The deadline for applications is 15th January 2026. We have been working closely with our community and have hosted many open days to ensure families are well informed and know they have a choice.

If you have a child due to start school next September, please visit Hampshire County Council's admissions page at <https://www.hants.gov.uk/educationandlearning/admissions> for all the necessary information. You can also find out more about our school on our fantastic website: [www.weekeprimary.com](http://www.weekeprimary.com). If you know a friend, neighbour, or relative with a child starting school in September, please feel free to spread the word. We know that by being full in September, we will continue to thrive and grow as an excellent and vibrant school community.

### Staff Update

Mr Oliver Connell-Hicks, our Site Manager, will be leaving Weeke Primary School at the end of January 2026. Over the past three years, Mr Hicks has brought an exceptional level of commitment, enthusiasm, and energy to his role — qualities that, in my 16 years as a senior leader, I have rarely seen matched.

Mr Hicks has been a valued member of our school community, consistently demonstrating professionalism and a friendly approach that has positively impacted both staff and children alike. He will be leaving to pursue an exciting new career in engineering, and we fully support him in this next chapter.

We would like to take this opportunity to thank Mr Hicks for his dedication and hard work and we wish him every success in his future endeavours.



## Shooting Stars



Congratulations to all of the children awarded with a shooting star w/e 28<sup>th</sup> November 2025:

Class	Name	Value
Ash	Lachie	Excellence
	Dusty	Excellence
	Hugo	Excellence
Oak	Oscar	Excellence
	Lily	Responsibility
	Ruby L	Kindness
Holly	Isobel C	Responsibility
	Lana	Excellence
	Leo M	Excellence
Rowan	Evie	Responsibility
	Isaac	Excellence
	Theo	Excellence
Willow	Barney	Excellence
	Jessica	Excellence
	Phoebe	Kindness
Yew	Malek	Excellence
	Freddy	Responsibility
	Rosie	Responsibility
Elm	Finbar	Excellence
	Shristi	Responsibility
	Freddie	Kindness
Larch	Adam	Excellence
	Orla	Excellence
	Louie	Excellence
Cherry	Nomutsa	Excellence/Kindness
	Ewan	Excellence/Responsibility
	Sidney	Excellence
Maple	Freddie	Excellence
	Eilidh	Responsibility
	Ella T	Excellence
Beech	Beth M	Excellence
	Louisa C	Excellence
	Esme W	Excellence & Responsibility
Cedar	Felix F B	Responsibility
	Reuben H	Excellence
	Theo B	Excellence
Pine	Arlo	Excellence
	Gracie-Mae	Excellence
	Amber	Excellence
Sycamore	Elodie	Excellence
	Messom	Responsibility
	Alfie	Excellence

## Shooting Stars



Congratulations to all of the children awarded with a shooting star w/e 5<sup>th</sup> December 2025:

Class	Name	Value
Ash	Hannah	Excellence
	Levin	Excellence
	Benji	Respect
Oak	Sam	Excellence
	Johnny	Excellence
	Leo	Excellence
Holly	Lara	Excellence
	Ralph	Kindness
	Josie	Responsibility
Rowan	Griffin	Excellence
	Esme	Kindness
	Matilda	Excellence
Willow	Skylah	Responsibility
	Amelie	Responsibility
	Arthur W	Excellence
Yew	Remi	Excellence
	Darcie	Excellence
	Logan	Excellence

Congratulations to all of the children awarded with a shooting star w/e 12<sup>th</sup> December 2025:

Class	Name	Value
Ash	Olivia	Excellence
	Ridam	Kindness
	Archie	Excellence
Oak		
	All of Oak	Excellence
Holly	Eli G	Excellence
	Reggie	Excellence
	Leo W	Respect
Rowan	Ava	Kindness
	Eli	Excellence
	Huxley	Excellence
Willow	Savannah	Responsibility
	Bryson	Excellence
	Cole	Kindness
Yew	Leila	Excellence
	Sara	Responsibility
	Adyan	Excellence

Elm	Joseph	Excellence
	Zachary	Kindness
	Dotty	Excellence
Larch	Molly L	Responsibility
	Ethan	Excellence
	Rose	Excellence
Cherry	Sophia	Excellence
	Jack B	Excellence
	Archie P	Respect
Maple	Leyla K	Excellence
	Daisy	Kindness
	Walt	Excellence
Beech	Theo L	Responsibility
	Jacob M	Responsibility
	Spencer	Responsibility
Cedar	Ruthie	Excellence
	Leo	Excellence
	Theo	Responsibility
Pine	Dexter	Excellence
	Tommy H	Excellence
	Tommy D	Excellence
Sycamore	Eleri	Excellence & Kindness
	Rosie	Excellence & Kindness
	Millie	Responsibility & Excellence

## WPSA News

What a wonderful term it has been for our school community. We've enjoyed a fantastic run of fundraising events, each one bringing families, staff, and friends together in such a positive spirit. The Parents' Party set the tone with a lively evening of drinking and excellent dancing, followed by the magical Light Trail, which lit up the school grounds and delighted children and adults alike – this was a fantastic achievement by the Light Trail team so well done! Our Music Evening showcased the incredible talent of the children, while the Christmas Bazaar rounded off the term with festive cheer, creative stalls, and a brilliant turnout.

We're incredibly grateful to everyone who volunteered, attended, donated, or helped behind the scenes — these events simply wouldn't happen without your support, and the funds raised make a real difference to school life.

Looking ahead, we're excited to share that Film Night and Quiz Night are already in the diary for the new year. You need to start getting your Quiz teams together for another great night!

Wishing all our families a joyful, restful, and well-deserved Christmas holiday. We look forward to welcoming you back in January for another great term.

Thank you so much for your support

Christine, Rob, Claire, Rachel, Huw, Emma, Amy and Zoe



Facebook Page - [Weeke Primary School WPSA](#)



Facebook Group - [Weeke Primary School Association](#)



Twitter - @WeekeWPSA



Instagram - @weekewpsa

Email - [weekeprimary.wpsa@gmail.com](mailto:weekeprimary.wpsa@gmail.com)

PTA events website: <https://www.pta-events.co.uk/wpsa/>

## Year Group Information

### **Year R**

We have reached the end of the children's first term with us in school, and what a term it has been! The children have all worked so hard and made many achievements which we are immensely proud of. Over the past few weeks we have been immersed in our Christmas production of Dear Santa and the children all put on a great show with their singing and acting; thank you all for coming to watch, the children were very proud to see you all there. We have also been busy making Christmas cards and decorations which the children have enjoyed very much. We will begin the new year with our next phase of phonic sounds and tricky words as well as continuing our reading journey. We would like to wish you all a very Merry Christmas and a Happy New Year; and thank you all for your continued support throughout the children's first term with us. We look forward to seeing you all in 2026!!

### **Year 1**

As we approach the end of a wonderful first term in Year 1, we would like to take this opportunity to celebrate the children's achievements and share some important information for the final week before Christmas.

English: This term, the children have worked hard on sentence writing, learning to use capital letters, full stops, and finger spaces. We enjoyed reading festive stories and creating our own Christmas-themed writing.

Maths: We explored number bonds, addition and subtraction within 10, and 2D and 3D shapes. The class especially enjoyed the hands-on activities and problem-solving games.

Science has taken us on an exciting journey of learning about seasonal changes and plants which we revisit in the Summer term.

The children loved creating winter artwork, making decorations, and learning Christmas songs for our class performance. Thank you to everyone who came to watch. The children were fantastic and very proud of their hard work!

·Reading books will be collected on the final week and sent home again after the break.

We would like to thank all parents and carers for your continued support this term. The children have worked incredibly hard and we are very proud of them. We hope you have a restful, joyful Christmas holiday. We look forward to seeing the children refreshed and ready for the new term in January.

### **Year 2**

What a fantastic few weeks we have had with the children! It has been very busy, but lots of fun. The children thoroughly enjoyed making their Moon buggies for *Bob the Man on the Moon*, and they were able to identify what had gone well during the process, as well as what needed to be improved (wheels not falling off was a common one!). In RE this half term, the children have learnt about the significance of candles and light during Hanukkah and Advent. They have also made their own mini-Advent wreaths from clay, which look amazing! We have now finished our stories from our book *Look Up!* The children worked really hard and were very imaginative in rewriting the ending of their stories. We would like to wish you all a very Merry Christmas and look forward to seeing the children again in January after a well-deserved break.

### **Year 3**

As the children finish their Stonehenge fact files, it seems fitting that we finish our History/Literacy unit so close to Christmas. Stonehenge was aligned with the midwinter solstice sunset where people gathered for feasts as part of a Stone Age 'neolithic Christmas'. The children have loved learning about the Stone Age through to Iron Age chronological order this term. In Maths we have started our learning on 3x and 4x tables. This week we have used our mathematical knowledge to become Christmas Detectives and crack *The Christmas Pudding Mystery*. We thank you all for the cards, pictures, sweet treats and Christmas crafts. From the whole Year 3 team, we wish you all a restful and fun holiday break.

### **Year 4**

What a whirlwind end to the longest term of the year! Christmas has taken over little by little with some festive maths challenges being solved and some creative Christmas decorations in the yurt being produced. We have taken on a debate in English, using our oracy skills to good effect, while also writing persuasive letters to Mr Kirkham, imploring him to award us an extra break time in the final week of term because: we've worked so hard this term and, by the time we get home it's so dark that we can't enjoy the fresh air... As we go to press we don't yet know if we have been persuasive enough!! On top of this, we've created Grendel's Eye in clay with some imaginative designs, continued on our journey towards Times Tables fluency, experimented with sound and sound waves, and been merrily coding away in Scratch, creating games. We hope you all have a wonderful Christmas break and look forward to seeing everyone back in the New Year.

## Year 5

Year 5 have enjoyed a busy and exciting run up to Christmas. In PE, pupils have been applying their skills in competitive hockey matches, showing great teamwork and sportsmanship. In maths, we have been building confidence with adding and subtracting fractions. Children then worked hard to apply their skills to a Christmas-themed, problem-solving, maths mystery activity. English lessons have been inspired by *Cloudbusting*, leading to some wonderful creative writing. Pupils wrote their own Christmas haikus and limericks, experimenting with rhythm, syllables and humour! Our geography learning has focused on map work linked to Europe, preparing us for our enquiry after the break: *Is all of the UK the same?* Pupils have been developing their atlas skills and learning how to locate countries and key features.

Year 5 also performed beautifully during the Christmas Singing at the church, spreading festive cheer and making us all very proud. In science, our space topic was brought to life thanks to a fantastic visit to the Winchester Science Centre and planetarium. We were also grateful to our visitor, Jen Gupta, who ran an engaging activity to help us understand the vast scale of the Solar System. It has been a brilliant term – well done Year 5 and Merry Christmas to all!

## Year 6

Over the past two weeks, Year 6 have been working hard and finishing some fantastic projects! In English, the children completed their writing linked to the Christmas Truce of 1914. They created thoughtful interview transcripts with a World War I soldier, exploring what life was like on that historic day. In Maths, the class successfully wrapped up two units: *Converting Units* and *Position and Direction*. Their focus and determination really shone through. We were also incredibly proud of the children during their carol performances at the Church. They sang beautifully and represented the school wonderfully. A big thank you to all the parents who joined us and supported the event. As we come to the end of term, we'd like to thank you for your continued support. We wish you all a joyful Christmas and a Happy New Year!

## Sports Update

### Cross Country Event

We are incredibly proud of all the children who took part in the recent cross country event. Each and every child was a credit to our school, showing determination, resilience, and fantastic sportsmanship throughout the event.

Not only did they give their best effort, but they also represented our school excellently with their positive attitude and encouragement for one another. It was wonderful to see such teamwork and enthusiasm shining through.

A big thank you to the families who supported the event – without you, we would not be able to participate in events. Well done to all our runners – you should be very proud of yourselves!

**Learn to Ride Sessions with Bikeability** For any children in Year 3 and above who can't ride or would like to lose their stabilisers, please sign your child up here.

£10

Learn to Ride 1:3 sessions

Yr 3 and above only

[Hampshire Outdoors - Bikeability – Hampshire County Council Shop](#)

### Under 9s cricket at Sparsholt Cricket Club

Sparsholt Cricket Club have spaces for enthusiastic boys and girls in school years 3 and 4 to join their Under 9 cricket squad for 2026. They run fun and inclusive sessions on Friday evenings (and in the summer the bar is open for parents!) and have 2 teams that play in local leagues.

Their indoor training sessions start in early January, and then they head outdoors at the club after Easter. They are also planning to run some cricket camps at May half-term and in the summer holidays.

Please get in touch for more details and if your child would like to try a session. Contact Jim Ley on [youths@sparsholtcc.co.uk](mailto:youths@sparsholtcc.co.uk).



# LEARN ONLINE MUSIC PRODUCTION WITH HAMPSHIRE MUSIC SERVICE

**ARE YOU AGED 8-13 WITH A DREAM OF CREATING MUSIC?**

JOIN OUR ONLINE MUSIC PRODUCTION COURSE, OPEN TO ALL, REGARDLESS OF ABILITIES AND MUSICAL BACKGROUND!

CREATE AND RECORD YOUR OWN MUSIC ONLINE WITH EXPERT TUITION FROM HMS STAFF!

SESSIONS ARE HELD ON THURSDAYS, 16.30 - 17.30	A MINIMUM OF 20 LESSONS OVER THE SPRING AND SUMMER SCHOOLS TERMS	DEVELOP YOUR SEQUENCING, RECORDING AND EDITING SKILLS!
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**£70 PER TERM - JUST £7 PER LESSON!**

**CLICK HERE TO SIGN UP NOW!**

for more information, visit: [musicproduction.hantsmusic.org.uk](http://musicproduction.hantsmusic.org.uk)





making music presents

# Dance around the world Family Concert

Conductor John Traill | Leader Bree Enemark

**24th January 2026**  
**Central Hall, Southampton**  
**11am and 2pm**

Join us for an exciting journey of music and dance

Featuring the New Forest School of Dance and Alessandro Mackinnon-Botti, solo beatboxer!

Adults £9 | Children £5 | Family £26 | Children under 3 FREE

Suitable for children, young people and adults of all ages

Scan the QR code or visit [www.csorchestra.org](http://www.csorchestra.org) to buy your tickets, and you will be able to submit your child's drawing to go up on our big screen!




**Let's Play**

FUN | INCLUSIVE | EDUCATIONAL

## CHRISTMAS & NEW YEAR FUN DAYS

SWIMMING, MULTI-SPORTS, ROCK CLIMBING, ARTS & CRAFTS, BOUNCY CASTLE, PERFORMING ARTS, GAMING, LASER TAG, NERF WARS, LEGO BUILDING & MUCH MORE!

Monday 22<sup>nd</sup>, Tuesday 23<sup>rd</sup> December & Friday 2<sup>nd</sup> January



**Winchester Sport & Leisure Park**  
Bar End Road, Winchester SO23 9NR  
**9.00am - 4.00pm**  
Early drop off from 8am, late pick-up until 5pm

OPEN TO CHILDREN AGED 5 (SCHOOL YEAR 1) - 12  
**FROM £27.50 PER DAY!**

Discounts for siblings & full week booking - please see booking page for details.  
We accept Childcare Vouchers, Tax-Free Childcare & we are OFSTED registered!  
Please bring: Lunch, Snacks, Waterproof Clothing & a Refillable Drinks Bottle.



Mourning creativity naturally

## After school art club

Weeke Primary School  
Tuesdays 3.30 - 4.30pm Years 2 - 6

Children engage in fun, hands-on art projects and learn about the natural world around them, all while being as eco-friendly and sustainable as possible!



Examples of creative projects may include:

- clay modelling
- collaging
- observational drawing
- charcoal/ pastel art
- craft activities
- printmaking
- recycled art
- sketchbook activities
- outdoor art
- painting using different media

Run by an experienced, qualified teacher and artist, Artiology Club is booked on a half termly basis at £8.00 per session. Payment is made by BACS to Halli Ormerod. This half term the club starts Tuesday 6th January and runs until Tuesday 10th February (6 sessions £48).

All materials are included. You are welcome to provide a small, healthy snack for your child to eat at the beginning of the session if they would like one. Please advise of any allergies or medical issues if necessary.



Email [hallimarie@googlemail.com](mailto:hallimarie@googlemail.com) if you would like to book a place for your child or would like further information.



Scan the QR code for more information, call 01344 508008 or email [info@lets-play.org.uk](mailto:info@lets-play.org.uk)  
Book online: [www.lets-play.org.uk](http://www.lets-play.org.uk)

[f @LPlayUK](#) [@LetsPlay\\_UK](#)

## Events in our community

**THE GIFT OF FOOTBALL**  
**THIS CHRISTMAS & FEBRUARY HALF-TERM**  
 AGES 5-13  
**Soccer Schools BARGATE**  
 POWERED BY BARGATE

**SCAN QR CODE TO BOOK SOCCER SCHOOLS**

QR VISIT: <https://www.southamptonfc.com/en/Christmas-holiday-and-february-half-term-soccer-schools>

### CHRISTMAS HOLIDAY 2025 AND FEBRUARY HALF-TERM 2026

Sign your 5-13 year old up for our Soccer Schools this Christmas Holiday and February Half-Term

Your child will take part in training sessions, matches, and mini-tournaments/competitions, learning from our experienced, FA/UEFA-qualified, and DBS-checked coaches.

We're also offering your youngster the incredible opportunity to play at the Southampton FC Training Ground as part of our Staplewood Soccer Schools.

#### Christmas Soccer Schools

VENUE	TIME	DAY PASS	22 DEC	23 DEC	29 DEC	30 DEC	02 JAN
DEER PARK SCHOOL, BOTLEY	9AM - 3PM	£27.50	✓	✓	✓	✓	✓
KINGS SCHOOL, WINCHESTER	9AM - 3PM	£27.50	✗	✗	✗	✗	✓
MOUNTBATTEN SCHOOL, ROMSEY	9AM - 3PM	£27.50	✓	✓	✗	✗	✓
HENRY BEAUFORT SCHOOL, WINCHESTER	9AM - 3PM	£27.50	✓	✓	✗	✗	✗
HENRY BEAUFORT SCHOOL, WINCHESTER	9AM - 5PM	£34.30	✓	✓	✗	✗	✗
WINCHESTER CITY, WINCHESTER	9AM - 3PM	£27.50	✗	✗	✓	✓	✗

#### February Soccer Schools

VENUE	TIME	DAY PASS	FULL COURSE	MEMBER PRICE
DEER PARK SCHOOL, BOTLEY	9AM - 3PM	£27.50	£127.50	£114.75
DEER PARK SCHOOL, BOTLEY (GIRLS ONLY MON & TUE)	9AM - 3PM	£27.50	£55.00	£49.50
MOUNTBATTEN SCHOOL, ROMSEY	9AM - 3PM	£27.50	£127.50	£114.75
HENRY BEAUFORT SCHOOL, WINCHESTER	9AM - 3PM	£27.50	£127.50	£114.75
HENRY BEAUFORT SCHOOL, WINCHESTER	9AM - 5PM	£34.30	£159.50	£143.75
SFC TRAINING GROUND, MARCHWOOD	9AM - 3PM	£49.50	N/A	N/A

Please visit our website for more information

**SCAN QR CODE TO BOOK SOCCER SCHOOLS**

QR VISIT: <https://www.southamptonfc.com/en/Christmas-holiday-and-february-half-term-soccer-schools>



**ARMY FLYING MUSEUM**

# WINTER ACTIVITIES

JOIN US FOR CRAFTS, EACH WEEKDAY  
 22<sup>ND</sup>, 29<sup>TH</sup> & 31<sup>ST</sup> DECEMBER  
 AND 1<sup>ST</sup> & 2<sup>ND</sup> JANUARY  
**FREE WITH MUSEUM ADMISSION**  
 THE MUSEUM IS CLOSED ON THE  
 23<sup>RD</sup>, 24<sup>TH</sup> 25<sup>TH</sup> AND 26<sup>TH</sup> DECEMBER  
 SNOWMAN TRAIL AVAILABLE THROUGHOUT  
 THE HOLIDAYS

armyflying.com 01264 781086



TUESDAYS  
SATURDAYS  
11am - 12pm

#### Story Time & Stay and Play

Listen to some of your favourite stories, make new friends and help support your child's language development and communication skills. Followed by a free stay and play - crafts, puzzles, duplo, colouring, dressing up and more!

TUESDAYS  
SATURDAYS  
11am - 12pm

#### Rhymetime

Our super popular Rhymetime sessions are a fantastic opportunity to have lots of fun, boost your child's confidence, and help them develop strong language and communication skills. It's never too early to start!

1 SATURDAY  
EVERY MONTH  
10am - 11am

#### Dad's Rhymetime with Stay & Play

A special rhymetime sessions exclusively for dads! (Also open to Grandads, uncles etc.) Bring your little ones along for all their favourite rhymes. Have fun, socialise and learn in a welcoming environment!

TUESDAYS  
SATURDAYS  
11am - 12pm

#### Saturday Family Fun

Free fun in the children's library! Colouring, Duplo, jigsaw puzzles, games, dressing up, children's trails and of course loads of books! This is a self-led session. Children must be supervised at all times.

**FREE DROP-IN FAMILY EVENTS - NO NEED TO BOOK!**

# HAMPSHIRE CAMHS INFORMATION AND ADVICE SESSIONS 2026

ARE YOU CONCERNED ABOUT A YOUNG PERSON'S  
MENTAL HEALTH?

10am - 2pm

The Arc, Jewry Street  
Winchester, SO23 8SB

This is an opportunity for  
parents/carers, professionals  
or young people to come  
and chat to our CAMHS  
clinicians, ask questions,  
get advice and resources.

Bookable slots available via  
our website or just drop in.



7 Jan	1 July
4 Feb	5 Aug
4 March	2 Sept
1 April	7 Oct
6 May	4 Nov
3 June	2 Dec

[hampshirecamhs.nhs.uk](http://hampshirecamhs.nhs.uk)

# Do you work with young people?

Hampshire CAMHS are offering a one-day  
training event on suicide prevention across  
three different locations in Hampshire

These training events are for Schools, colleges and organisations who work  
with young people, to understand & be confident in noticing & managing  
students that are distressed, not coping or at risk. They will cover:

- Understanding suicide and suicidal thinking
- Safety planning and working together
- Creating a suicide and self harm safer community in your School

All sessions are 9am - 4:15pm

Friday, 27 February 2026  
Winton Community Academy,  
London Rd, Andover,  
Hampshire SP10 2PS

Thursday, 11 June 2026  
St Peter's Catholic Primary  
School, Stakes Hill Road,  
Waterlooville,  
Hampshire, PO7 7BP

Friday, 2 October 2026  
Junction Church,  
2 Romsey Road,  
Eastleigh SO50 9FE



Scan the QR code to  
book or visit the events  
page of our website

[hampshirecamhs.nhs.uk](http://hampshirecamhs.nhs.uk)



# Anxiety

Understanding & strategies  
to support young people

Tickets £20  
Tea and  
coffee  
included

The day will provide an overview of the  
anxiety parent-led intervention we deliver  
for children and young people in CAMHS.

It is an opportunity for interaction and  
activities which will give psychoeducation  
and normalising of anxiety.

There will be chances to learn and practice  
strategies we teach parents in the intervention.



28 January 2026

The Irish Centre,  
Council Road,  
Basingstoke, RG21 3DH

11 November 2026

The Pallant Centre,  
The Pallant,  
Havant, PO9 1BE



For more information scan the QR code or visit:

<https://hampshirecamhs.nhs.uk/events/>

# EMBRACING AUTISM

Tickets £20  
Tea and  
coffee  
included

A day that focuses on skills and strategies, for parents, carers  
and professionals supporting a child with Autism.

Topics include:

- Supporting your autistic child to thrive - adapting to meet the needs of the autistic young person and practical strategies.
- Support for SEN in education & what to do if it's not working.
- Supporting Young People to Make Sense of their Experiences - empowering young people and putting them at the centre of their experience.

Discretionary tickets available to families on request.

4 February 2026

The Pallant Centre,  
Havant, Hampshire  
PO9 1BE

9 July 2026

Junction Church,  
2 Romsey Road,  
Eastleigh, SO50 9FE

17 November 2026

Andover Community Church  
Charlton Road, Andover  
SP10 3JH



For more information scan the QR code or visit:

<https://hampshirecamhs.nhs.uk/events/>

## PACE Events

**NHS**  
Hampshire Child and Adolescent  
Mental Health Services

# HOW TO COPE WHEN YOUR CHILD CANT

**Tickets £25**  
Tea, coffee  
and lunch  
included

Three one-day events focused on parents/carers understanding their own needs, and learning strategies to look after themselves as they support a young person with their own mental health needs.

Each morning session will focus on different topics - further details can be found on our website.

The afternoon session will focus on How to Feel Better as a Parent in Burnout.

**For more information and to book a place go to:**  
<https://hampshirecamhs.nhs.uk/events/>

<b>Thursday, 22 January 2026</b> 9:30am - 3:15pm St Peters Church Centre, Jewry St, Winchester SO23 8RY	<b>Friday, 15 May 2026</b> 9:30am - 3:15pm The Hilt, Hiltngbury Road, Chandlers Ford, Eastleigh SO53 5NP
<b>Wed, 30 September 2026</b> 9:30am - 3:15pm The Irish Centre, Council Road, Basingstoke, RG21 3DH	Some events have a small charge to allow us to cover costs, some discretionary free tickets are available

**NHS**  
Hampshire Child and Adolescent  
Mental Health Services

# PACE

2026  
PARENT & CARER EVENTS

**Free** health & wellbeing events for all parents & carers who support or work with young people

DATE	LOCATION
Thursday, 26 February 2026	<b>Basingstoke</b> Queen Mary's College, Cliddesden Rd, Basingstoke, Hampshire RG21 3HF
Thursday, 16 April 2026	<b>Eastleigh</b> Junction Church, 2 Romsey Road, Eastleigh SO50 9FE
Friday, 8 May 2026	<b>Lyndhurst</b> Lyndhurst Community Centre, Central Car Park, High Street, Lyndhurst SO43 7NY
Thursday, 25 June 2026	<b>Andover</b> Winton Community Academy, London Rd, Andover, Hampshire SP10 2PS
Monday, 5 October 2026	<b>Havant</b> Trostant School, Stockheath Lane, Havant, Hampshire PO9 3BD
Friday, 23 October 2026	<b>Waterlooville</b> Waterlooville Community Centre, 10 Maurepas Way, Waterlooville PO7 7AY

BOOK YOUR SESSION SPACE AT:

[hampshirecamhs.nhs.uk/events](https://hampshirecamhs.nhs.uk/events)

**PACE ITINERARY**

TIME	SESSION 1	SESSION 2
9:30 - 10:45	<b>New Understanding Adolescence &amp; Their Mental Health</b> What is adolescence & how can we understand teenage development. Brain development & the impact for young people at this stage of their lives. We will cover some ways to wellbeing for adolescents and consider how you as parents you can support your young person whilst maintaining your own wellbeing.	<b>New Sleep Optimisation</b> What is sleep and the importance of this. Why it may be difficult to sleep, & exploring what this is and how we can promote healthy sleep with some top tips.
11:00 - 12:15	<b>A basic introduction to ADHD</b> 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.	<b>New Understanding Suicide &amp; Suicidal Thinking</b> Understanding and increasing confidence in noticing and managing young people who may be distressed, not coping and at risk of self harm or suicide.
12:15 - 12:45	Lunch break	Lunch break
12:45 - 14:00	<b>New Introduction to Low Mood</b> Upskilling parents and carers to identify the signs of low mood in their young people and support them to break the cycle of low mood using activity scheduling and value based living techniques.	<b>A basic introduction to Autism</b> 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.
14:15 - 15:30	<b>New School Avoidance &amp; School Transition</b> The session will aim to provide parents/carers an understanding of what emotionally based school avoidance is & the reasons why some young people find it difficult to attend school. Moving to a new school is a big life event we will cover common worries and how these might present in your child, strategies to manage worries that you can share with your child to help them build their resilience, as well as coping strategies to calm the physical symptoms of anxiety.	<b>Parent Care - looking after yourself</b> This session 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.
15:45 - 17:00	<b>New Eight Skills to Support a Young Person</b> This session will cover 8 different key skills and strategies that a parent/carer or professional can use to support a young person. It will be a practical and helpful opportunity to feel more confident and knowledgeable in supporting a young person.	<b>Understanding &amp; managing anxiety</b> 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.
17:15 - 19:30	<b>Understanding ADHD &amp; the Strategies YOU need</b> This session will include what ADHD is, practical strategies to support the child/ young person with identifying their strengths, prioritising tasks, building resilience and has a focus on maintaining wellbeing. It includes evidence-based parent/carer skills to manage behaviour that can challenge using Non-violent resistance skills. Overall the event provides tools to support children and young people with ADHD to thrive.	<b>Supporting your autistic child to thrive</b> This two-hour session 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.

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# Trauma

Understanding the impact of trauma on a young person's brain, body and behaviour and how we can guide them from surviving to thriving

**Tickets £20**  
Tea and coffee included

- The importance of relationships and connection in the agencies supporting the young person in order for them to feel safe, build trust and resilience.
- The role of parents, carers and professionals, adapting responses to a young person that considers the impact of trauma and meaning behind the behaviour.
- How to help a young person develop skills to make sense of everyday experience and develop healthier coping and emotional regulation.


Discretionary tickets available to families on request.

<b>4 June 2026</b> Irish Centre, Council Road, Basingstoke, RG21 3DH	<b>7 October 2026</b> The Pallant Centre, Havant, PO9 1BE
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For more information scan the QR code or visit:  
<https://hampshirecamhs.nhs.uk/events/>



## PACE Events



Hampshire Child and Adolescent  
Mental Health Services

# UNDERSTANDING ADHD

Tickets £20  
Tea and  
coffee  
included

A day that focuses on skills and strategies, for parents, carers and professionals supporting a child with ADHD. Hampshire CAMHS Colleagues will be hosting this day alongside parents / carers with lived experience.


Understanding your child with ADHD, support, strategies and tips. Led by the Hampshire CAMHS ADHD team.

Support for SEN in education & what to do if it's not working. Led by Gayle Moir, SENDIASS Services Manager.

ADHD nervous system differences, sensory systems, emotional regulation, stress response, attention regulation, and executive functioning, Led by Courtney Freedman-Thompson-coach and wellbeing facilitator and lived experience.

<b>5 March 2026</b> Junction Church, 2 Romsey Road, Eastleigh SO50 9FE	<b>16 Sept 2026</b> The Pallant Centre, Havant, PO9 1BE	<b>3 November 2026</b> Andover Baptist Church, Charlton Road, Andover SP10 3JH
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## Autumn Attendance

### December both KS1 and KS2

EYFS/Key Stage 1		Key Stage 2	
Ash	89.5%	Elm	89.2%
Oak	94.7%	Larch	94.3%
Holly	86.5%	Maple	83.2%
Rowan	94.0%	Cherry	87.0%
Yew	92.2%	Cedar	87.5%
Willow	85.2%	Beech	88.8%
		Sycamore	84.8%
		Pine	88.9%

The classes with best attendance for December in EYFS/KS1 continues to be Oak Class and in KS2 Larch Class – well done!

So far this year, of the 392 pupils at Weeke Primary School:

Children with attendance over 95% = 230 pupils = 59%

Of those, children with 100% attendance = 230 pupils = 59%