



Thornden School Newsletter 9th February 2024

Head of School Welcome



Hello Families,

It certainly has felt like a whirlwind fortnight – lots of things to tell you about.

Firstly, my daughter and I hugely enjoyed the Winter production, *Peter Pan*. What a magical performance! It was so lovely to be whisked away to Neverland by a huge cast of dedicated and talented young people. Thank you to all of them, all of the parents and families that supported and to the team at Thornden Hall and the Performing Arts department.

Last Friday we had a Professional day of learning for our staff. This was our annual HISP training day, where we came together with members of the Trust. We heard from national experts; Marc Rowland on supporting our disadvantaged students and Bennie Kara on diversifying our curriculum. Teachers were absolutely buzzing with ideas after the sessions on how we can ensure that all our students can feel that sense of belonging through what we do as a school.

I had the privilege of spending time in the Science department this week. It was wonderful to speak to staff and students about their Science lessons and to understand how the huge wealth of complex knowledge in the curriculum can be learned over time. One highlight was how effectively mini whiteboards are used to check the understanding of every student so that teachers can adapt their lessons accordingly.

We celebrated Children's Mental Health week this week with a range of activities. I took part in the Taskmaster Challenge and helped students to chuck tea bags as far as they could in my office. It was a lot of fun (and a bit surreal!). We often say that school is more than academic learning and this week really highlighted that. Thank you to all of the staff that made the week special.

We welcomed hundreds of Year 11 parents on Tuesday evening to give them information about the year ahead and some top tips on how to support young people through this challenging year. Mrs Fuller also launched our Revision website to some audible 'oohs' and 'ahhs'. Parents will

get details of how to access this very soon but it is a one-stop shop for everything needed for revision – very helpful for students and for parents!

This Thursday and Friday I am at ASCL Council to serve my professional association and to get the latest information on the national picture regarding education. Amongst the sessions we are meeting with Bridget Phillipson MP, the shadow Secretary for Education, to hear her ideas on educational policy and, also, to help to shape them. I am loathe to be out of school but it is really important that the voices of school leaders is heard so I am pleased to be able to do this on behalf of the school and the Trust.

I hope that all of the students have a lovely half term break and come back refreshed and ready for Spring term 2.

Caroline

29th January 2024

This week's artist of the week is Ellie S from Year 9 with her lovely clay pot inspired by Jomon Pottery. Well done Ellie!



5th February 2024

This week's Artist of the Week is Daisy W from Year 8 for her fantastic mixed-media collage inspired by sweets and biscuits and the work of artist Sarah Graham. Well done Daisy!





Meet the team behind the scenes!

Ali and Leigh have worked in our very busy Reception for the past 11 years, giving them a comprehensive knowledge of the school, staff, students and parents. Following our safeguarding procedures, their role is to welcome all visitors to our school safely, with a smile, assist and direct visitors and answer all of your phone calls to the school. Ali and Leigh enjoy their relationships with the students and are friendly faces for students to approach. They compile and issue the Daily Bulletin, keeping the students up to date with important daily information.

Rachel started working at Thornden in September 2023 and works alongside Leigh in Reception on a Wednesday. Rachel also supports the English and MFL departments doing general admin duties, collating information and documents for school trips, booking excursions and generally helping where needed. Rachel also issues and manages the lockers for all pupils.

Ali enjoys reading, swimming and Pilates.

Leigh enjoys the Theatre, swimming, travelling and looking after her grandchildren.

Rachel enjoys spending time walking her dog, has recently joined the gym and loves to travel and socialise with friends.

Arbor App

We would like to bring to your attention the importance of ensuring that your details on the Arbor App are accurate and up to date.

Please take a moment to log in to the Arbor App and review the information associated with your account.

Please ensure that your child's legal name, emergency contacts, and any other relevant information are correct. If you find any discrepancies or changes that need to be made, kindly update them promptly through the app.

If you encounter any difficulties or have any questions, please feel free to contact our school office, and our staff will be happy to assist you.



Department Spotlight

New feature! Each newsletter we will shine a spotlight on the work of one of our fantastic departments.

The Art Department-Lisa Willis HOD

Modelling with clay, painting with watercolours or acrylics, collaging, designing using Photoshop and collagraph or lino-printing are just some of the many exciting skills that students in the Art department have been learning recently.

After developing their skills in drawing, Year 7s have moved on to create stunning Steam Punk inspired pencil pots, produced fantastic collagraph prints and have practised their painting and drawing skills whilst learning about the Fauvist artists.



Year 8's have been busy sculpting Gargoyles from clay, creating mixed-media collages based on sweets and biscuits and extending their knowledge of printing with some 2-colour lino printing.



If you have been either painting acrylics onto MDF, modelling a Jomon-inspired pot from clay or creating double-exposure images in Photoshop, then you will have been a year 9 Art student experiencing some of the techniques you could develop if you chose one of the 3 Art GCSEs on offer (3D Design, Fine Art or Graphic Communication).



Recently Year 9 Art students have also had the opportunity to listen to a talk in the conference room about what it's like taking GCSE Art, as well as viewing some GCSE artwork - seeing a project through from start to finish.

Our GCSE students are currently working hard preparing for their Art exam. As well as after school sessions we are now offering 'Studio Time' at breaks and lunches if GCSE students want to come in and work on their artwork. This has proved popular so far and it's great to see all their wonderful ideas taking shape.

Our Year 7 'Awesome Artists' have also been busy! They come together every Friday lunchtime to experiment with new materials and have some fun. So far, they have tried out watercolour pencils, marker pens, pen and ink and clay. Open to all Year 7s – so feel free to come along and join in the fun!

After participating in the Hares Trail last year, we are delighted to have been chosen to take part in 'Light the South'. A group of students will be chosen to, this time, paint a design on a mini lighthouse, which will return to Thornden after being displayed on the Arts Trail around Southampton this summer. Look out for our Art Competition soon for a chance to be a part of the design team!



Online Safety Message

Screen Time Management

Finding the Right Balance in a Digital World

Introduction

We have explored topics from sexting to live streaming, understanding their implications for our digital well-being. Another crucial aspect of maintaining this well-being is managing our screen time. Excessive screen time can impact not only our physical health but our mental and emotional well-being too. This article aims to offer strategies for students and parents to effectively manage screen time.

Understanding Screen Time

Screen time isn't just about how long we're looking at screens; it's about how we're using them. Educational activities, creative pursuits, and social interactions online can be positive, but passive consumption and endless scrolling can have negative effects.

The Impact of Excessive Screen Time

While digital devices are integral to education and social interaction, excessive use can lead to negative outcomes, such as:

- **Physical Strain:** Eye strain, poor posture, and disrupted sleep patterns.
- **Mental Health:** Increased risk of anxiety and depression.
- **Social Skills:** Reduced face-to-face interactions can impact the development of social skills.

Tips for Managing Screen Time

For Students:

1. **Be Mindful:** Keep track of how much time you spend on screens and set limits for yourself.
2. **Take Regular Breaks:** Follow the 20-20-20 rule; every 20 minutes, look at something 20 feet away for at least 20 seconds.
3. **Balance Activities:** Ensure a healthy balance between screen time and other activities like reading, sports, and spending time outdoors.

For Parents:

1. **Set an Example:** Model healthy screen habits for children to follow.
2. **Create Tech-Free Zones:** Establish areas or times of the day where screens are not allowed (e.g., during family meals).
3. **Encourage Alternative Activities:** Promote engaging in activities that don't involve screens, such as board games, physical exercise, or hobbies.

Creating a Screen Time Plan

- **Establish Clear Guidelines:** Work together to set clear, realistic guidelines on the amount and type of screen time that is acceptable.
- **Use Tools and Apps:** Many devices have built-in tools to monitor and limit screen time. Familiarise yourself with these and make use of them.
- **Regular Check-ins:** Have regular discussions about screen time, what is working, and what might need adjustment.

Conclusion

Finding the right balance with screen time is crucial for maintaining our health and well-being in the digital age. By being proactive and mindful about our habits, we can enjoy the benefits of technology without falling into the pitfalls of excessive use.

Further Reading and Resources

- [Internet Matters – Screen Time advice for Parents](#)
- [BBC Bitesize – Parent's Toolkit](#)
- [Child Mind Institute – Screen Time & Technology](#)

Mr A Thomas
Designated Safeguarding Lead

Mr T Baldwin
Head of Computer Science

Safeguarding at Thornden School-Mr Thomas



Hello all

The school has been buzzing with activity this week with various activities for Childrens Mental Health Week. Activities have included football tournaments, Taskmaster events, apple bobbing, various crafts and teachers in the stocks, to name but a few. Thank you to all the staff who helped to run activities during the week!

During the week, tutors shared a presentation to inspire the students to be able to talk openly about mental health, share top tips and showcase services that young people can access for support.

If you would like more information on Childrens Mental Health week, please follow this [link](#).

If you require any support during half term, please see below agencies you can access.



Peter Pan-written by Jemima.G Year 10

Recently, students at Thornden took part in the exciting production of Peter Pan. During rehearsals we found it both a great chance to be really creative and also make lots of new friends in the process. As a pirate myself, I really enjoyed having the opportunity to be terrifying and to growl at the audience members, which was especially fun! After tireless work in the lead up to the show, it was ultimately an awfully big adventure for everyone who got to be in it. From kids flying across the stage to whimsical mermaids, this show was a wonderful experience that hopefully brought a smile to all those who came to watch it.



Useful Information

- Solent Mind are running a peer support for parents and carers. Please see attached poster for more details.

Wellbeing Hub Information

Upcoming [webinars](#) for parents and carers:



HOW TO PARENT TOGETHER WHEN YOUR PARENTING STYLES DIFFER, WEDNESDAY 21ST FEBRUARY, 6:30PM

With Dr Maryhan Baker, Psychologist and Parenting Expert



ALCOHOL, VAPING, AND CANNABIS, WEDNESDAY 13TH MARCH, 6:30PM

With Helena Conibear, CEO at The Alcohol Education Trust



NUTRITION FOR CONCENTRATION AND PERFORMANCE, WEDNESDAY 24TH APRIL, 6:30PM

With Tina Lond-Caulk, The Nutrition Guru - Author, Speaker, and Nutritionist

Careers

To visit our Thornden School Careers website that covers a range of options, information and guidance (and also includes our Careers newsletters), please click on the following [link](#).

T Level Events

South Hampshire College Group have lots of T Level virtual information events. Please see poster for more details.

Sparsholt College

Catch up with our live Apprenticeship Q&A!

As part of National Apprenticeship Week, our Apprenticeship Manager Helen Mitchell and Senior Apprenticeship Liaison Officer, James Clements hosted an excellent Q&A session where they discussed all things apprenticeships including what we offer at Sparsholt College Group, how to gain an employer and much more!

If you missed our live session for parents and students, you can watch this online [here](#).

If you have any further questions, feel free to contact: apprenticeships@sparsholt.ac.uk

Sport Update

Recent Results

| | | | | | | | |
|-----|-------|----------------|----|---------------------|---------------|---------------------------|-----------------------------|
| U12 | Boys | Football | vs | Priestlands | County Cup | Lost 1-2 | |
| U13 | Boys | Football | vs | Springfield | County Cup | Won 3 - 2 | Oscar |
| U13 | Girls | Indoor Cricket | vs | Testbourne | County Cup | Won | Katie & Herra |
| U13 | Boys | Football | vs | Wyvern | League | Won 3 - 1 | Charlie, Spencer & Rafferty |
| U14 | Girls | Football | vs | Springfield | County Cup | Lost 0 - 4 | Millie S |
| U14 | Girls | Netball | vs | Crestwood | League | Won | Ava R |
| U14 | Boys | Football | vs | Brookfield | County Cup | Lost 0 - 5 | Theo |
| U14 | Boys | Hockey | vs | Romsey | County Trophy | Won 4 - 0 | Oliver, Nathan & Tommy |
| U14 | Boys | Hockey | vs | Island Free | County Trophy | Won 2 - 0 | Oliver, Nathan & Tommy |
| U14 | Boys | Hockey | vs | Embley | County Trophy | Won 2 - 0 | Oliver, Nathan & Tommy |
| U14 | Boys | Hockey | vs | Durleston Court | County Trophy | Won 2 - 0 | Oliver, Nathan & Tommy |
| U14 | Boys | Hockey | vs | Ryde (Semi-Final) | County Trophy | Won 2 - 1 | Oliver, Nathan & Tommy |
| U14 | Boys | Hockey | vs | Island Free (Final) | County Trophy | Drew 0 - 0 | Oliver, Nathan & Tommy |
| U14 | Boys | Football | vs | Winton | District Cup | Won 5 - 2 | Callum |
| U14 | Girls | Netball | vs | Mountbatten | League | Lost 16 - 21 | |
| U15 | Boys | Football | vs | Wildern | County Cup | Lost 1 - 2 | |
| U15 | Boys | Basketball | vs | Perins | Friendly | Won 54 - 36 | Tom |
| U15 | Boys | Football | vs | John Hanson | District Cup | Lost 0 - 1 | |
| U16 | Boys | Hockey | vs | Embley | County Trophy | Won 4 - 0 | All the team! |
| U16 | Boys | Hockey | vs | KES | County Trophy | Won 4 - 0 | All the team! |
| U16 | Boys | Hockey | vs | Ryde | County Trophy | Lost 1 - 2 | All the team! |
| U16 | Boys | Hockey | vs | PGS (Semi Final) | County Trophy | Won 2 - 0 | All the team! |
| U16 | Boys | Hockey | vs | Ryde (Final) | County Trophy | Won 1 - 0 | All the team! |
| U16 | Boys | Football | vs | Wildern | County Cup | Lost 1 - 1 (Lost on pens) | |
| U16 | Girls | Hockey | vs | Perins | Friendly | Lost 5 - 7 | Imogen |
| U16 | Boys | Football | vs | Winton | District Cup | Won 5 - 0 | |
| U16 | Girls | Football | vs | Wyvern | District Cup | Won 2 - 0 | Milly & Jec |
| U16 | Girls | Netball | vs | Mountbatten | League | Lost | |



More Swimming Success

Great success at the Hampshire County Swimming Competition (14/under). The event saw some amazing swims by:

- Katie V and Amelia W in Year 7
- Aariana B, Amelie P and Olivia A in Year 8
- Ingrid VSZ in Year 9

Some of the headlines:

- Olivia won Silvers in both 100 and 200 Freestyle.
- Amelia won Golds for 50 and 100 Breaststroke, and silver for 200 Medley and 200 Breaststroke.

Apologies for not having the other results. We will hopefully have some more for you next time.

Trampolining Success

Last week Eloise L and Lucas M competed in the BSGA Southern Zonal Trampolining Competition. Eloise finished 3rd in the Year 7-8 Novice category and Lucas finished 4th in the Year 10-14 Intermediate category. They have both qualified to go through to the National Competition in Telford in March and we look forward to hearing how they get on. Well done to them both.

Taekwondo Success

Radu has worked hard in the last year, getting through his gradings, and is now classed as "A class" fighter. This now allows him to also take part in international taekwondo competitions. Last weekend, Radu participated in the Keumgang Open in Belgium, where he put in an incredible performance, reaching the finals for his category and winning a well-deserved Silver Medal.

This is an amazing start to the season, and we hope to have many more incredible news stories to share in the future. Well done Radu.



Student Success

We are always keen to hear about success stories from our students outside of school, please do get in touch if there is news we can share.

For any sporting successes, please email Mr Hall, Head of PE: b.hall@thornden.hants.sch.uk

Twitter

Follow @PEThornden on Twitter for a few more pictures and regular updates from the PE department.

E-consent for Teenage Booster and Meningitis vaccinations Thursday 22 February 2024 - Year 9 only

Please make sure you complete your consent form using the below link.

School Code: SH136715

Session date: Thursday 22nd February 2024

Link to website: Teenage Booster : [Hampshire Healthy Families](#)

Any Year 10 & 11 students who missed this, due to absence or lack of consent, you will be contacted separately via email to enable your child to have the vaccination, if you wish.

Upcoming Dates:

| | |
|---------------|---------------------------|
| End of term | 9 th February |
| Start of term | 19 th February |

General Contact

If you need to contact the school, please use either of the email addresses below.
In an emergency, please contact the school during office hours on 023 8026 9722.

info@thornden.hants.sch.uk
reception@thornden.hants.sch.uk

Inspiring Future Teachers (IFT) is a national School Centred Provider of Initial Teacher Training (SCITT) working through regional partners to offer one-year postgraduate routes to Qualified Teacher Status (QTS) with the option to study for a master's level Postgraduate Certificate of Education (PGCE). Inspiring Future Teachers – HISP Teacher Training is your local hub and aims to provide the opportunity to train to teach in Hampshire.

