



Thornden School Newsletter

10th October 2025



Welcome - Ms Lowing (Headteacher)



Dear Families,

An action-packed fortnight at Thornden School! We have had trips to Mundeford for Geography as well as Chichester with the Art department and a visit to the Theatre with the Dance team. In addition, we have had a number of sports fixtures and opportunities.

We opened our doors to hundreds of visitors on Open Evening this Thursday. Thank you to all of the students who provided tours or who helped in departments. They are true ambassadors for the school and embody the values that we espouse.

On Friday, teachers worked on refining our teaching and learning strategies to make sure that the ratio of participation remains high. We want all of our students to work hard and think hard in every single lesson. We also worked on checking for understanding so that teachers can identify when students are struggling and intervene swiftly.

I wanted to take a minute to share our current thinking around uniform. Some parents have been in touch regarding the amount of branded items that we currently have. We are aware of the legislation around this and the national sea change that has started to try and reduce the numbers of branded items to increase affordability and create equality. As a school, we fully support this and want our school to be as inclusive as it can be. However, particularly when we are dealing with older children, where there is a lack of guidance this can actually lead to less equality. A good example of this is our PE kit. We originally only had a red PE top as essential kit. The material of this was no longer fit for purpose as it was thick cotton and modern sportswear is lightweight and breathable so this was replaced. However, when it came to shorts and leggings students could, previously, choose plain black items. What actually happened was that students felt pressured to have expensive branded shorts (some of which are incredibly small and revealed underwear – a safeguarding issue) or expensive leggings and jogging bottoms. We had students in school with Gymshark leggings, worth over £100! We decided to bring in branded items as part of our PE kit to actually negate this. We have a strong second-hand offer from the brilliant FOTS and we have changed some of our rules to be more inclusive, in response to parents. The new Schools Bill is not yet in place but reporting states that schools will only be allowed 3 branded items. We have our jumper, our polo shirt and our skirt already. This means that we will have to make some difficult choices with regards to our PE kit. We passionately

believe that uniform is a great leveller – we were never intending to make students from different socio-economic backgrounds feel that they do not belong here so I hope that you understand some of our choices and want to keep communicating with you about this.

Thanks again for all of your support and please do get in touch if we can help in any way.

Regards
Caroline

Dates for you Diary

Event	Date	Information
Open Morning	Tuesday 14 th October	New families
Mudford Trips	14 th -17 th October	Year 11 GCSE
Year 7 Team Building Day	16 th and 17 th October	Half of the year each day
Open Morning	Tuesday 21 st October	New families
Year 9 English Speaking Competition	Wednesday 22 nd October	Year 9
Year 11 Trip Thorpe Park	Thursday 23 rd October	Year 11 only
Iceland Trip	Friday 24 th October	
Half Term	27 th -31 st October	
Inset day	Monday 3 rd November	Closed to students

Inset Days 2025-2026

03/11/2025

16/01/2026

30/06/2026

08/07/2026

Extracurricular Timetables

Please follow this [link](#) to our new Extracurricular timetables.

The PE timetable changes each half term.



Meet the Team Behind the Scenes-Mrs Maiden (Administrator and Receptionist)

In case you thought Kelly was playing hide and seek, she has actually moved down to the Study Skills Room to do the admin for the SEN department. You'll still find her on Reception on Tuesdays! She also helps with the Year 9 Student Council. Kelly enjoys getting to know the students and hearing their opinions on things around the school that matter to them.



Chichester Fine Art Trip- Miss Willis (Head of Art)

Here are some photos from the Fine Art trip to Chichester Cathedral and Pallant House Gallery today. Students spent the morning sketching and taking photos at the cathedral before viewing works at the gallery, ahead of an art workshop.

A member of the public commented on how well behaved our students were and the gallery team said their behaviour was exemplary, that they were a credit to the school and they could definitely come again!

William G said:

“The Year 11 Fine Art students had a lovely day out in Chichester recently. We first visited the breathtaking Chichester Cathedral and admired its stunning architecture, vibrant stained-glass windows, and old books dating back to the 1600s! We spent the morning sketching and photographing the cathedral for our next project.

We had a short walk over to Pallant House Art Gallery afterwards and had a look at some of the amazing paintings and artworks on display. The students took part in an exciting workshop where we also produced some of our own artwork”.





Safeguarding-Mr Thomas (Deputy Headteacher and DSL)



2025 PACE Events

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

DATE	LOCATION
Thursday, 23 rd January 2025	Alton Alton Maltings, Maltings Close, Alton, Hampshire, GU34 1DT
Thursday, 27 th February 2025	Basingstoke Queen Mary's College, Cliddesden Rd, Basingstoke, Hampshire RG21 3HF
Thursday, 26 th June 2025	Andover Winton Community Academy, London Rd, Andover, Hampshire SP10 2PS
Friday, 7 th November 2025	Lyndhurst Lyndhurst Community Centre, Central Car Park, High Street, Lyndhurst SO43 7NY

BOOK YOUR SESSION SPACE AT:

hampshirecamhs.nhs.uk/events

HOW TO COPE WHEN YOUR CHILD CANT

Tickets £25
Tea, coffee and lunch included.

Four 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/>

Some events have a small charge to allow us to cover costs, some discretionary free tickets are available

Thursday, 30 January 2025 9.30am - 3.15pm Proteus Creation Space, Council Rd, Basingstoke RG21 3DH	Thursday, 8 May 2025 9.30am - 3.15pm St Peter's Catholic Church Conference Centre, Jewry St, Winchester SO23 8RY
Thursday, 23 October 2025 9.30am - 3.15pm Colbury Memorial Hall, 133 Main Rd, Totton, Southampton SO40 7EL	Tuesday, 2 December 2025 9.30am - 3.15pm Waterlooville Community Centre, 10 Maurepas Way, Waterlooville, PO7 7AY

TIME	SESSION 1	SESSION 2
9:30 - 10:30	Supporting a child with eating difficulties including AFRID This session solely focuses on eating disorders as a mental health disorder for young people. This will cover Avoidant Restrictive Food Intake Disorder, which is a feeding and eating disorder. People with AFRID 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.
10:45 - 11:45	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.
12:00 - 13:00	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 session 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.
13:30 - 14:30	Understanding and supporting a young person with Obsessive Compulsive Disorder (OCD) This session 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 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.
14:45 - 15:45	Connecting with your child Understanding what true connection, co-regulation and compassion are, why we need them as humans (adults and children), and how they influence our nervous system states. Including ways to build them into your everyday life to support your child's wellbeing and your own.	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.
16:00 - 17:00	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 session uses easy to understand metaphors that can be shared with children to help them to explore their own coping and resilience.	Tics and Tourette's An introduction to what are Tics and what is Tourette's. This presentation will cover what can make tics wax and wane and explore ideas and interventions that can help young people, their carers and other people who may support them.
17:15 - 19:30	Understanding ADHD 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.	Supporting your autistic child to thrive 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.

EMBRACING AUTISM

Three days that focus on skills and strategies, for parents, carers and professionals supporting an autistic young person. Hampshire CAMHS Colleagues will be hosting these days alongside parents / carers with lived experience.

Supporting your autistic child to thrive - adapting to meet the needs of the autistic YP and practical strategies. Led by Dr Catherine Robson - Hampshire CAMHS.

Support for SEN in education & what to do if it's not working. Led by Gayle Moir, SENDIASS Services Manager. (not on 14 March)

Understanding autistic burnout, what it is, why it happens, why it's different to depression, recovery, safe spaces, and prevention. Led by Viv Dawes - Advocate/trainer/author.

9.30am - 3.30pm

Friday, 14 March, 2025
Proteus Creation Space,
Council Road, Basingstoke
RG21 3DH

Wednesday, 9 July, 2025
Waterlooville Community Centre, 10 Maurepas Way, Waterlooville, PO7 7AY

Friday, 14 November, 2025
St Peter Church Conference Centre, Jewry Street, Winchester, SO23 8RY

Tickets £20
Tea and coffee included

For more information and to book a place go to
www.hampshirecamhs.nhs.uk/events/



Wellbeing Den – Develop, encourage and nurture Mrs Kingsley-Smith (Safeguarding and Pastoral Manager)

It was fantastic to meet some of our Year 7 parents and carers for our welcome coffee morning. The Mental Health Support Team did a fantastic presentation and shared details of their services around how to support young people in schools. Mrs Byrne, Miss Malhi, Mrs Sellars and I all enjoyed talking to our new parents and were delighted to hear about positive starts children had to the school year.



We have been rewarded by seeing the peer support that has stemmed within the Wellbeing Den and would like to see this grow even further. I have been working with Solent Mind and we will be offering an after-school club for Wellbeing Ambassadors training after school on a Monday from 15.00-15.45 for Years 8-10, hoping to start after half term. Our focus will be to show our students how to support others, which will involve learning ways to look after their own wellbeing. Spaces will be limited if your son or daughter are interested, please encourage them to contact me directly or email s.kingsley-smith@thornden.hants.sch.uk.

The MHST team also hosted a revision workshop for some of our year 11 students. These workshops were very well received and we hope to roll out future dates for other year groups.

Artist of the week

Artist of the week is Matilda in Year 7





Week of Languages-Mr Tully (2nd in MFL)

At Thornden we have recently celebrated our annual Languages Week.

Year 7 took part in an inter-tutor quiz to see how much they knew about other languages. The scores were very close, but ultimately the joint-win was narrowly clinched by 7FAQ and 7FHPW. Year 7 also had the opportunity to take part in a languages-themed dress-up day, with prizes being awarded for the best outfits and costumes. We were very proud of the effort and care that Year 7 put into deciding what they would wear on this day and it was lovely to see how creative they were.

Year 8 learnt more about famous artists, events and landmarks from France and Spain, with the top scorers in each class receiving a small prize for their efforts. The questions weren't all easy, but there were some very impressive research skills on show!



Year 9 took part in a languages-themed 'bake off' event, the trophies for which were awarded in assembly. Mrs McGreal and Mrs Fuller were this year's guest judges and had the very difficult job of choosing the overall winner.

We are very grateful to our new catering company Aspens for supporting Languages Week 2025 with a delicious limited-edition international menu, as well as to the site team and our MFL student leaders for their help with decorating the canteen. Over the course of the week, students had the opportunity to enjoy a limited-edition menu inspired by Spain, France, Sweden (a new entrant for 2025!), Italy and Germany. ¡Qué delicioso!

We are already excitedly looking forward to next year's event and hope to see as many students as possible getting involved with the challenges on offer.





Careers – Miss Stickland (BTEC Enterprise and Careers Lead) & Miss Quinn (Careers Coordinator)

Click [here](#) for all the latest careers news, events and opportunities.



Totton College Open Event

Totton College’s upcoming open event is on Tuesday 14th October from 17:30 - 19:30. There Open Events are an excellent opportunity for prospective students to get a feel for life at Totton College and talk to their staff about their future after school.

Students will be able to explore their Vocational, Pathways, and Skills for Life courses, as well as their apprenticeships. You can download a digital copy of their prospectus [here](#).

Sparsholt Open Events/Applications - Year 11

Registrations are now open for Sparsholt College’s next open event on Saturday 8 November 2025. These are on campus, in person events. To attend, students will need to register for the event, and book tours of the subject areas that they wish to see as soon as possible by visiting [Experience Sparsholt - Sparsholt College Hampshire](#). Timings for the event depend on the tour/tours that the student has booked.

Also, applications are now open for Sparsholt College, to apply students can use - [How to Apply - Sparsholt College and University Centre Sparsholt](#).





Department Spotlight- Each newsletter we will shine a spotlight on the work of one of our fantastic departments.

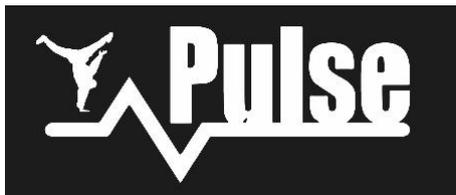
Mr Burnham

Dance Department Spotlight

September has seen a really busy start for Dance. We have two exciting new groups of GCSE Dancers in Year 10. I am loving the commitment from these students in lessons and their dedicated enthusiasm.

All three dance companies have received new members keen to enjoy Dance beyond the classroom.

Our Student Leaders in Dance have taken on the responsibility of choreographing and leading both Junior Dance Company and Senior Dance Company (Fusion Dance). There is a fantastic working atmosphere in each of these companies in every rehearsal with the standard of dance being very high this year.



Pulse – Thornden School’s Boys’ Dance Company continues to be a vibrant and energised group. I am so proud of our Year 10 and Year 11 boys who are really taking on the role of mentor to the younger years, particularly the new Year 7s who have joined in the past few weeks. This year promises a busy schedule of

workshops and performances for the companies with invites to University of Chichester, ManMade at the Mast, New Generations dance platform, Park Community School to name just a few.



Last week we had our first theatre trip of the year to see ‘We Caliban’. This was a challenging work for students, but they really rose to the occasion and got a lot from their experience. Class discussions afterwards revealed a lot of added understanding of both performance skills and choreographic style which is essential for their exam preparations.

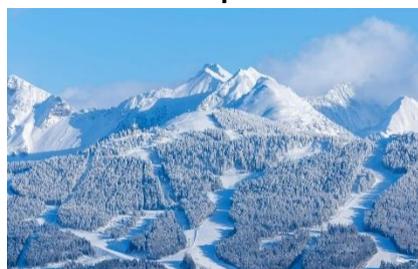


Thornden Sport- Miss Hall (2nd in PE)

Miss Hall 2nd in PE Sports Results

Date	Team	Gender	Sport	Opposition	Fixture Type	Result	Player of the match
25/09/2025	U14	Girls	Football	Henry Beaufort	League	Drew 2-2	Tuula & Emily
29/09/2025	U12	Boys	Football	Romsey	League	Won	
30/09/2025	U14B	Girls	Netball	Kings	League	Won 18-3	Frankie
30/09/2025	U14	Boys	Football	Springfield School	County Cup	Won	
30/09/2025	U14	Girls	Football	Robert Mays	County Cup	Lost 0-1	
30/09/2025	U14	Boys	Hockey	Romsey	Friendly	Drew 3-3	
01/10/2025	U12	Girls	Football	Romsey	League	Won	Charlie
02/10/2025	U13B	Girls	Netball	Kings	League	Won 15-3	Olivia J
02/10/2025	U12B	Girls	Netball	Kings U13B	Friendly	Lost	Petra
02/10/2025	Inter & Junior		Swimming	Hampshire Schools Swimming Gala		Inter Girls – Silver & Bronze. Junior Girls – x2 silver	
06/10/2025	U12B	Girls	Netball	Romsey	League	Won 25-8	Ella & Erin
06/10/2025	U13B	Girls	Netball	Romsey	League	Won 20-7	Eve & Genna
06/10/2025	U15	Boys	Football	Mayfield School	County Cup	Won 2-0	
07/10/2025	U12	Girls	Football	Toynbee	League	2-1	Georgina
07/10/2025	U12	Boys	Rugby	Petersfield School		Lost	

Thornden Ski Trip 2027 – Schladming-Dachstein, Austria



Exciting news for current Year 8, 9, and 10 students! The Thornden Ski Trip 2027 will run over February half term, Friday 12 – Friday 19 February, taking up to 42 students of all abilities, from complete beginners to competitive skiers.

We'll be heading to the beautiful Schladming-Dachstein region in Austria, part of the Ski Amadé network with over 750 km of slopes. Students will stay at the Mountain Hostel in

Ramsau am Dachstein and enjoy skiing lessons, plus evening activities such as tobogganing, swimming, and a pizza night. All ski equipment, including helmets, is provided – students just need to bring their ski clothing or use a rental service.

The total cost is £1545, payable in instalments, starting with a £250 deposit due by 5 November. An email with full details has gone home to parents. To be considered for a place, please complete the online form: <https://forms.office.com/e/sghZ9hBA3H> – open until Monday 27 October.

Places are limited and oversubscribed, so don't miss out!

For questions, contact Mr B Hall at b.hall@thornden.hants.sch.uk





Swimming

Last Thursday, Ms Jones and Ms Parker, took our swim squads to the Schools County Gala at Winchester Bar End. We had squads in the Junior girls, a squad in the Inter boys and two squads in the Inter girls. It was lovely to take so many students, and it was overall a great day. Well done to our Junior girls who finished second in both of their events and our Inter girls who finished second and third. We are now patiently waiting to hear whether our times are fast enough to progress through to Nationals. Well done to all who attended and represented Thornden so brilliantly!



Achievements

Congratulations to Eleanor, Year 8. Eleanor has just participated in the Trampoline, DMT & Tumbling British Championships where she did fantastically and won a silver medal in the DMT and came 7th in the trampoline in her category. The British Championship is the highest level of competition in the UK and in the senior categories, the competitors were fighting for a spot on the GB team for the World Championships next month in Pamplona. Eleanor was very excited to have shared the trampoline with Bryony Page (MBE) and the DMT with Beth Williamson, although not at the same time of day! This is Eleanor's first year of competing at this level! Fantastic Eleanor, well done!



Sporting Success

We are always keen to hear about success stories from our students outside of school, so 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

Social Media

We are now up and running with our Instagram page, which serves as a platform to enhance communication and celebrate achievements. This page highlights the dedication, success, and spirit of our students. We warmly invite parents to follow us: [Thornden Sport Instagram](#).



@THORNDEN_SPORT

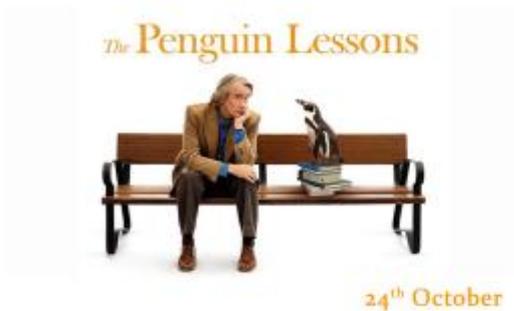
Thornden Hall



Opening the season for The Met
La Sonnambula 18 October



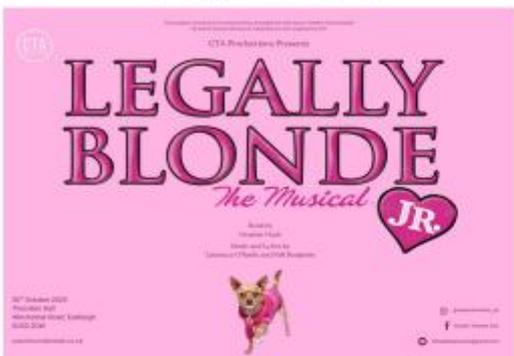
Charity Variety Concert
Night with the Icons - 19 October



Movies @ the Hall
The Penguin Lessons - 7pm



**** 'Staunton and Bessie Carter
make a wonderful double act' Financial Times



The highly-commended musical theatre production
company are back with their next show



UK Tour of Noel Coward's timely
comedy of manners



Thornden Hall is located at the back of Thornden School and serves both the school and the wider community
A high-quality performing arts centre, hosting a variety of events including:

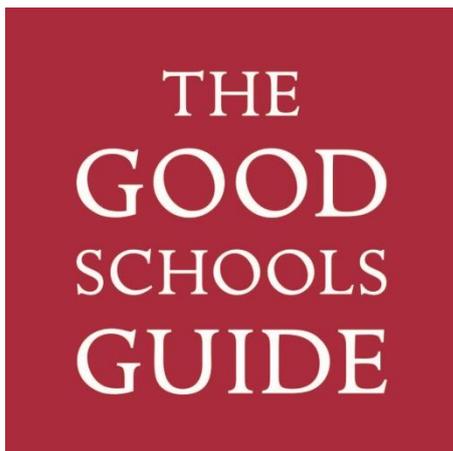
- Live theatre performances
- Concerts
- Cinema screenings
- Community and professional productions

The venue is well-equipped and designed to support a wide range of artistic and cultural activities.
More information can be found at www.thorndenhall.co.uk

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

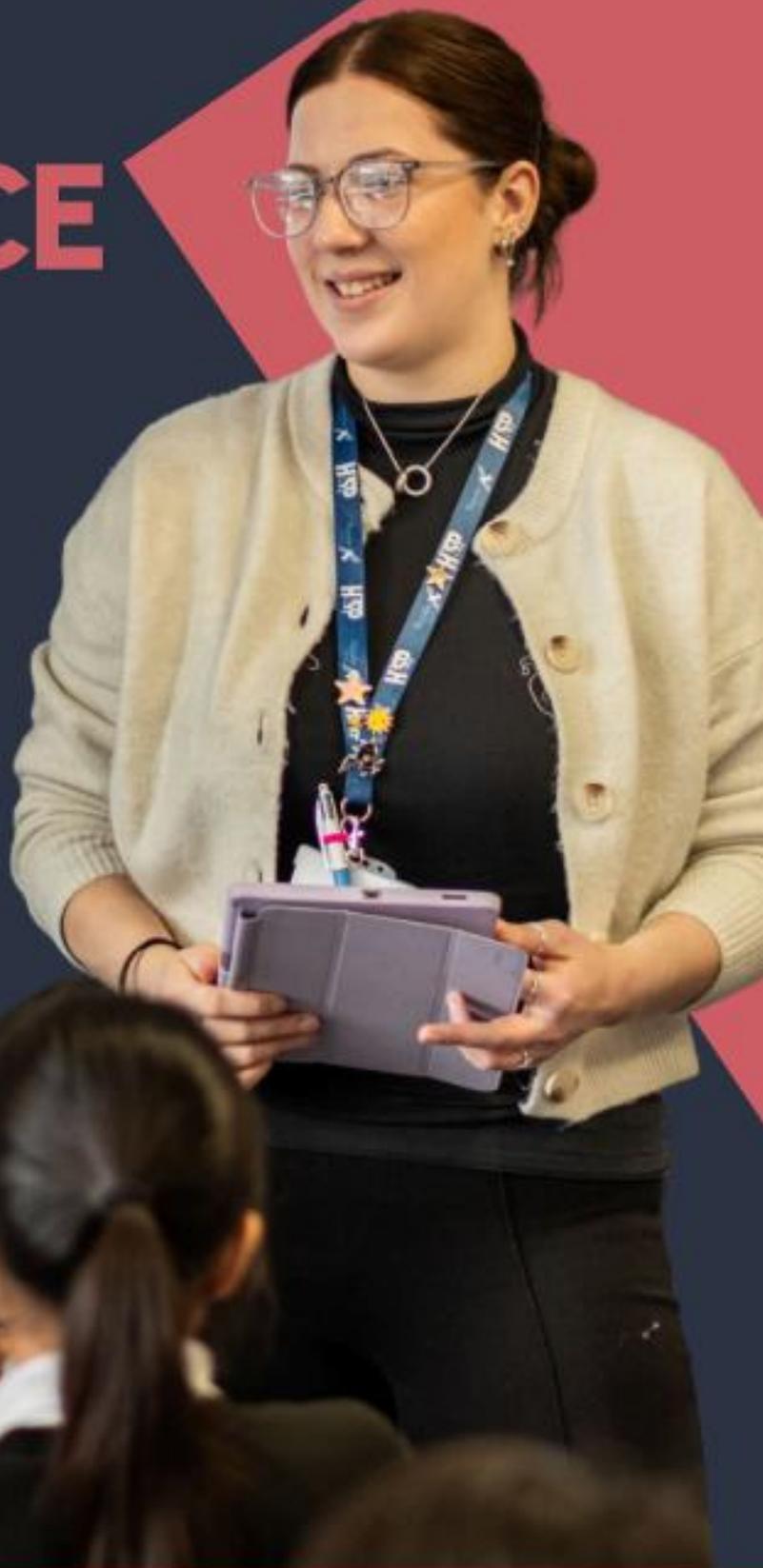


"A big school with a big heart, exceptional leadership and a culture where it's cool to want to do well. Delivers academic excellence without compromising on wellbeing or personal development. Families feel very lucky to have this school on their doorstep." [Good Schools Guide 2025](#).

SCHOOL EXPERIENCE DAYS

Join an in-person school experience day to observe real classroom learning, meet pupils and staff, and explore what modern teaching looks like. It's a great way to discover if teaching is right for you - and boost your application.

To attend a school experience day at one of our partnership schools, scan the QR code below and visit our website.



>> inspiringfutureteachers.org/hisp <<

