

Dear Parents/Carers and Students

Welcome back from what was a long and hopefully restful summer holiday. This is the first addition of the new Bohunt Bulletin. This will be produced fortnightly and will contain useful reminders of upcoming events and important information, celebration of school successes as well as providing useful advice and guidance for supporting your son/daughter.

The Secondary Geography Quality Mark:

Congratulations to the Geography Department who have been awarded the prestigious, Secondary Geography Quality Mark: in recognition of excellence in teaching and learning in geography. Bohunt Geography department is one of only 16 schools to have received this award this year. This is a fantastic achievement and reflects the hard work of Miss Thomson and the geography team.

DofE:

Congratulations to our Year 10 students who have recently completed their Bronze expedition. For some, they completed the expedition in what was described by Mr Avery as: 'the worst conditions I have ever experienced for a DofE expedition'.

Co-curricular:

A full programme of events for before and after school and lunchtimes has been emailed to parents/carers. You can also find it on our website. There are plenty opportunities for students of all years to participate in an extra curricular club.

Uniform:

The majority of students have returned to school and look incredibly smart and they should be congratulated. There is a small minority who sadly continue to wear their uniform incorrectly. Please read our uniform guidance on the website at: <http://www.bohunt.hants.sch.uk/wp-content/uploads/2015/07/Uniform-List-updated-May2016.pdf>. It is useful to clarify that:

- **Jumpers:** These must be worn to school, but can be removed once students reach their tutor bases. They must also be worn to house and school meetings.
- **Skirts:** Girls must not wear their skirt rolled up and they should be worn to the knee.
- **Trousers:** It seems to be the fashion for trousers to not reach the shoes. Please ensure that boys have trousers that are the right length i.e. to reach their shoes

Canteen:

We are aware of a number of issues that students and parents have been experiencing with the catering at Bohunt. We are sorry for any distress and upset that this is causing and would like to reassure you that we are working hard with our catering contractors to solve these problems.

Punctuality

We have noticed a number of students are arriving late to school. Please can parents/carers reinforce with their son/daughter that school starts at 8.40am and therefore they need to be at school and in their tutor base by 8.35am. Please plan your journey to take into account traffic in Liphook. Failure to attend on time will mean students are liable for a sanction for being late to school.

New Staff:

We welcome a number of new staff to the school this September. Ms Moffatt and Mrs Elms are leading our Pastoral Team, which includes our new Welfare Officers Mrs Tanton and Miss Ward. We also continue to receive the support of our Parent Support Advisor, Sarah de Marcos. Should you have any concerns please do continue to contact your son/daughter's Tutor and Achievement Co-ordinator in the first instance.

Useful Websites:

Bohunt School: www.bohunt.hants.sch.uk or Follow us on Twitter: @bohuntschool
School Gateway (for adding money to your child's lunch account): <https://login.schoolgateway.com/0/auth/login>

Spotlight on... **MOBILE PHONES:**

Students are able to bring their mobile phones to school because we recognise it provides reassurance to parents. However, we have very clear expectations. Phones must never be taken out in lessons (unless directed by a member of staff) or used around the site. Mobile phones should be switched off and in students' bags between 8.40am and 3.30pm. Students are able to listen to music, in their tutor base only, at break and lunchtimes.

Upcoming events:

Open Evening	Thursday 22 September (early closure – 12.40pm)
Inset Day	Friday 23 September
Year 7 Meet the Tutor Evening	Thursday 29 September
6 th Form Open evening	Tuesday 4 October
Year 8 Camp Launch Meeting	Wednesday 5 October
Year 9 Bushcraft Launch Meeting	Wednesday 5 October
Year 8 girls HPV Injections	Thursday 6 October
Dance Trip to the Point Theatre	Thursday 6 October
Year 7 Wicked to Oz Performance	Monday 17 October to Thursday 20 October
Break up for half term – 3.30pm	Friday 21 October

Wellbeing

Managing Anxiety and Stress: A Proactive Approach

Our students have very high expectations of themselves as they strive to enjoy and achieve as many opportunities as possible during their school years. This can sometimes lead to a sense of pressure or feelings of anxiety. So, how can we help our young people to recognise these feelings and to manage them effectively?

When you're feeling anxious or stressed, these strategies will help you cope:

- **Take a time-out:** Practise yoga, listen to music, meditate, or learn relaxation techniques. Stepping back from the problem helps clear your head.
- **Eat well-balanced meals:** Do not skip any meals. Do keep healthful, energy-boosting snacks on hand.
- **Get enough sleep:** When stressed, your body needs additional sleep and rest.
- **Exercise daily:** This will help you feel good and maintain your health. Check out the fitness tips below.
- **Take deep breaths:** Inhale and exhale slowly.
- **Count to 10 slowly:** Repeat, and count to 20 if necessary.
- **Do your best:** Instead of aiming for perfection, which isn't possible, be proud of however close you get.
- **Accept that you cannot control everything:** Put your stress in perspective: is it really as bad as you think?
- **Welcome humour:** A good laugh goes a long way.
- **Maintain a positive attitude:** Make an effort to replace negative thoughts with positive ones.
- **Talk to someone:** Tell friends and family you're feeling overwhelmed, and let them know how they can help you.

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