

## Dear Parents/Carers and Students

As we approach the end of the first half term, it is a good opportunity to reflect on what has been an excellent start to the new school year. Two very successful Open Evenings, numerous sports fixtures, two DofE expeditions, a French Exchange visit and students currently enjoying a trip in China are just a few of the exciting activities of the past six weeks. We are greatly looking forward to seeing our new year 7 students perform on the stage during this final week in Pure Imagination. We hope you will be able to join us.

## Home/School Contact

We actively encourage parents and carers to contact the school. However, recently we have experienced a very small number of parents who feel that it is acceptable to abuse our staff, whether this is via email, in person, or on the phone. As a caring and professional learning community, we will not tolerate our teachers and support staff feeling threatened; repeat offenders will be banned from our site and the Police informed.

## Trousers and Skirts

We have noticed that the fashion seems to be for boys to wear trousers that are both too tight and too short. This contravenes our uniform policy. Please can you ensure that boys' trousers are long enough to reach their shoes and are not overly tight. Boys will receive a lunchtime detention, if they are deemed not to have trousers that are long enough. We reserve the right to both send children home to change, or to provide alternative learning provision for them in school, if they are wearing incorrect uniform. Please also ensure that girls' skirts reach their knees. Again failure to wear the correct length skirt or have their skirt rolled, will result in a detention. Half term is an ideal time to ensure students are correctly attired to come back to school.

## French Exchange

The French exchange students from Istres visited Bohunt last week. Alongside their various outings in the area and London, they also took part in a joint lesson about examining stereotypes about both nations. This generated animated conversations between all students; it was fascinating to see our students reflect on how the British are perceived abroad.



## Bohunt Swimming

Congratulations to the Bohunt Swim Team who won 2 gold medals and 4 silvers at the Hampshire School's Team Relay gala, which was held last weekend. They are now awaiting selection into the National Finals to be held at the Olympic Aquatic Centre in London. We are extremely proud of them in the PE Department; well done.

## England call up

Congratulations to Lauren Green in year 11 who has been selected for the England Women's U16 National Squad. Lauren was selected after attending a Regional Development Tournament in Manchester, which saw over 108 girls from 9 basketball regions take part.

## Primary Sporting Fun

The Bohunt Primary Sports Partnership kicked off in late September with a netball skills session, followed by year 5 and 6 hockey tournament which was won by Greatham Primary. This week saw over 100 students take to the school field to take part in the KS2 cross country, running either one or two laps of the field.

None of these events would happen without the support of the year 10 Bohunt Sport Leaders, who have kicked off their course in style by helping out in great numbers with the primary events and collecting their voluntary hours required to pass the course.

## Girls Fixture Round up

Well done to the U13 and U14 girls' hockey teams who picked up their first wins of the season against Highfield and Robert Mays. The netball season has also got off to a winning start with convincing league wins for both the U15 and U16 teams.

## Mental and Emotional Wellbeing – Books that Save Lives in Bohunt Library

The importance of mental and emotional wellbeing is recognised and promoted in Bohunt Library's new display. Authors and Guardian children book site members reveal the books that 'saved their lives', referring to a number of novels that address different emotional issues and help to raise awareness or start conversations. There is an array of fiction books selected and available for Upper School students.



## Year 7 – English

This week sees the launch of Readathon for year 7. Readathon is a national sponsored reading scheme which raises money for seriously ill children. Reading for enjoyment is known to improve a child's chances in life in all kinds of ways and also helps buy new books for our own school library. During the initiative, we hope to encourage children to read as much as possible, and to raise even more than the £1000 achieved last year.

## Forgotten Equipment

Please can parents/carers remind students to organise and pack their bags the night before, as this will ensure that students have the necessary equipment for the day. We have noticed an increase in parents having to bring in forgotten items to the school reception.

## Mastpond Challenge

On 29 September, those year 11 students who won the Mastpond Challenge in July were treated to a trip out in HSL102: a RAF Rescue launch from World War II. They spent an hour travelling at 30 knots up the Solent towards Portsmouth, taking off over the wash from cargo ships, and chasing a couple of sail training ships, before getting the chance to helm the vessel back to Portsmouth. Even Ben Ainsley came out to play, but could not catch them!



## Spotlight on... Screen Time:

Teenagers nowadays spend an average of 7 hours a day on their devices, with the vast majority of this at home. Whether they enjoy social networking on their mobile phones, watching TV or playing video games, the time spent on these activities is definitely increasing. It is important to reduce this screen time to enable us all to lead balanced, healthy lives. Top tips for reducing screen time at home:

- Make plans to see friends and family regularly.
- Record any TV shows to watch later, so you get a good night's sleep.
- Eat at the dinner table, away from any screens.
- Take the TV and computer out of your room.
- Have a screen curfew, when everyone in the family switches off their devices for the rest of the evening before bed.

Remember: as a parent or carer, watch your own screen habits. You are their most important role model.

## Upcoming events:

Year 7 Pure Imagination	Tuesday 18 October to Thursday 20 October
Break up for half term – 3.30pm	Friday 21 October
School returns from half term holiday – 8.40am	Monday 31 October
Eden Project Trip Information Evening	Wednesday 2 November
TESLA Train to Teach Event	Thursday 3 November
Kyrgystan and Mongolia Training Weekend	Thursday 3 November to Sunday 6 November
Photography Trip	Saturday 5 November
ABRSM Exams (music)	Tuesday 8 November
Year 11 Mock Exams	Wednesday 10 to Monday 21 November
LAMDA Exams	Monday 14 & Thursday 17 November
Careers Fair	Tuesday 15 November
Ecosystems Trip (Eden Project)	Friday 18 to Saturday 19 November
Chichester Festival Theatre Visit	Monday 21 November (Evening)
Inset Day (School Closed)	Wednesday 23 November
Year 10 Consultation Evening (X side)	Wednesday 30 November
Sports Tour Quiz Night	Friday 3 December
Year 10 Consultation Evening (Y side)	Tuesday 6 December
Carol Concert	Wednesday 14 December (Evening)
School closes for Christmas	Friday 16 December – 12:40pm

# Emotional Health and Well Being

## Half term break: work and play balance

Whilst it can be easy to forget about school and sleep in late, and it is so important to take this break, we must also remember to plan in the time to work and relax over the half term break.

There is no one-size-fits-all approach, but the below tips may help you plan this time as a family:

- Decide on a time to get out of bed each day and stick to it.
- Set time aside to relax, off screen: reading, drawing, painting, building, walking, and so forth.
- Set time aside for key social events, such as a family dinner or a day out.
- Decide at the start of the break what work you will do when. Create a working timetable and stick it up at home.
- Agree on and stick to curfews set by parents and carers - if you agree to be back home at a certain time, make sure you are!
- Get plenty of rest. See the above 'spotlight on: screen times' to help with planning in quality sleep.