

Dear Parents/Carers and Students

It has been an exciting and busy couple of weeks for the School. We are busy preparing for the Christmas Carol concert on Wednesday 14 December. The evening is full of singing, drama and dance, with many of our talented students performing. You will also see below that our swimming team have recently taken part in the National Team Finals, with the Intermediate Boys team placing 9th in the country. This is an incredible achievement that we are all rightly proud of.

Children in Need fundraising challenge

On Friday 18 November we launched our Tutor Group Fundraising Challenge. We have given each tutor group three weeks to work on a project or activity that will help them raise as much money as they can for Children in Need, from a starting investment of just £5. This fundraising challenge aims to encourage teamwork, commitment, entrepreneurial skills and friendly competition. Details about winning groups and their ideas, alongside the grand total raised, will be published in a later issue of the bulletin.

National Swimming Championships

We are incredibly proud of our swimmers. On Saturday 19 November a team of exceptional swimmers went to the Olympic Park in London to compete in the National Team finals. They were competing against other schools that were mainly from the private sector or who were specialist Sports colleges. Those students who represented Bohunt were:



Junior Girls: Maisy Jones, Naomi Desbois, Mia Spencer and Louisa Murphy swam the freestyle relay and came 30th in 2:12.19

Intermediate Girls: Ella Monkman, Ella Grosse, Zoe Farthing and Abi Stemp swam the freestyle relay and came 28th in 2:03.37

Intermediate Boys: Alistair Roberts, Sam Crew, Andrej Donovski and Ben Smith swam the Medley relay and came 19th in 2:07.44



In addition to swimming the Medley relay, the Intermediate boys also competed in the Freestyle relay. They qualified for the final and finished a fantastic 9th overall in the country in a time of 1:49.37.

Many congratulations to all the swimmers on this incredible achievement.

Student sporting successes

Harry Hornsby, Tom Lang, and Jack Barrow have been selected to train and represent Hampshire Cricket U13 during the winter season. **Lauren Green** has made the first selection of the U16 England Basketball squad. **Holly Patten** has been selected to attend the Regional Netball Performance Academy. **April Stoker** is representing at the English Trampoline Championships later this month – we wish you every success!

Have you been achieving in the sporting world? Let Miss Broad know! You can find her in the PE office or let her know by email: lbroad@bohunt.hants.sch.uk.

Scholastic Book Fair

We will be holding a Scholastic Book Fair in the Library from Monday 28 November to Thursday 1 December. ALL BOOKS WILL BE HALF PRICE! The book fair will be available for students at break and lunchtime, and also after school when parents can also shop. It will be a great opportunity to purchase Christmas presents and purchase the latest books at a very competitive price.

Request for Parent Helpers: Carol Concert Refreshments

Preparations are already underway for our annual Christmas Carol Concert, which will take place on Wednesday 14 December from 7pm until approximately 8.30pm at St Mary's Church, Liss. As ever, this promises to be a delightful evening of showcasing our students fabulous musical, dramatic, dance and artistic talents as well as getting us all in the mood for Christmas! To further boost the feel-good factor, we are providing seasonal refreshments at the event. We are in need of some parent volunteers to help serve refreshments. Please could anyone willing and able to help contact Mrs Elms via email: velms@bohunt.hants.sch.uk. Thank you in advance for your kind support.

German Exchange (learners of German in years 8, 9 and 10):

This week we have launched the German Exchange trip for next year and you will have received full details in an e-communication from the school office. It is one of our most popular trips. As our time windows for registration and payment are relatively short, please talk about it at home as soon as possible and register promptly if you wish your child to take part. It goes without saying that your child's German will improve, but in addition, they will return more confident and assured than they were when they left, having made lasting friendships and having been warmly welcomed by their German hosts.

Spanish Exchange (learners of Spanish in years 8, 9 and 10):

There are still spaces available on the Spanish Exchange – please e-mail lbonser@bohunt.hants.sch.uk directly if you would like to apply, as the trip is no longer appearing on School Gateway.

CLIL Experience Day

The cohort of MFL trainee teachers from Chichester University came to visit Bohunt for a CLIL Experience Day. They saw PE in Mandarin, an advanced Mandarin lesson, and got their hands dirty in a French Art lesson. Our visitors were incredibly positive about the maturity and independence of our CLIL students from year 7, 8 and 9 and found their enthusiasm for their CLIL lessons particularly enjoyable to watch.

Singers needed at rock workshops

Rock workshops run every Monday from 3:30 – 4:30 in the music block. These sessions are run by two of our instrumental staff: Mr Canadine (guitar) and Mr Smith (drum teacher). These sessions are a relaxed opportunity for a mixture of musicians to get together and learn to play confidently in bands with support from our music staff. Please encourage your son/daughter to attend; they can just turn up and also bring a friend with them if they wish.

Bohunt Library's Titanic Exhibition

Bohunt Library held its first exhibition about the Titanic. Along with Bohunt Library's plethora of reference and complementary fiction books, interactive artefacts and activities were loaned from Godalming Museum. This enabled students to compare and contrast the technology used just 104 years ago to modern day and learn about local people who worked or travelled on board. As a result of the tragedy, many future lives were saved due to the introduction of Safety of Life At Sea (SOLAS).



Model United Nations

As President-elect Trump prepares for his inauguration, the world is preparing for a different relationship with the USA. Will America pull back from NATO? How will Trump's enthusiasm for Russia affect US foreign policy? What will happen in the Middle East? We will be discussing all these issues and more in Model United Nations (MUN), a current affairs debating club in which students each take on the role of a different country. Students from all year groups are very welcome. Come to B5 at lunchtime on Mondays, and you can bring your lunch. It's a fun and friendly club and you don't have to speak if you don't want to!

Shaw House Silent Auction

Thank you to those who placed bids in our Shaw House Charity silent auction for 'The Pituitary Foundation'. As a house we are delighted and astounded by how popular it proved and the **£960 we have raised!** We have contacted those who were successful, so if you have not heard from us, unfortunately you were unsuccessful this time – however with its popularity we are hoping to make it an annual event. Thank you again and congratulations to those who put in the highest bid.

Yoga

Miss Richards is opening up Yoga club to staff and students of all abilities – the focus is on stretching, strength, flexibility and relaxation. The morning sessions have given students a refreshing, energising start to their day whilst also allowing them to calm their mind. Come along for a taster session this Friday morning to feel the benefits that Yoga can bring you.

Bohunt School, Liphook Outdoor Education Programme launches for 2016-2017

Students' registration of interest in all of our Outdoor Education Programmes has been outstanding, with over 800 participants across all four year groups. This equates to nearly 60% of Y8-Y11 (combined). As a result of these numbers we are needing to revisit and re-negotiate aspects of our plans. We will contact all who have registered, shortly (during November), with regard to trip cost confirmation and deposit requests. For the latest updates please visit the Outdoor Education Website, <http://www.bohunt.hants.sch.uk/faculty-areas/it-computing/outdoor-education/> or view "Our Latest News" on the Bohunt School Homepage on <http://www.bohunt.hants.sch.uk/>.

Expressive Arts Lunchtime Showcases:

We will soon welcome the return of the Expressive Arts lunchtime showcases on a Thursday at 1pm, which are open to members of any year group to attend. These showcases are a chance for students' work to be celebrated in front of an audience and for students to see the creative and exciting work that has been going on across Expressive Arts. Please do encourage your child to attend the following showcases:

Thursday 24 November – Art Showcase in C block

Thursday 1 December – Christmas Music Student Performances in the Drama Studio

Thursday 8 December – Bohunt Players Scripted Performances in the Drama Studio

Thursday 15 December – Christmas Dance Off in the Drama Studio

Spotlight on...Revision and Study Skills:

Top Tips for Revising:

- Consider using some mindfulness techniques to help you stay calm and focussed during revision. Natasha Brittan from 'Corporate Calm' has been providing some targeted, professional mindfulness coaching sessions for some of our Year 11 students in school that have proved really helpful and many of our students across the year groups have had taster sessions through Focus Day activities or PDT sessions but there are also lots of ways that you can try mindfulness strategies and practices at home: the app 'Headspace' offers some free trial sessions to get you started and there are other apps and websites available. As well as mindfulness meditations, things like mindfulness colouring can help you to refocus your mind and let go of anxieties.

Active Revision Strategies:

- When making notes, make sure you are processing and condensing information, rather than just copying it out. You could try aiming to halve the number of words used or else try evaluating the importance of each 'headline' bit of information and then numbering it accordingly.
- Think about the learning style(s) that suit you best: if you are a visual learner, take time to colour-code your mindmaps or make display posters for your room; if you are more of an auditory learner, think about using podcasts or creating 'soundbites' to play back to yourself; if you like to learn kinaesthetically, try creating or sourcing card sorts to help you order and/or connect key processes, formulas and concepts.

TESLA Train to Teach

Would you like to train to teach? TESLA will be running information events on the following dates:

19 January 2017, 4:00-6:00pm	Priory School
19 January 2017, 10:00-11:30am	Chichester Free School
25 January 2017, 5:00-7:00pm	Bohunt Liphook
26 January 2017, 4:00-6:00pm	Midhurst Primary
31 January 2017, 5:00-7:00pm	Bohunt Worthing
31 January 2017, 10:00-11:30am	Camelsdale Primary
1 February 2017, 4:00-6:00pm	Bohunt Liphook
1 February 2017, 10:00-11:30am	The Petersfield School
7 February 2017, 5:00-7:00pm	Eggar's School

For further information, speak to the team at TESLA: 01428 724324 or cfleischner@bohunt.hants.sch.uk.

Upcoming events:

Year 10 Consultation Evening (X side)	Wednesday 30 November
Sports Tour Quiz Night	Saturday 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
School opens after Christmas	Tuesday 3 January 2017

Emotional Health and Well Being

ChatHealth: young people's text messaging service launches in Hampshire

We are committed to supporting students with their health and wellbeing both in and out of school. Please read the below information from the ChatHealth team, regarding a new service available for 11-19 year olds:

Southern Health NHS Foundation Trust's (SHFT) School Nursing Service has launched ChatHealth, a text messaging service to support young people in Hampshire. The aim is to improve access to health information and support for young people aged 11-19 years.

The School Nursing Team are able to support young people with questions relating to a wide range of health and wellbeing issues including relationships, weight, anxiety, drugs, smoking, stress, body worries, alcohol and sexual health. As well as giving advice, the team can signpost to appropriate services and other support.

With more and more young people using hand held mobile devices in their daily lives, the ChatHealth text service is an easy way for young people to confidentially ask for help with a range of issues. Qualified school nurses, who have a wealth of experience of working with young people, monitor this service.

ChatHealth is available now and allows young people in Hampshire to text messages to a dedicated number 07507 332160; the messages are then delivered to a secure website. Once received, the SHFT school nursing service will respond to the text within one working day.

ChatHealth is available Monday to Friday from 9am-4.30pm (excluding bank holidays). Any young person who texts the service outside of these hours will receive an automated message with advice of where to get help if their question is urgent.

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