

#### Hampton Hill Junior School Newsletter 14th November 2025

Dear Parents and Carers,

We hope you had a restful half term. We've had a busy start to this half of term, with lots of exciting activities and events taking place across the school!

We have had a number of sporting events with our netball, rugby and football teams which has been fantastic to see. The children have thoroughly enjoyed the matches played and have represented our school beautifully.

We were also delighted to send two of our year 6 students to York House in Twickenham last week to represent HHJS in the Pupil Parliament. Evie Flemming Day and Rupert Calarco both did us very proud and Rupert won which is an outstanding achievement.

With the festive period fast approaching we are excited for all the celebrations and activities, but we also recognise that there is a lot to remember and so we have put together a **'Christmas 2025 at HHJS'**, which will hopefully help keep track. As always any questions please contact the school office.

And finally we are delighted to announce that we have now been given the playing field and basketball court adjacent to the Carlisle site. This is an amazing opportunity that will benefit the children across the Federation.

Have a great weekend and enjoy the fireworks at Carlisle Infants school!

Mr Marc Lowery Head of School / Federation Inclusion Lead Hampton Hill Junior School St James's Ave, Hampton Hill, Hampton TW12 1HW



#### **Notices/Reminders**



#### Dates coming up: November

17th—21st November—Book Fair 21st November—Year 3 Roman Day

21st November—Year 5 parent information meeting re: Swanage 25th November—Prospective Parent Tours

27th November—Year 4 Parent information meeting re: Sayers Croft 26th November—Year 4 Diwali Workshop 28th November— Hampton Hill Christmas Parade

#### **December**

6th December—Federation Christmas Fair and Christmas Tree sale

2<sup>nd</sup> Dec - Day time show—11.00am (Year 3&5)

2<sup>nd</sup> Dec – Evening show – 6.30pm (Year 3&5)

3<sup>rd</sup> Dec - Day time show-11.00am (year 4&6)

3<sup>rd</sup> Dec – Evening show – 6.30pm year 4&6)

10th December—Christmas Jumper day and Christmas Lunch

12th December—HHJS has Talent

15th December—PTA Christmas Shop

15th December—HHJS has Talent

17th December—Children's Christmas parties (all years—in school)

Friday 19th December—END OF TERM
(1.30pm finish and 1.45pm finish for HHJS)

#### **HHJS Sporting events**



HHJS sporting teams have been super active this half term with Netball, Rugby and football matches played—all children represented the school tremendously and its great to see!

HHJS BOYS FOOTBALL





### **SEND Segment**

Welcome to your section of the newsletter for sharing all things related to Special Educational Needs and Disabilities, (SEND)



Dear Parents,

#### Exercise and ADHD (Attention Deficit Hyperactivity Disorder)

For you and your children daily life can feel like a constant balancing act — focus, energy, emotions all competing at once. The good news? Movement can help. Research shows that regular exercise doesn't just burn energy; it strengthens focus, emotional regulation, and even core executive function

Physical activity can empower your child to feel calmer, think clearer, and thrive — at home, at school, and beyond

Exercise improves core executive functions such as inhibitory control, working memory and cognitive flexibility in children with ADHD.

Physical activity appears to reduce anxiety, boost mood and improve social behaviours. It enhances focus, self-regulation and overall well-being.

#### Here are a few tips to make a difference for your child:

Encourage regular activity: Schedule short bursts of aerobic movement (eg 20-30 mins of running, jumping jacks, high-knees) ideally several times a week

Choose activities that engage both body and mind such as ball games or obstacle courses.

Practise balance and co-ordination drills e.g. standing on one leg, side steps, hip circles.

To make your life a little easier, here are a few useful online workout resources:

"Help Kids Pay Attention! Brain Booster Workout! ADHD..." – YouTube YouTube

"7 Home Exercise Workouts for Energetic Children with ADHD" – resource

hub gympanzees.org

Have fun!

Best Wishes, Mrs Tracey Bannister

# Coffee morning with the Mental Health Support Team (MHST)

The MHST is an early intervention and prevention service that focuses on supporting children and young people with mild to moderate mental health presentations such as anxiety, low mood and common behavioural difficulties by providing a range of tailored support to children, parents and schools. The MHST is a school-based team of different mental health professionals who provide support to all primary and secondary schools in Kingston and Richmond. With this in mind, we would like to inform you of the upcoming coffee mornings.

## Managing Screen Time and Introduction to the Mental Health Support Team (MHST)

Date: Thursday 20th November, 9am

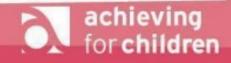
Location: Carlisle School

At this coffee morning, we will be discussing about gaming and effects of screen time, and we will introduce the MHST and provide some information on what we do to support your child.

We aim to cover the following:

- Understanding more about gaming and effects of screen time
  - Ways to set healthy boundaries around screen time and gaming
    - What is MHST and what support do we provide
      - · How to get further support if needed

Please may we ask that you send an email to the following address to info@carlisle.richmond.sch.uk



#### **PTA EVENTS**





#### Kindly sponsored by







#### Advance tickets:

£8 adults; £4 children; & under 3's free Tickets on the door (subject to availability): £10 adults, £5 children, & under 3's free





At Hampton Hill Junior School

Saturday 6th December

10am – 1pm







| Tree Height                 | Price |
|-----------------------------|-------|
| 4-5 ft                      | £45   |
| 5-6 ft                      | £65   |
| 6-7 ft                      | £70   |
| 7-8 ft                      | £80   |
| 8-9 ft                      | £95   |
| 9-10 ft<br>(pre-order only) | £125  |









CARLISLE & HAMPTON HILL FEDERATION











## SANTA'S GROTTO



**BOOK HERE** 



Book your slot to meet Santa in our magical grotto at the Federation Christmas

Wonderland on

Saturday 6th December

Every visitor will receive a special gift

Slots must be booked in advance at www.tinyurl.com/csaproducts

The Grotto will be open 12-3:30pm. £6 per child

#### CARLISLE & HAMPTON HILL FEDERATION







## CHRISTMAS 400 nderland





## NUTCRACKER BALLET WORKSHOP



**BOOK HERE** 



Twinkle Toes Dancing "The Nutcracker" ballet workshop - with performance at the end of the session. Your little ones will be taught a routine from The Nutcracker ballet ready to perform at the event. Any tutus/costumes welcome!

For 4 - 11 year olds, only £6 to join.

Run by Gemma Querino - Carlisle & HHJS Mum

& founder of Twinkle Toes.

#### SATURDAY 6TH DECEMBER

12.30pm Workshop - with 1.40pm performance 2pm Workshop - with 3pm Performance

#### **EXTERNAL EVENTS**







Craft, music, stories, food! Sunday 23 November 3:30-4.15pm







