



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



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

2nd Dec – Day time show—11.00am (Year 3&5)

2nd Dec – Evening show – 6.30pm (Year 3&5)

3rd Dec – Day time show—11.00am (year 4&6)

3rd 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!



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



**achieving
for children**



SAT 15TH NOV 2025

Fireworks Display

Carlisle Infant School, Broad Lane, TW12 3AJ

Doors 5pm
Bar. BBQ. Tombola. Toys.
Display 6:30pm



**BUY TICKETS
ONLINE**

[TINYURL.COM/CSAPRODUCTS](https://tinyurl.com/csaproducts)

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



Christmas Tree Sale

At Hampton Hill Junior School

Saturday 6th December

10am – 1pm

Find us in the Playground

25% of
sales go to
the PTA

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 (pre-order only)	£125

Pre-order your trees here



CARLISLE & HAMPTON HILL FEDERATION



CHRISTMAS *wonderland*

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 *wonderland*

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



St James's Road,
Hampton Hill TW12 1DQ

