



Issue 012

18th March 2022

Dear Parents and Carers,

This fortnight's newsletter comes to you with only three weeks of our Spring 2 term left. The children are enjoying the warmer, sunnier weather and most of our PE lessons are now outdoors. Swimming lessons for the Lower School classes start next term and some classes have already planned trips and visits, now that we have our new minibus – pictures to follow!

Please do come and join us if you can, for our charity cake sale on Friday 1st April in the morning or for our first Parenting with Purpose session.

Our Holi Festival today was a huge success, as you can see from the colourful picture below. Well done to everyone who took part to celebrate this important Hindu festival and also Red Nose Day.





Clinical Psychologist

We have appointed a new Consultant Clinical Psychologist to support pupils at Yarrow Heights who are identified as needing this level of support. Damaris will join us once a week starting Thursday 24th March.

Careers Guidance in Year 9

Year 9 pupils will begin choosing their options next week. We have nearly finished creating our options booklet which will outline the subjects that will be offered in KS4. When we send this home, we would ask you to go through this with your child. This will explain the subjects, their content, how they will be assessed and what sort of pupil may enjoy the subject. It is anticipated that these will be sent home on Monday 21st March with further information on the option process.

Pupils in year 9 and upwards receive independent advice on careers and appropriate option choices. An independent careers advisor from EBP South will be visiting the school on Tuesday 22nd March to talk to year 9 pupils about their option choices. Mandy, the EBP Careers Advisor, will speak to the year 9 pupils as a group in lesson one and will then be available to meet the pupils on a 1:1 basis. All pupils will be supported throughout this process by our staff.

[Careers Guidance \(virtual and in-person\) | EBP South](#)

If you have any questions about our careers for year 9 event, please feel free to email us and we will respond as soon as possible.

Changes to Class Groups

After Easter the school will grow from 8 to 10 class groups, with the arrival of our two new English Teachers Sophia and Sarah and Humanities Teacher Michael. Two of the groups will be in year 9 and they will be beginning their GCSE courses during the summer term, as this gives them a head start.

The timetable will also change because we are altering the school day to include 6 academic lessons a day instead of 5. This will enable us to focus more on English literacy which is an important part of the day and to offer year 9 pupils two options.

Some pupils will be moving to a new group, which gives them an opportunity to make new friends. Pupils who are moving groups after Easter and their parents have all been informed. As we grow we are able to place pupils in groups which are closer to their academic year group. We will have two groups of pupils in year 9 only (moving into year 10 in September), which means that teachers can begin their GCSE courses as soon as the pupils are ready.

Please find attached our social story which we will show to pupils early next week to explain why changes need to happen and how we can support them to manage change – an important life skill.

Science Week

This week was British Science Week 2022. The theme this year was growth and pupils have been learning all about the subject. They've been planning and constructing towers from spaghetti and

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sweets in teams, utilising the values of Yarrow Heights School, including communication, resilience and kindness. Pupils have also been researching potential career paths within STEM (Science, Technology, Engineering and Mathematics) and finding out what key skills they need to develop. We hope they felt inspired by this and they 'grow' their interest in Science in the future.

Worries about the War

In case your child continues to worry about what's happening in Ukraine, please see some tips below to support you in talking to them about their concerns.

How to talk to your child about what's happening in Ukraine

Follow Their Lead

To avoid giving further information which might feel frightening, ask them what they know about what's happening in Ukraine first. Sometimes as adults we can assume that children know more than they do about a situation, and this can lead to us telling them information which is unnecessary or difficult for them to understand.

Validate Their Feelings

Provide space for children and young people to share their feelings about what's happening. Explain that any emotional response to this situation is okay, perhaps name your own emotions around the situation to show how normal an emotional response to this situation is. For example, "I'm feeling Sad for the families in Ukraine too" or "It's a really uncertain time right now, most people can find that tricky". Most importantly- let your child know that you are always there to support them whilst they are experiencing these difficult feelings.

Pause and Think

Consider what you are watching around your children and the types of conversations you are having with others in front of them. Children are like sponges and will soak up all this information. This could be even more worrying for children who are unlikely to be able to comprehend this information.

Don't Put Pressure on Yourself

You don't need to know all the answers, none of us do. This is an unprecedented time which is evolving very quickly. Explain to your child that you don't know right now, but you'll get back to them once you have found out the answers. Explain that some hypothetical questions won't have answers too and validate how difficult this can be for us all. It's also important we don't reassure young people and tell them everything will be okay, when the truth is, none of us know what will happen next.

Be Kind to Yourself

This is a concerning time for all of us, make sure that you have your own support to talk about these concerns with. Practice self-care to manage your own normal response to this situation.





DIARY DATES

Friday 1st April – Cake Sale in aid of our chosen Blue Cross Animal Charity

Friday 8th April – End of Spring Term 2

Monday 25th April - Start of Summer Term 1

On the morning of Friday 1st April the first Parenting with Purpose session takes place. Parents will be able to purchase cakes before the session, in order to support our School Council who are fundraising for The Blue Cross Charity.

Have a lovely weekend.

Jane Straw
Head of Education

CHARITY CAKE SALE

WHERE: THE HUB – TALKING ROOM

WHEN: FRIDAY 1st APRIL
10AM – 11AM



WHY: TO SUPPORT THIS YEARS CHOSEN CHARITY 'THE BLUE CROSS' AND RAISE VITAL MONEY TO HELP THEM LOOK AFTER ANIMALS THAT AWAIT THEIR FOREVER HOMES OR ARE IN NEED OF MEDICAL ASSISTANCE.

REMEMBER TO BRING YOUR MONEY IN TO PURCHASE SOME YUMMY CAKES AND BAKE MONEY!

Parents who are joining us for our parenting with purpose course are also welcome to purchase cakes from 10.50-11.00.

If you can make any cakes to support our cake sale for the day, please can these be **NET FREE**. Any Vegan cakes clearly labelled and wrapped separate so not to cross contaminate.

