PARENT BULLETIN

WEEK BEGINNING MONDAY 2 MARCH 2026

Week A Menu 2

KEY MESSAGES THIS WEEK

- Welcome back! This week has been really positive. Huge congratulations to all who participated in Bugsy Malone, it was absolutely fantastic!

- We have several vacancies advertised at the moment, please look at our vacancies page on our website at https://www.crestwood.hants.sch.uk/school-information/vacancies/

- Year 11 Parents - GCSE Mock exams will continue next week.

- Year 11's final parents' evening will be on Thursday, 19th March.

- The INSET Days for 2026/27 have been agreed. These are:
  - Tuesday 1st September 2026
  - Wednesday 2nd September 2026
  - Friday 23rd October 2026
  - Monday November 2nd 2026
  - Wednesday 21st July 2027

- Please remember that the only permissible jewellery is a watch and one pair of stud earrings. A clear flat retainer can be worn in the nose, but NO NOSE STUDS/ RINGS

- Students will have the option to wear the **summer** uniform after Easter. This uniform will be the Key Stage 3 uniform from September 2026. The top can be worn with the logoed grey jumper or blazer. Skoolkit have confirmed that they will have a stock of the black KS4 shirts by the Easter break, in store and online, to enable Year 9 and 10 to purchase these if they do not have a red top already. A REMINDER FROM **SEPTEMBER 2026 THE UNIFORM WILL BE:**
  - Red logoed polo - Year 7 - 9
  - Black logoed polo - Year 10 - 11
  - Grey logoed V neck sweatshirt
  - Students can still wear the existing uniform for the academic year 2026/27
  - Year 11 will still receive a tie in their first assembly if they require one

- **Attendance and punctuality**
  - Please ensure your child attends school **before** 8.30 am.
  - Any child arriving after 8.55 am is marked as absent, in compliance with the DfE rules regarding recording attendance
  - The children will also be registered at 1 pm for the afternoon session, so please try to avoid medical appointments at these times
  - Holidays and leaves of absence will only be granted in exceptional circumstances

KEY DATES FOR PARENTS

- Year 11 Mocks continue - Monday 2nd March
- World Book Day - Thursday 5th March
- Year 8 Parents' Evening - Thursday 8th March
- Battlefields Trip Meeting - Thursday 12th March
- Red Nose Day: Non-Uniform Day - Friday 20th March
- End of Term: 1pm finish - Friday 27th March

KEY SCHOOL LINKS FOR PARENTS

- Updating the Arbor App
- Reporting my child's absence via Arbor or email attendance@Crestwood.hants.sch.uk
- Absence requests, including holidays
- Extra Curricular Activities
- IT Support enquiries should be directed to ITSupport@Crestwood.hants.sch.uk]
- Parenting Support - CRESTWOOD - COMMUNITY SCHOOL
- Parent Forum 2025-2026 - CRESTWOOD - COMMUNITY SCHOOL
- Key Dates
- School Letters
- More about all the activities occurring in and out of lessons at Crestwood can be found on our Facebook page, Twitter Feed, Instagram Account and YouTube Channel. Reshares and likes are always appreciated.

USEFUL INFORMATION FOR PARENTS

- SORA, our reading app in partnership with Hampshire School Library Service
- Dealing with Fake News, Hoaxes and misinformation, NSPCC
- Kooth is an online platform to support young people with their wellbeing
- NHS111 Mental Health Triage Service
- On and around water - Hampshire & Isle of Wight Fire & Rescue Service, Official website of Hampshire & Isle of Wight Fire & Rescue Service (hantsfire.gov.uk)
- Parents and Carers - UK Safer Internet Centre
- Parent Zone
- CEOP Education
- Reporting harmful content online
- Childline, Online bullying
- PARENT ONLINE SAFETY https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/
- https://www.internetmatters.org/parental-controls/
- https://www.commonsensemedia.org/
- https://www.ceopeducation.co.uk/11_18/
- https://www.internetmatters.org/wp-content/uploads/2020/06/Internet-Matters-Discord-Guide-1.pdf
- https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/roblox/
- https://www.youtube.com/watch?v=XjV0lKYp
- Parental control software

PARENT FORUM

CRESTWOOD COMMUNITY SCHOOL

Parent Forum Notes - 29 January 2026

The Parent Forum last week focused on behaviour and rewards and was led by Mr Buckingham. He outlined our behaviour policy, explaining that it was developed in response to feedback from students, parents/carers, staff and Ofsted feedback regarding low-level disruption and that as a school we are now working towards disruption-free learning. **The policy aims to provide consistency and encourage students to reflect on their choices**, **with sanctions designed to support learning and self-regulation rather than punitive sanctions**. After school reflections were spoken about and it was explained that these are seen as opportunities for reflection rather than punishment.

Mr Buckingham introduced the Reflection Room, which was implemented to reduce suspensions and addressed the common misconceptions about the Reflection Room, stressing that it is **primarily a learning environment that also supports reflection, repair, and restorative conversations**. Mrs Kelly, our Reflection Room manager, expanded on the Reflection Room process, describing how students complete lessons aligned with their classwork, with tailored approaches for KS3 and KS4, supported by structured routines and trained staff. She highlighted the importance of restorative conversations and outreach work, with ongoing adaptations to ensure the provision meets students' needs.

Mr Buckingham addressed the topic of extreme behaviours and the behaviour Sanctions that are implemented and when. The use of the **7 Steps of behaviour** that we use within school to monitor and support students through staged interventions was discussed.

Mr Buckingham also shared that the removal of mobile phones has been successful, with parents expressing strong support for this approach.

Questions were opened to our parents/carers and questions were asked about the Reflection Room capacity, it was shared that there is a maximum of eight students in the room to reflect the staffing and the impact the room has. It was confirmed that trained teachers provide the work and that Mrs Kelly, as a trained teacher, oversees the quality of this work. It was asked if there is data to show the effectiveness of the reflection room and Whilst we couldn't share formal data on the evening this will be shared at a future meeting, however staff and student surveys already indicate reduced classroom disruption.

Mr Buckingham also spoke about the embedding of behaviour education into tutor time, and how staff use strong relationships and parental involvement to support students who struggle to communicate or regulate.

Positive parental feedback was shared regarding reduced suspensions and improved classroom environments. Mr Buckingham acknowledged that continuous improvement remains a priority.

The forum then moved on to the topic of rewards, with a renewed focus on positive reinforcement through **Proud Cards** and the **Arbor rewards system**, including **Bronze**, **Silver**, and **Gold** certificates. Incentives such as **fast passes for lunch** were discussed, alongside alternatives for students who do not access school meals. Parents raised questions about consistency in awarding points, Mr Buckingham confirmed that the system is evolving, with staff being reminded to prioritise positive recognition.

The meeting concluded with confirmation that the next Parent Forum will focus on broadening learning experiences, including curricular and extracurricular opportunities.

New parents/carers are warmly invited to join us at the Shakespeare Campus on March the 12th at 5pm.

Warm wishes,

Mrs Bezant: Parent Lead, Mrs Scott: Assistant Head

Extra-Curricular Clubs

Spring Term 2026

Day	Extra Curricular Activity	Teacher	Campus/Venue	Time
Every day	Homework Clubs		Library/IT Room (both campuses)	3.00-4.00 3.00-3.30 (Fri)
Monday	Cherbourg Crochet and Knitting Club For beginners and experienced crafters.	Ms Coltro	Cherbourg Library	3.00-4.00
	Creative Writing	Mr Green	Shakespeare Library	3:00 - 4:00
	School Production (Audition Only)	Miss Carter	Drama studio - Cherbourg	3:30 - 5:30
	Badminton	Mr Stead	Shakespeare	3:00 - 4:00
	Badminton	Mr Bright	Cherbourg	3:00 - 4:00
	Year 8&9 Steel Band (existing players) Any other interested pupils see Miss Glenn	Miss Glenn	Cherbourg T1 Shakespeare U2	3:30-4:30 CH week 2 SH week 1
	SH Rock Band	Mr Trott	SH - U2	3:00-4:00
	KS3 Art Award Club	Miss Coull	SH-G8	3:00-4:00 Wk B
	KS3 Clay Club	Ms Bray	Cherbourg	3.00 - 4.00
Tuesday	Production Arts Club (Lighting, Set, Hair and Make-Up, Costume)	CH - Miss Carter SH - Mrs Copelin	Drama Studio Both campuses	3.00 - 4.00
	Dance Live (Audition Only)	Miss Kimber and Miss Keenan	Dance Studio - Shakespeare Campus	3.30 - 5.00
	Panatical Steel Band (existing players)	Miss Glenn	Cherbourg T1	4:15-6:45
	Revision Hub (Yr 11 only)	Mr Sansom Miss Houston	Library (CH) and G13 (SH)	4:00-6:00
	Volleyball	Mr Stead	Shakespeare	3:00-4:00
	Netball	Miss Watson	Shakespeare	3:00-4:00
	Volleyball & Trampolining	Mr Bright & Mr Collis	Cherbourg	3:00-4:00
	The Writer's Room		Shakespeare G23	3:00-4:00
	Year 10 English intervention	Miss Tseng	Cherbourg M5	3:00-400
	Shakespeare Crochet and Knitting Club For beginners and experienced crafters .	Ms Coltro	Shakespeare Library	3.00-4.00
Wednesday	D&D Club	SH- Mr Green CH- Mr Waren	Both campuses- Library	3.00-4.00 3:00-4:30 (CH)
	Beyond the book (fantasy, sci fi, romance book - Year 9 and above)	Miss Godechoul	Shakespeare G25	3.00-4.00
	Young writers poetry competition - writing club	Mrs Parker	Shakespeare G23	3.00-4.00 (runs until 21/10/25)
	Girls' Football	Mr Skirth	Cherbourg	3.00-4.00
	Duke of Edinburgh Award Scheme	Mr Johnson Mrs Bezant	Cherbourg M7 Shakespeare Canteen	3:00-4:30 SH week A CH week B
Thursday	Panatical Newbies (Year 10 & 11 existing players, year 9 will be invited in February)	Miss Glenn	Shakespeare U2	3:30-4:30
	School Production (Audition Only)	Miss Carter	Drama Studio - Cherbourg Campus	3.30 - 5.30
	Revision Hub (Yr 11 only)	Mr Sansom Miss Houston	Library (CH) and G13 (SH)	4:00-6:00

	Science Club Yr 7 & 8	Mr Neil, Mrs O'Loughlan, Mrs Wujewski, Miss Hurst, Ms Maher, Miss Ragnar, Ms Gray, Mr Nicholas, Mr Waren, Miss Newman	Shakespeare G9/ Cherbourg M12	3:00-3.45
	CH Rock Band	Mr Trott	CH - S2	3:20-4:20
	Chess Club	Mr Green	Shakespeare Library	3.00-4.00
	Futsal	Mr Harris & Mr Bright	Cherbourg	3.00-4.00
	Futsal	Mr Stead	Shakespeare	3.00-4.00
	Debate Club	Mrs Parker and Mr Thomson	Week A: Cherbourg, M1 Week B: Shakespeare, G23	3.30 - 4.30
	SPARX Reading club	Mr Vivian	Week A: Shakespeare G15 Week B Cherbourg M1	3.15-4.15
Friday	Production Pit Band	Miss Glenn	Cherbourg T1	3:30-5:00
	Year 7 Steel Band - DAY TBC STARTING AFTER BUGSY IS FINISHED	Miss Glenn	Cherbourg T1 Shakespeare U2	SH week B CH week A
	Rugby	Mr Read & Mr Harris	Cherbourg	3:00- 4:00
	Trampolining	Mr White	Shakespeare	3:00- 4:00
	Multi Sports	Mr Stead	Shakespeare	3:00- 4:00
	Singing Club	Mr Trott	Cherbourg S2 Shakespeare U2	3:30-4:30 SH week A CH week B

All clubs are free of charge and open to all students unless identified above.

You must sign up for the club via Arbor (except homework club and revision hub).

***Steel bands and production rehearsals are by invitation/audition only.**

If, for any reason, clubs are unable to run on a particular day, parents will be informed via email and the school's Facebook page.

Clubs will not run on Mondays when we have Staff Inset training sessions but parents will be informed in advance of this.

Parent Information Portal

NHS
Hampshire and Isle of Wight Healthcare
NHS Foundation Trust

Your Health Visiting and School Nursing records all in one place... at your finger tips

View and manage your appointments with Health Visitors

View your child's vaccination history and newborn blood spot screening results

Search a wide range of resources about children's health

View growth charts and add measurements

The Ages and Stages questionnaires are available for you to complete electronically before your child's 1 year/2 year health reviews

National Childhood Measurement Programme. Receive results of your child's height and weight measurements (Year R and Year 6).

Today's health, tomorrow's future

Sign up today! Email parent.portal@nhs.net

We CARE through:

Sleep Hygiene

Sleep hygiene refers to the habits we use to help us get into a good sleep routine. It means creating an ideal environment and routine that lets your brain drift off.

Why is it important?

- Physical Health: Sleep helps your body repair itself and supports a healthy immune system.
- Mental Health: Quality sleep boosts mood, focus, and memory.
- Academic Performance: Adequate rest improves concentration and helps with learning.

The Facts

You are more likely to have greasy hair and bad skin with poor sleep.

Not enough sleep means a weakened immune system.

Mood swings and anxiety can increase due to poor sleep.

Not enough sleep means you may struggle to concentrate and sit still.

Sleep more – remember more
This could help during exam season.

SLEEP CHALLENGE

01.

Time

Make sure you start the week right by getting the right amount of sleep. Most people need between 7 and 9 hours to make sure their mind and body are functioning properly.

Preparation

Make sure before going to bed you leave a couple hours between eating and sleeping. This means you will make the most of a good night's sleep.

02.

03.

Recharge

Switch off to sleep. Blue light emitted from screens can cause a disruption to your circadian rhythm and affect how well you sleep. Make sure you switch off devices a little while before you go to bed.

Environment

Your bedroom is all about sleep. Make sure you have everything you need for a good nights sleep. Keep it dark, cool and comfortable.

04.

05.

Troubles and Worries

Stress and worry can cause difficulty sleeping. You could write worries down, do a calming activity or speak to someone to clear your mind. Easing your worries means better sleep.

P.A.C.E ITINERARY

TIME	SESSION 1	SESSION 2
9:30 - 10:45	**New Understanding Adolescence & Their Mental Health** What is adolescence & how can we understand teenage development. Brain development & the impact for young people at this stage of their lives. We will cover some ways to wellbeing for adolescents and consider how you as parents you can support your young person whilst maintaining your own wellbeing.	**New Sleep Optimisation** What is sleep and the importance of this. Why it may be difficult to sleep, & exploring what this is and how we can promote healthy sleep with some top tips.
11 - 12.15	**A basic introduction to ADHD** What is ADHD? Spotting the signs and symptoms from 5 years to 18 years. How to support a young person with symptoms of inattention, hyperactivity and impulsivity with or without an ADHD diagnosis.	**New Understanding Suicide & Suicidal Thinking** Understanding and increasing confidence in noticing and managing young people who may be distressed, not coping and at risk of self harm or suicide.
12:15 - 12.45	**Lunch break**	**Lunch break**
12.45 - 14.00	**New Introduction to Low Mood** Upskilling parents and carers to identify the signs of low mood in their young people and support them to break the cycle of low mood using activity scheduling and value based living techniques.	**A basic introduction to Autism** What is Autistic Spectrum Condition? Spotting the signs and symptoms Diagnosis: the process and things to know about the diagnostic assessment How to support a young person with ASC.
14.15 - 15.30	**New School Avoidance & School Transition** The session will aim to provide parents/carers an understanding of what emotionally based school avoidance is & the reasons why some young people find it difficult to attend school. Moving to a new school is a big life event we will cover common worries and how these might present in your child, strategies to manage worries that you can share with your child to help them build their resilience, as well as coping strategies to calm the physical symptoms of anxiety.	**Parent Care - looking after yourself** This session will focus on the needs and challenges for parents and carers, as well as provide a range of practical advice and strategies around how to look after yourself in order to better support the wellbeing of your child.
15.45 - 17.00	**New Eight Skills to Support a Young Person** This session will cover 8 different key skills and strategies that a parent/carer or professional can use to support a young person. It will be a practical and helpful opportunity to feel more confident and knowledgeable in supporting a young person.	**Understanding & managing anxiety** What anxiety is and how to spot the signs and symptoms of anxiety in children and young people. How to support a child and young person who experiences anxiety with practical strategies.
17.15 - 19.30	**Understanding ADHD & the Strategies YOU need** This session will include what ADHD is, practical strategies to support the child/ young person with identifying their strengths, prioritising tasks, building resilience and has a focus on maintaining wellbeing. It includes evidence-based parent/carer skills to manage behaviour that can challenge using Non-violent resistance skills. Overall the event provides tools to support children and young people with ADHD to thrive.	**Supporting your autistic child to thrive** This two-hour session will consider what areas of life can be challenging for autistic young people. We will think about how we can adapt our communication and the environment around the young person to make life easier and more suited to their needs. We will discuss practical changes that can be made in all the areas and give example of what these look like in real life. We will support you to think about the specific needs of your child and develop the beginnings of an individualised plan, providing the opportunity for discussion with other group members and the facilitators.

P.A.C.E 2026

PARENT & CARER EVENTS

NHS
Hampshire Child and Adolescent Mental Health Services

Free health & wellbeing events for all parents & carers who support or work with young people

DATE	LOCATION
Thursday, 26 February 2026	**Basingstoke** Queen Mary's College, Cliddesden Rd, Basingstoke, Hampshire RG21 3HF
Thursday, 16 April 2026	**Eastleigh** Junction Church, 2 Romsey Road, Eastleigh SO50 9FE
Friday, 8 May 2026	**Lyndhurst** Lyndhurst Community Centre, Central Car Park, High Street, Lyndhurst SO43 7NY
Thursday, 25 June 2026	**Andover** Winton Community Academy, London Rd, Andover, Hampshire SP10 2PS
Monday, 5 October 2026	**Havant** Trosnant School, Stockheath Lane, Havant, Hampshire PO9 3BD
Friday, 23 October 2026	**Waterlooville** Waterlooville Community Centre, 10 Maurepas Way, Waterlooville PO7 7AY

BOOK YOUR SESSION SPACE AT:

hampshirecamhs.nhs.uk/events