



CRESTWOOD
COMMUNITY SCHOOL

PARENT BULLETIN

WEEK BEGINNING MONDAY 26 JANUARY 2026

Week A Menu 1 [here](#):

KEY MESSAGES THIS WEEK

- We are very mindful that we have a proposed new uniform from September 2026 but this does not mean that we are moving away from our current uniform now. Please ensure your child adheres to the current uniform policy:
 - Tie
 - Blazer
 - White Shirt
 - Grey trousers, tailored shorts or skirt
 - Grep jumper (optional and not an alternative to the blazer)
- If you need support with any items please do contact our parenting officer, kaye.bezant@crestwood.hants.sch.uk

- In addition we are seeing too many false nails, nose studs and jewellery. Please be aware we have tried to be fair at the start of term but will now be moving to a zero tolerance and all items will be confiscated for parents to collect. Any child refusing will be placed in the reflection room and are at risk of suspension.

- **Proud Cards**
 - This has now been launched for Year 7 - 9

- Advance reminder for Year 11 Parents - GCSE Mock exams occur 13th February until 6th March

- **Supporting students during their periods:**

We understand that some students may feel uncomfortable or unwell during their periods. However, it is important for students to continue attending school whenever possible, as regular attendance is vital for their learning and wellbeing.

To support students, the school provides access to heat pads, period products, and a quiet space if needed. We encourage students to speak with a member of staff if they feel unwell so that appropriate support can be offered.

We ask parents and guardians to reinforce the importance of attending school, and to remind students that help and resources are available so that periods do not need to be a barrier to learning.

Thank you for your support in ensuring all students can participate fully in their education

- **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

- Vaccination assemblies Monday 26th January 2026
- Dance Live Tuesday 27th January 2026
- Buggy performances Wednesday 25th, Thursday 26th and Friday 27th February 2026

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](#)
- [Parental control software](#)

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	3:00-4:00
	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
Friday	SPARX Reading club	Mr Vivian	Week A: Shakespeare G15 Week B Cherbourg M1	3.15-4.15
	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.



**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:



Compassion



Accountability



Respect



Excellence



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.

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

Not enough sleep means a weakened immune system.



The Facts

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

Mood swings and anxiety can increase due to poor sleep.

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 night's 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.



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.



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

