

Purbrook Park School Purbrook Park Newsletter



Week commencing Monday 26th February 2024
WEEK B

1. Notes from the Headteacher
2. Calendar
3. Messages
4. Sparx Legends & Religious Studies Stars of the Week
5. PE Bulletin
6. Weekly Praise Point Leader Boards
7. GCSE Pod Leader Board
8. FACE Newsletter
9. Local Health & Wellbeing Events 2024

Beaus's Creamy Chicken & Mushroom ravioli

Ingredients

- chicken breast £1.15
- shallots 20p
- mushrooms 19p
- butter 34p
- cream 38p
- Flour 70g 16p
- eggs (x 2) 35p
- squid ink 50p
- sage 10p
- thyme 10p
- chicken stock 10p
- Total £3.57

Finalists

Beau Benham Wyatt & Alfie Porter

HS DC EXCLUSIVE Chef's Academy

HSDC & Exclusive Collection invite you to participate in the

RISING STARS

TEEN CHEF SHOWCASE

ENTRY Produce and submit a 2 minute TikTok style video showing the cooking of the dish.

FINAL Cook a main dish with 2 identical portions in our college training kitchens.

PRIZES Afternoon Tea or Dinner for 4 people* at any Exclusive Collection**

EXCLUSIVE COLLECTION

Total Cost:

Chicken Curry with Naan

- Olive Oil 7p
- Tomato 49p
- 1 Garlic clove 5p
- Red Ginger 15p
- Trained tomatoes 35p
- Trained chicken 49p
- Curry 8p
- Ground coriander 5p
- Chilli Powder 10p
- Ground Mustard 10p
- Naan 10p
- Total Cost £2.14

Rising Stars - Teen Chef Showcase

1. Notes from the Headteacher

Congratulations to Beau and Alfie who are through to the final of the "Teen Chef Showcase"!

Please find attached a special update on careers education at Purbrook Park, with lots of useful information and links to further guidance about careers.


With best wishes,

Paul Foxley

2. Calendar

Date	Event
Monday 26.02.24	Year 8 - GCSE taster sessions in lesson time – all week Staff Briefing Department Meetings
Tuesday 27.02.24	Year 11 BTEC Dance Exam - PM
Wednesday 28.02.24	Year 11 Geography Field Trip – 11.00am – 3.15pm
Thursday 29.02.24	Year 11 Geography Field Trip – 11.00am – 3.15pm Year 8 KS4 Options Evening – 5.00pm – 7.30pm
Friday 01.03.24	PTFA Bingo Evening – 6.30pm – 8.00pm

3. Messages

KS4 Options Fair	<p>We will be holding our Key Stage 4 Options Fair for parents and pupils on Thursday 29th February 2024 from 5.00pm to 7.30pm. At this event you will be able to speak to staff from every subject area. The Senior Leadership team will also be available to answer any individual questions you may have.</p> <p>Mrs Pomfret - RSL</p>
Food Practical Reminders	<p><u>FAJITAS</u> <u>7X 28.2.24</u></p> <p>IF YOU ARE BRINGING IN YOUR OWN INGREDIENTS PLEASE USE THE RECIPE BELOW AND BRING IN COOKED CHICKEN. PLEASE REMEMBER A CONTAINER.</p> <div> <div> <p>FAJITAS</p>  </div> <div> <p>Method</p> <ol style="list-style-type: none"> Prepare the marinade: <ul style="list-style-type: none"> squeeze the lime; peel and crush the garlic; de-seed and slice the chilli; chop the coriander stir everything together with the oil. Remove any skin from the chicken and cut the chicken into strips. Mix with the marinade and place in the fridge, covered, until needed. Prepare the remaining ingredients with a clean knife on a clean chopping board: <ul style="list-style-type: none"> slice the onion and green pepper; chop the tomato; grate the cheese Add the marinated chicken to the wok or saucepan and stir-fry for about 4 minutes. Check that the chicken is cooked. Add the onion and green pepper and continue to cook for a further 2 minutes. Spread a little chicken in the center of the tortilla, add some tomato, cheese and guacamole, then roll up. Serve and eat </div> </div> <div> <p>Ingredients</p> <ul style="list-style-type: none"> 1 lime 1 clove garlic ½ green chilli Small bunch of coriander 1 x 10ml spoon oil 1 small chicken breast (or 3 - 4 thighs) ½ onion ½ green pepper 1 tomato 25g Cheddar cheese 2 tortillas 1 x 15ml spoon guacamole (or salsa), optional </div>

EGGS

7Z 27.2.24

7Y 28.2.24

7X 1.3.24

WE WILL BE WORKING IN GROUPS TO LOOK AT DIFFERENT EGG COOKING METHODS. IF YOU ARE BRINGING IN YOUR OWN INGREDIENTS YOU WILL JUST NEED 2 EGGS

EGGS



Ingredients
2 Eggs each

On your tables each person will cook their eggs in a different way. You will all present your eggs on the SAME plate then taste and analyse the different cooking methods

POACHED METHOD

1. Boil the kettle
2. Once boiled add the water to a saucepan with 2 X tablespoons of vinegar
3. Swirl the water around until a whirlpool is created.
4. Crack the egg in the middle of the whirlpool

BOILED METHOD

1. Boil the kettle
2. Once boiled add the water to the saucepan
3. Add the whole egg into the pan (do not crack the egg)
4. Once done, run under cold water until touchable.
5. Then peel off the shell

SCRAMBLED METHOD

1. Crack the egg into a bowl
2. Add a splash of milk and a knob of butter
3. Whisk together until combined
4. Pop in the microwave for 30second intervals

FRIED METHOD

1. Add oil to a frying pan
2. Once warm crack the egg into the corner of the frying pan
3. Cook until it is a solid colour and the edges are crispy

MAC, VEG AND CHEESE

8X 26.2.24

8Y 27.2.24

8Z 1.3.24

IF YOU ARE BRINGING IN YOUR OWN INGREDIENTS PLEASE USE THE RECIPE BELOW.

MAC, VEG 'N' CHEESE

METHOD



Ingredients

50g Macaroni
50g frozen mixed veg
30g Cheddar Cheese
13g Butter
13g Plain flour
125ml Semi-Skimmed Milk
Black Pepper
1/2 tsp Mustard or Mustard Powder

1. Bring a saucepan of water to the boil, and then add the macaroni. Cook for about 10-12 minutes, until al dente. Add the frozen vegetables 5 mins before the end.
2. Grate the cheese.
3. While the pasta is cooking, make the sauce:
 - place the fat, flour and milk into a small saucepan;
 - bring the sauce to a boil, whisking all the time until it has thickened;
 - stir in 20g of the grated cheese and mustard or mustard powder;
 - simmer for 2-3 mins.
4. Preheat the grill.
5. Drain the boiling hot water away from the macaroni using a colander over a sink.
6. Stir the macaroni into the cheese sauce and add a few twists of black pepper.
7. Pour the macaroni into a foil tray/dish.
8. Sprinkle the remaining cheese over the top.
9. Place under a hot grill until the cheese is bubbling and golden brown.

CINAMMON TWISTS AND CHOCOLATE DIPPING SAUCE

9C 26.2.24

CINNAMON PUFF PASTRY TWISTS AND CHOCOLATE DIPPING SAUCE **PRACTICAL**

- PLEASE BRING IN TO LESSON ALL THE INGREDIENTS SHOWN ON THE RECIPES
- YOU CAN BRING IN EXTRA INGREDIENTS OF YOUR CHOICE IF YOU WOULD LIKE TO ADD MORE FLAVOUR OR MORE COLOUR TO PRESENT YOUR DISH.
- REMEMBER A CONTAINER TO TAKE IT HOME IN.



INGREDIENTS FOR THE CINNAMON TWISTS:

1 sheet ready made puff pastry
2 tablespoons unsalted butter
45g brown sugar
2 teaspoons ground cinnamon

Method:

Preheat oven to 200c/gas mark 6. Line two baking sheets with parchment paper and set aside. Unfold puff pastry sheet onto a lightly floured surface. Using a pastry brush, brush melted butter over the entire surface of the puff pastry. In a small bowl, combine the brown sugar and ground cinnamon. Sprinkle cinnamon sugar evenly over dough and pat gently to adhere with butter. With a sharp knife (or pizza cutter), slice pastry sheet from top to bottom into 12 thin strips. Twist each strip about five or six times around, with the cinnamon layer facing inward (if you're having trouble, try starting the twist around your finger to get the plain side facing out). Place twists 2 inches apart on two parchment lined baking sheets (they will spread and untwist slightly when baking). Bake for 14-16 minutes, or until lightly browned. Serve cinnamon twists with a chocolate dipping sauce.



INGREDIENTS FOR THE CHOCOLATE DIPPING SAUCE:

100g dark chocolate
50ml double cream
50ml whole milk
1 1/2 tablespoons golden syrup
1/4 teaspoon vanilla extract

Method:

Put all the sauce ingredients into a saucepan and stir with a wooden spoon. Keep on a low heat and cook until all melted together.

Miss Cumbo – Lead Teacher A, D & T

Teen Chef Showcase	<p>Huge congratulations to Beau Benham Wyatt and Alfie Porter, both in Year 10 who are pictured on the front of the newsletter. They have put in the extra time, effort and energy to enter the ‘Rising Stars -Teen Chef Showcase’.</p> <p>They have both been selected to go through to the final of the competition to be held at the South Downs Campus at HSDC on Monday 25th March 2024.</p> <p>Miss Cumbo – Lead Teacher A, D & T</p>																																																																	
Year 10 Exams	<table><tr><th>Date</th><th>AM Start approx. 09:00</th><th>PM start approx. 13:30</th></tr><tr><td>Monday 4th March</td><td colspan="2">MFL SPEAKING EXAMS ALL DAY</td></tr><tr><td>Tuesday 5th March</td><td colspan="2">MFL SPEAKING EXAMS ALL DAY</td></tr><tr><td>Weds 6th March</td><td>MFL SPEAKING EXAMS AM ONLY</td><td></td></tr><tr><td></td><td></td><td></td></tr><tr><td>Monday 11th March</td><td>Biology 1 (1h15 – 1h45)</td><td>Sociology (1hr45)</td></tr><tr><td>Tuesday 12th March</td><td>English Language 1 (1hr45)</td><td>RS 1 (1hr)</td></tr><tr><td>Weds 13th March</td><td>Maths 1 (1hr30)</td><td>Geography (1hr30)</td></tr><tr><td>Thursday 14th March</td><td>Chemistry 1 (1hr15 – 1hr45)</td><td>History (1h45)</td></tr><tr><td>Friday 15th March</td><td>Maths 2 (1hr30)</td><td>Business (1hr30)</td></tr><tr><td></td><td></td><td></td></tr><tr><td>Monday 18th March</td><td>Physics 1 (1hr15 – 1hr45)</td><td></td></tr><tr><td>Tuesday 19st March</td><td>English Literature 1 (1h45)</td><td>Food Tech (1hr45)</td></tr><tr><td>Wednesday 20th March</td><td>Drama (1h30)</td><td>Spanish W & French W (1hr - 1Hr15)</td></tr><tr><td>Thursday 21st March</td><td>Maths 3 (1hr30)</td><td>Y11 Dance (1hr) CM2 & SC</td></tr><tr><td>Friday 22nd March</td><td>RS 2 (1hr)</td><td></td></tr><tr><td></td><td></td><td></td></tr><tr><td>Monday 25th March</td><td>French L & R (1hr20 – 1hr45)</td><td></td></tr><tr><td>Tuesday 26th March</td><td>Y11 Cam Nat Sport mock 1hr 15 Y11 Dance all day</td><td></td></tr><tr><td>Wednesday 27th March</td><td>Spanish L & R (1hr20 – 1hr45)</td><td>Y11 Cam Nat Business mock 1hr 15</td></tr><tr><td>Thursday 28th March</td><td></td><td></td></tr></table> <p>Year 10 written exams start on Monday 11th March 2024. Pupils will receive individual paper timetables via their tutor this week. Your child’s exam timetable also is available to view on Edulink. Please ensure your child attends each exam on time and fully prepared with the correct equipment. There are also a small number of Year 11 exams towards the end of the schedule (shown in red).</p> <p>Mrs Merefield – Exams Officer</p>			Date	AM Start approx. 09:00	PM start approx. 13:30	Monday 4 th March	MFL SPEAKING EXAMS ALL DAY		Tuesday 5 th March	MFL SPEAKING EXAMS ALL DAY		Weds 6 th March	MFL SPEAKING EXAMS AM ONLY					Monday 11 th March	Biology 1 (1h15 – 1h45)	Sociology (1hr45)	Tuesday 12 th March	English Language 1 (1hr45)	RS 1 (1hr)	Weds 13 th March	Maths 1 (1hr30)	Geography (1hr30)	Thursday 14 th March	Chemistry 1 (1hr15 – 1hr45)	History (1h45)	Friday 15 th March	Maths 2 (1hr30)	Business (1hr30)				Monday 18 th March	Physics 1 (1hr15 – 1hr45)		Tuesday 19 st March	English Literature 1 (1h45)	Food Tech (1hr45)	Wednesday 20 th March	Drama (1h30)	Spanish W & French W (1hr - 1Hr15)	Thursday 21 st March	Maths 3 (1hr30)	Y11 Dance (1hr) CM2 & SC	Friday 22 nd March	RS 2 (1hr)					Monday 25 th March	French L & R (1hr20 – 1hr45)		Tuesday 26 th March	Y11 Cam Nat Sport mock 1hr 15 Y11 Dance all day		Wednesday 27 th March	Spanish L & R (1hr20 – 1hr45)	Y11 Cam Nat Business mock 1hr 15	Thursday 28 th March		
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Sparsholt College Open Event

Registrations are open for Sparsholt College's next open event on Saturday 2 March 2024. To attend, pupils will need to register for the event **as soon as possible** by visiting [Experience Sparsholt - Sparsholt College Hampshire](#) as **the events do fill up quickly!** At this event pupils will have a tour of the subject area they are interested in at a specific time which they will book in advance.



SPARSHOLT CAMPUS



COURSES

QUALIFICATIONS

APPRENTICESHIPS

PROSPECTUS

OPEN EVENTS

360 TOURS & FACILITIES

WELLBEING & ALS

FOUNDATION LEARNING

T LEVELS

PRESENTATION

CAMPUS TOUR

TUTOR TOURS

APPRENTICESHIPS

STUDENT VIEW

ENRICHMENT

CAREERS SUPPORT



FOCUSED ON FUTURES

CLICK TO APPLY

Mrs Smith – Lead Practitioner PDL

Elite Team Dance Auditions

Elite Dance Team Auditions



Date:
29th February 2024

Time:
15:10 — 16:10

Location:
Dance Studio

Our Elite Dance team take part in many performance opportunities and events throughout the year. Learning routines in different styles in a fast-paced, professional working environment. You do not need to prepare anything for the audition. You need to get changed into PE/Dance kit quickly to be able to learn a dance choreographed by the teachers. Current members need to re-audition!

P
Purbrook Park
Performers

Mr Strange – Teacher of Dance

**Science –
Celebrating
Success**

Pupil Achievement

Tassomai

For the two-week period beginning 5th February 2024, 26,283 Science recall style questions were answered on Tassomai. The following pupils have been rewarded with 50 Praise Points for being the top three users in their year group:

Year Group	1st Position	2nd Position	3rd Position
7	Maddie Moore	James Brown	Ruby Van Emden
8	Scarlett Strachan	Harrison Sheaf	Henley Cleminson
9	Lexie Kerens	Isabel Goodwin	Daniel Harrison
10	Laura Adesanya	Imogen Cleverley	Zoe Simpson
11	Sofia Green	Daniel Porton	Harry Simmons

Any questions relating to Tassomai please email:
tevans@purbrook.hants.sch.uk

Scientists of the Week

The following pupils have been nominated as “Scientist of the Week” by Mr Herman for their continued hard work and sustained effort within lessons. They have been awarded 50 Praise Points:

Esme Murray and Ethan Riou.

STEM @ PPS

Careers Fair

Helping young people realise their future career opportunities, this career fair showcases 25 national employers offering career pathways in STEM subjects.

<https://stem.exhibition.app/illuminatingcareers/>

Young Science Writer Competition

The aim of the competition is to encourage talented 14-16yo pupils with a passion for STEM and writing to submit an 800-word essay on a topic of their choice.

- **1st prize:** £1000 + Visit to BBC Science HQ in Cardiff
- **2nd & 3rd prize:** £250

More information and how to enter can be found here:

<https://www.absw.org.uk/pages/young-science-writer-of-the-year-award>

Mr Evans – Lead Teacher of Science

Sparx Legends of the Week

Year 7 – Charlotte Losh

Year 8 – Riyad Choudhury

Year 9 – Lexie Kerens

Year 10 – Martha Patfield

Year 11 – Harry Bailey

**50 Praise Points for
each Winner!**

Religious Studies Stars of the Week



★ **Year 7: Sophia Weeks (DLBA)**

★ **Year 8: Sophie Munro (EKSH)**

★ **Year 9: Maddison Laverick (GAPI)**

★ **Year 10: Julia Balakut (GTEV)**

★ **Year 11: Jayke Philpott (NJFR)**

**These pupils have shown fantastic effort,
attitude and work in the last weeks RS
lessons.**



PE BULLETIN

Fixtures next week

Girls' Football

Girls' football fixtures will be starting after school next week. Please make sure you bring your football boots and shin pads. Fixtures are as follows:

Year 7/8 on Monday 26th Feb @ Warblington
Teacher: Miss Fryer

Year 9/10 on Wednesday 28th Feb @ Horndean Technology College
Teacher: Miss Guile

Girls' Rugby

Year 7/8 on Wednesday 28th Feb @ Havant RFC
Teacher: Miss Brailey

Match Reports - Year 10 Boys Football

On Wednesday 21st February 2024, the Year 10 boys' football team played their final league fixture against The Petersfield School. It was a tight game throughout and with no substitutions, the boys had to work hard during the whole game. The final score was 2-2 and the boys should be proud as they worked extremely hard for this result. Well done boys.

Extra-Curricular Club timetable

EXTRA-CURRICULAR CLUBS: SPRING TERM 1 2024

Monday	FOOTBALL FIXTURES SUBJECT INTERVENTION	TBC CM2	Mr Wilson All Staff	Year 9 YEAR 9,10, 11
Tuesday	BADMINTON NETBALL/BASKETBALL CLUB ULTIMATE FRISBEE CLUB RECREATIONAL FOOTBALL RUGBY SUBJECT INTERVENTION	SPORTS HALL HARD COURTS MUGA MUGA/FIELD FIELD CM2	MR CROSSMAN MISS FRYER/MISS BRAILEY MR KNIGHT MR HARRIS MR MOON MR WILSON	ALL YEARS ALL YEARS ALL YEARS ALL YEARS YEAR 9 YEAR 9,10, 11
Wednesday	FOOTBALL FIXTURES FITNESS CLUB DODGEBALL CLUB TABLE TENNIS EXAM INTERVENTION	TBC FITNESS SUITE SH GYM CM2	MR MOON MR GISSING MISS FRYER MISS BRAILEY MR WILSON/MR CROSSMAN	YEAR 10 ALL YEARS ALL YEARS ALL YEARS YEAR 11
Thursday	GIRLS FOOTBALL TEAM FOOTBALL TEAM FOOTBALL RUGBY BASKETBALL CLUB GYMNASTICS CLUB	FIELD/MUGA FIELD FIELD FIELD SPORTS HALL GYM	MISS GUILE MR EVANS MR WILSON MR MOON MR CROSSMAN MISS BRAILEY	ALL YEARS Year 7/8 Year 9/11 Year 7 ALL YEARS ALL YEARS

Local Club Links Handball Opportunity



Cricket Opportunity



Purbrook cricket club Indoor training with Level 2 ECB coaches

Where: Crookhorn college Sports hall

When: Every Monday Evening Starting Mon Nov 13th.

Time:

U9/U11 6-7pm

U13 7-8pm

U15 8-9pm

Just Turn up or contact John Howard Mobile 07795083692

Havant Hornets Badminton Club



Havant Basketball Club

Training sessions on Tuesdays at Oakland's Catholic school:

Under 13s 5.30 - 6.30pm

Under 16s 6.30 - 7.30pm

Under 18s 7.30 - 8.30pm

£4 training fee

Portsmouth Gymnastics Club

Classes charged monthly in advance at £6.25 per hour. Monthly fee may vary depending on the number of days in the month.

FunGym Classes Ages 5-17 years

Monday	4-5pm, 5.15-6.15pm
Tuesday	4-5pm, 5.15-6.15pm
Wednesday	4-5pm, 5.15-6.15pm
Thursday	4-5pm, 5.15-6.15pm
Friday	4-5pm, 5.15-6.15pm
Saturday	10.30-11.30am 11.45-12.45pm 4.15-5.15pm

Portsmouth Rugby Club

PORTSMOUTH JUNIOR RUGBY FOOTBALL CLUB
PLAYERS WANTED!
JOIN OUR WINNING SQUAD

Portsmouth Junior Rugby Club is looking for players in all of our boys and girls secondary school age squads. We would love to welcome you to our friendly, winning, club. We guarantee a warm welcome, new skills and the chance to make friends for life.

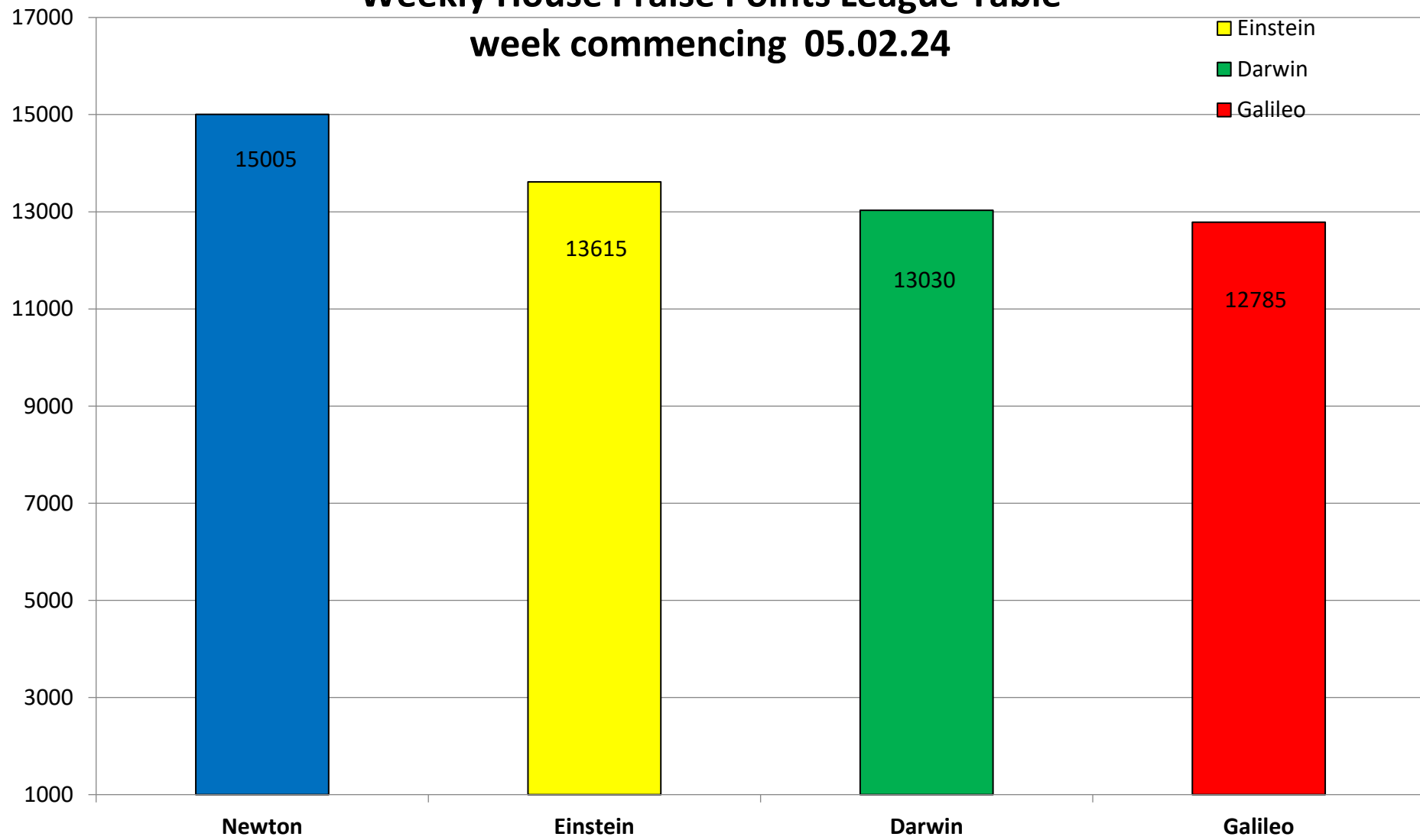
Free Taster Sessions Available at Rugby Camp, Norway Road, Hilsa!

EVERY WEDNESDAY AND SUNDAY

For more information, contact
juniorchair.portsmouthrugbyclub@gmail.com

Weekly House Praise Points League Table week commencing 05.02.24

■ Newton
■ Einstein
■ Darwin
■ Galileo





epraise



Leader Board This Week

Huge congratulations this week to:

Year 7	Year 8	Year 9	Year 10	Year 11
Alana Lines	Lillian Amey	Lexie Kerens	Neveah Chery-Close	Will Pilbeam
Jimmy Jarrold	Elliot Nicoll	Jasmine Davies	Theo Bennett	Ashton Wadey
Maddie Moore	Noah Brutnell	Sophie Richardson	Sid Moore	Will Jupp
Well done! We are so proud that your Character Virtues are shining through!				

REVISION TIPS



If you haven't given the GCSE Pods on the Purbrook Park Website a go yet they are a fantastic way to boost your revision. Log-on details are the same as your school log-on.



Weekly Leader Board

Year 9	Year 10	Year 11
Ellen Gaylard	Amelia Woolley	Leona Ong
Daniel Harrison George Wheeler	Henry Vye	Josh Hunter
Thomas Gaylard Lexie Kerens	Tilly Hutton	Charley Rogers



March 2024

Newsletter

FACE it!



Available to book now!

Approved CPD training for anyone who works with children or teenagers.

National Standards CPD accredited with certificate

Thursday
21 March

19:00 - 20:00

FREE



FREE SESSION

Understanding Addictive Behaviour - Screens, gaming, drugs and more

Tuesday
19 March

19:00 - 21:00

£24



What is ACT?

An introduction to Acceptance and Commitment Therapy

Thursday
28 March

19:00 - 21:00

£24



Supporting a child with ADHD
challenging the stereotypes and giving practical advice

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk



NHS
Hampshire Child and Adolescent
Mental Health Services

2024 PACE Events

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

DATE	LOCATION
Friday 26 th January 2024	Gosport St Vincent College, Mill Lane, Gosport, PO12 4QA
Thursday 22 nd February 2024	Basingstoke Queen Mary's College, Cliddesden Rd, Basingstoke, RG21 3HF
Monday 11 th March 2024	Andover Testbourne School, Micheldever Rd, Whitchurch, RG28 7JF
Friday 19 th July 2024	Waterlooville Oaklands Catholic School, Stakes Hill Rd, Waterlooville, PO7 7BW
Wednesday 25 th September 2024	Winchester Winchester United Reform Church, Jewry ST, Winchester, SO23 8RZ
Monday 7 th October 2024	Havant Trosnant Infant School, Stockheath Lane, Havant, Hampshire, PO9 3BD
Thursday 21 st November 2024	New Forest Lyndhurst Community Centre, Main Car Park, Lyndhurst, S043 7NY

BOOK YOUR WORKSHOP SPACE AT: hampshirecamhs.nhs.uk/events

PACE ITINERARY

TIME	WORKSHOP 1	WORKSHOP 2
9:30 - 10:30	Supporting a child with eating difficulties including ARFID This workshop solely focuses on eating disorders as a mental health disorder for young people. This will cover Avoidant Restrictive Food Intake Disorder is a feeding and eating disorder. People with ARFID find it hard to eat enough for healthy growth, development and functioning.	Supporting trauma recovery Understanding the impact of trauma on children and young people and how together we can help them to recover.
10:45 - 11:45	Introduction to managing ADHD - ADHD Team 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.	Supporting a young person in crisis & managing self-harm Supporting a young person in crisis & managing self-harm.
12:00 - 13:00	Coping and resilience strategies to support children & young people Exploring the terms coping and resilience - what are they and how might we build coping and resilience into our lives. This workshop uses easy to understand metaphors that can be shared with children to help them to explore their own coping and resilience.	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.
13:30 - 14:30	New Understanding and supporting a young person with Obsessive Compulsive Disorder (OCD) This workshop aims to give an introduction for parents and carers supporting a young person with Obsessive Compulsive Disorder (OCD). It will provide information regarding what OCD is, how this develops and what keeps it going. It will give an overview of the treatment options for OCD and ways family members can support a young person at home.	Looking after yourself to support your child This workshop 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.
14:45 - 15:45	New Disability, difficulty, SEND & mental health An awareness session to offer a space for Q&A around Learning needs and how Mental Health issues can present; difficulty with language used when children and young people have varying learning needs with or without formal diagnosis.	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.
16:00 - 17:00	Coping and resilience strategies to support children & young people Exploring the terms coping and resilience - what are they and how might we build coping and resilience into our lives. This workshop uses easy to understand metaphors that can be shared with children to help them to explore their own coping and resilience.	Supporting a young person in crisis & managing self-harm How to recognise crisis and how crisis develops. How emotional regulation difficulties can lead to mental health crises such as becoming suicidal or self-harming.
17:15 - 18:15	New Introduction to managing & supporting a young person with Tics and Tourette's This workshop aims to give an introduction for parents and carers supporting a young person with Tics & Tourette's. It will provide information regarding what Tourette's is, how this develops and what keeps it going. It will give an overview of the treatment options and ways family members can support a young person at home.	New Supporting your autistic child to thrive This two-hour workshop 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.
18:30 - 19:30	Introduction to managing 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.	