

**Purbrook Park School
Purbrook Park Newsletter**



**Week commencing Monday 11th March 2024
WEEK B**

- 1. Notes from the Headteacher**
- 2. Calendar**
- 3. Messages**
- 4. Sparx Legends, Religious Studies Stars & Historians of the Week**
- 5. PE Bulletin**
- 6. Art, Design & Technology News**
- 7. Weekly Praise Point Leader Boards**
- 8. GCSE Pod Leader Board**
- 9. Year 11 NCS Letter & Information Leaflet**
- 10. Havant Family Help Course Timetable**



PPS Dance Team at HSDC's Annual Springboard Dance Competition

1. Notes from the Headteacher

Galileo said, "The sun, with all those planets revolving around it and dependent on it, can still ripen a bunch of grapes as if it had nothing else in the universe to do."

Well done to everyone in **Galileo House** – you're leading the way by earning 11315 praise points in one week!

With best wishes,

Paul Foxley

2. Calendar

Date	Event
Monday 11.03.24	Year 10 Biology (AM) & Sociology (PM) Exams Staff Briefing Department Meetings
Tuesday 12.03.24	Year 10 English Language (AM) & Religious Studies (PM) Exams
Wednesday 13.03.24	Year 10 Maths (AM) & Geography (PM) Exams Year 10 & 11 Jekyll & Hyde Theatre Trip - Kings Theatre – 6.45pm – 10.00pm
Thursday 14.03.24	Year 10 Chemistry (AM) and History (PM) Exams Staff Twilight CPD – 3.00pm – 5.00pm
Friday 15.03.24	Year 10 Maths (AM) and Business (PM) Exams

3. Messages

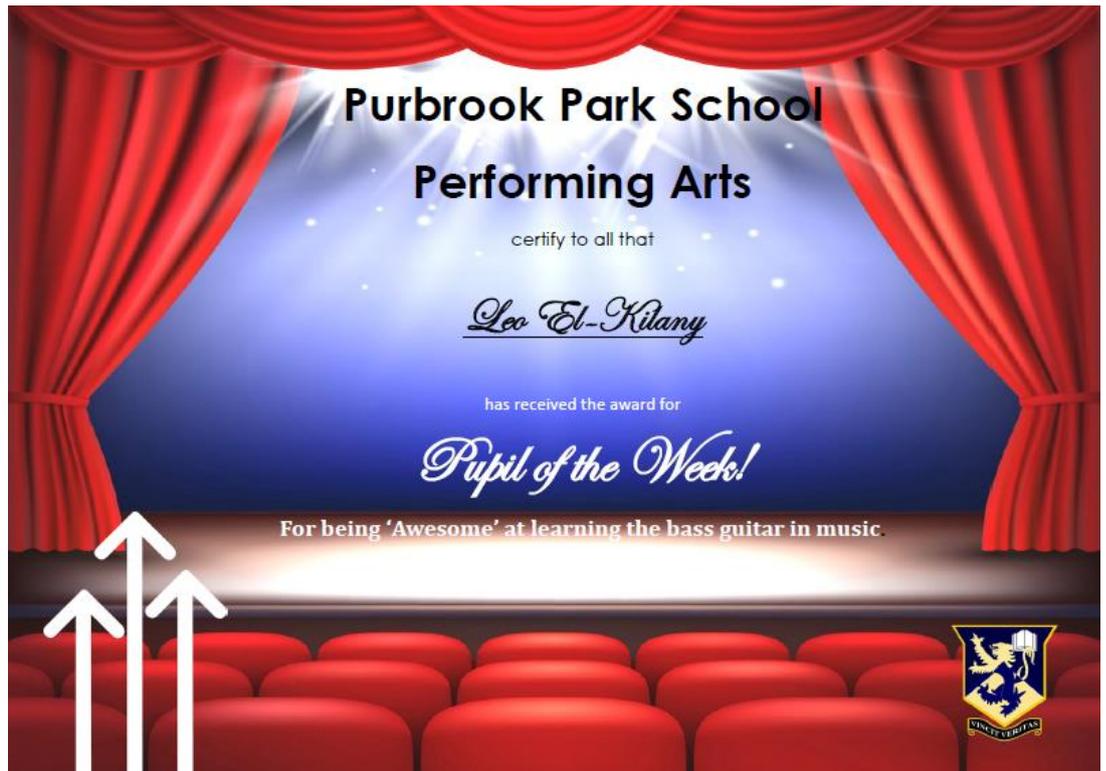
<p>Year 11 Virtual Progress Evening</p>	<p>Year 11 Virtual Progress Evening (by invitation) is taking place on Wednesday 27th March 2024 from 4.00pm to 7.00pm. Video appointments will only be available for pupils who have been selected by specific subject teachers, as requiring significant support to attain their GCSE target grades. These appointments may not be in all of the subjects that pupils are studying.</p> <p>Parents will be receiving a letter of invitation by email to make appointments in due course. Parents who do not receive a letter of invitation will not be required to make appointments. Thank you for your support.</p> <p>Mr Gunn – Lead Practitioner KS4 Pupil Progress</p>
<p>Remembering D-Day Auditions</p>	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">  </div> <div style="width: 50%; padding-left: 10px;"> <p>Remembering D-Day 80 Years On! <u>Variety Show and Dinner Thursday 6th June</u></p> <p>We are looking for performers with any act be it dancing, singing, juggling, magic, card tricks, comedy, ventriloquist, clever pets- (think Britain's Got Talent) to come and audition for this show.</p> <p>Auditions will take place on Tuesday 12th March in His 3 starting at 3.10pm. You don't need to register first just turn up on the day with your act.</p> <p>We look forward to seeing you there</p> </div> </div> <p>Mrs Walsh - RSL</p>

Purbrook Park Performers



Purbrook Park
Performers

Congratulations to our star of the week in Performing Arts:
Leo El-Kilany (8DMWA)



THANK YOU TO:

- ❖ Mrs Walsh for her donation of an electric drum kit for our music department.
- ❖ The grandparents of Ferne Hammond and Hugo Brook for two suitcases of dressing-up clothes and props for our costume department.

If you have any musical instruments/costumes and props you are getting rid of then please get in touch.

Mrs Brook - Performing Arts Department

HSDC Springboard Dance Competition

On Tuesday we took a small group of our dancers (pictured on the front of the newsletter) over to Havant & South Downs College to compete against other local dance schools in their annual Springboard competition. The pupils performed a variety of solos/duets as well a group piece they had just two sessions to create. They all danced beautifully. A special shout out to Lily Pearce who won the under 16 solo section with her tap.



Mrs Taylor – Lead Teacher of Performing Arts

Good News Story

Charley Rogers in Year 11(GNLY) has been promoted to Lance Corporal in the cadets. A huge well done Charley - we are all really proud of you!

Miss Lyons – Tutor GNLY

Food Practical Reminders

CHOC CHIP SCONES - 7X 13.3.24

SCONES



METHOD

1. Heat the oven to 220C/200C Fan/Gas mark 8 and place a lined baking tray in the oven to preheat.
2. Tip the flour, baking powder and butter into a bowl and rub together until it resembles breadcrumbs. Pour the mixture into a bowl and stir in the sugar and add alternative ingredients.
Alternatively, rub the butter into the flour mixture till breadcrumbs are formed. Add the lemon juice to the dry mixture!
3. Heat the Milk in the microwave or on the hob so its warm but not hot. Microwave will take about 30 seconds, you don't want it too hot!
4. Add the vanilla to the milk and mix.
5. Make a well in the dry mixture and add the liquid with a spatula as it will be very wet at first but it'll soon dry out as the liquid is incorporated.
6. Dust the work surface with some flour and tip the dough onto it. Fold the dough over a few times so it is smooth but do not over work it!
7. Roll the dough out till it is about 4cm thick.
8. Dip a 5cm round cutter into the spare flour and cut out the scones. You will probably get four out of the first go! Repeat this again till you finish up all the dough!
9. Take the tray out of the oven carefully and place the scones onto a plate. Brush the tops with the beaten egg so its glazed and bake in the oven for 10 minutes leave to cool slightly when baked

Ingredients

45 g Unsalted Butter (cold/cubed)
1/2 tsp Baking Powder
175 g Self Raising Flour (plus extra for dusting)
25 g Caster Sugar
1/2 tsp Lemon Juice
90 ml Milk
1/2 tsp Vanilla Extract
1 Egg (to glaze)
40g choc chips

RISOTTO

8X 11.3.24

8Z 15.3.24

8Y 12.3.24

IF YOU ARE BRINGING IN YOUR OWN INGREDIENTS PLEASE USE THE RECIPE BELOW AND BRING IN COOKED BACON ONLY. PLEASE REMEMBER A CONTAINER.

RISOTTO



METHOD

1. Put mushrooms into a large bowl and pour over 500ml boiling water. Soak for 20 mins, then drain into a bowl, discarding the last few tbsp of liquid left in the bowl.
2. Crumble 1 vegetable stock cube into the mushroom liquid, then squeeze the mushrooms gently to remove any liquid.
3. Heat 1/2 tbsp olive oil in a shallow saucepan or deep frying pan over a medium flame. Add 1/2 a finely chopped onion and a finely chopped garlic clove, then fry for about 5 mins until soft.
4. Stir in 60g chopped chestnut mushrooms, season with salt and pepper and continue to cook for 8 mins until the fresh mushrooms have softened.
5. Tip risotto rice into the pan and cook for 1 min. Fry off bacon in a separate frying pan.
6. Keep the pan over a medium heat and pour in a quarter of the stock. Simmer the rice, stirring often, until the rice has absorbed all the liquid.
7. Add about the same amount of stock again and continue to simmer and stir - it should start to become creamy, plump and tender. By the time the final quarter of stock is added, the rice should be almost cooked.
8. Continue stirring until the rice is cooked. If the rice is still undercooked, add a splash of water. Take the pan off the heat, add 15g butter and scatter over 5g grated parmesan and half a handful of chopped parsley leaves.
9. Cover and leave for a few mins so that the rice can take up any excess liquid as it cools a bit. Give the risotto a final stir, spoon into bowls and scatter with the remaining 5g grated cheese and the remaining chopped parsley leaves.

Ingredients

1/2 tbsp Olive Oil
1/2 Onion
2 Streaky Bacon rashers
60g Chestnut Mushrooms
75g Risotto Rice
1 vegetable Stock cube
10g Grated Parmesan
15g butter
1 Clove Garlic
Fresh parsley

SPICY DAHL

7Z 12.3.24

7Y 13.3.24

7X 15.3.24

IF YOU ARE BRINGING IN YOUR OWN INGREDIENTS, PLEASE USE THE RECIPE BELOW. PLEASE REMEMBER A CONTAINER.

SPICY DAHL



METHOD

1. Rinse the lentils.
2. Peel and chop the onion.
3. Gently fry the onion with a little oil and cumin.
4. Make the stock with boiling water and stock cube.
5. Stir the lentils into the onion.
6. Add the stock and tomatoes.
7. Simmer for 20 minutes with the lid on, until the lentils are tender. (You may need to add a little extra water.)

Ingredients

50g Dried red lentils

½ Onion

½ tsp Ground Cumin

½ tsp Oil

375ml Boiling Water

1 Stock Cube

200g chopped tomatoes (1 can)

½ tbsp chopped Coriander

INTERNATIONAL CUISINE - 9C 11.3.24



YOU WILL BE MAKING A STARTER AND A MAIN COURSE OF YOUR CHOICE BASED ON YOUR CHOSEN INTERNATIONAL CUISINE. PLEASE BRING IN ALL THE INGREDIENTS THAT YOU WILL NEED AND A RECIPE PLAN OF HOW TO MAKE THESE. REMEMBER YOU WILL HAVE 2 HOURS TO MAKE THESE AND CLEAR UP. THINK OF WHAT SKILLS YOU CAN USE WITHIN YOUR COOKING AND HOW YOU WILL PRESENT THESE DISHES.

INTERNATIONAL CUISINE STARTER AND MAIN COURSE IDEAS

GREEK SPANOKOPITA



MEXICAN TAQUITOS



JAPANESE GYOZA



INDIAN PAKORAS



GREEK SOUVLAKI



MEXICAN CHILLI CON CARNE



JAPANESE RAMEN



INDIAN JALFREZI



Miss Cumbo – Lead Teacher A, D & T

Parking



Dropping off and Collecting around the School

We are concerned about parking immediately outside our school site. Please can we ask you to think not only of our neighbours but also for the safety of your child and pedestrians, and choose a safe place to drop off or collect your child at school.

When picking up or dropping off at school, you should do the following:

- Allow yourself plenty of time as the area is likely to be busy.
- Do not park on yellow zigzag lines, and avoid parking opposite them.
- Please be considerate of local residents and avoid blocking driveways or accessways.

Thank you for your support.

Pastoral Team

Science – Celebrating Success

Pupil Achievement

Tassomai

For the two-week period beginning 26th February 2024, 16,132 Science recall style questions were answered on Tassomai. The following pupils have been rewarded with 25 Praise Points for being the top three users in their year group:

Year	1 st Position	2 nd Position	3 rd Position
7	Maddie Moore	Elana Isted	James Brown
8	Scarlett Strachan	Savannah Freeman	Eni Marmah
9	Lexie Kerens	Isabel Goodwin	Daniel Harrison
10	Imogen Cleverley	Lily Salmond	Isla King
11	Sofia Green	Eva George	Keiran Prior

Any questions please do not hesitate to email: tevans@purbrook.hants.sch.uk

Scientists of the Week

The following pupils have been nominated as “Scientist of the Week” by Miss Simmons for their continued hard work and sustained effort within lessons and have been awarded 50 Praise Points: **Millie White & Tommy Foster**

STEM @ PPS

British Science Week is a ten-day celebration of Science, Technology, Engineering and Maths that takes place between 8th and 17th March 2024. This year the main theme is “Time”. Pupils in Year 7 and 8 will be exploring this theme in lessons by investigating roller coasters or the origins of the universe.

Mr Evans – Lead Teacher of Science

Sparx Legends of the Week

Year 7 – Caspian Nation

Year 8 – Halle Bradshaw

Year 9 – Lexie Kerens

Year 10 – Poppy Libby

Year 11 – Alec Cross

**50 Praise Points for
each Winner!**

Week commencing 04th March 2024

Historians of the Week!



Year 7 – Florence Berry

GPLY



Year 8 – Sam Allen

EIBA



Year 9 – Rosie Carter

EIBA



Year 10 – Alex Willoughby

DGEV



Year 11 – Owen Powell

DGEV

These pupils have displayed excellent effort, attitude and work in last week's history lessons; going above and beyond in all sessions, for homework tasks and even extra curricular sessions like revision!

PE BULLETIN



Fixtures next week

11th March 2024

Year 7/8 Girls' Football @ Cowplain School

12th March 2024

Year 10/11 Badminton @ Horndean Technology College

Year 9 Boys' Rugby @ Horndean Technology College

13th March 2024

Year 9/10 Girls' Football @ Warblington School

Year 9 Girls' Basketball @ Kings School

Match Reports

Year 7/8 Girls' Football

Another successful result with our Years 7 and 8 girls' football team! 2-0 against Felpham School and 0-0 against Horndean Technology College. Shout out to Rosie-May Forbes for taking on the role of this week's captain and scoring two fantastic goals!

Year 7 and 11 Girls' Basketball

On Wednesday, the Year 7 and 11 girls' basketball teams played away at Kings School. Unfortunately, the Year 7s were beaten but showed great determination! Well done to Brooke Carter for being nominated as player of the match. The Year 11s gave us a nail-biting game with the end score of 28-24! Shout out to Angeli Sibanda for scoring some outstanding shots.

Clubs

On Thursday 14th March 2024 there will be no after school clubs!
(due to our Staff Twilight CPD)

Handball Opportunity



Junior Handball TRAINING SESSION

THE DOME, UNIVERSITY OF CHICHESTER, PO19 6PE

EVERY WEDNESDAY 7:30PM - 8:30PM

VISIT WWW.CHICHESTERVULCANS.CO.UK

YOUTH AGES 9-16

VULCANS

Girls' Football Opportunity



WHO FOR?

GIRLS ONLY
AGES 8-11/12-16
FREE SESSION

GIRLS FOOTBALL

KING GEORGE V FOOTBALL COMPLEX,
COSHAM, PO6 3FZ
MONDAY(S) | 5-6PM

TURN UP & PLAY

@POMPEYITC | PLKICKS@POMPEYITC.ORG.UK

Premier League **Kicks**

ROMNEY IN THE COMMUNITY

Local Club Links

Havant Hornets Badminton Club



HAVANT HORNETS Junior Badminton Club

Free Taster Session!

Every Monday
4:30pm to 6:00pm

VENUE
HAVANT LEISURE CENTRE
Civic Centre Road Havant PO9 2AY

BADMINTON ASSOCIATION

HAVANT HORNETS

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, Hilsea!

EVERY WEDNESDAY AND SUNDAY

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

Art, Design & Technology News

These past couple of weeks, within the ADT block, Year 9s have started on their mock projects. Within this module of work, pupils become more independent and use all the skills and knowledge they have learnt. All the pupils have chosen what they are passionate about and are using that to strive for the best. Here's some of the work they have started to produce, and hopefully we'll see more outstanding work later down the line too...

Follow our social media to see more:

@Adtandphotographyatpps

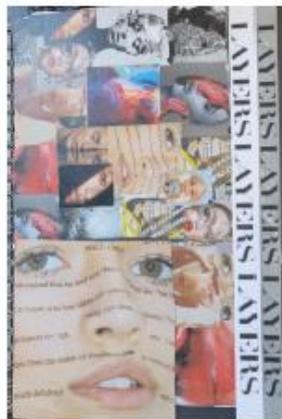
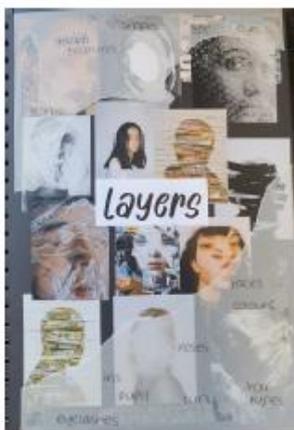
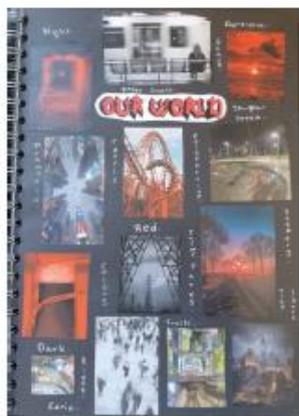
@foodpreparationandnutritionatpps



3D -

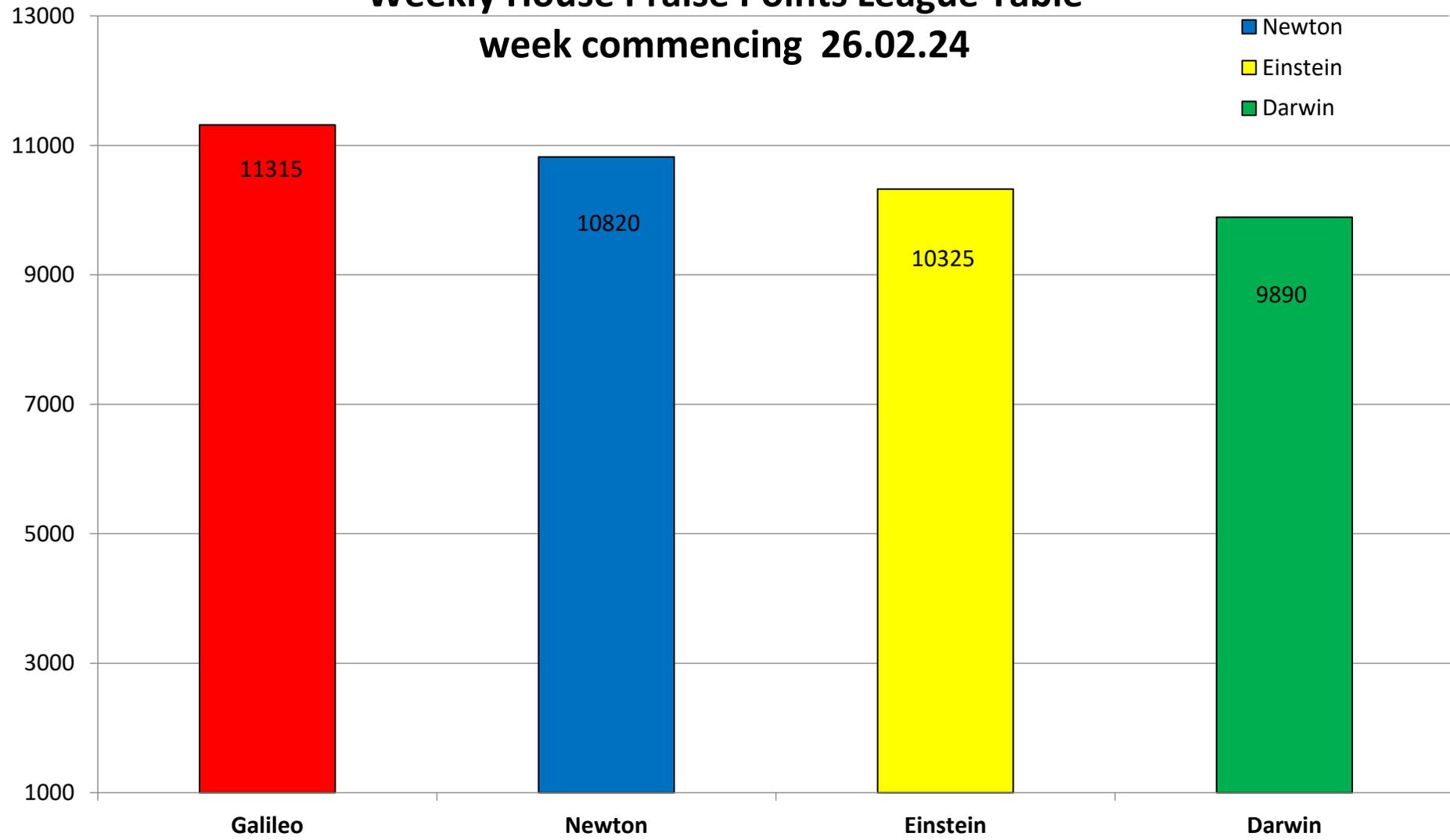


Photography -



Weekly House Praise Points League Table week commencing 26.02.24

- Galileo
- Newton
- Einstein
- Darwin





Leader Board This Week

Huge congratulations this week to:

Year 7	Year 8	Year 9	Year 10	Year 11
Maddie Moore	Scarlett Strachan	Isabel Goodwin	Poppy Wilkie	Sofia Green
James Brown	Sophie Munro	Jasmine Davies	Emma Dean	Georgia Hobbs
Reggie Rowley	Bethany Lush-Smith	Ethan Bell	Alexandra Willoughby	Nelly Khayatpour

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.



Top GCSE 'Podders' Weekly Leader Board

Year 9	Year 10	Year 11
Oliver Randall	Poppy Tarling	Sam New
Alesha-Rose Knight	Imogen Cleverley	Ernie Purkis Harry Stallard Benjamin van der Lugt Samuel Trapani
Josh Ali		



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Dear Parent/Guardian,

On Tuesday 5th March, an assembly was shown to your teen launching the NCS programme.

NCS is an opportunity that helps 15–17-year-olds (Year 11 and 12) to build skills for work and life, take on new challenges, meet new people and make a difference in their local community. 750,000 young people have already completed the programme and are out there reaping the benefits of taking part.

The sign-up process is just three short steps away.

Step 1: Visit <https://wearencs.com/> to find your programme and register your interest.

Step 2: Choose your theme – we have 3 different programme themes to choose from:

***Live It:** Live it up on this 5-day adventure away from home, getting stuck into adrenaline filled activities. Get life hacks you didn't know you needed and achieve things you didn't think were possible. All while building your confidence, independence and making new mates along the way!*

***Change It:** Your chance to change your community, or even the world! On this 5-day trip you'll channel your passion into making a difference and creating change. This action-packed week kicks off with adrenaline fuelled activities before helping you discover how to leave a legacy.*

***Boss It:** Unlock your potential in just 5 days at university accommodation! Turn your hobby into cash, discover careers you didn't know existed, and boost your online professional profile. Get the tools and connections you need to take control of your career and earn the success you deserve.*

Step 3: Choose your dates – you also find the dates on offer by visiting the website. We have dates across the year so you can fit us into any plans you may have!

Just select a date that works for you, there are lots of dates to choose from so hopefully you can fit us nice and easily into your plans!

Dates:

- 15th July – 19th July
- 22nd July – 26th July
- 29th July – 2nd August
- 5th August – 9th August
- 12th August – 16th August
- 19th August – 23rd August

Where will your child be staying?

The closest programme to Purbrook Park School will take place at: YMCA Fairthorne Group, Fairthorne Manor, YMCA, Southampton, SO30 2GH. Help us by supporting your teen with getting to Fairthorne Manor on



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Monday and returning home on Friday – this could be dropping them off and picking them up, or by public transport – and leave the rest to us.

Why sign up to NCS?

There are many benefits of NCS, including:

- Enhancing their CVs;
- NCS enhances college applications;
- NCS is recognised by UCAS and will benefit their personal statements;
- NCS improves confidence and offers skills essential for starting work;
- Your teen can gain new skills and start to become more independent;
- NCS allows your teen to volunteer to help their local community;
- Allows them the chance to stay away from home.

To complete your application to NCS, visit <https://wearencs.com/>. You will then be emailed a medical form which you should complete and return to us. NCS does have a fee attached of £95, so this will also need to be paid to conform your place on the programme. Please note: if your child is entitled to free school meals or is a pupil premium student, then they can receive a bursary and will get a place on programme for FREE.

If you have any further questions, please visit the FAQ page on our website or call 0800 197 8010.

We are looking forward to supporting your child on their NCS experience.

Best Wishes,

Ingeus NCS Recruitment Team.

Parent and guardians information leaflet



Experiences away from home

National Citizen Service (NCS) helps 15-17 year olds build skills for work and life by taking part in new challenges and meeting new people, gaining confidence and independence along the way.



“When my son came back he had just blossomed, his confidence had grown so much it was incredible. I would highly encourage parents to get their teens on NCS, it teaches them to have conversations they wouldn't normally have the confidence for”.
Parent

NCS away from home experiences are available across the country. Each experience is five days and four nights, and includes a variety of activities centred around one of three themes: Live It, Boss It, or Change It.

The experiences will help boost your young person's CV and college or university applications - highlighting the broader range of skills they've gained to employers and higher education providers.

Places are limited!

Visit our website to secure a place today.

WEARENCS.COM



Young people have a choice of dates throughout the year. Head to our website, choose your dates, choose your experience, and make a payment if you need to. Simple!

"My daughter has made some new lifelong friends and the experience she's had has really built her confidence...all of the activities were brilliant and taught my daughter skills for life!" Parent

WHEN IS IT?

All three themes are available throughout school holidays, simply choose your preferred dates during the sign-up process.

HOW MUCH DOES IT COST?

NCS is a government funded programme, which means the costs of the experience are heavily subsidised. To take part in NCS, all we ask for is a contribution of £95 per young person. This includes all travel costs, accommodation, activities and food – a whole five-day trip for £95!

Depending on your circumstances (e.g. if your young person receives free school meals or the pupil premium), you could be entitled to a bursary which would mean the experience is free – you don't have to pay anything. Get in touch for more information.

IS NCS INCLUSIVE FOR PEOPLE WITH SPECIAL EDUCATIONAL NEEDS OR DISABILITIES?

NCS is for everyone. When your young person signs up to NCS, you will have the opportunity to let us know about their specific needs, including any medical conditions, special educational needs, or disabilities. We will then contact you to develop a care plan so that we can make necessary reasonable adjustments to ensure they can take part. NCS is also available up to the age of 25 for those young people with SEND.

REFUNDS

We offer a 14-day cool off period for you to apply for a refund if you change your mind.

In the unlikely event of NCS being cancelled, you will be offered a full refund.



You'll stay in a beautiful outdoor location and no matter which of the three experiences you choose, you'll meet a bunch of new mates, explore your adventurous side, and make memories to last a lifetime.



Young people will be ready to enter the world of work or start their own business. It gives tools, know-how, and inspiration needed to take control and be successful.



They will have the chance to change their community, or even the world, for the better. They'll explore the issues facing society today, discover their purpose, and turn passions into projects that make a difference.



The sign-up process



Safety & Supervision



1. REGISTER AND BOOK A PLACE

You or your young person register on the NCS website and choose their preferred theme. Complete the details, make your payment and you're done!

- Call the team if you would like to find out more about a bursary.

2. IMPORTANT FORMS

Once signed up, your young person will receive information to login to their NCS portal.

- You will need to help them complete their Joiner Form.
- This is also the time to let us know any specific requirements for your young person (including dietary, religious, or anything else).

3. PARENT INFORMATION SESSIONS

You will then have the opportunity to attend a parent and guardian information session to learn more and ask questions.

4. WELCOME PACK

Before their away from home experience, your young person will be sent a Welcome Pack with all the information they need to know about their experience, including pick-up locations and what to bring.

Your young person's safety and wellbeing is our top priority.

NCS away from home experiences are delivered on behalf of the National Citizen Service Trust, a Royal Charter body, by Ingeus and Youth Hostels Association (England & Wales) (YHA). Ingeus has provided NCS experiences to over 130,000 young people since 2011.

All experiences follow comprehensive policies and procedures, NCS staff are fully trained, and we are fully insured. All staff undergo the following checks and training:

- Enhanced DBS (Disclosure and Barring Service) checks
- First Aid (certified)
- Safeguarding
- Equality & Diversity.

SAFEGUARDING

Safeguarding relates to action taken to promote the welfare of children and protect them from harm. As an organisation that works with people of all ages and backgrounds, we are committed to acting in the best interests of children and vulnerable people, ensuring that all reasonable steps are taken to prevent them from harm.





Frequently Asked Questions (FAQs)

Can I speak to someone before signing up?

Yes, you can talk to a member of our team Monday to Friday from 12pm - 8pm, and Saturday 10am - 2pm, by calling 0800 197 8010.

What are the benefits of doing NCS?

Young people will get the chance to meet new people, expand their horizons, learn new skills, and build their confidence. They will have the opportunity to take part in a range of activities, gaining valuable skills to take into their future to make a positive difference for themselves and their community. NCS also looks great on CVs and education applications!

My young person has additional needs, can they still take part?

NCS is open to everyone. During the sign-up process, you have the opportunity to tell us about any additional needs, and then we will work with you to create a tailored care plan for your young person.

Is there help towards the cost of NCS?

If you need help paying for NCS, you can apply for a bursary. Give us a call on 0800 197 8010 before you sign up.

Do young people have to do NCS?

While NCS is not compulsory, it is a unique and exciting opportunity that is only available to 15-17 year olds if they are 15, they must turn 16 by 31st August 2025 to be eligible.

Does my young person need to take money on NCS?

Extra money is not needed, but if you want to give your young person extra money to take for shops/vending machines then you may wish to do so.

How will you make sure my young person is safe while on NCS?

Each programme and each activity is risk assessed to ensure their safety. Our team are fully qualified and trained, and every young person is given a code of conduct to follow to ensure the safety of others.

Can my young person do NCS with their friends?

Yes, they'll just need to make sure they all sign-up to the same theme, the same departure date and travel hub. Places are limited so it's best for groups of friends to book at the same time to avoid disappointment.

Where will my young person be going?

NCS away from home experiences are available at sites across the country. During the sign-up process, you and your young person will choose the type of experience and the preferred travel hub for pick-ups and drop-offs. After that, we will confirm in the Welcome Pack the full address of the venue where they will stay for their NCS experience.

Will my young person be forced to do all the activities?

We will never force anyone to do something they don't want to do. We will be there to encourage them to face their fears and be confident to tackle new things.

What is included in the cost of NCS?

All food, accommodation, and travel is provided during the programme and included in the cost. All we ask is that your young person brings some lunch with them for the first day.

Can I contact my young person while they are away?

Absolutely! Your young person might not have their phone with them during the day due to the nature of some activities, but there will be lots of opportunities to contact them and you will also be given an emergency contact number for our team.

Why do I have to fill out my details?

This is to secure a place on an NCS programme, and to make sure your young person has your permission to attend. If you start but don't complete the sign-up process, our team may give you a call to see if we can help answer any questions.

Can my young person take their mobile phone?

Yes, we just ask that they use it considerably and not when they're participating in activities. Charging points may be limited so we recommend bringing a battery pack.



Kit list



To fully participate in the NCS experience, your young person will need to bring with them a kit of essential items.

All the information you need to prepare will be in the Welcome Pack, but to help you get a head start, here is a list of the essential items they'll need to pack.

- Clothing for the entire trip, including:
 - Underwear and socks
 - Trainers/ comfy shoes
 - Nightwear
 - Warm jacket
 - Raincoat
 - Shoes for showers (e.g. flip flops)

- Toiletries
- Towel
- Small bag for the daytime
- Spare bag for wet/dirty clothes
- Reusable water bottle
- Phone charger
- Snacks (no nuts please!)
- Medication (please label with their name)
- Hand sanitiser
- Pen & notepad
- Lunch (just for the first day)

Your young person can also bring their mobile phones (and chargers!) and money if they choose to.



Secure your place today



Here's how!

Register at [WEARENC.COM](https://wearencs.com) and then:

- 1) Choose the preferred theme
- 2) Choose the preferred travel hub
- 3) Choose the preferred dates



Get in touch

If you'd like to have a chat about NCS or have a question, you can call us on 0800 197 8010, email us at askncs@ingeus.co.uk, or contact your local team:



Havant Family Help Course Timetable

April 2024

For more information on courses and to book a place call **02392 441400** or email **Havant.FSS@hants.gov.uk**

Havant Family Help is pleased to announce our April timetable. If you wish to book onto one of our courses, please call **02392 441400** or email **Havant.FSS@hants.gov.uk** to speak with one of our workers who can book you a place/put you on our waiting list, please note NVR and ACES require a pre course assessment.

Day	Group Name	Age Group	Time	Venue	Dates
Monday	Family Links Nurture- FSS	Parents/carers	9.30-11.30am	Sharps Copse	15/4-1/7 (Term Time only)
Tuesday	Adverse Childhood Experiences (Aces) – FSS	Parents/carers	9.30-11.30am	Sharps Copse	30/4 -16/7 (Term Time only)
Wednesday	Talking Teens- FSS	Parents/carers	9.30-11.30am	Sharps Copse	8/5-5/6 (Term Time only)
	Family Links Nurture- FSS/FP	Parents/carers	9.30-11.30am	Sharps Copse	24/4-3/7 (Term Time only)
	Young Persons ACE's – FSS	Children	3.30-5.30pm	Sharps Copse	24/4-26/6 (Term Time only)
Thursday	SGO Group	Parents/Carers	10.00-11.30am	Sharps Copse	First Thursday of the month
	Non-Violent Resistance (NVR) - FSS	Parents/Carers	9.30-11.30am	Sharps Copse	9/5-18/7 (Term Time only)
Friday					

Havant Family Support Service Hub
 Sharps Copse Families centre
 Prospect Lane,
 Havant, PO9 5PE
 Tel: 02392 441400

Adverse Childhood Experiences (ACE's)

ACE's is for parents who are presenting with trauma related experiences due to events that have taken place in their childhood and/or adulthood. These experiences are having a negative impact on their ability to move forward and make positive, sustainable changes to their lives. As a result, their parenting, mental health, emotional wellbeing and ability to manage from day to day is being restricted.

Young Persons Adverse Childhood Experiences

This is also available for children 12 years and up.

Family links Nurture Programme

This is a programme to develop emotional and mental well-being which is crucial for effective relationships and family life. The course recognises that in order to fulfil our potential, sustain close relationships and enjoy parenting our children we need to be emotionally healthy. The aim is to help parents understand their emotions in order to manage feelings and behaviour.

Non-Violent Resistance (NVR)

If you are experiencing child to parent violence, you don't have to face it alone. We have supported hundreds of parents, carers and children through our workshops. In 78% of cases, there is a reduction in violent and aggressive incidences as well as improved life chances for children, reduced stress levels and improved relationships at home. We support parents with children aged 5 to 18 years.

Talking Teens

The Talking Teens 4-week programme enables parents to build on pre-existing parenting skills and discover new ones. The sessions will help parents understand the impact they have on their teenagers and the influence of adolescent brain development on behaviour. Parents will explore their own feelings, as well as their teenagers, and will develop approaches to –promote life skills. Parents will also consider conflict and positive approaches to boundary setting and problem solving.

Resources and tools for supporting young people's mental health

Great resources and tools for supporting young people's mental health and resources and info to give to parents....coping with self-harm, depression, anxiety etc...

www.cwmt.org.uk/schools-families-resources

This website has some great guided meditation that will help with anxiety
<http://franticworld.com/resources/>

For teenagers and supporting them
<https://stem4.org.uk/>



The distract app gives you easy, quick and discreet access to information and advice about selfharm and suicidal thoughts. Find in your APP store.



YOUNGmINDS

text **YM** to 85258

CRISIS TEXT LINE



In times of crisis – all of the following are here to help you

Contact the Safehaven

<https://www.easthantsmind.org/crisis-services/adults-safe-haven/> 0300 303 1560; 1800-2200 365 days

Call 111

There is a mental health practitioner to help you, 24/7

SHOUT Text Line

Text SHOUT to 85258 – available 24/7

Visit 'Staying Safe'

<https://stayingsafe.net/> by people who have got through similar experiences. Make a safety plan.

Solihull Approach

10 free online courses to offer evidence-based information and strategies to support families to understand child behaviours, development and feelings to strengthen relationships. Courses cover the journey of the child from conception through to the teenage years and are available for anyone with caring responsibilities to access.

Learners for both sets of courses can register via the HCC landing page [The Solihull Approach | Health and social care | Hampshire County Council \(hants.gov.uk\)](https://www.hants.gov.uk/health-and-social-care/hampshire-county-council). The access code FAMILY for parents/carers and FAMILY_PRF for professionals are required at registration along with a Hampshire or IOW postcode for unlimited access."

Lighthouse Youth Group

Working together we provide a safe, informal and supportive environment for young people to take part in activities with peers, make friends, have fun and access immediate 1:1 support from our experienced youth workers and mental health practitioners.

Tuesday – Year group: 6, 7, 8

Session time: 4:30PM – 6:30pm

• Wednesday - Year group: 9, 10, 11

Session time: 5:30pm – 7:30pm

• Thursday - College / 6th form age

Session time: 5:30pm – 7:30pm

Further information can be found on: www.easthantsmind.org or email us at:

cyp@easthantsmind.org.

Self-Help Resources

<https://selfhelp.samaritans.org/>

Use our self-help web-app to track your mood and find practical tips and techniques to look after your emotional health.

<https://www.cntw.nhs.uk/home/accessible-information/easy-read/self-help-guides/>

NHS-produced self-help guides on a variety of mental health subjects

<https://www.nhs.uk/every-mind-matters/>

Guidance on mental health and wellbeing, including creation of an individualised plan

<https://littf.com/>

Free online courses covering low mood, stress and resiliency. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more

<https://stayingsafe.net/home>

Particularly useful if you suffer from thoughts of self-harm or suicide. You can create a free safety plan.

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health>

A collection of resources on a wide range of mental health and lifestyle issues

<https://www.mycompass.org.au/>

A personalised self-help tool for your mental health

<https://www.beyondblue.org.au/>

Information and support to help achieve best possible mental health

<https://www.getselfhelp.co.uk/>

This website provides CBT self-help and therapy resources, including worksheets and information sheets and self help mp3s