

'Welcome back '

Mrs Buley—Interim Principal

Welcome back and we hope you all had a restful half term! It has been wonderful to welcome back pupils this week and see them all have a settled return to school following their break.

After a busy few weeks in October, this half term also promises to bring several key events for staff, pupils and their families. Our Year 11 pupils will shortly be undertaking their first set of mock examinations (beginning 13th November) and you will shortly receive individual timetables to enable you to support the preparations at home. We are also planning our first trip for pupils undertaking their Arts Award qualification which we hope to go ahead in December! Plans are also underway for our Christmas event on the afternoon of 15th December, and we hope to welcome as many of you as possible into school for this.

Pupils will also be celebrating several key events this half term, including 'Social Media Kindness Day' next week on 9th November where School Council have supported the preparations for this - we look forward to sharing more about this with you next week.

We look forward to working with you all again this half term!



Dates for the Diary

- **6th November—Student Flu Immunisations**
- **9th November - Social Media Kindness Day**
- **13th—17th November - Anti-Bullying Week**
- **29th November - No Pens Day**

Autism Wellbeing Hub

Centre for AUTISM Wellbeing Hub Launch

Date: 9th November 2023

Time: 19:00—21:00

Location: University of Reading, Palmer Lecture Theatre or online

The Wellbeing Hub is a new project funded through the support of University of Reading donors. For the last year, we have been working with autistic young people and their families to identify activities that we could offer and areas for research that will support autistic young people and their families to lead their best lives. By focusing on autistic thriving, we hope to create an inclusive community where, through meaningful collaboration, autistic young people, their families, and supporting professionals can explore what is important to autistic people in terms of living a good life. During our launch event, we will give a detailed overview of the project and set out how the autism community can be involved in shaping its future direction.

For those attending in person, after the talks there will be refreshments and the chance to review the latest autism-related research from members of the School of Psychology and Clinical Language Sciences. All are welcome.

For more information & register for the event: <https://www.reading.ac.uk/events/Feed/2023/November/Centre-for-Autism-Wellbeing-Hub-Launch>

Assembly This Week

Assembly this week focused on Remembrance and why we wear poppies. The pupils learnt about the history of the significance of wearing the poppy and how this is commemorated each year on November 11th at 11am. During form time next week pupils will have the opportunity to complete work about remembrance in preparation for Remembrance Day on Saturday 11th November and Remembrance Sunday on Sunday 12th November.

Barvember:



The month of November is an exciting time for Mathematician as it is Barvember. This is where we support pupils to visualise their learning with the use of bar models. Barvember is a month packed with maths problems for all primary and secondary age children. Each problem can be solved using a bar model but this is not the only method that can be used.

Over the month pupils will have the opportunity to engage with a variety of problems that can be solved using the bar model.

With this newsletter there are three problems from this week for you to solve at home should you wish to – the solutions are also provided on the final page.

We hope that you enjoy problem solving.

1 Tommy has £15
He buys these items.


£4

£7

How much change does he get?

2 Kim and Eva have 60 sweets in total.


I have 5 times as many sweets as Eva.



Kim

How many sweets does Kim have?

3 A shop has some pens.
 $\frac{2}{9}$ of the pens are sold.
There are 329 pens left.



How many pens did the shop have to begin with?

4 Dexter buys 3 tickets for a cricket match and 2 programmes.
He spends £77 in total.
A ticket costs £11.50 more than a programme.
How much does a ticket cost?

5 Tommy has 657 marbles.

Dora has 365 marbles.

They each give the same number of marbles to Whitney.

Tommy now has three times as many marbles as Dora.

How many marbles did they each give to Whitney?

The Daily Challenge

Last Reminder: Student Flu Immunisations 06/11/2023

If you would like your child to receive the flu immunisation, please complete the form sent out with the Newsletter.

Parent/carers are required to complete a consent form as soon as possible or by 9am, one full day before your session at the latest if you would like your child to receive their flu vaccination at school.

If you do not wish for your child to be vaccinated, please complete the form as a non-consent.

INFORMATION FOR YOUNG PEOPLE ON ADHD MEDICATION

WHAT IS THE SITUATION?

There are national shortages of ADHD medication



The NHS and the government have told us that there are shortages of the medications that people take for ADHD.

This means it may be harder for you to get your medication

Your medication may not be affected and you may be able to get it like normal.

For some people, it may not be possible for your pharmacy to order it in because there may not be any of it available.

This is a temporary situation

We don't know exactly when the problem will resolve but the government and people who make medications are working to fix it. We won't be able to make changes to your medication during this time. If you are waiting to start medication, we won't be able to do this either until the shortages improve.

STRATEGIES THAT MAY HELP

1 Frequent movement breaks



Movement can help your brain to focus and regular movement breaks is a chance to reset. You may want to utilise fidget toys more or add in extra breaks throughout your day.

2 Schedule time for calming activities



ADHD can make it very tricky to "switch off your brain". Schedule time into your daily routine for activities that make you feel calmer, like art, mindfulness, going on a walk, playing football etc. It might help to do this before or after difficult things like homework.

3 Try to stick to a routine



This can be hard when you have ADHD! But it helps your brain to know what is happening. This includes getting enough sleep. Ask someone you live with to help you.

4 Be kind to yourself and ask for help



Things might feel harder without medication, so go easy on yourself. What demands can you reduce? How can you be kind to YOU? ADHD can make it harder to regulate your emotions, so talk to someone when you are struggling.

WHAT DOES THIS MEAN FOR ME?



1 If you run out of medication...

It might help you to write a list of the reasons why you are worried and to talk these through with a trusted adult. They might be able to help you. Your school will be informed so they will know things might be a bit more difficult.



2 If you feel worried...




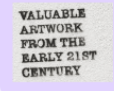





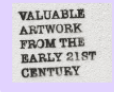













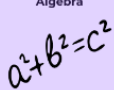



You may notice that you feel more restless, hyperactive, energetic or struggle to concentrate more. You may notice some other ADHD traits. Or, you may not know how you feel. This may feel frustrating.



3 If you feel very worried...

Talk to your ADHD nurse or doctor. They won't be able to help with getting medication, but they will be able to give you advice on your situation. If you take stimulant medication, they may suggest you have weekends off it so you don't run out as quickly on school days.

What we are learning this term—Autumn 2023

	English	Maths	Science	Humanities	Art	Computing	Food Tech	Life skills
Scorpius	Narrative Writing 	Addition, Subtraction, Multiplication & Division 	Living things 	Guy Fawkes Night & The UK 	Banksy VALUABLE ARTWORK FROM THE EARLY 21ST CENTURY 	Edblocks 	Road Safety & Travel in the Local Community 	
Phoenix	Persuasive Writing 	Calculation & Fractions 	Living things & their environments 	Suffragettes 	Banksy VALUABLE ARTWORK FROM THE EARLY 21ST CENTURY 	Animated Stories 	Road Safety & Travel in the Local Community 	
Year 7	Narrative Writing 	Place Value & Proportion 113 1 hundred 1 ten 3 units 	Solids, liquids & gasses 	Black Death 	Colour, Tone & Faces 	Scratch - Part 1 	British Cuisine 	Money Management & Shopping BUDGET 
Year 8	Narrative Writing 	Place Value & Proportion 113 1 hundred 1 ten 3 units 	Acids and Salts 	Catholic Church 	Colour, Tone & Faces 	Representation 	British Cuisine 	Food Preparation & Hygiene 
Year 9	Narrative Writing 	Reasoning - Algebra $a^2+b^2=c^2$ 	Acids and Bases 	Geography & History Options 	Grayson Perry Clay Pots 	Computer Systems - Memory 	British Cuisine 	Health & First Aid 

Christmas 2023

Exciting plans are well underway for Christmas 2023. We will be holding our Christmas dinner day on Wednesday 13th December. The menu has been uploaded into MCAS specifically for this day, and ask that you login and select the meal requested before 20th November 2023. Any orders after this day can not be guaranteed.

Our Christmas fayre will be held on Friday 15th December afterschool and we will have lots of festive fun and games, refreshments and hoping a special visitor can pop along too if he can leave the North Pole at such as busy time!

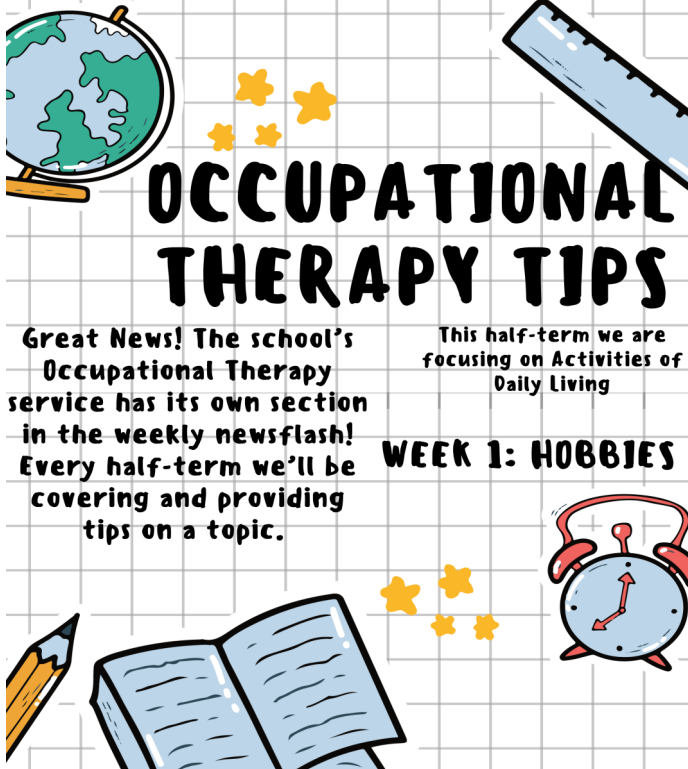


We are asking for donations to our chocolate tombola as well as to our filled jars tombola. So please be generous and help make our Christmas fayre one to remember for all. More information will follow in next weeks Newsflash.

Donations for the tombola's can be brought to the school office anytime from Monday 6th November 2023.

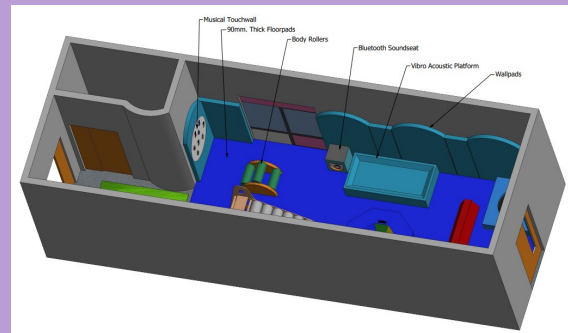


Occupational Therapy: Anastasios Kofonikolas



Exciting news....

Our new immersive sensory area is being installed later this month. With the support of SpaceKraft, the design has been created in partnership with TVS to enhance the occupational therapy for our students.



Occupational Therapy Tips-Activities of Daily Living Hobbies (Week 1)

Hobbies play an important role on children's daily routine and development. Through hobbies pupils are able to develop their social skills, productivity, explore their interests and sensory preferences. Some students prefer indoor hobbies such as arts and crafts, board games, puzzles, drawing or video games. Other students prefer outdoor activities such as sports, walking, going to the park, visit thematic parks or restaurants. The most important thing is to try to engage students with different activities. Here are some tips for you!

Make time for them

Research shows that children's socioemotional skills and productivity can be increased when parents spend some quality time with their children on a daily basis.

This can be tricky for those parents who have to work full-time, but it is possible. Even if it is only for a couple of hours in the evening, interact with your child.

Go outside

Being outside has a calming effect, improve children's mood, and increases their interest for exploration. Take activities that are normally done indoors outside. Dress appropriately for the weather and let the rain, wind and sunshine stimulate your child's senses.

Create connections

Build your child's confidence and sense of belonging by spending time with people who share similar interests. Find a group or activity focused on things your child is interested in and help them participate.

Art And Craft Related Hobbies

Arts and crafts activities are fun and entertaining ways to boost creative thinking abilities and hone motor skills. Research suggests that such activities help build resilience and develop children's positive mental well-being. Some arts and crafts activities are:

- Origami
- Cooking
- Scrapbooking etc.

Science-Related Hobbies

Science-related hobbies are useful to develop analytical thinking, logical reasoning, and problem-solving skills. They nurture children's innate ability to "question and seek an answer," an elemental skill to understand the world. Some science related activities are:

- Astronomy
- Geocaching
- Meteorology etc.

Points of Contact

Subject	Contact Name	Email address
Primary Phase Lead, Phoenix Form Tutor	Miss Ciara Mallon	ciara.mallon@thamesvalleyschool.org.uk
Scorpius Form Tutor	Mrs Anastasia Thomas	anastasia.thomas@thamesvalleyschool.org.uk
Head of English, Pyxis Form Tutor	Ms Eirini Akrivopoulou	Eirini.Akrivopoulou@thamesvalleyschool.org.uk
English, Orion Form Tutor	Mr Jamei Moyad	Jamei.Moyad@thamesvalleyschool.org.uk
Maths Teacher	Mrs Jemma Dudgeon	Jemma.Dudgeon@thamesvalleyschool.org.uk
Maths, Taurus Form Co-Tutor	Mr Julian Richens	Julian.Richens@thamesvalleyschool.org.uk
Science Teacher	Mrs Jemma Dudgeon	Jemma.Dudgeon@thamesvalleyschool.org.uk
Science, Draco Form Tutor	Miss Aleksandra Avramova	aleksandra.avramova@thamesvalleyschool.org.uk
Art and Design, Aquila Form Tutor	Miss Laura Pirkl	Laura.Pirkl@thamesvalleyschool.org.uk
Computing, Taurus Form Co-Tutor	Miss Sharon Eden	Sharon.Eden@thamesvalleyschool.org.uk
Humanities, Lynx Form Tutor	Mr Michael Villar	Michael.Villar@thamesvalleyschool.org.uk
Catering & PSHE Teacher, Careers Lead, Lupus Form Co-Tutor	Mr Tim Shephard	tim.shephard@thamesvalleyschool.org.uk
Lupus Form Co-Tutor	Miss Christina Johnston	christina.johnston@thamesvalleyschool.org.uk
Draco Form Co-Tutor	Miss Phoebe Edmond	phoebe.edmond@thamesvalleyschool.org.uk
PSHE Teacher	Miss Becca Archer	Becca.Archer@thamesvalleyschool.org.uk



Safeguarding Team at Thames Valley School





Miss R Archer
Designated Safeguarding Lead
Safeguarding Lead



Mrs G Buley
Interim Head of School
Deputy Safeguarding Officer



If you are feeling sad, upset, hurt or scared, you can talk to any member of staff.

Are you worried about anything?

Is something making you unhappy?

Is someone being unkind?

Everyone has the right to feel safe at ALL times.



Children's Social Care – For reporting concerns **READING** Single point of access – Tel: 0118 937 3641
Email: Childrensingletpointofaccess@reading.gcsx.gov.uk

To report an incident to the **LADO** – Local Authority Designated Officer – Tel 0118 937 2685
Email: LADO@brighterfuturesforchildren.org

Key Dates for Parents & Carers (2023-24)

Month	Date	Time	Description
September	4th & 5th		Inset Day
	15 th		TVS 10 th Birthday Celebration
	19 th	5.30pm -6.00pm	TVS Satellite Site – meeting with Dr Nicola Crossley, CEO
	22 nd	2pm – 3.00pm	Welcome Event – for new parents and carers
	22 nd		Jean for Genes Awareness Day
	28 th	2pm at TVS, 5pm virtual	Curriculum Information Session
October	6 th		School Photo's – H Tempest Ltd
	10 th		RE Day - Judaism
	12 th	3.30pm – 5.30pm	Parents Evening & Macmillan Coffee Afternoon
	18 th	1.00pm – 3.00pm	Pumpkin Carving & Pizza Making (with parents)
	19th – 27th		Half Term
	30th		Inset Day
November			
	13 th – 30 th		Year 11 Mocks*
December	15 th		Christmas Event (TBC)
	18 th – 20 th		Mid-year Pupil Reports
	21st – 2nd		Christmas Holidays
January	3rd		Inset Day
	15 th – 19 th		Key Stage 2 SATS Mocks*
February	12th – 16th		Half term
March	4 th – 22 nd		Year 11 Mocks*
	4 th – 8 th		Key Stage 2 SATS Mocks*
	13 th		Parent Evening
	29th – 12th		Easter Holidays
April	22 nd – 12 th		Year 10 Mocks*
	26 th		Proposed Sports day (TBC)
May	10 th		Year 11 Last Day Before Study leave (TBC)
	10 th		Year 11 GCSE's & Examinations Start
	13 th – 16 th		KS2 SATS Week
	27th – 31st		Half term
June	21 st		Year 11 Leavers Assembly (TBC)
	28 th		Summer Event
July	4 th		Parents Evening & End of Year Reports
	24th		Inset Day
	25th		Summer Holidays Start

