



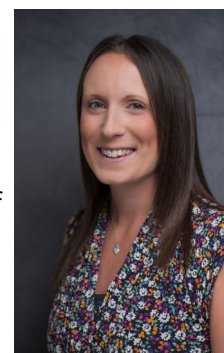
## A message from our Principal, Mrs. Buley



We are so proud of all pupils at Thames Valley School this week and their kindness and patience towards each other. Pupils have looked out for each other whilst taking both SATs and GCSE examinations, wishing each other well and checking in after their respective tests which has been so fantastic to see. The wider school community have also been incredibly considerate when understanding that they may need to use different outdoor spaces or have slightly different staff from typical to enable the exams to go ahead positively and with the right invigilators in place!

With their SATs completed, year 6 pupils took a trip to Prospect Park for a play in the sunshine together to celebrate their hard work this week – it was very well deserved! Year 11s will enjoy their celebrations later in June as they have a little way to go yet.

Mr Villar, Miss Dixon and Mr Newman participated in their final Post-Graduate Certificate training session this week with just their written assignments left to go and we have our fingers crossed for them that all of their hard work has paid off. Their sessions have been completed jointly with Vanguard school and they have enjoyed the collaborative opportunities this has facilitated.



Dr Crossley was in school this week and met with the Student Executive Leadership, featuring pupils from across the Trust. She also met with several staff members to discuss future training opportunities and to consider how we can support them in their development.

On Thursday, we hosted our second Open Evening of this academic year, welcoming parents and carers into the school to meet with staff and view the school for themselves. It has been great to open our doors to perspective families as we strive to ensure we are supporting those in our local area, as much as possible.

Next week is the last week before the May half term and we look forward to another productive week at Thames Valley School before then!

Best wishes,

Mrs Buley

## Pupil Awards

This academic year, we will be celebrating three pupils each week who have been nominated by staff for demonstrating our school principles.

We are pleased to announce that this week's winners are:



### THOUGHTFUL

**NICHOLAS WEYMOUTH-WILSON** has been awarded this week for being friendly, thoughtful and well-mannered towards teachers and classmates.

### VALUE

**YEAR 6 PUPILS** have been collectively recognised this week for working hard and showing great dedication to their SATs.

### SAFE

**MOLLY SANDFORD** has been awarded this week for her consideration and care towards teachers and keeping her peers safe, well and happy

A huge congratulations to these pupils from all staff.



# What's been happening this week

## EARTH TRUST—SECONDARY

Year 9 and 10 pupils went on a field trip to a feed the World workshop at Earth Trust in Oxfordshire.



## Mental Health Awareness Week

This year's Mental Health Awareness Week theme has been...

"Movement: Moving more for our mental health"

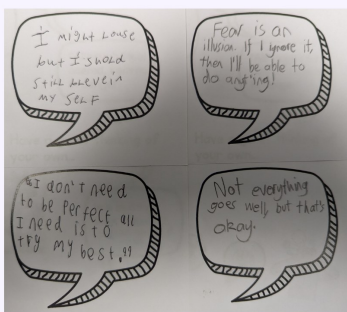


## Mental Health Awareness Week 2024

13- 19th May 2024



Here are some positive self-talk quotes from year 7!



## Mental Health Awareness Week

Movement is important for our mental health. However, so many of us struggle to move enough.

That's why, this year, the focus is on finding ways to fit in extra movement to your routines.



Some ideas we have had in school are:

- Going for a walk in your local area
- Dancing to your favourite music
- Exercise
- Football
- Bike rides



## Mental Health Awareness Week

These are some more examples of positive self-talk. Can you think of any at home to add to our year 7's examples?

Practicing positive 'self-talk'

Practice some realistic self-talk. Not everything will always go well, but that's okay!

## Mental Health Awareness Week

After some feedback from the school council about what they wanted to learn about mental health, they also discussed anxiety and what they can do to support themselves!

For more information about 2024's Mental Health Awareness Week, visit:

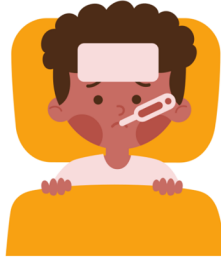
<https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>

<https://www.bbc.co.uk/newsround/68949917#:~:text=It's%20Mental%20Health%20Awareness%20Week,to%20make%20you%20feel%20good.>

**Next week, some pupils have their HPV vaccinations. It may be helpful to share the attached social story with them to support their anxieties on the day!**

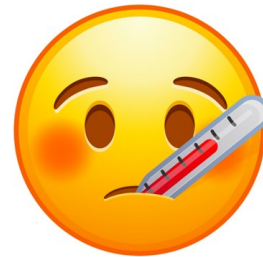
## Having vaccinations in school

Most of the time people are healthy and feel well. Sometimes people become unwell because of infections.



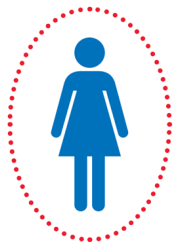
Anyone can become infected by bacteria.

Bacteria can make you very ill.



Having a vaccine can help stop you getting infections.

Some vaccines are given by an injection.



I will have my vaccination at school.



When it is time for me to have my vaccination, I will go to the medical room with a learning mentor.



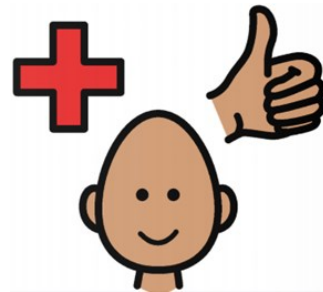
A nurse will give me the vaccination.



The nurse will give me a single injection into my upper arm.



The injection might feel okay, or it might be uncomfortable. This is okay, the vaccine is to keep me safe.



The nurse will tell me when it is finished, and then I will go back to my class.

After having a vaccination you may:

- Feel a bit tired
- Not feel very hungry
- Find that your arm is abit red or itchy



If I have any questions or want more information, I can talk to the nurse.



# Weekly Information

Shared By Reading Families Forum



## Parent Carer Health Engagement Day

For Wokingham, Reading & West Berkshire parent carers

- Find out about Ordinarily Available Health Services you can access without referrals or diagnoses
- Feedback your experiences on key SEND health services

**Thursday 6<sup>th</sup> June ,10am - 2.30pm**

at Lagoona Park, Pingewood Rd South, Reading RG30 3UH

**There will be 4 Feedback Sessions during the day:**

- **Neurodiversity** (autism & ADHD) pathways (11.30 & 1.30)
- **Early Help** to meet mental health needs (10.30 & 12.30 )
- **Therapies** – Speech & Language, Occupational Therapies, Physio (11.30 and 1.30)
- **Preparing for Adulthood** – moving from children to adult health services (10.30 & 12.30)

**Tickets available on Ticketsource:**  
<https://www.ticketsource.co.uk/whats-on/reading/lagoona-park/parent-carer-health-engagement-day/2024-06-06/10:00/t-yakldzd>  
or scan the QR code here →



For more information visit: [www.sendvoiceswokingham.org.uk](http://www.sendvoiceswokingham.org.uk)  
or email: [info@sendvoiceswokingham.org.uk](mailto:info@sendvoiceswokingham.org.uk)

## Staff Update

**This week, we are sending best wishes to Mr Villar who is getting married on Saturday. We hope they have a fantastic day and we wish them all the best for their future together!**



## Key Dates

### May

22nd Year 8 HPV Vaccination

27<sup>th</sup> – 31<sup>st</sup> Half Term

### June

7<sup>th</sup> Arts Exhibition Event 1.30pm—2.45pm  
TBC Careers Day  
21<sup>st</sup> Year 11 Leavers Assembly  
w/c 24<sup>th</sup> Enrichment Week (students)

### July

1<sup>st</sup> Transition Commencement  
4<sup>th</sup> Parents Evening & End of Year Reports  
12<sup>th</sup> Summer Fayre  
24<sup>th</sup> Inset Day  
25<sup>th</sup> Summer Holidays Start

## Contact Details

### Thames Valley School | Liberty Academy Trust

A: Conwy Close | Tilehurst | Reading | Berkshire | RG30 4BZ

T: 0118 9424750

E: [office@thamesvalleyschool.org.uk](mailto:office@thamesvalleyschool.org.uk)

W: [Liberty Academy Trust - Home \(libertytrust.org.uk\)](http://libertyacademytrust.org.uk)

HAVE A NICE

weekend