



Believe

Respect

Determination

Newsletter

Issue 48 | 18 July 2025



A Message from Ms Williams

Dear Parent/Carer

At Applemore we **lead with positivity and praise** and at this point in the year there is always so much to **celebrate!** Alongside our **Year group trips** this week, today was **Sport's Day** and what a **fantastic occasion** it was! There were fantastic home-made banners, mascots and house colours alongside the newly modified house theme tunes and some **very speedy athletes!** We continue the theme on Monday with a **house football tournament** and Year group '**general knowledge quiz**' and in the evening host our **annual presentation evening** for **academic achievement and effort**. Tuesday's **reward assemblies** will mark our final presentations of the year, before we part for the **Summer**. Thank you, Parents, for all your **support** and for your **amazing and inspiring children**. Wishing you a wonderful Summer break when we get there.

With very best wishes,

Fond Farewells

Farewell from Mr Poole

" After 13 enjoyable years working at Applemore College it is time for me to move 'back home' to take up a position as Vice Principal in an Academy in Bournemouth. I shall miss my wonderful colleagues and also the brilliant students...I can honestly say it has been a pleasure to teach them. Thank you, also, to the parents and carers I have met with along the journey you can't get wonderful children without wonderful parents!"



Applemore Houses

Introducing our brand new House Logo/Mascots

We're thrilled to unveil our brand-new house logos, expertly crafted by Mr. Mills, our talented Marketing and Media Technician. With over 20 years of experience in graphic design, Mr. Mills brought these designs to life from the ground up. Starting with rough concept sketches and refining them into the stunning final versions you see today. As shared in our previous newsletters, the new house names, based on predatory animals, were chosen by student vote, and we're proud to present them in their completed form. The student response has been overwhelmingly positive, they think the logos look amazing!



BEAULIEU
TIGERS



HURN
WOLVES



IBSLEY
SHARKS





Maths takes Flight

Paper Aeroplane Challenge

On Thursday, students from Years 7 and 8 took part in an exciting "Paper Aeroplane Challenge." The activity saw students designing and crafting their own paper planes before heading out to the playing field to put their creations to the test. With great enthusiasm and a touch of friendly competition, they launched their planes to see whose design could soar the farthest. The event was a fun and engaging way to blend creativity, maths, and the fresh outdoors.

The Results...

Distance

Final 1 Layla Travis Yr7

Final 2 Matthew Robertson Yr 8

Target

Elliott McColl Yr7

Special Mention

Dominic Hayward Yr7

(Plane flew the farthest when no one was measuring!)



Paper plane challenge



End of Year school trip

Longdown Activity Farm

The end-of-year school trip to [Longdown Activity Farm](#) was a [fantastic day out](#) for all involved. Students enjoyed a [hands-on experience](#) with a variety of [friendly farm animals](#) and took part in a range of [fun activities](#). From [ride-on tractors](#) to interactive “have-a-go” stations, there was something for everyone to enjoy. The trip was filled with [laughter, learning, and lasting memories](#), making it a perfect way to [round off the school year](#).






English

Summer Reading Challenge

Reading a good book can be incredibly rewarding. It not only **strengthens language** and **literacy skills**, but also sparks **imagination and creativity**. A well-written story can **transport you** to different worlds, **introduce you to new ideas**, and help you **understand complex emotions** and situations. Additionally, **reading can be a relaxing escape** from the pressures of school life, offering a quiet space for **reflection and enjoyment**. Overall, a good book can **inspire, educate, and entertain**—making reading a powerful tool for both **learning and personal development**.

For more info about the Summer Reading Challenge, see **Mrs Lowe**



SUMMER READING Challenge

Summer Reading Challenge: Dive into Books!

Get ready for an exciting summer filled with incredible stories, new knowledge, and thrilling adventures, all found within the pages of a book.

How the Challenge Works:

Complete as many of the following categories as you can. For each book you read that fits a category, tick it off, take a photo and receive house points for September 2025! Try to read at least 5 books over the summer to complete the basic challenge but aim for more if you can!

See Mrs Lowe for more information about the challenge

English

HAIKU Writing Competition



applemore

HAIKU WRITING COMPETITION

Last half term we launched a Haiku competition based on the school values.

We had several entries from across different year groups using this poetic form and their own interpretation of the language of the values.

Sally Stratford, former Head of English at Applemore, judged the competition and was really impressed with the thoughtfulness of the entries. Her overall winner was Matilda K in Year 8. Congratulations Matilda, we look forward to seeing your winning Haiku on Applemore walls from September.

Believe - Respect - Determination

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HAIKU



Ambitious for All Foundation

Foundation Newsletter

Please see the **end of term newsletter** from the **Ambitious for All Foundation!**

More information about this can be found here:
<https://www.theambitiousforallfoundation.org.uk/news>



As the school year draws to a close the Trustees of the charity which supports all Applemore students would like to thank you very much for your support this year.

To date the Foundation has funded just over £10,000 worth of events and activities to support the College.

Just this year alone we have funded and organised:

- A Christmas Celebration concert
- STEM day for Year 8
- Arts day for Year 7
- The annual visit to 10 Downing Street for a group of Year 10 students
- An inspirational speaker for Years 7-10
- Raised funds for the Year 11 Prom
- Bought musical instruments for Year 10
- Funded Theatre Company workshops for KS4 drama students

None of which would have been possible without the support of the Foundation as the school could not afford to offer these extra-curricular events on its own.

The Trustees passionately believe that the **Ambitious for All Foundation Charity** can make a positive difference to help the Applemore Community flourish and succeed in the future. We are fully invested in helping the school and its students become the very best that they can be.

We already have big plans for next year but will **need your continued support** to help us raise the funds necessary to achieve our aims and support your children.

Currently we have an on-line auction running from Friday 11th July – Saturday 19th July (midday). The following items are up for grabs:

- Yeti Roadie 24 Coolbox (retails at £225)
- Lionesses signed programme
- New Forest Wildlife Park family ticket

To place a bid (or donate) please visit our website at www.theambitiousforallfoundation.org.uk

And coming soon!

An Evening with Sam Fraser

Sam Fraser is a presenter for BBC local radio and TV in the south of England, a freelance writer and stand-up comedian.

She is a former English teacher, a former business owner and a former lecturer. 'Former' is a big thing for her.

Having grown up in Essex she has since migrated to the south coast where she lives with her husband, two sons and dogs, Lettice and Ludo (also known as 'the superfans').

When she is not working, she can be found on the beach, contemplating the sea and dreaming of the career she could have had as a knife thrower's assistant, if only she'd fit the leotard.

Save the date! Join us on **Wednesday 15 October, at 7.30pm** to enjoy hearing all about her broadcasting career and her hilarious journey into stand-up comedy.

It will definitely be an evening to remember!

Tickets available soon!



YETI ROADIE 24 - Auction

Just this year alone, the **Foundation** has funded and **organised the Christmas celebration concert**, **STEM day for Year 8**, **Arts Day for Year 7**, the annual visit to **Number 10** for a group of Year 10 students, inspirational speakers for Year 10, raised funds for the **Year 11 Prom**, bought **musical instruments for Year 10** and supported the **Theatre Company workshops for**

KS4 Drama students, to name but a few! None of which would have been possible without the support of the **Foundation** as the school simply could not afford to offer these extra-curricular events on its own.

The trustees **passionately** believe that **The Ambitious For All Charity** can make a positive difference to help the Applemore Community flourish and succeed in the future. The list above clearly demonstrates that the funds we have raised so far are having a **very positive impact** upon the **Applemore Community** and are **much appreciated**, so please can we have as **much help as possible** so we can offer even more next year!

You still have time to head on over to the **Ambitious for All** website and **make a bid** for this incredibly tough cool box. The **perfect addition** to keeping your summer drinks nice and **cold**!

<https://www.theambitiousforallfoundation.org.uk/>

YETI ROADIE 24
PERFECT FOR THE SUMMER!

This Yeti Roadie is just what you need for a camping trip or summer picnic!

THE DETAILS
ROADIE UNPACKED

LEGENDARY TOUGHNESS

AMBITIONOUS FOR ALL FOUNDATION - AUCTION

Art is Everywhere!

Arty News

And there it was.....**another academic year** has flown by. **My 29th at Applemore**. This year has been filled with many **highs in the art and photography department**. I really **believe** that the department is going from **strength to strength**, and it's all down to the **brilliant young artists** and **photographers** and their **amazing teachers**, who facilitate, encourage, **cajole** and **guide** on a daily basis to ensure that **art and photography** are subjects that our students have a real **passion** for.

My **thanks and gratitude** to **Mrs Lowe** for her **fantastic work with year 7**. To **Mrs Scudder**, **Mr Taylor**, **Mrs Hall** and **Mrs Ballard** for being amazing in **developing the skills** of the year 8 artists. To **Mrs Allen**, **Ms Dunne**, **Mrs Ballard** and **Mrs Hall** for their **patience, skill and endurance** in navigating the tricky year that is year 9. To **Mrs Hall** and **Mrs Ballard** for being fabulous in helping to get the year 10s' to a **really good place** in Art and to **Mr Kemp** who has **superbly** done the same in **photography**. And finally, to **Mr Kemp** and **Mrs Hall** for being my

superstar supports to ensure that year 11 artists and photographers left Applemore feeling positive about their GCSEs

If you have read my ramblings this year, or sought out the Artist of the Week, thank you. Please have a wonderful summer, and don't forget that Art Is Everywhere. Be inspired to seek it out and appreciate the joy it brings.

Take care,

Mr Wheatley - Head of Art & Photography

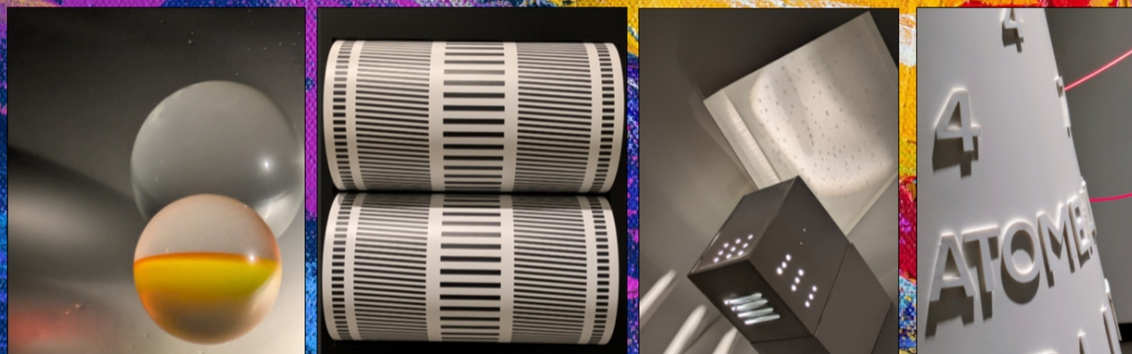
Young Artists of the Week: Mrs Scudder and her year 8 Artists



This week's Artists of the Week are the lovely Mrs Scudder and her amazing year 8 artists. One of things I love about teaching art is where you devise a project and the teachers and students really get on board with it and produce work that is out of this world! With Mrs Scudder's expert guidance, the year 8's have done this incredibly well. I'm so proud of them and the superb results. Well done all!

Artist of the Week

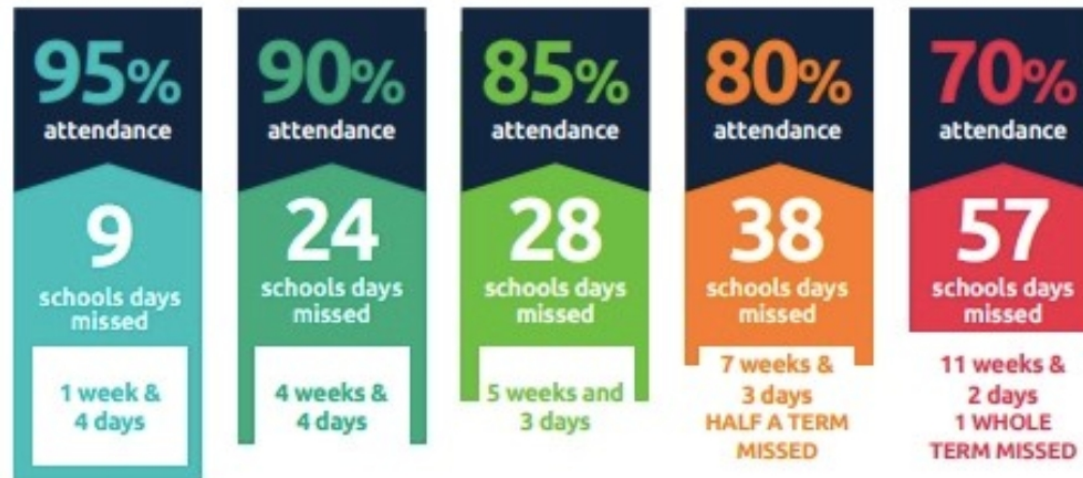
Artist of the Week: Liliane Lijn



This week's Artist of the Week is Liliane Lijn. I love visiting an art gallery, and Tate St Ives is my favourite. At the moment, Lilian Lijn has an exhibition of her work there. Some of it is amazing, and some is...well... not to my taste. She incorporated kinetic movement into her art. That's the great thing about art, one person's art is another person's non art. Have a lovely summer break and go search out some art of your own.

Attendance

Every day in school counts...



and every minute counts...



PE Update

It's Sports Day!!

What a fantastic day it was! **So many students** participating in the events, in scorching temperatures! Everyone also got to see the **new house logos** and **mascots**! Below are a few snaps from today - **please watch out for more photos across our social media in the coming days!**



CONTENDERS READY!...



THE NEW HOUSES REVEALED...



...AND THEIR MASCOTS



...FRIENDLY COMPETITION





IT'S ABOUT RISING TO THE CHALLENGE



...IT'S ABOUT HAVING FUN!



...IT'S ABOUT CLAIMING VICTORY





***IT'S ABOUT BELONGING
TO SOMETHING WHOLE***

applemore

Believe

Respect

Determination



SCHOOL GAMES GOLD Award

Once again Applemore shows that being **Determined**, and having a **Belief** in yourself, you can **accomplish your goals**. Another Fantastic achievement.

Applemore secure a GOLD School Games Mark Award!



We are delighted to announce that we, Applemore, have achieved the School Games GOLD Mark Award for the 2024/25 academic year.

The School Games Mark is a Government-led award scheme launched in 2012, facilitated by the Youth Sport Trust to reward schools for their commitment to the development of competition across their school and into the community, and we are delighted to have been recognised for our success.

Our sporting achievements this year include:

Year 7-10 - County Cross Country Finalists
Year 10 Football Team - League Winners!
Under 15s Girls' Rugby Team - 3rd Place in Hampshire Tournament
Year 10 Basketball Team - 4th in The League
Applemore Swimming Gala - 70+ Children Participated
Autumn & Spring Interhouse - All Years Participated
Year 8 & U16 Girls' Netball Teams - Participation in league & Annual Tournament
Under 15s Girls' Rugby Teams - Participation & Running of New Forest Tournament Rounders Teams' - Year 9 (2nd Place) & Year 10 (3rd Place)
New Forest District Athletics - 70+ Pupils Selected & Took Part!
Primary School Links - Cross-Country, Girls' Football & Sports Day Ambassadors
Project Power Girls' Fitness Workshop - 150+ Girls' Active in Sport!
Year 7-10 - County Athletics Finalists
Special Mentions - Elijah C (1st in Hampshire Javelin), Summer G (2nd Badminton), Ethan D-A (Oxford FC Scholarship), Molly L (Hampshire Football Nomination)

With a total of over 200 young people competing in local inter-school competitions this year, we are extremely proud of our pupils for their dedication to all aspects of school sport, including those young volunteers, leaders and officials who made our competitions possible.

As part of our application, we were asked to fulfil criteria in the areas of participation, competition, workforce and clubs, and we are pleased that the hard work of everyone at our school has been rewarded this year. A special thanks to the PE department, our



Future Fridays

Mentoring

Year 10 Mentoring Celebration and Looking Ahead - SATRO Mentoring Programme 24-25

This week, we are delighted to be celebrating the achievements of our Year 10 mentors and the students they have supported throughout the year. It has been a rewarding experience

for everyone involved, and we are **incredibly proud** of the **positive impact** our mentors have made.

We are also pleased to **confirm** that the mentoring programme **will continue** next year with our new cohort of Year 10 students. We **look forward to building** on this year's **success** and further **strengthening the culture** of peer support at Applemore College.

If you have a career story or experience you'd be happy to share with our eager students, **please get in touch with Ms Charrett** at k.charrett@applemore.hants.sch.uk.

Let's keep inspiring futures — one Friday at a time!



Applemore Careers Guidance

Careers Update

Careers Fair - Save the Date

I'm delighted to invite you to the **Applemore Careers Fair** on **Wednesday, 12th November 2025**, from 2:00pm to 5:30pm.

This year, we're expanding the event to **include the entire school**, giving **Years 7 and 8** the opportunity to **explore future pathways** and engage with a **wide range of career options (2-3pm)**. **From 3:00pm to 5:30pm**, we welcome **Years 9-11** and we'll also be welcoming their parents and carers, making it a truly collaborative and inspiring experience for our whole school community.

Last year's fair was a **huge success**, with **overwhelmingly positive** feedback from students, families, and exhibitors alike we look forward to seeing you.

If you have a career story or experience you'd be happy to share with our eager students, **please get in touch with Ms Charrett** at k.charrett@applemore.hants.sch.uk.

Let's keep inspiring futures — one Friday at a time!

applemore

CAREERS FAIR 2025

Wednesday 12th November

**We are inviting local employers,
colleges and universities to join us.**

Lesson 5 - Years 7 and 8

Years 9, 10, and 11 plus Parents and Carers from 3:00 pm - 5:30pm

Community News

Community News

A whopping bumper packed Community News this week as we approach the eagerly awaited summer holidays. With so much going on in the area, there is plenty to see and do to help keep boredom at bay, and energetic minds occupied. So check out some of these incredible action packed, creative, and engaging fun days.

Community News

Some fantastic activities to look at here.

<https://www.gatewaycentralservices.org/news/?pid=7&nid=3&storyid=5>

ACTIVE HOLIDAYS

FUNDED BY THE HOLIDAY ACTIVITIES
AND FOOD PROGRAMME (HAF)

**SPACES
ARE
LIMITED**

A MIXTURE OF PHYSICAL ACTIVITY, INCLUDING FOOTBALL AND
MULTI-SPORTS, EDUCATIONAL WORKSHOPS AND A HOT MEAL FOR LUNCH

**MONDAY 28TH, TUESDAY 29TH, WEDNESDAY 30TH, THURSDAY 31ST JULY
AND FRIDAY 1ST AUGUST | MONDAY 11TH, TUESDAY 12TH, WEDNESDAY 13TH,
THURSDAY 14TH, FRIDAY 15TH AUGUST | TUESDAY 26TH, WEDNESDAY 27TH,
THURSDAY 28TH AND FRIDAY 29TH AUGUST
| MONDAY 1ST AND TUESDAY 2ND SEPTEMBER 10AM - 3PM**

**RINGWOOD COMMUNITY HUB, 155 LONG LANE
UPPER KINGSTON, RINGWOOD, BH24 3BX**
FOR CHILDREN AGED 8-14 YEARS OLD,
WHO ARE IN RECEIPT OF FREE SCHOOL MEALS
SESSIONS ARE FREE OF CHARGE



SCAN THE QR CODE TO REGISTER



TO GET FURTHER INFORMATION **PLEASE EMAIL:**
HEAD OF COMMUNITY **STEVE CUSS** ON - STEVE.CUSS@AFCB.CO.UK OR 07973893594

NEW FOREST SUMMER HAF 2025

What is HAF

Our programme is designed to keep young children active, engaged and secure during the school holidays.

Completely Free, must be eligible for benefit related FSM, sen/ehcp.



Activities

Bowling
Kyaking
Swimming
Nerf War
Battle Zone
Outdoor Adventures
Summer Day Trip



Teens

Teens Aged between **11-16 years**. **10am-2pm**

24 th July	5 th August	19 th August
25 th July	8 th August	22 nd August
29 th July	12 th August	26 th August
1 st August	15 th August	



Contact us

Email:
hafbookings@gateway
centralservices.org

Number:
01794 522 106

How To book

Go to our site and fill out a booking form.

<https://www.gatewaycentralservices.org/>

Location

New Forest Academy School, Long lane, SO45 2PA

Teens do not require a adult/carers to attend.



Gateway
Central Services



CONNECT 4 FAMILIES

YOUTH SWIMMING NEW FOREST

Friday 25th July 2025

10am - 2pm

For Youths between 11 and 16 years & are eligible for free
school meals, SEN/Ehcp plan or Refugee

To book download a booking form from our website
www.gatewaycentralservices.org/

New Forest Academy, Long lane, SO45 2PA

FREE

01794 522 106

Hafbookings@gatewaycentralservices.org



Gateway
Central Services



connect4
communities



Hampshire
County Council



Department
for Education



BOWLING

For Youths between 11 and 16 years & are eligible for
free school meals, SEN/Ehcp plan or Refugee



THURS
24 JULY
10:00- 14:00

**FOOD &
DRINK**
FREE

**NEW FOREST
ACADEMY
SCHOOL
TEENS**

To book download a booking form from our website

www.gatewaycentralservices.org/

01794 522 106

Hafbookings@gatewaycentralservices.org



Gateway
Central Services



CONNECT 4 FAMILIES



NEW FOREST
ACADEMY SCHOOL,
LONG LANEM SO45 2PA

NERF WAR

Tuesday 29th July 2025 10am-2pm

FREE

For Youths between 11 and 16 years & are eligible for
free school meals, SEN/Ehcp plan or Refugee

To book download a booking form from our website
www.gatewaycentralservices.org/

01794 522 106

Hafbookings@gatewaycentralservices.org



Gateway
Central Services



Hampshire
County Council



Department
for Education

CONNECT 4 FAMILIES

2025

KAYAKING

NEW FOREST TEENS



10AM-2PM

15TH AUGUST

NEW FOREST ACADEMY,
LONG LANE, SO45 2PA

FREE

For Youths between 11 and 16 years
& are eligible for free school
meals, SEN/Ehcp plan or Refugee

To book download a booking form from our website
www.gatewaycentralservices.org/

01794 522 106

Hafbookings@gatewaycentralservices.org



Gateway
Central Services



connect4
communities



Hampshire
County Council



Department
for Education

Community News

Look at these incredible Summer Holiday activities from Fairthorne Manor, just right for anyone looking for something to do in the holidays! Have a better browse here:

<https://ymca-fg.org/>

An all in one childcare solution for school holidays

Fairthorne
HOLIDAY CLUB

Creativity, Adventure, and Fun! From £35 per day

Fun for all ages!

Adventure, creativity, and endless fun collide to create unforgettable childhood memories!

Find out more



YMCA YMCA Fairthorne Manor, SO30 2GH

An all in one childcare solution for school holidays

Fairthorne
DAYCAMPS

Survival, Splash and Create! Book for the week

Fun for all ages!

- Water Camp
- Survival Camp
- Creative Art Camp
- Multi - Activity Camp

Find out more



YMCA YMCA Fairthorne Manor, SO30 2GH

Community News

This event is near Fordingbridge, in the New Forest, on **Saturday 2 August**. You can find more details here: [Wet N' Wild 2025](#) | [Wessex Cancer Support](#)

Jubilee Camping, who are hosting the event, have also offered reduced camping fees if you'd like to make a weekend of it. Book your pitch here: [Campsite](#) | [Fordingbridge](#) | [Jubilee Camping](#) and make sure you let them know you are taking part in our fantastic event.



Slip and slide your way around our aqua assault course

Saturday 2 August 2025

Jubilee Camping, Fordingbridge, Hampshire

Scan the QR code to sign up or visit wessexcancer.org.uk/events

📞 023 8067 2200 📧 fundraising@wessexcancer.org.uk

Registered charity number: 1110216

This activity is provided by Xcentric Events, please visit our website for full details.



Community News

Look at these incredible Summer Holiday activities from Eastleigh Football Club, just right for anyone looking for something to do in the holidays! Have a better browse here:

<https://eastleighfc.com/community/holiday-courses/>

Summer Holidays 2025



ST BARBE
MUSEUM+ART GALLERY
LYMINGTON



Around the Gallery

Wed 23 July – Tues 2 Sept

Summer Holidays! Explore the Exhibition

Families | Available all day | Included in entry price

Self-led family fun activities around our Mexico exhibition. Dress up in traditional costumes, play a game of Lotería (Mexican bingo) and have a go at making some Mexican music.

Fri 1 August

Mexican Paper Flowers

Ages 3+ | Drop-in 10:30-12:30 & 1:30-3:30 | Free

Join us to create your very own beautiful paper flowers inspired by the colourful crafts of Mexico.

Thursdays in August

"Arriba!" Let's Go!

Ages 3+ | Drop-in 10:30-12:30 | Free | @ St Barbe

Drop-in family craft session based on our Viva Mexico exhibition - different each week!

Mexican Dolls | Tin Art | Mini Pinatas | Mexican Decorations

Mon 4 August

St Barbe Out and About – summer holiday activities

Ages 3+ | Drop-in 11-12:30 | Free | PENNINGTON

We've popped over to Pennington to bring you some family fun activities inspired by our Viva Mexico exhibition. – Mexican Fiesta! Make a Mexican inspired musical instrument and party decorations.

Find us at St Mark's Community Hall, Pennington SO41 8EJ

Mon 18 August

St Barbe Out and About – summer holiday activities

Ages 3+ | Drop-in 11-12:30 | Free | SWAY

We've skipped over to Sway to bring you some family fun activities inspired by our Viva Mexico exhibition – Mexican Folk Art - make Mexican inspired dolls and tin art designs. Find us at Sway Village Hall SO41 6BB

Tues & Weds in August

St Barbe at Large

Ages 3+ | Drop-in 11-3 | Free | At Emsworth Road Park

A range of craft activities for all ages out in the open air.

Fri 22 August

Marvellous Mexican Music

Ages 7+ | 10-11am, 11:30-12:30 & 3-4pm | £7 | Limited places | Adult supervision for under 13 years

Immerse yourself in ancient Mexican culture: Investigate unusual instruments played by the Aztecs and the Maya centuries ago and try on traditional styles of clothing that have changed very little in hundreds of years. Be introduced to the variety of instruments, hear them being played and have a go yourself.

St Barbe Museum + Art Gallery, New Street, Lymington SO41 9BH

01590 676969 | www.stbarbe-museum.org.uk

registered charity no 1018779

The Handy Trust

Handy Trust Timetable

Here are some Handy Trust timetables for the summer.



July - August

To contact a member of the team...
Call - 07935491820
Email - info@thehandytrust.org.uk



Our theme for the week...

- ❖ 28th July – Mindfulness
- ❖ 4th Aug – Seaside
- ❖ 11th Aug – Nature

Activities include arts and crafts and sports on the field

We supply a free healthy lunch option.



Under 10s must be accompanied by an adult.
Whole family welcome!

Monday	Tuesday	Wednesday	Thursday	Friday
28 th Marchwood Youth Hub 11.30 – 1.30	29 th Hythe Youth Hub 11.30-1.30 Water Play – Weather Permitting Knightstone 15:00 – 17:00	30 th 	31 st Hythe Youth Hub 11.30-1.30	1 st Marchwood Youth Hub 11.30 – 1.30
4 th Marchwood Youth Hub 11.30 – 1.30	5 th Hythe Youth Hub 11.30-1.30 Water Play – Weather Permitting Knightstone 15:00 – 17:00	6 th 	7 th Hythe Youth Hub 11.30-1.30 St Anne's 14:30 – 16:00	8 th Marchwood Youth Hub 11.30 – 1.30 Minibus From 17:00
11 th Marchwood Youth Hub 11.30 – 1.30	12 th Hythe Youth Hub 11.30-1.30 Water Play – Weather Permitting Knightstone 15:00 – 17:00	13 th 	14 th Hythe Youth Hub 11.30-1.30 St Anne's 14:30 – 16:00	15 th Marchwood Youth Hub 11.30 – 1.30



August

To contact a member of the team...
Call - 07935491820
Email - info@thehandytrust.org.uk



Our theme for the week...

- ❖ 18th Aug – Animals
- ❖ 25th Aug – celebration week

Activities include arts and crafts and sports on the field

We supply a free healthy lunch option.



Under 10s must be accompanied by an adult.
Whole family welcome!

Monday	Tuesday	Wednesday	Thursday	Friday
18 th Marchwood Youth Hub 11.30 – 1.30	19 th Hythe Youth Hub 11.30-1.30 Farm Attending Knightstone 15:00 – 17:00	20 th TBC	21 st Hythe Youth Hub 11.30-1.30 St Anne's 14:30 – 16:00	22 nd Marchwood Youth Hub 11.30 – 1.30
25 th 	26 th	27 th	28 th 	29 th 

With many thanks, as always, to our funders and supporters including;
Hythe and Dibden Parish Council, Marchwood Parish Council,
Waterside Community Fund, NFDC, Hythe Youth Club and Marchwood Hub.



Mental Health & Wellbeing

Altruistic August

Why not have a go throughout August...

Altruistic August 2025

MONDAY

4 Ask someone how they feel and really listen to their reply

11 Share an encouraging news story to inspire others

18 Today do something to make life easier for someone else

25 Give your time, energy or attention to help someone in need

TUESDAY

5 Spend time wishing for other people to be happy and well

12 Contact a friend to let them know you're thinking of them

19 Be thankful for your food and the people who made it possible

26 Find a way to 'pay it forward' or support a good cause

WEDNESDAY

6 Smile and be friendly to the people you see today

13 No plans day! Be kind to yourself so you can be kind to others too

20 Look for the good in everyone you meet today

27 Notice when someone is down and try to brighten their day

THURSDAY

7 Give time to help a project or cause you care about

14 Take an action to be kind to nature and care for our planet

21 Donate unused items, clothes or food to help a local charity

28 Have a friendly chat with someone you don't know very well

FRIDAY

1 Set an intention to be kind to others (and yourself) this month

8 Make some tasty food for someone who will appreciate it

15 If someone annoys you, be kind. Imagine how they may be feeling

22 Give people the gift of your full attention

29 Do something kind to help in your local community

SATURDAY

2 Send an uplifting message to someone you can't be with

9 Thank someone you're grateful to and tell them why

16 Make a thoughtful gift as a surprise for someone

23 Share an article, book or podcast you found helpful

30 Give away something to help those who don't have as much as you

SUNDAY

3 Be kind and supportive to everyone you interact with

10 Check in with someone who may be lonely or feeling anxious

17 Be kind online. Share positive and supportive comments

24 Forgive someone who hurt you in the past

31 Share Action for Happiness with other people today

ACTION FOR HAPPINESS

Happier · Kinder · Together

Mental Health & Wellbeing

Love photography?

Are you a budding young photographer? Like to capture the moment, the here and now? Or create stunning landscapes or emotional portraits? Well, now's your chance to show off just what you and your camera can do. You could be one 'camera' click away from winning some fabulous prizes, not to mention bragging rights too!

So here's the first click you need. This link takes you there:
<https://hampshirecamhs.nhs.uk/campaigns/safe-campaign-copy/>

Young persons photo competition 2025

Connections

Hampshire CAMHS are looking for creative photos that reflect connections, how we connect, who we connect with and the importance of connections.

No faces permissible.

This competition is open to any young amateur photographer in Hampshire.

Age categories: • Up to 12 years old • 13 to 18 years old

Prizes in each category

1st Place £100 Amazon voucher

2nd Place £75 Amazon voucher

3rd Place £50 Amazon voucher

Submission date: Midnight on 8th September 2025

All submissions must be supplied with an entry form

Submission assumes permission to use to promote this project and possible inclusion in a book / exhibition exclusively.

The entry form and details, along with our terms and conditions can be found on our website

hampshirecamhs.nhs.uk



Prize money sponsored by



Extra-Curricular Clubs

Fantasy Gaming Club

Mr Mills is excited to launch a brand-new Fantasy Gaming Club for students in Years 7 to 11, starting in the 2025/26 school year this September. Building on the success of the

former **Warhammer Club**, which saw **fantastic engagement and creativity**, this new club aims to expand the horizons of tabletop and fantasy gaming. With a growing gaming community already thriving within the school, interest is at an **all-time high**. The club is **open to everyone** who's curious about fantasy worlds, strategy games, and collaborative storytelling —**no experience needed**, just imagination and enthusiasm!

Warhammer 40k
Necromunda
HeroQuest
Dungeons & Dragons

These are just some of the games that can be explored.
Mr Mills experience as a keen **miniature painter**, expands over **40 years!** So get your brushes, glue, and paints at the ready. Prepare your men for battle, or explore the **unknown** depths in search of **glory and treasures** alike.



#WakeUpWednesday

Whether it's **sunny days at the beach** or **fun in the paddling pool**, children are naturally drawn to water. But with excitement comes risk. This guide brings together **10 clear**, practical tips to help parents and educators **protect children around water** – whether that's at home, on school trips or on holiday.

Backed by the **Royal Life Saving Society UK**, the advice includes knowing what beach flags mean, avoiding inflatables in open water, and learning to 'float and call' in an emergency. With a focus on **prevention** and **supervision**, this guide is a **must-read for summer safety** and beyond.

10 Top Tips for Parents and Educators

STAYING SAFE AROUND WATER

Enjoying time in, on, and around water plays a vital role in a young person's overall development, offering a healthy and exhilarating way to have fun. This guide outlines essential safety advice, based on the Royal Life Saving Society UK's Water Safety Code, to help ensure children can enjoy swimming and similar activities safely and responsibly.

1 STICK TO LIFEGUARDED AREAS

It's never advisable to enter unsupervised bodies of water, especially alone. Instead, it's considered best practice to accompany children to places with lifeguards, as they will be trained to respond swiftly in emergencies and provide first aid when needed.



2 LEARN SIGNS AND FLAGS

When going to a new environment, it's important to research the local area and make children aware of safety signage before entering the water. If visiting the seaside, make sure children are always supervised by an adult and that they know what different beach flags mean, so they're knowledgeable of where and when they can enter the sea.



3 STOP AND THINK

Young people should be cautious before entering water, as it's difficult to know what hazards could be underneath. Use the Water Safety Code and encourage children to ask themselves questions such as, "Is the water too deep or too shallow? Are there currents, tides, or underwater objects?" Make sure children know never to enter water from a height, as what lurks below could cause serious injuries.



4 CONSIDER WATER TEMPERATURE

Even on hot days, water can be deceptively cold. Tragedies strike when young people experience cold water shock. Never let children enter water quickly; instead, ensure that they enter slowly and carefully to allow their bodies to adjust to the temperature or exit easily if needed.



5 INFLATABLE SAFETY

Although inflatables may seem like a fun idea when visiting locations like the beach, they can float further out from shore and into more dangerous water. It's advisable only to use inflatables in spaces like appropriately managed swimming pools, where they're used in more controlled and supervised environments.



6 SUPERVISION IS KEY



For young children, and particularly those under the age of five, it's important for them to be supervised at home, outside and at the pool at all times. It's essential for parents and educators to understand that young children can drown quickly and silently; therefore, anyone supervising them must maintain constant watch in case they get into difficulty.

7 DON'T GO TOO FAR



When swimming, especially in open water, it's best to teach children to stay within a safe depth. Share advice with them such as only entering water up to a standing depth, and in the case of visiting the beach, swim parallel to shorelines. This will allow a child to stay in control and get out of the water easily.

8 KEEP POOLS AND TUBS DRAINED



For parents of young children, a simple way to protect them at home is to keep outdoor spaces and bathrooms tidy after playtime. This includes removing water from paddling pools after use and turning them over, returning lids to hot tubs and taking toys out of baths, so all water can be fully drained from the tub.

9 FLOAT AND CALL 999



If a child gets into difficulty in the water, they should try to float on their back, stay calm, and call for help. If a young person sees someone else in trouble, they should dial 999 or 112 immediately, then shout to reassure their friend, encouraging them to float on their back, and letting them know that help is on the way. Children should never enter the water to attempt a rescue or retrieve belongings.

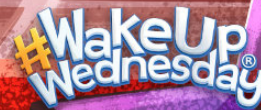
10 TEACH WATER SAFETY



Beyond swimming lessons, children should be educated in school on water safety. Use RLSS UK's accredited programme, 'Water Smart Schools', which offers free lesson plans and resources on how to be safe on, near and around water by following the Water Safety Code.

Meet Our Expert

The Royal Life Saving Society UK (RLSS UK) is a national water safety charity that gives children the chance to enjoy a lifetime of fun in the water, safely. Water safety education provided in schools is vital and, in some instances, could be a child's only opportunity to learn about the water.



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 16.07.2025





School Calendar

For all the latest events coming up, visit our calendar

[Click Here](#)







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