

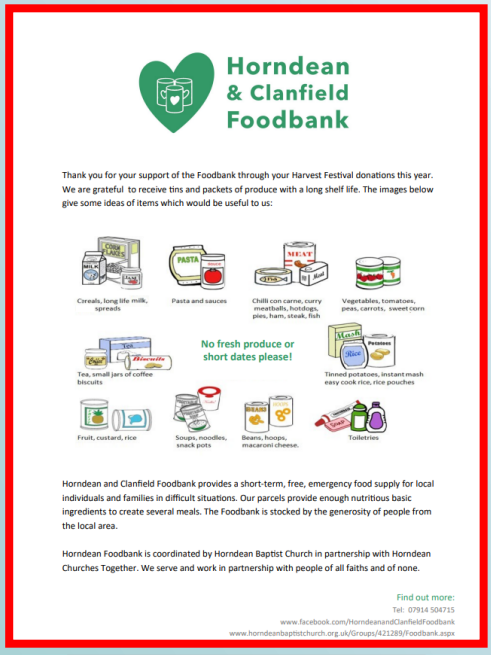

# Petersgate Post: 10th October 2025

## Attendance and Punctuality for 29th September to 10th October


Whole School Attendance = **96.88%**
(*National Average = 95.5%*)
Best Attendance: **Otter class = 98.97%**
Best Timekeepers: **Dormouse class (on time everyday!!)**
**Well done we have had 135 children with 100% attendance for September!**

## Macmillan Coffee Morning

Thank you to those who joined us for Macmillan Coffee morning last week. We raised **£145.30** for this worthy cause.



Horndean & Clanfield Foodbank

Thank you for your support of the Foodbank through your Harvest Festival donations this year. We are grateful to receive tins and packets of produce with a long shelf life. The images below give some ideas of items which would be useful to us:

Cereals, long life milk, spreads
Pasta and sauces
Chilli con carne, curry meatballs, hotdogs, pies, ham, steak, fish
Vegetables, tomatoes, peas, carrots, sweet corn
Tea, small jars of coffee biscuits
No fresh produce or short dates please!
Tinned potatoes, instant mash easy cook rice, rice pouches
Fruit, custard, rice
Soups, noodles, snack pots
Beans, hoops, macaroni cheese.
Toiletries

Horndean and Clanfield Foodbank provides a short-term, free, emergency food supply for local individuals and families in difficult situations. Our parcels provide enough nutritious basic ingredients to create several meals. The Foodbank is stocked by the generosity of people from the local area.

Horndean Foodbank is coordinated by Horndean Baptist Church in partnership with Horndean Churches Together. We serve and work in partnership with people of all faiths and of none.

Find out more:
Tel: 07914 504715
www.facebook.com/HorndeanandClanfieldFoodbank
www.horndeanbaptistchurch.org.uk/Groups/421289/Foodbank.aspx

## Mrs Mitchell's 'Message of the Week'

It has been a learning packed September and I have been so proud of the progress the children have made or are making. The school is a hive of activity!

I would like to take this opportunity to thank you all for your kind donations for the Macmillan Coffee Morning and for your on-going support with the Harvest donations. We appreciate this is a difficult time with the continued cost of living crisis but I am proud of how well the Petersgate community work together to support others.

## Harvest—food donations

If you would like to donate food for our Harvest assembly, we will be supporting the Clanfield and Horndean Foodbank.

Please bring any donations into class by **Wednesday 15th October**
all donations need to be in school by this date at the latest.

## Health and Wellbeing

For more details follow the website: **CLICK HERE**

Thrive
using gardening to change lives

### Autumn wellbeing calendar

#autumnwellbeing

Improve your health and wellbeing this autumn with our 28-day journey of gardening and nature-based activities. For more information and activity guides visit **www.thrive.org.uk/autumn**

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| 1 Share a photo of a tree with changing colours (5 mins) | 2 Reflect on this years' spring and summer (10 mins) | 3 Make a hedgehog house (20 mins) | 4 Search for sweet chestnuts and conkers* (10 mins) | 5 Go for a walk and notice changing colours* (15 mins) | 6 Autumn treasure hunt (20 mins) | 7 Sow sweet peas (15 mins) |
| 8 Wildlife bingo (15 mins) | 9 Collect seeds to store (10 mins) | 10 Go for a walk and notice autumn smells (15 mins) | 11 Plant tulips in pots or in a border (15 mins) | 12 Leaf mould part 1 (collect leaves) (10 mins) | 13 Leaf mould part 2 (create mould) (15 mins) | 14 Build a bug hotel (20 mins) |
| 15 Go for a walk and notice autumn sounds (15 mins) | 16 Make some 'ephemeral' nature art* (15 mins) | 17 Go stargazing* (10 mins) | 18 Kick through some autumn leaves* (5 mins) | 19 Press some leaves or flowers (15 mins) | 20 Sow broad beans (15 mins) | 21 Make a bird feeder (15 mins) |
| 22 Create leaf art part 1 (collect leaves) (5 mins) | 23 Autumn flower arranging (15 mins) | 24 Create leaf art part 2 (create art) (15 mins) | 25 Buy or plant something to live in your home (15 mins) | 26 Grow from hardwood cuttings (15 mins) | 27 Make a festive wreath* (15 mins) | 28 Revisit your tree from day 1 and take another photo (5 mins) |

# POPS AGM

# 22ND OCTOBER

## FROM 6PM AT THE SCHOOL

## WE NEED YOU!

**Please join the PoPS team.**

Whether its on the committee, planning and organising or just volunteering time at events, every bit helps. Everyone is welcome. Come along to the AGM or contact: **popstogether@outlook.com** to find out more.

**Find us on Facbook**

Petersgate Infant School

working together to achieve the best

Positive POPS

Pals of Petersgate School

Working Together to achieve the Best...

**YOUNGMINDS**

**Hello Yellow**

**FRIDAY 10 OCT**

# Wear it loud. Wear it proud.

Wear yellow this World Mental Health Day, 10th October, and donate to YoungMinds to support young people's mental health.

**#HelloYellow**

M&S | **YOUNGMINDS**


## Safeguarding

We have been approached by the Local Authority regarding a safeguarding alert about the children's book series **'Spy Dogs/Pups' and 'Spy Cat' books by Andrew Cope.**

There is a link in the book which asks the children to explore the different characters from the book. **This website has now been compromised and takes users to highly inappropriate pornographic content with no age verification.**

All book corners and our library have been checked but I urge all parents/carers and families to check book shelves at home and discard the back inlay page which has the website displayed or remove the books from your shelves (in case it appears elsewhere in the book) until we receive further confirmation that the issues has been resolved.

Following this safeguarding update from the Local Authority, I have been informed **NOT** to share the website link with parents/ carers/families. Following this advice, if you do find books with the website displayed **DO NOT** click on the link and remove the books from your shelves.

## Useful links for Autism and ADHD

Here are some useful resources to support parents enquiring about Autism and ADHD:

**Hampshire CAMHS – ADHD**
On the website there are wide variety of resources for many different mental health and life difficulties. They recommend looking at the page for Attention Deficit and Hyperactivity Disorder (ADHD). https://hampshirecamhs.nhs.uk/help/parents-carers/adhd-professionals/

**Hampshire CAMHS – ASC**
On the website there are wide variety of resources for many different mental health and life difficulties. We recommend looking at our page for Autism Spectrum Conditions (ASC). https://hampshirecamhs.nhs.uk/help/young-people/autistic-spectrum-condition-2/ Promoting and supporting mental health and wellbeing in schools and colleges contains resources to help you develop a whole school or college approach to mental health and wellbeing, as well as a list of senior mental health lead training courses.

## WOW Challenge

Whether you walk, scoot, ride, 'Park and Stride' your child can earn badges each month.

We want to promote walking/scooting, cycling or park and stride at least once a week. Even if you can only manage to park a little further away, then walk into school, we can count that as a park and stride and log that on our travel tracker.

Thank you to all those who have taken part, so far. We have heard from the team at Living Streets, who lead the WOW challenge and badges should be arriving next week in the post for September. Then they will be given out to the children.



## We are really proud to be part of the **myHappymind** family.

As a school, we have been gifted an opportunity to deliver a whole school programme to build positive mental health and well-being. This programme is endorsed by the NHS and is a fully funded programme.

**myHappymind** helps children to understand how their brain works and creates a culture that helps to build resilience, confidence, and self-esteem. **myHappymind** also teaches the children how to self-regulate and mange their emotions in stressful times, allowing them to be their very best selves!

We have already launched the programme with the children and parents/carers and families were invited to the physical launch. Further information was sent out to all families which included a letter outlining key information, parent presentation and link for a short video.

Thank you to all those who have signed up for the free parent app and I hope this helps you in supporting your child at home. Information of how to do this was in the letter but there are posters around school with the QR code and sign code to access the app. Please can we ask that this code is not shared with anyone else. The resources and materials will be on display during our parent consultation evenings coming up. The app QR code will be available to sign up then too.

We have also developed a section on our school website for parents/carers for mental health and well-being which signposts you to resources to help you at home.

Please **click here** or copy and paste this link into your web browser.

www.petersgateinfantschool.co.uk/parents/mental-health-and-well-being-for-parents



## What is new in the **myHappymind** parent app?

**myHappymind Places** is designed to help children understand their emotions and strategies to feel safe, happy and calm. There are three key Places to help children identify how they are feeling:

- The Happy Place: Where your child feels safe, happy and calm.
- The Middle Place: Where your child might visit in between their Happy and Busy Places. They might feel a mixture of emotions.
- The Busy Place: Where your child might feel overwhelmed with big emotions.

### Mini Masterclasses

Laura Earnshaw, the founder of **myHappymind**, has created a series of Mini **myHappymind** Masterclasses. These sessions are designed to help you navigate some of the scenarios that we know often arise at school and at home. They are short videos (around 5 minutes each) to hopefully give you some practical strategies and reassurance.

The sessions cover themes such as Separation Anxiety, Emotionally Based School Avoidance, Building Self-Esteem, and Managing Big Emotions. New to this area of the app are sessions on Trauma-Informed Practice and Sleep.