



CRESTWOOD  
COMMUNITY SCHOOL

## PARENT BULLETIN

### WEEK BEGINNING MONDAY 9 FEBRUARY 2026

Week A Menu 3 [here:](#)

#### KEY MESSAGES THIS WEEK

- We hope you all have a pleasant half term. We look forward to seeing everyone on Monday 23rd February 2026.
- **Prom Points**
  - Year 11's will have the opportunity to collect Prom Points between now and the end of the Academic Year. Students will need to collect 100 Prom Points to receive their invitation to Prom.

Award	Number of Points	How many can be earned
100% Weekly Attendance	5 per week	65
100% Punctuality in a week	5 per week	65
100% positive logs for a week	5 per week	65
Attending an after school intervention session	3 per session	60
Attending Revision Hub	3 per session	30
BFL Average Grade at 2 or better at March Data Drop	10	10
Improved Overall Average Grade between mocks	20	20
Attendance at all mock exams	20	20
Attendance at a GCSE Exam	5 per exam attended	Varies (between 25 and 100)
○ Total Possible Points		360+

- Advance reminder for Year 11 Parents - GCSE Mock exams occur from 23rd February until 6th March
- **Safer Internet Day - Tuesday 10th February**

As part of our ongoing commitment to keeping children safe and supported, we will be highlighting the importance of internet safety and positive online behaviour. This year's Safer Internet Day focuses on building awareness around online scamming and how young people can protect themselves.

To support parents in having conversations with their children about their digital use we would like to share a helpful resource from the Children's Commissioner for England titled "What I wish my parents or carers knew...". This guide is designed to support parents and carers in managing children's digital lives and understanding the online experiences, risks, and pressures that young people may face. The guide offers practical advice on topics such as social media, gaming, online safety, and how to have open conversations with children about their online world. We encourage all parents and carers to take some time to explore

this resource as part of our shared approach to keeping children safe online.

<https://www.childrenscommissioner.gov.uk/resource/what-i-wish-my-parents-or-carers-knew-a-guide-for-parents-and-carers-on-managing-childrens-digital-lives/>

There is also an array of support that parents can access through these various sites:

- a. <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/>
- b. <https://www.internetmatters.org/parental-controls/>
- c. <https://www.commonsensemedia.org/>
- d. [https://www.ceopeducation.co.uk/11\\_18/](https://www.ceopeducation.co.uk/11_18/)
- e. <https://www.internetmatters.org/wp-content/uploads/2020/06/Internet-Matters-Discord-Guide-1.pdf>
- f. <https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/roblox/>
- g. <https://www.youtube.com/watch?v=XjV0IKYp>

- **Attendance and punctuality**

- Please ensure your child attends school **before** 8.30 am.
- Any child arriving after 8.55 am is marked as absent, in compliance with the DfE rules regarding recording attendance
- The children will also be registered at 1 pm for the afternoon session, so please try to avoid medical appointments at these times
- Holidays and leaves of absence will only be granted in exceptional circumstances

## KEY DATES FOR PARENTS

- Year 7 Parents' Evening: Thursday 12th February at Shakespeare
- Last Day of Term: Friday 13th February (normal finish)
- Bugsy performances: Wednesday 25th, Thursday 26th and Friday 27th February

## KEY SCHOOL LINKS FOR PARENTS

- [Updating the Arbor App](#)
- [Reporting my child's absence via Arbor](#) or email [attendance@Crestwood.hants.sch.uk](mailto:attendance@Crestwood.hants.sch.uk)
- [Absence requests, including holidays](#)
- [Extra Curricular Activities](#)
- IT Support enquiries should be directed to [ITSupport@Crestwood.hants.sch.uk](mailto:ITSupport@Crestwood.hants.sch.uk)
- [Parenting Support - CRESTWOOD - COMMUNITY SCHOOL](#)
- [Parent Forum 2025-2026 - CRESTWOOD - COMMUNITY SCHOOL](#)
- [Key Dates](#)
- [School Letters](#)
- More about all the activities occurring in and out of lessons at Crestwood can be found on our [Facebook page](#), [Twitter Feed](#), [Instagram Account](#) and [YouTube Channel](#). Reshares and likes are always appreciated.

## USEFUL INFORMATION FOR PARENTS

- [SORA](#), our reading app in partnership with Hampshire School Library Service
- [Dealing with Fake News, Hoaxes and misinformation, NSPCC](#)
- [Kooth is an online platform to support young people with their wellbeing](#)
- [NHS111 Mental Health Triage Service](#)
- [On and around water - Hampshire & Isle of Wight Fire & Rescue Service, Official website of Hampshire & Isle of Wight Fire & Rescue Service \(hantsfire.gov.uk\)](#)

- [Parents and Carers - UK Safer Internet Centre](#)
- [Parent Zone](#)
- [CEOP Education](#)
- [Reporting harmful content online](#)
- [Childline, Online bullying](#)
- [PARENT ONLINE SAFETY](#)  
<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/>
- <https://www.internetmatters.org/parental-controls/>
- <https://www.commonsensemedia.org/>
- [https://www.ceopeducation.co.uk/11\\_18/](https://www.ceopeducation.co.uk/11_18/)
- <https://www.internetmatters.org/wp-content/uploads/2020/06/Internet-Matters-Discord-Guide-1.pdf>
- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/roblox/>
- <https://www.youtube.com/watch?v=XjV0IKYp>
- [Parental control software](#)

# Extra-Curricular Clubs

## Spring Term 2026

Day	Extra Curricular Activity	Teacher	Campus/Venue	Time
Every day	Homework Clubs		Library/IT Room (both campuses)	3.00-4.00 3.00-3.30 (Fri)
Monday	Cherbourg Crochet and Knitting Club For beginners and experienced crafters.	Ms Coltro	Cherbourg Library	3.00-4.00
	Creative Writing	Mr Green	Shakespeare Library	3:00 - 4:00
	School Production (Audition Only)	Miss Carter	Drama studio - Cherbourg	3:30 - 5:30
	Badminton	Mr Stead	Shakespeare	3:00 - 4:00
	Badminton	Mr Bright	Cherbourg	3:00 - 4:00
	Year 8&9 Steel Band (existing players) Any other interested pupils see Miss Glenn	Miss Glenn	Cherbourg T1 Shakespeare U2	3:30-4:30 CH week 2 SH week 1
	SH Rock Band	Mr Trott	SH - U2	3:00-4:00
	KS3 Art Award Club	Miss Coull	SH-G8	3:00-4:00 Wk B
	KS3 Clay Club	Ms Bray	Cherbourg	3.00 - 4.00
Tuesday	Production Arts Club (Lighting, Set, Hair and Make-Up, Costume)	CH - Miss Carter SH - Mrs Copelin	Drama Studio Both campuses	3.00 - 4.00
	Dance Live (Audition Only)	Miss Kimber and Miss Keenan	Dance Studio - Shakespeare Campus	3.30 - 5.00
	Panatical Steel Band (existing players)	Miss Glenn	Cherbourg T1	4:15-6:45
	Revision Hub (Yr 11 only)	Mr Sansom Miss Houston	Library (CH) and G13 (SH)	4:00-6:00
	Volleyball	Mr Stead	Shakespeare	3:00-4:00
	Netball	Miss Watson	Shakespeare	3:00-4:00
	Volleyball & Trampolining	Mr Bright & Mr Collis	Cherbourg	3:00-4:00
	The Writer's Room		Shakespeare G23	3:00-4:00
	Year 10 English intervention	Miss Tseng	Cherbourg M5	3:00-4:00
	Shakespeare Crochet and Knitting Club For beginners and experienced crafters	Ms Coltro	Shakespeare Library	3.00-4.00
Wednesday	D&D Club	SH- Mr Green CH- Mr Waren	Both campuses- Library	3.00-4.00 3:00-4:30 (CH)
	Beyond the book (fantasy, sci fi, romance book - Year 9 and above)	Miss Godechoul	Shakespeare G25	3.00-4.00
	Young writers poetry competition - writing club	Mrs Parker	Shakespeare G23	3.00-4.00 (runs until 21/10/25)
	Girls' Football	Mr Skirth	Cherbourg	3.00-4.00
	Duke of Edinburgh Award Scheme	Mr Johnson Mrs Bezant	Cherbourg M7 Shakespeare Canteen	3:00-4:30 SH week A CH week B
Thursday	Panatical Newbies (Year 10 & 11 existing players, year 9 will be invited in February)	Miss Glenn	Shakespeare U2	3:30-4:30
	School Production (Audition Only)	Miss Carter	Drama Studio - Cherbourg Campus	3.30 - 5.30
	Revision Hub (Yr 11 only)	Mr Sansom Miss Houston	Library (CH) and G13 (SH)	4:00-6:00

	Science Club Yr 7 & 8	Mr Neil, Mrs O'Loughlan, Mrs Wujewski, Miss Hurst, Ms Maher, Miss Ragnar, Ms Gray, Mr Nicholas, Mr Waren, Miss Newman	Shakespeare G9/ Cherbourg M12	3:00-3.45
	CH Rock Band	Mr Trott	CH - S2	3:20-4:20
	Chess Club	Mr Green	Shakespeare Library	3.00-4.00
	Futsal	Mr Harris & Mr Bright	Cherbourg	3.00-4.00
	Futsal	Mr Stead	Shakespeare	3.00-4.00
	Debate Club	Mrs Parker and Mr Thomson	Week A: Cherbourg, M1 Week B: Shakespeare, G23	3.30 - 4.30
	SPARX Reading club	Mr Vivian	Week A: Shakespeare G15 Week B Cherbourg M1	3.15-4.15
Friday	Production Pit Band	Miss Glenn	Cherbourg T1	3:30-5:00
	Year 7 Steel Band - DAY TBC STARTING AFTER BUGSY IS FINISHED	Miss Glenn	Cherbourg T1 Shakespeare U2	SH week B CH week A
	Rugby	Mr Read & Mr Harris	Cherbourg	3:00- 4:00
	Trampolining	Mr White	Shakespeare	3:00- 4:00
	Multi Sports	Mr Stead	Shakespeare	3:00- 4:00
	Singing Club	Mr Trott	Cherbourg S2 Shakespeare U2	3:30-4:30 SH week A CH week B

All clubs are free of charge and open to all students unless identified above.

You must sign up for the club via Arbor (except homework club and revision hub).

\*Steel bands and production rehearsals are by invitation/audition only.

If, for any reason, clubs are unable to run on a particular day, parents will be informed via email and the school's Facebook page.

Clubs will not run on Mondays when we have Staff Inset training sessions but parents will be informed in advance of this.

# Parent Information Portal



Your Health Visiting and School Nursing records all in one place...  
at your finger tips



View and manage  
your appointments  
with Health Visitors



View your child's  
vaccination history and  
newborn blood spot  
screening results



Search a wide  
range of resources  
about children's  
health



View growth charts  
and add  
measurements



The Ages and Stages  
questionnaires are  
available for you to  
complete electronically  
before your child's 1  
year/2 year health  
reviews



National Childhood  
Measurement  
Programme.  
Receive results of your  
child's height and  
weight measurements  
(Year R and Year 6).

*Today's health, tomorrow's future*

Sign up today! Email [parent.portal@nhs.net](mailto:parent.portal@nhs.net)



We CARE through:



Compassion



Accountability



Respect



Excellence



# Sleep Hygiene



Sleep hygiene refers to the habits we use to help us get into a good sleep routine. It means creating an ideal environment and routine that lets your brain drift off.

## Why is it important?

- **Physical Health:** Sleep helps your body repair itself and supports a healthy immune system.
- **Mental Health:** Quality sleep boosts mood, focus, and memory.
- **Academic Performance:** Adequate rest improves concentration and helps with learning.

You are more likely to have greasy hair and bad skin with poor sleep.

Not enough sleep means a weakened immune system.

Not enough sleep means you may struggle to concentrate and sit still.

Sleep more – remember more  
This could help during exam season.

Mood swings and anxiety can increase due to poor sleep.





# SLEEP CHALLENGE



01.

## Time

Make sure you start the week right by getting the right amount of sleep. Most people need between 7 and 9 hours to make sure their mind and body are functioning properly.



## Preparation

Make sure before going to bed you leave a couple hours between eating and sleeping. This means you will make the most of a good night's sleep.

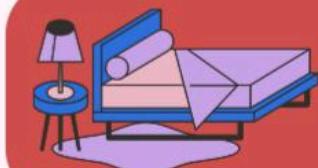
02.

## Recharge

Switch off to sleep. Blue light emitted from screens can cause a disruption to your circadian rhythm and affect how well you sleep. Make sure you switch off devices a little while before you go to bed.



03.



## Environment

Your bedroom is all about sleep. Make sure you have everything you need for a good night's sleep. Keep it dark, cool and comfortable.

04.

05.

## Troubles and Worries

Stress and worry can cause difficulty sleeping. You could write worries down, do a calming activity or speak to someone to clear your mind. Easing your worries means better sleep.



TIME	SESSION 1	SESSION 2
9:30 - 10:45	<p><b>New Understanding Adolescence &amp; Their Mental Health</b> What is adolescence &amp; how can we understand teenage development. Brain development &amp; the impact for young people at this stage of their lives. We will cover some ways to wellbeing for adolescents and consider how you as parents you can support your young person whilst maintaining your own wellbeing.</p>	<p><b>New Sleep Optimisation</b> What is sleep and the importance of this. Why it may be difficult to sleep, &amp; exploring what this is and how we can promote healthy sleep with some top tips.</p>
11 - 12.15	<p><b>A basic introduction to ADHD</b> What is ADHD? Spotting the signs and symptoms from 5 years to 18 years. How to support a young person with symptoms of inattention, hyperactivity and impulsivity with or without an ADHD diagnosis.</p>	<p><b>New Understanding Suicide &amp; Suicidal Thinking</b> Understanding and increasing confidence in noticing and managing young people who may be distressed, not coping and at risk of self harm or suicide.</p>
12:15 - 12.45	<p><b>Lunch break</b></p>	<p><b>Lunch break</b></p>
12.45 - 14.00	<p><b>New Introduction to Low Mood</b> Upskilling parents and carers to identify the signs of low mood in their young people and support them to break the cycle of low mood using activity scheduling and value based living techniques.</p>	<p><b>A basic introduction to Autism</b> What is Autistic Spectrum Condition? Spotting the signs and symptoms Diagnosis: the process and things to know about the diagnostic assessment How to support a young person with ASC.</p>
14.15 - 15.30	<p><b>New School Avoidance &amp; School Transition</b> The session will aim to provide parents/carers an understanding of what emotionally based school avoidance is &amp; the reasons why some young people find it difficult to attend school. Moving to a new school is a big life event we will cover common worries and how these might present in your child, strategies to manage worries that you can share with your child to help them build their resilience, as well as coping strategies to calm the physical symptoms of anxiety.</p>	<p><b>Parent Care - looking after yourself</b> This session will focus on the needs and challenges for parents and carers, as well as provide a range of practical advice and strategies around how to look after yourself in order to better support the wellbeing of your child.</p>
15.45 - 17.00	<p><b>New Eight Skills to Support a Young Person</b> This session will cover 8 different key skills and strategies that a parent/carer or professional can use to support a young person. It will be a practical and helpful opportunity to feel more confident and knowledgeable in supporting a young person.</p>	<p><b>Understanding &amp; managing anxiety</b> What anxiety is and how to spot the signs and symptoms of anxiety in children and young people. How to support a child and young person who experiences anxiety with practical strategies.</p>
17.15 - 19.30	<p><b>Understanding ADHD &amp; the Strategies YOU need</b> This session will include what ADHD is, practical strategies to support the child/ young person with identifying their strengths, prioritising tasks, building resilience and has a focus on maintaining wellbeing. It includes evidence-based parent/carer skills to manage behaviour that can challenge using Non-violent resistance skills. Overall the event provides tools to support children and young people with ADHD to thrive.</p>	<p><b>Supporting your autistic child to thrive</b> This two-hour session will consider what areas of life can be challenging for autistic young people. We will think about how we can adapt our communication and the environment around the young person to make life easier and more suited to their needs. We will discuss practical changes that can be made in all the areas and give example of what these look like in real life. We will support you to think about the specific needs of your child and develop the beginnings of an individualised plan, providing the opportunity for discussion with other group members and the facilitators.</p>



**Free** health & wellbeing events for all parents & carers  
who support or work with young people

DATE	LOCATION
Thursday, 26 February 2026	<b>Basingstoke</b> Queen Mary's College, Cliddesden Rd, Basingstoke, Hampshire RG21 3HF
Thursday, 16 April 2026	<b>Eastleigh</b> Junction Church, 2 Romsey Road, Eastleigh SO50 9FE
Friday, 8 May 2026	<b>Lyndhurst</b> Lyndhurst Community Centre, Central Car Park, High Street, Lyndhurst SO43 7NY
Thursday, 25 June 2026	<b>Andover</b> Winton Community Academy, London Rd, Andover, Hampshire SP10 2PS
Monday, 5 October 2026	<b>Havant</b> Troznant School, Stockheath Lane, Havant, Hampshire PO9 3BD
Friday, 23 October 2026	<b>Waterlooville</b> Waterlooville Community Centre, 10 Maurepas Way, Waterlooville PO7 7AY

BOOK YOUR SESSION SPACE AT:

**[hampshirecamhs.nhs.uk/events](https://hampshirecamhs.nhs.uk/events)**