

THE OTTER

THE NEWSLETTER OF OTTERBOURNE CHURCH OF ENGLAND PRIMARY SCHOOL.



Dear Families

With just a week to go before the end of the school year, we are in full flow with all things related to transition. Please do let us know if there is anything further we need to know or do to support your child(ren) at what can be a difficult stage of the year.

I have to say a big THANK YOU to everyone who stayed for the Sports Day after-party this year. Despite the heat, there was still lots of dancing and fun to be had, and if you were there, I think you would have to agree that it is a lovely addition to the school calendar. Once again, our FOS were brilliant at putting on this event – thank you to everyone who helped with it in any way!

An important message from Mr Dibben, our Headteacher for the day

For next week, please remember to make sure your children bring in hats and water bottles, and to use sun cream because it is going to be hot again. On Monday, children can wear their PE kits but then on Tuesday it should be cool enough for normal school uniform. We will review this through the week.

I have really enjoyed seeing all of your children working around the school today. You should be very proud of them all.

Inset Days

I am happy to be able to confirm the inset days for next year as: Wednesday 3rd September, Monday 3rd November, Monday 5th January, Monday 23rd February, Monday 13th April.

The school year for children in Year 1 to Year 6 will be Thursday 4th September. The year will end on Wednesday 22nd July.

Here is a link to a useful Hampshire term dates calendar: <https://documents.hants.gov.uk/education/school-year-2025-2026.pdf>

Drama Club and Young Voices at the Otterbourne Festival

Some of our children will be performing songs they have learned throughout the year at the Otterbourne Summer Festival, this Sunday (13th July) – please see attached flyer for more information. We will be on stage from 1:40pm. If your child has been in Young Voices or the Drama Club this year, they are still welcome to join us. Please find us on the field at 1:30pm. Please collect your children from the stage area after the performance as we won't release them without an adult.

Lost Property

There is still quite a lot of lost property in school. We will leave this out for you to check through during drop-off and pick-up times throughout next week. Any leftover unnamed items will then be donated to the FOS for second-hand uniform sales or to a local shelter.

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Labelling

We regularly have to sort through big piles of unnamed lost property, so please ensure all items of clothing and property are named before they come in to school.

Care for Our School Environment

We are hoping to have a date for a working party to help care for the overgrown meadow and OWL, plus other areas around the school. Thank you for everyone who has offered help with this; it is greatly appreciated. I've been asked to publish the date once we have it so our Meadow Maintainers can confirm their availability. If you are also happy to lend an hour (**or a tool for cutting back!**) we would appreciate any support you can give. I've left the children's 'Meadow Newsletter' in for you to have a read should you have missed it in the last edition.

School Improvements

I am really pleased to be able to tell you that throughout the summer holidays, there are a few things happening in school to help with the 'aging process' that is really starting to show. Amongst other things, we will be having new carpets in the front part of the school, including new flooring for The Holt and the library. The logistics of such an improvement are quite complicated however, and after discussing this with a few families, it's been suggested that I send out to parents the date of when we will need to move a lot of furniture around the school to enable the fitters to complete the job more efficiently. If you are able to lend a hand for any small length of time on that day, your help would be greatly appreciated. As well as furniture, there will be plenty of small items to move as well. Thank you in advance.

There will be one more newsletter to end the school year, so if you are involved in running anything externally of school that might be of interest to our children and families, please send me the details and I will include it.

Best wishes

Mr Geraghty

Dates to the end of the year

Wednesday 16th - Mission of the Month - our monthly presentation of certificates to children who have demonstrated fantastic learning skills (in school, children only).

Thursday 17th - Our termly award ceremony at St. Matthew's Church (9:30am). Nominations are made by all adults in school and parents of the children to receive an award will be contacted about attending.

Friday 18th - Year 6 Church Leavers' Service (2pm) - A farewell event in the church, to the school and parents of Year 6 children. Tissues at the ready!

Friday 18th - End of the school year. Happy Holidays!

Monday 21st - INSET day - School will be closed to children on this day.

Tuesday 22nd - INSET day - School will be closed to children on this day.

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Sunday 13th July 2025

OTTERBOURNE SUMMER FESTIVAL

OAKWOOD PARK RECREATIONAL GROUND 12PM - 3PM

BBQ, BAR, ICE CREAM, LIVE MUSIC

- local bands - singers - dance acts - Inflatoplanet -
- Winchester Badminton Academy - face painting -
- welly wanging - coconut shy - raffle - tombolas -
- kids games - and so much more!



Presented by St Matthew's. Proudly sponsored by Xelabus, Shawford Springs and Veolia.



St Matthew's
Otterbourne

Xelabus

VEOLIA

SHAWFORD
SPRINGS

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Meadow Newsletter

By Year 5/6 children

Welcome to our meadow newsletter. The aim of our newsletter is to:

- 1) Address your attention to the beauty of our school meadow - the home of many beautiful plants and creatures
- 2) Appeal for your help due to a few issues that need fixing (we can only accomplish this with your help).

Learning opportunities

In our fascinating meadow (which we are extremely lucky to have) there are many interesting learning opportunities and this is an amazing environment to support many subjects allowing children to thrive in their learning.

- English - for examples of descriptive writing on foliage
- Science - to learn about data and information which the children keep track of over the seasons: this is called a longitudinal study.
- Art - to see the beauty of nature and let creativity flow on the children's pages.



Our Y5/6 children carry out Wild Worship in the meadow to our younger children too.

As a school we think it is extremely important to learn outside and give our students the best learning opportunities so they can have the best possible experience at Otterbourne.

What is flourishing in our meadow?

Our magnificent meadow is blessed to have lots of flora and fauna which you may not find in your usual walk in the field. In addition to this, the meadow is lucky to have a wonderful pond and majestic wildlife.

When we were exploring the meadow, we found lots of minibeasts like:

- Butterflies
- Ladybirds
- Grasshoppers
- Crickets
- Bees



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Lots of the minibeasts that embrace the beauty of our meadow have to go through a process known as metamorphosis. This is a time where minibeasts change bodies. For instance, caterpillars maturing into butterflies and tadpoles evolving into frogs.



We love minibeast hunting but we also think about where all the creatures live and how to protect them. When we lift up logs, we make sure that we put them back because that is their home.

Furthermore, our fantastic meadow is home to numerous spotted-orchid plants. These plants are incredibly rare which is why it is so important that we let the grass grow wild and long: that's a plant worth saving.



Pond Life:

In our pond, we have species that thrive like dragonfly larva and tadpoles ready to develop into their adult forms. In addition to this, there are an abundance of newts and greater and lesser water boatman.

When we went pond dipping, we made a shocking but amazing discovery. In one dip of a net, the number of tadpoles and dragonfly nymphs in one tray was over ten which is good because that shows that our pond is clean and a good habitat for them and other pond life.



This creature might look ugly but it is a dragonfly nymph that will turn into an awe-inspiring dragonfly and it lives in our incredible pond. Did you know, that 90% of dragonfly nymphs die a year due to predation? Yet in our pond they thrive.



Newts and froglets



One dip of a net!

Please Help - We need meadow maintainers!

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Although our pond is thriving, it is also in danger. There has not been enough rain: the dry weather means the water levels are very low and the water is slowly running out. Also, plants and trees are starting to over populate the water, causing less space for our beloved creatures of the depths. Our pond has never dried out before. We must act now and save our precious pond before it has come to an end.



Our pond needs urgent care!

As well as this, some parts of the meadow are now so overgrown that we can't access them. Sadly, our path that leads to the woodland is no longer accessible. Brambles and nettles are taking over and a risk to little ones who want to explore and discover.



Our overgrown path

We need your help: parents, family and friends our school needs you to be our superheroes! Why don't you volunteer to keep our school's wildlife happy and healthy?

Can you join us to continue to make our meadow and pond thrive?

So, we ask you today if you will you join us in our mission to truly make our meadow thrive again and kindly put yourselves forth as meadow maintainers and generous volunteers to save our meadow and the beautiful creatures in it.

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Monday 14th July

Please place your bags under the gazebo by 9am
(or in the School hall if wet weather)



What can be donated

Good quality men's, ladies' and children's clothing
Paired shoes
Handbags & hats
Belts & bags
Scarves & ties
Socks & bras
Jewellery & accessories



What cannot be donated

Duvets & blankets
Pillows & cushions
Carpets, rugs & mats
Soiled, painted, ripped or wet clothing
School uniform with and without logo
Corporate clothing and workwear
Textile off cuts, yarns or threaded material
Furniture and large items
Batteries



FREE online talk



Supporting Healthy Screen Use

Screens are here to stay.
What are the potential harms and how can we reduce them?

To book your place go to the **PARENTS** page (facefamilyadvice.co.uk)

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What Parents & Educators Need to Know about

APPLE IPADS

WHAT ARE THE RISKS?

Tablets remain a staple of children's digital lives – and Apple's iPad is by far the most popular model. According to Ofcom, over half of younger children regularly use a tablet to play games, watch online content or access apps. With their broad functionality, iPads can be helpful tools, but without supervision, they may expose children to risks ranging from inappropriate content to screen overuse.

COSTLY TO REPAIR

Unlike some child-friendly tablets, the iPad is not built for rough handling. Its slim design and high cost mean that a drop or spill can result in a costly repair. If a child is using the device regularly, a sturdy case and screen protector are strongly recommended to help prevent accidental damage.

DATA PRIVACY

While Apple is known for strong privacy protections, a recent study found that many iOS apps aimed at children still share personal data. Over 40% of the tested apps sent at least one piece of user information to third parties, raising concerns about advertising and analytics being targeted at underage users.

INAPPROPRIATE CONTENT

The App Store and Safari browser provide almost unrestricted access to online material. Children may stumble upon age-inappropriate content, whether through apps, advertisements or online searches. Even recommended content algorithms can surface unsuitable material.

BYPASSING RESTRICTIONS

Siri – Apple's voice assistant – can potentially override restrictions, especially with the newer text-based commands introduced through Apple Intelligence. Without safeguards in place, children may inadvertently access inappropriate topics simply by asking a question, bypassing certain filters previously set by adults.

SCREEN ADDICTION

iPads can be highly immersive, and excessive screen time may affect a child's emotional and behavioural development. Signs of overuse might include mood swings, irritability, and difficulty focusing on non-digital activities.

REDUCED ATTENTION & COGNITIVE IMPACT

Prolonged use of tablets has been linked with reduced memory, slower processing speeds and difficulties in concentrating. Research shows that children who spend excessive time gaming or consuming media on tablets may struggle with language development and executive functioning over time.

Advice for Parents & Educators

ENABLE FAMILY SHARING

Family Sharing allows you to create a dedicated Apple ID for your child and manage their activity. You can approve purchases, control what content they can access, and set time limits – all done remotely from your own device. It's a simple but powerful way to maintain oversight.

FILTER APPS, WEBSITES & IN-APP PURCHASES

Parental controls in iOS let you block explicit content in Safari, restrict app downloads, and manage in-app purchase permissions. You can also filter websites automatically to prevent access to adult material and disable the installation of certain app types completely.

USE SCREEN TIME FEATURES EFFECTIVELY

Tools like Downtime and App Limits can reduce device overuse. Downtime allows you to block access during key times – such as before bed or during homework – while App Limits sets daily time caps on specific games or apps. Alerts help children anticipate when their time is almost up.

PREVENT UNAPPROVED SPENDING

Children can accidentally (or intentionally) make purchases within apps. Activating Ask to Buy under Family Sharing ensures you receive a notification to approve any app or in-app purchase. This stops surprise charges and allows you to discuss purchases together before they're made.

Meet Our Expert

Carly Page is a seasoned technology journalist with over a decade of experience. Formerly a senior cybersecurity reporter at TechCrunch, Carly now writes for publications including WIRED, Forbes, TechRadar, and Tes. With a deep understanding of online safety, she brings a valuable perspective to parenting in the digital age.



#WakeUpWednesday

The National College

@wake_up_weds

/wuu.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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Summer Swim Courses are just around the corner

JOIN THE WAVE

Jump into Hampshire's BEST Swim Academy

Maximum of 3 Swimmers per Class
Poolside Seating for Spectators
Fun & Engaging Themed Lessons
ALL Swimmers receive a medal

 [thestandenswimacademy](https://www.facebook.com/thestandenswimacademy)



DURLEY HOUSE | Durley SO32 2AJ
Monday 28th July - Friday 1st August
Monday 11th August - Friday 15th August

TWYFORD SCHOOL | Winchester SO21 1NW
Monday 4th August - Friday 8th August
Monday 18th August - Friday 22nd August

WEST HILL PARK SCHOOL | Titchfield PO14 4BS
Monday 11th August - Friday 15th August

Don't Miss Out



Swim With Us

Ready to make
a splash?
Secure your
spot now!

Keep your children safe and happy in the water this summer ☀️



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Gateway
CHURCH
Fareham

SUNDAY FUNDAY

SUNDAY 10TH AUGUST

FREE


BOUNCY CASTLE
SOFT PLAY
HOT DOGS
CAKE AND COFFEE
FACE PAINTING

11AM - 1PM

**JOIN US FOR A DAY OF FUN AND
CELEBRATION**
AT GATEWAY CHURCH FAREHAM
171-173 WEST STREET, FAREHAM, PO16 0EF

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Together for Nature, Climate and People

A Partnership Management Plan for the Future


The South Downs National Park is a unique and cherished place.

Many people play a role in looking after the National Park. The Partnership Management Plan (PMP) sets out the priorities for the next five years, and how we will work together to deliver for nature, climate, people and place.

This is your National Park. We need your help to decide what those shared priorities for the next five years should be.

Scan the QR code to tell us what you value most about your South Downs National Park.

15 SOUTH DOWNS NATIONAL PARK



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SUMMER

HOLIDAY FUN COURSES

9am - 3pm | Ages 5-13
EASTLEIGH FC 3G PITCH



All Abilities Welcome | First team tickets | Meet First Team Players

EUROS WEEK

WEDS 23RD JULY - FRI 25TH JULY

GOALS GALORE

MON 28TH JULY - FRI 1ST AUGUST

PREMIER LEAGUE WEEK

MON 4TH AUGUST - FRI 8TH AUGUST

CHAMPIONS LEAGUE WEEK

MON 11TH AUGUST - FRI 15TH AUGUST

WORLD CUP WEEK

MON 18TH AUGUST - FRI 22ND AUGUST

CHAMPIONSHIP WEEK

MON 25TH AUGUST - FRI 29TH AUGUST

SCAN BELOW TO BOOK ON



SCAN ME

£20 PER DAY | £30 PER WK (WK 1) | £75 PER WK (WKS 2-6)
SPECIAL SUMMER OFFER - £200 SUMMER PASS - UNLIMITED ACCESS ALL SUMMER - LIMITED SPACES AVAILABLE

CONTACT JOSH: JINACE@EASTLEIGHFC.COM

SUMMER

HOLIDAY COURSES

9am - 3pm | Ages 5-13
EASTLEIGH FC 3G PITCH



All Abilities Welcome | First team tickets | Meet First Team Players

FOOTBALL

GAMING CONSOLES

DODGEBALL

MINI GOLF

ARTS AND CRAFTS

CRICKET/ROUNDERS

SCAN BELOW TO BOOK ON



SCAN ME

£20 PER DAY | £30 PER WK (WK 1) | £75 PER WK (WKS 2-6)
SPECIAL SUMMER OFFER - £200 SUMMER PASS - UNLIMITED ACCESS ALL SUMMER - LIMITED SPACES AVAILABLE

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NHS
Hampshire Child and Adolescent
Mental Health Services


Mental Health Focus Week

A week of training days for Parent/Carers and Professionals provided by Hampshire CAMHS on a variety of subjects.

All sessions
9.30am - 3.30pm

- Eating Disorders and Difficulties**
Monday 8 September 2025
- Anxiety - understanding and strategies to support young people**
Tuesday 9 September 2025
- Trauma - The profound impact on young people**
Wednesday 10 September 2025
- Understanding ADHD**
Thursday 11 September 2025
- Embracing Autism**
Friday 12 September 2025

8 - 12 September 2025
United Reform Church Jewry Street,
Winchester, SO23 8RZ



For more information scan the QR code or visit:
<https://hampshirecamhs.nhs.uk/events/>

NHS
Hampshire Child and Adolescent
Mental Health Services

Mental Health

bite size sessions

We are running a whole week of bitesized workshops to support Hampshire CAMHS Mental Health Focus Week. These are one hour sessions.


Sessions include:

- Introduction to mental health
- Introduction to anxiety
- Introduction to low mood
- Tics & Tourettes
- Supporting your child to transition to a new school
- Sleep hygiene
- Teenage turmoil
- Trauma
- Understanding suicidal language in children and young people and how to support them
- Supporting parents to manage children's anxieties
- Emotionally based school avoidance
- Exam stress

8-12 September 2025
United Reform Church Hall
Jewry Street, Winchester, SO23 8RZ




For more information scan the QR code or visit:
<https://hampshirecamhs.nhs.uk/events/>

 **FACE**

August Timetable

All sessions delivered live online via zoom £24 each or **FREE** with School Membership - 90 minutes long
Book online at facefamilyadvice.co.uk Recordings available for 48 hours

Anxiety Explained	4th 10am
Cannabis & Ketamine Awareness	4th 7pm
What is ACT?	5th 10am
Introduction to OCD	5th 7pm
Raising Self Esteem	11th 10am
Decreasing Depression	11th 7pm
Supporting Healthy Sleep	12th 10am
Understanding the Teenage Brain	12th 7pm
Improving Family Communication	18th 10am
Autism: Improving Communication	18th 7pm
Understanding Addictive Behaviour	19th 10am
Supporting a Child with ADHD	19th 7pm
Understanding Anger	25th 10am
Supporting Healthy Screen Use	25th 7pm
Facing Defiance	26th 10am

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I'd like to draw your attention to some support available over the summer holidays.

[ChatHealth](#) - ChatHealth is a confidential text support service for parents, carers, families and young people in Hampshire manned by health visitors and school nurses. There are three ChatHealth services for:

- **Parents and carers of children under 5** - Health visitors have a wealth of experience working with parents/carers, babies, toddlers and young children. They are trained to support with a wide range of health and wellbeing issues including crying babies, infant feeding, starting baby on solid foods, sleep and behaviour problems. As well as giving advice, the team can signpost to appropriate services. Text **07520 615720**.
- **ChatHealth 5-19** - The school nurse team supports parents/carers with questions relating to a wide range of health and wellbeing issues including healthy lifestyles, toileting, behaviour, sleep, emotional wellbeing and health conditions. As well as giving advice, the team can signpost to appropriate services and other support. Text **07507 332417**
- **Young People aged 11-19** - School nurses support young people with questions relating to a wide range of health and wellbeing issues including self-harm, relationships, bullying, weight, anxiety, drugs, smoking, stress, body worries, alcohol and sexual health. As well as giving advice, the team can signpost to appropriate services and other support. Text **07507 332160**.

Opening times: 8.30am - 4.30pm Monday-Friday (ChatHealth 0-5 is 9:00am-4:00pm) exc. bank holidays. Any text sent outside opening hours will receive an automated message with advice of where to get help if their question is urgent. Out-of-hours texts will be replied to within one working day. **For urgent medical enquires, please call 999 or 111.**

[Hampshire Healthier Together](#) - clear information on common illnesses, including advice on what serious 'red-flag' signs to look out for, where to seek help if required, what you should do to keep comfortable and how long symptoms are likely to last.

[Kooth](#) is a free online counselling and emotional wellbeing support service offered to young people aged 11 - 25 years (up to their 26th birthday) with a safe and secure means of accessing support with their emotional and mental health needs from a professional team of qualified counsellors.

By accessing Kooth young people can benefit from a **free, confidential, anonymous and safe** way to receive support online, **online counselling** from a professional team of BACP qualified counsellors is available via 1-1 chat sessions or messaging on a drop in basis or via booked sessions including **out of hours' availability** - counsellors are available from 12pm to 10pm on weekdays and 6pm to 10pm at weekends, every day of the year on a drop in basis. No referral is required, young people can access the service directly and in complete confidence at www.kooth.com.

[Smokefree Hampshire](#) - do you smoke or vape and would like help to quit? Are you worried about family members who smoke or vape? Smokefree Hampshire is a free and confidential stop smoking and stop vaping service which offers support with a specialist stop smoking adviser as well as free nicotine replacement products. Smokefree Hampshire is available to anyone over the age of 12 years.

[Catch 22](#) - A specialist treatment service offering targeted, specialist and family support for children and young people in Hampshire who are affected by substance misuse. Referrals can be made on the Catch 22 website and young people can call the 24 hour helpline 24/7 help line **0800 599 9591**.

[Mental Wellbeing Hampshire](#) - is a partnership of organisations working to support good mental health and wellbeing in our communities.

[Hampshire Family Information and Services Hub \(FISH\)](#) - Find information about what is going on in your area, details on how to access services, organisations and activities in Hampshire, and the advice and support that is available.

[Hampshire Safeguarding Children's Partnership](#) provides practical advice and help on supporting your child and keeping your family safe.

[The Solihull Approach](#) - These **free online courses** offer advice and practical tips to boost your confidence as a parent, help you navigate family life and strengthen your relationships. Whether you are a mum, dad, foster parent or grandparent, there is a course for you.

Developed by psychologists and professionals, they have been designed to help you understand your child's feelings, development and behaviour, as well as focus on your own feelings as you grow as a family. Click on the link to find out more information and how you can access these free courses.