

North Baddesley Junior School



Dear Parents and Carers,

Respect. Aspire. Resilient

Our Year 4 pupils have had a fantastic time on their residential visit to Avon Tyrrell! From the moment they arrived, they embraced every opportunity with enthusiasm and excitement. The children have enjoyed a range of adventurous activities, built confidence, and shown great teamwork and resilience throughout their stay. It has been wonderful to see so many smiling faces, and they are creating memories that will last a lifetime.

Year 3 parents will be receiving communications shortly about signing up for next year's residential in April 2027. Please click on the [blog link](#) to find out more and to see the wonderful pictures and fun that the children have had.

We are excited to share that all children will be taking part in a **sponsored dance event** as part of our *Dance for Diabetes 2026* fundraiser.

This special activity aims to raise funds for diabetes research and the Diabetes Wellness Foundation, while also encouraging students to stay active and have fun. Each child will participate in a lively, inclusive dance session during school hours.

Sponsorship forms will be sent home shortly, and we kindly encourage families to support their child in raising funds for this important cause. You can raise money online instead as well as cash donations to make it easier for everyone. Every contribution, big or small, will help make a meaningful difference.



Best wishes,

Miss Woolten

Head Teacher

Reminders

Thursday Year 5 in house portals to the past workshop
Ancient Greek Dress up day.
Sponsorship forms/code coming home for Dance for Diabetes.

Contact
Summer 1

Mrs Wildey's Magic Words

Happy Friday - and just like that, week one of the summer term is done!

How is everyone doing? I hope you managed to find some pockets of rest and fun over the Easter break.

Mrs. Wildey worked very hard at *not* working over the holidays but I must admit, the ever-present "to-do list" still found a way to make itself known. Quite serendipitously however, I came across an article that offered a refreshing perspective: what if we stopped calling it a "to-do list" and started calling it a "doing list" instead?

Reframing it as a "doing list" shifts the tone and encourages us to accept that the list will never truly be finished - and that's okay. In fact, it's a sign of a full and interesting life. There will always be more ideas, more tasks, more opportunities.

And there's a practical benefit too: writing things down helps to free up space in our minds. Psychologists call this *cognitive offloading* - a simple way to reduce mental load by not trying to hold everything in our heads at once. So, as we head into the new term, maybe it's time to be a little kinder to ourselves (that one should definitely be added to the list)*.

Wishing you all a wonderful weekend ahead.

Mrs. Wildey

*note to self, must also add cheese to the list!


Hampshire CAMHS
Information & Advice Sessions
in Winchester – May 2026

YOUNG PERSON'S MENTAL
HEALTH

This is a free opportunity for parents/carers, professionals or young people to come and chat to our CAMHS clinicians, ask questions, get advice and resources.

HAMPSHIRE CAMHS
INFORMATION &
ADVICE SESSION

6TH MAY
2026



P.A.C.E. (Parent and Carer
Events) – LYNDHURST

A free event FOR PARENTS AND
CARERS to help families better
understand the needs and
difficulties that young people can
face and how to manage
potential issues/concerns they
have about their young person.

P.A.C.E.
2026

8TH MAY
2026




A training day for Parents and
Carers
Chandler's Ford

A one-day event focused on
parents and carers understanding
their own needs and learning
strategies to look after themselves
as they support a young person
with their own mental health
needs. The sessions will include
looking at Guilt, Responsibility &
Acceptance.

HOW TO COPE WHEN
YOUR CHILD CANT

15TH MAY
2026



Free* Online Courses for Parents

Raising Resilient Children

Tues 21 April - 19 May

7:30pm - 9pm

Learn ways to build a strong relationship with your child, encourage good routines, and help them become more independent and resilient.

Stepping Into School

Tues 28 April - 19 May

10am - 11:30am

Explore what school readiness looks like, how to build key early skills, and how to support your child's confidence, communication, and independence at home

Positive Parenting

Mon 8 Jun - 6 Jul

7:30pm - 9pm

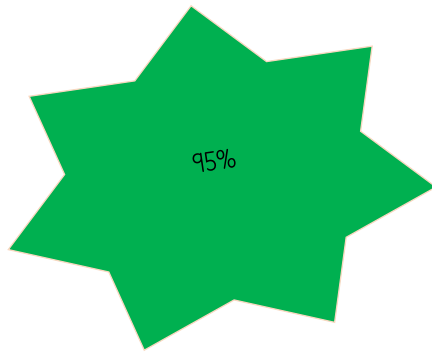
Learn strategies to build positive relationships with your child and manage your child's behaviour in a positive way

Due to funding regulations, we can only guarantee one free course per academic year. If you are interested in more than one course, please e-mail learninginlibraries@hants.gov.uk to be added to the waiting lists.

*For learners aged 19 years of age and older who live in the HCC local authority area and meet the eligibility criteria. Please see booking form for further details.



Attendance Figures



Please work in partnership with us to ensure that your child attends school regularly.

Year 3	96.08%
Year 4	95.61%
Year 5	95.36%
Year 6	93.05%



Dates for the diary

- **Highlighted means it has been added since the original contact and is a new date/event**
- **Highlighted means there has been a change of date from the original date set.**

Thursday 23rd April			✓		Year 5 in house portals to the past workshop Ancient Greek Dress up day.
Week beginning 27th April	✓	✓	✓	✓	School Led Clubs begin
28th April			✓		Year 5 at Mountbatten - Science day.
30th April			✓		Year 5 trip to the Mosque
MAY 2026					
Monday 4th May	✓	✓	✓	✓	BANK HOLIDAY
Thursday 7th May			✓		Year 5 Community Tea (1:30-3:00) Grandparents invited.
Monday 11th - Thursday 14th May				✓	Year 6 SATs Week - please can we ask that all children arrive to school on time across the entire school.
Friday 15th May				✓	Whole school REF day - wear old clothes to school.
Monday 18th May	✓				Year 3 Egyptian workshop- Treehouse Theatre provisional date
Tuesday 19th May					School Disco (Yr.3 & 4: 4.30 -5.45) (yr. 5 & 6: 6:00 – 7.15)
Thursday 21st May	✓	✓	✓	✓	Class Photos - End of year.
Friday 22nd May	✓	✓	✓	✓	Inclusion Day (School PE kits to be worn).
Monday 25th- Friday 29th May	✓	✓	✓	✓	MAY HALF TERM
JUNE 2026					

Monday 1st June – Friday 12th June		✓			Year 4 Statutory Multiplication Tables Check
Monday 1st June - Friday 5th June				✓	Year 6 catch up swimming lessons.
Thursday 4th June	✓	✓	✓	✓	SPORTS DAY PART 1 9-12.10pm (wear PE kit to school). Children only.
Friday 5th June	✓	✓	✓	✓	SPORTS DAY PART 2 9-12.10pm (Parents invited with parent picnic.) Children wear a PE kit to school.
Monday 8th June					RESERVE SPORTS DAY if postponed
Wednesday 10th June	✓				Year 3 Egyptian day (Dress up)
Thursday 11th June				✓	Year 6 RSE parent meeting 3:30 - 4:30 (Adults only).
Wk. beginning 15th June	✓	✓	✓	✓	School led clubs finish this week.
Monday 15th June –Friday 19th	✓	✓	✓	✓	REF WEEK (Old clothes all week)
Tuesday 16th June					Year 2 Parent Meeting for September 2026 Year 3's
Monday 22nd June	✓	✓	✓	✓	INSET DAY

**NON CONTACT KARATE
TAUGHT BY FULLY
QUALIFIED INSTRUCTORS**



**EVERYONE WELCOME
FROM 4 YEARS OLD**



**WE TEACH TRADITIONAL KARATE
ENCOURAGING CONFIDENCE, RESPECT,
DISCIPLINE, SELF AWARENESS AND AGILITY IN
A FUN & CONTROLLED ENVIRONMENT. ALL
CLASSES ARE FRIENDLY, INFORMATIVE &
CATER TO THE INDIVIDUAL NEEDS OF THE
STUDENT.**



**NORTH BADDESLEY JUNIORS
THURSDAYS 07.45AM – 08.45AM**

**£6.50 PER CLASS – PAY AS YOU GO
MEMBERSHIP REQUIRED AFTER FIRST CLASS £27.50 PER YEAR**

MANY MORE CLASSES TO CHOOSE FROM, FIND THEM ALL AT: WWW.SOUTHERNKARATE.ORG

FOR MORE INFORMATION AND TO BOOK YOUR PLACE

EMAIL: info@southernkarate.org

Tel: 07764 478507



2026
MAY HALF TERM

**@ SHERBORNE HOUSE SCHOOL
Chandlers Ford**

Tuesday 26th to Thursday 28th May

**£30 PER DAY OR JUST £83 FOR ALL 3 DAYS!
10% DISCOUNT FOR ADDITIONAL SIBLINGS!!**

**8.30PM TO 4.30PM
EXTENDED DAY PASSES TO 5.30PM**

FREE HALF DAYS FOR YEAR R's UNDER 5 (Ace Mini's)

DODGEBALL, GO KARTING, HERT, ARCHERY, CRICKET, KARAOKE, GYMNASTICS, FOOTBALL, HOCKEY, CURLING, BENCHBALL, BASKETBALL, GLADIATORS, CAPTURE THE FLAG, TENNIS, LASER TAG, NON CONTACT BOXING, NETBALL, FLOOR IS LAW, BODYBALL & SO MUCH MORE!!

CHECK OUT OUR SUMMER HOLIDAY CLUBS AT SHERBORNE HOUSE ONLINE!!

3 Days For Just £83!

Childcare Vouchers accepted!!

Ofsted Registered

ACE SPORTS HOLIDAY CLUBS

SCAN ME

Website: <https://www.northbaddesley-jun.hants.sch.uk>

Telephone: 02380 411100

E-mail: school.office@northbaddesley-jun.hants.sch.uk

BE WILDFIRE AWARE AND HELP PROTECT THE COUNTRYSIDE



PACK A PICNIC
NOT A BBQ



DON'T
START CAMPFIRES



EXTINGUISH
CIGARETTES
FULLY



DON'T
DROP LITTER



SCAN ME
OR VISIT
bit.ly/Wildfire-Aware



IF YOU SEE A FIRE
CALL 999

What if you could explore your SEND Local Offer in person, on one day?



Join us at an event near you to find out about your local special educational needs and disabilities (SEND) support.

Our Discovery Days offer a welcoming space for families to explore the wide range of local services and support available. They provide the chance to speak directly with the teams who work with children and young people with SEND, helping families access timely information, early support, and meaningful connections within their community.

Families can expect

- Opportunities to meet professionals from key SEND services
- Information stands from charities, providers, and community organisations
- General support and advice for children and young people aged 0 to 25
- Signposting to early help, assessment pathways, and inclusive activities
- A welcoming, relaxed environment where families can explore at their own pace



connecttosupporthampshire.org.uk/localoffer



making
music

IN NATURE'S REALM

THORNDEN HALL
ARTS CENTRE
SATURDAY 16TH
MAY 2026
7.30PM

DVORAK
IN NATURE'S REALM

VAUGHAN WILLIAMS
THE LARK ASCENDING

CONDUCTOR
JOHN TRAILL

BRUCKNER
SYMPHONY NO. 4

th THORNDEN
HALL
ARTS CENTRE

www.thorndenhall.co.uk
www.csorchestra.org



ADULTS £18
UNDER 18s / STUDENTS £5
FAMILY TICKET £40
2 ADULTS AND 2 CHILDREN UNDER 18


Calendar of events this spring

Lyndhurst Community Centre, Main Car Park, Lyndhurst SO43 7NY	Friday 20 March	2pm to 6pm
Leigh Park Community Centre, Dunsbury Way, Leigh Park, Havant PO9 5BG	Saturday 21 March	10am to 1pm
Andover Community Church, Charlton Rd, Andover SP10 3JH	Thursday 26 March	2pm to 6pm
Farnborough Library, Pinehurst Roundabout, Farnborough GU14 7JZ	Tuesday 14 April	2.30pm to 6pm
Hampshire County Council HQ, Elizabeth II Court, The Castle, Winchester, SO23 8UJ	Monday 20 April	1pm to 5pm
Xperience Youth Centre, 70 Trinity St, Fareham PO16 7SJ	Tuesday 28 April	12pm to 4pm
Gosport Discovery Centre, High St, Gosport PO12 1BT	Thursday 30 April	2.30pm to 6pm
Alton Maltings Centre, 2 Maltings Close, Alton GU34 1DT	Thursday 7 May	2pm to 6pm
Basingstoke Discovery Centre, Potters Walk, Basingstoke RG21 7LS	Tuesday 12 May	2pm to 6pm
Pavilion on the Park, 1 Kingfisher Rd, Eastleigh SO50 9LH	Friday 15 May	2pm to 6pm
Petersfield Festival Hall, Heath Rd, Petersfield GU31 4DZ	Monday 18 May	2pm to 6pm

To find more details on these events, or for further information on the Hampshire Local Offer, visit connecttosupporthampshire.org.uk/localoffer or scan the QR code.



Early Bird +



EarlyBird+ is a 6-week course for parents of autistic children or whose children are awaiting an assessment for autism who are aged from 5-10 years. The sessions last for 2.5 hours and are delivered in small groups by friendly and experienced course practitioners. The course is run in various locations across Southampton.

The programme aims to empower parents by building confidence and developing resilience. Parents and families are supported to develop knowledge and understanding of autism and then consider how autism impacts on their individual child. The focus of EarlyBird+ remains on what we can do to support autistic children and give them the best opportunity to reach their maximum potential.


For Parents/Carers, Grandparents, other family members, close friends or other main caregivers.

What will the course cover

Understanding Autism	Supporting daily living
Processing differences	Low arousal approach
Play	Understanding behaviour
Social communication	Self-esteem
Visual supports and structure	Understanding feelings
Autistic identity	Involving siblings
Sensory processing	Education

For more information visit www.reminds.org.uk

TO ENQUIRE
Email courses@reminds.org.uk



Teen Life



Teen Life is a six-session programme for parents/carers of young people aged 10 to 16 years on the autism spectrum. The aim of the programme is to bring parents together to share information, experiences and ideas in a structured way.

The Teen Life programme aims to empower parents/carers to understand more about how autism is experienced by autistic teenagers. A Teen Life Programme Book will be provided for each family to accompany the programme.

For Parents/Carers, Grandparents, other family members, close friends or other main caregivers.

What the course will cover

Understanding autism in teenagers	Understanding behaviour
Creating a one-page profile	Self-esteem, health & wellbeing
Diagnosis and autistic identity	Puberty
Understanding interests	Sensory differences
Meltdowns and shutdowns	Education
Masking	Independence skills

For more information visit www.reminds.org.uk

TO ENQUIRE
Email courses@reminds.org.uk



ADHD Course

New Forest Parenting Programme



A course for parents/carers of children aged 3-12 years who have ADHD or symptoms of ADHD

What will the course cover:

- What is ADHD?
- How the brain develops
- Behaviour theories
- Zone of Proximal Development
- Assessing abilities
- Understanding feelings and emotions
- Strategies to support behaviour
- Attention training
- All about play
- Looking after yourself

About the course:

- 6 week free course
- 2.5 hours per session
- Delivered Face-to-Face and virtually

To enquire email us on: courses@reminds.org.uk

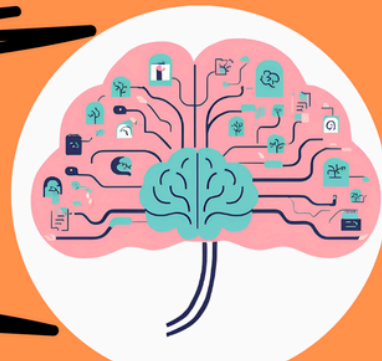
For more information visit www.reminds.org.uk

or scan here 



Teen ADHD Course

Teen New Forest Parenting Programme



A course for parents/carers of children and young people aged 11-16 years who have ADHD or symptoms of ADHD

What will the course cover:


- What is ADHD?
- How the brain changes in puberty
- Communication
- Motivating teenagers
- Behaviour strategies
- Understanding emotions
- Friendships
- Money
- Consent
- Understanding the world


About the course:

- 6 week free course
- 2.5 hours per session
- Delivered Face-to-Face and virtually

To enquire email us on: courses@reminds.org.uk

For more information visit www.reminds.org.uk

or scan here 




Emotional Regulation Workshop

 **9.30-12.30**
Wednesday 12th May


About the Workshop

We will cover:


- What emotional regulation is and why some children struggle more than others
- What dysregulation looks like in the body and behaviour
- Different types of dysregulation from melt-downs to self-harm
- Practical strategies that support regulation at home and in everyday life
- Supporting recovery and repairing relationships after hard times
- What can help in school and how to talk to school about your child's needs
- Creating a simple regulation plan that works in real life

Come along to share experiences, build understanding, and leave with practical ideas and helpful resources. There will be time to talk with other parents and carers who understand, get support from our team, and explore our book and sensory library. This workshop has been written and is delivered by the Reminds team, drawing on lived experience, our training in neurodiversity, and our work alongside CAMHS to support families.

To book onto the workshop, please email:
info@reminds.org.uk



Emotionally-Based School Avoidance Virtual Workshop

 **9.30am Wednesday 20th May**

About the Workshop

We will cover:

- What's really going on beneath school anxiety and avoidance
- How school anxiety presents across different ages and needs
- Small, practical steps that can make everyday school life easier
- Support, shared understanding, and where to go next
- Your legal rights and what schools can do to help

Share understanding, learn practical strategies, and take away helpful resources in a supportive space. There will be time to talk with other parents and carers who are going through the same thing and receive support from our team.

To book onto the workshop, please email:
info@reminds.org.uk

1:1 Support

Need a bit of extra support?

Re:Minds parents & carers can now get 1:1 support



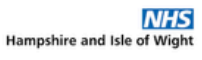
Talk to us about neurodiversity, mental health, or anything you're finding tough



Support available:

- Face-to-face
- Email
- Zoom
- Phone

Drop us a message and let us know how we can help: info@reminds.org.uk



16-25 Mental Health Collective

Supporting young people with their transition to adulthood

A brand new service for young people aged 16-25 with mental health needs and their parents/carers in getting support for the transitions which happen in their lives

Advice & Support on all aspects of transitions

- leaving school
- starting college or higher education
- leaving care
- housing
- benefits
- social care
- living independently
- finding a job
- EHCs
- health
- financial
- mental capacity
- advocacy
- adult mental health
- sexuality and gender

Peer Support
Information
Advice
Advocacy



Find more details on how to refer on the No Limits and Re:Minds websites

www.nolimitshelp.org.uk
www.reminds.org.uk



Re:Minds Clinics April - July 2026

Advice Clinics <small>All clinics are run virtually</small>	
CAMHS Advice Clinic With Stephanie Ennis Clinical Psychologist at Southampton Autism Assessment Service Support for your child's mental health, behaviour, attention, and day to day challenges. For parents and carers who are concerned about their child's mental health, including where autism may be contributing to their needs.	10.30am 14th April 10.30am 12th May 10.30am 9th June 10.30am 14th July
CAMHS Advice Clinic With Satty Basra from Southampton Specialist CAMHS Support for your child's mental health, behaviour, attention, and day to day challenges. For parents and carers who are concerned about their child's mental health.	10am 23 rd April 10am 14 th May 10am 18 th June 10am 16 th July
CAMHS Advice Clinic With Laura Nisbet Lead ADHD Nurse at Southampton Specialist CAMHS Support for your child's mental health, behaviour, attention, and day to day challenges. For parents and carers who are concerned about their child's mental health, including where ADHD may be contributing to their needs.	10am 13th April 10am 18th May 10am 8th June 10am 13th July
Eating Disorders Advice Clinic With Southampton Specialist CAMHS Eating Disorders Team If you have concerns about your child's eating or relationship with food. This might include restrictive eating, strong food preferences or avoidance, anxiety around food, or worries about weight and body image. The team can offer advice, early support, and guidance on what to do next.	10.30am 19th May 10.30am 21st July
SEND Legal Advice Clinic With Shentons Solicitors Advice on EHCs, school issues, appeals and tribunals, provision and placement concerns, and your legal rights.	From 12.30pm 14th April From 12.30pm 12th May From 12.30pm 9th June From 12.30pm 14th July

Email info@reminds.org.uk to book your appointment. Bookings open the week before each clinic.



Re:Minds Groups April- July 2026

Groups <small>All venues are fully accessible</small>		
Shirley Support Group Room 7, St James Road Methodist Church, St James Road, Shirley, Southampton, SO155HE Adults only please, unless specified children welcome	Morning Group	Evening Group
	10am 9th January	6.30pm 2nd February
	10am 6th February - children welcome	6.30pm 1st June
	10am 6th March	
	10am 1st May - children welcome	
10am 5th June		
10am 3rd July - children welcome		
Virtual Support Group We run a virtual evening support group every other month Please see our Facebook events section for the details on how to join or email info@reminds.org.uk	6.30pm 2nd March 6.30pm 6th July	

info@reminds.org.uk

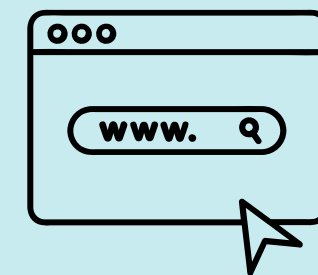
www.reminds.org.uk

www.facebook.com/groups/reminds

If you would like to receive our newsletter by email, please sign up by emailing info@reminds.org.uk with the title 'Newsletter'



www.facebook.com/groups/reminds



www.reminds.org.uk



info@reminds.org.uk



<https://www.youtube.com/remindscic>



@remindscic

If you would like to unsubscribe from our email, please email 'unsubscribe' to info@reminds.org.uk

See you in the summer!