



**FRIDAY 11TH
SEPTEMBER
2026**



Email:
adminoffice@longparish.hants.sch.uk
Website:
www.longparish.hants.sch.uk
Tel: 01264 720317

Creativity

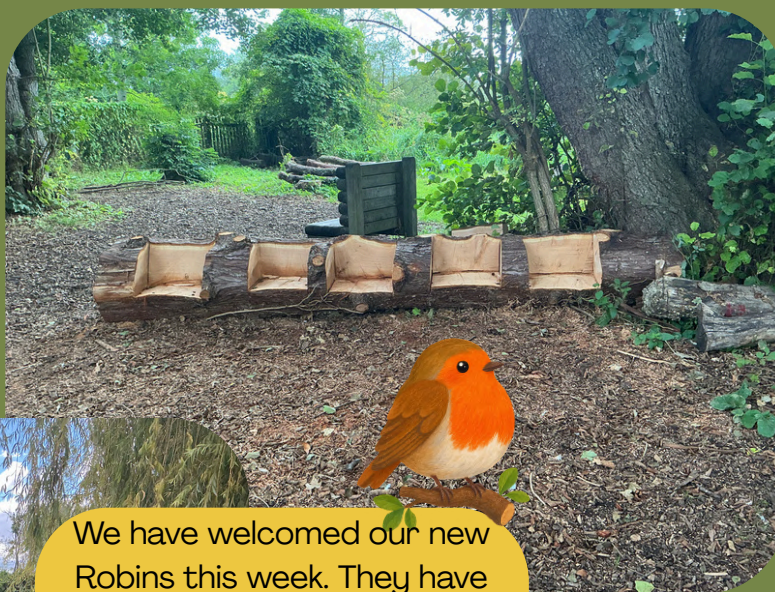
Courage

Grace

DON'T FORGET

Things to remember:

- Labelled jumpers and cardigans
- Labelled coats- the weather is interchangeable so please ensure your child has a coat just in case
- Water bottle



Attendance this
year:
98.2%
National: 95.5%



We have welcomed our new Robins this week. They have settled incredibly well. Year 6 have loved getting to know their new buddies, a very special relationship!

Children have been using their resilience and our Christian vision when learning their new class routines and learning, well done!



'To do all things through Christ who strengthens us' (Phil 4:13)

*Thank
you*

We are incredibly lucky!
A parent from Year 1, has created these beautiful benches and wooden seating. Our children LOVE these and we are in awe of your talent - what a gift!



So many bug homes popping up!

Very warm wishes Mrs Jordan



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Thank you to everyone who has offered to volunteer this year. The children really do appreciate the time and support given by parents and carers.

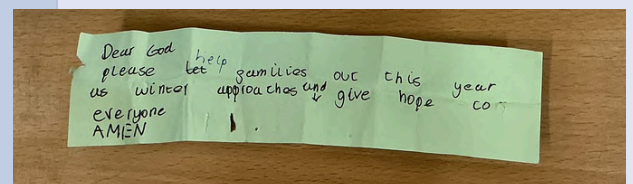
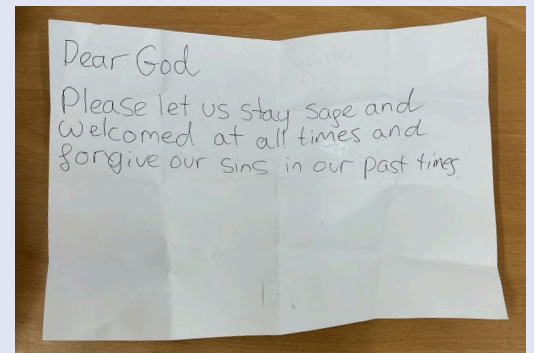
We understand that our updated Volunteer Policy represents a change for some families. While volunteers will not usually be assigned to their own child's class on a regular basis, this approach helps children develop confidence, resilience and independence within school. It also allows schools to make the best use of volunteer support across the wider community and helps to avoid situations where some younger children may find it difficult seeing a classmate's parent regularly in the classroom.

This does not mean parents cannot be involved in their child's class. We will continue to welcome parents and carers to share expertise, support projects, accompany educational visits and contribute to enrichment activities. Opportunities for parental involvement will be considered on a case-by-case basis, taking into account the needs of each class, the age of the children and the purpose of the activity.

We greatly value the partnership between home and school and look forward to working together throughout the year.

**WE INVITE YOU TO
PRAY WITH OUR
PRAYER LEADER**

*Children have written their
prayers for our prayer leader to
read out in our worships.*



*Look at this beautiful prayer
box created by a few Y6!*



'DO TO OTHERS AS YOU WOULD HAVE THEM DO TO YOU' (MATTHEW 7:12)



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September 2026

Monday 14th September
House caption speech
Y5 meet the teacher at 3.30pm

Tuesday 15th September
Y3 meet the teacher @3.30pm

Thursday 17th September
Heron meet the teacher @3.30pm

Sunday 20th September
Church Service

Monday 29th September
Online phonics information evening

Wednesday 30th September
Whole School Flu Immunisations



October 2026

Thursday 1st October
Individual and sibling photographs

Thursday 8th October
Kingfishers Stonehenge Trip
Residential information meeting for Y5/6 @3.30pm

Friday 23rd October
Harvest Service at Church @9.15am

Saturday 24 October
Harvest Pumpkin Celebration

28-30 October Half Term Holiday



**INSET days
2026/27**

**Tues 1st & Weds 2nd September
2026**

**Monday 4th January 2027
Monday 22nd February 2027
Monday 12th April 2027**

www.longparish.hants.sch.uk/INSET-Days-School-closed/

**3rd November @9.30am and 5th November @1.30pm-
Open Days for our new Reception intake 27/28**



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Self-Care September 2026

MONDAY



TUESDAY

1 Find time for self-care. It's not selfish, it's essential

WEDNESDAY

2 Notice the things you do well, however small

THURSDAY

3 Let go of self-criticism and speak to yourself kindly

FRIDAY

4 Plan a fun or relaxing activity and make time for it

SATURDAY

5 Forgive yourself when things go wrong. Everyone makes mistakes

SUNDAY

6 Focus on the basics: eat well, exercise and go to bed on time

7

Give yourself permission to say 'no'

8

Be willing to share how you feel and ask for help when needed

9

Aim to be good enough, rather than perfect

10

When you find things hard, remember it's ok not to be ok

11

Make time to do something you really enjoy

12

Get active outside and give your mind and body a natural boost

13

Be as kind to yourself as you would to a loved one

14

If you're busy, allow yourself to pause and take a break

15

Find a caring, calming phrase to use when you feel low

16

Leave positive messages for yourself to see regularly

17

No plans day. Make time to slow down and be kind to yourself

18

Ask a trusted friend to tell you what strengths they see in you

19

Notice what you are feeling, without any judgement

20

Enjoy photos from a time with happy memories

21

Don't compare how you feel inside to how others appear outside

22

Take your time. Make space to just breathe and be still

23

Let go of other people's expectations of you

24

Accept yourself and remember that you are worthy of love

25

Avoid saying 'I should' and make time to do nothing

26

Find a new way to use one of your strengths or talents

27

Free up time by cancelling any unnecessary plans

28

Choose to see your mistakes as steps to help you learn

29

Write down three things you appreciate about yourself

30

Remind yourself that you are enough, just as you are



ACTION FOR HAPPINESS

Happier · Kinder · Together



We have set up Guardian Angels in our team, someone to check in somebody without their knowledge. Could you be someone guardian Angel?

Our Christian Vision: 'To do all things through Christ who strengthens us' (Phil 4/13)

In so doing:

- We encourage a love of learning in a safe and stimulating Christian environment for children of all faiths and none.
- We ensure children's moral values and beliefs allow them to become good citizens who appreciate the diversity within the world, recognise it as a strength and respect all with kindness and love.

'To do all things through Christ who strengthens us' expresses the idea that **with the strength provided by Christ, one can overcome any challenge or difficulty and find contentment in any circumstances.** It's not about personal empowerment or achieving worldly success, but rather about **finding strength and peace in faith, regardless of external circumstances.**





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School Age Immunisation Service



**Hampshire and
Isle of Wight Healthcare**
NHS Foundation Trust

Your child's Flu vaccine is due



FLU: 5 REASONS TO GET PROTECTED AGAINST FLU

1. Protect your child - The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia.
2. Protect you, your family and friends - Having the vaccine will help protect more vulnerable friends and family.
3. No injection needed - The nasal spray is painless and easy to have. (A porcine free injection is available)
4. It's better than having flu - The nasal spray helps protect against flu and has been given to millions of children worldwide and has an excellent safety record.
5. Avoid costs - If your child gets flu, you may have to take time off work or arrange alternative childcare.

The Immunisation team
will be in the school on

Wednesday

30 September



**Scan the QR code to complete
a flu consent form**
(even if you wish to opt out)

School Code

SH116364

For more information, visit our website:

www.healthforkids.co.uk/hampshire/annual-nasal-flu-vaccination-programme/



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overton RUGBY
MINIS RUGBY
**STARTS SUNDAY
13TH SEPTEMBER**

From 09:00am
Ages: Year R-Year 6
3 weeks free trial!
All welcome!

For more info email us at:
overtonrugbyminis@gmail.com

Overton RFC
Oddball lane
Freefolk
RG28 7NU

GRASS ROOTS RUGBY
AT ITS BEST

TCS
Testbourne Community School
Achievement - Excellence - Integrity

Open Events
Open Evening - Thursday 1st October
from 6pm
Open Morning - Tuesday 6th October
Open Morning - Thursday 8th October

Scan here
to
book
Open Morning!

Hampshire County Youth Choirs Open Rehearsal

Friday 11th September 2026
The United Church, Jewry St, Winchester
• 5-7pm - Show Choir (Y7 to Y13)
• 5:15-6:30pm - Junior Choir (Y2 to Y6)
Concert to parents at 6:30pm
• 7:30-8:45pm - Crescendo Choir (Y7 to Y10)
• 7:30-9pm - Youth Choir (Y10 to Y13)
Concert to parents at 8:45pm

For more info and to
sign up, please
[Click Here.](http://hcyg.hmsensembles.org.uk)



hcyg.hmsensembles.org.uk



cubs 1st Andover

Are you 8-10 years old?

Develop new skills. Soar to great heights.
Being a Cub opens up a whole other world.

Join us for an exciting Cubs Taster Session at
1st Andover, SP10 1DQ on Wednesday the
16th September from 6-7.15pm.

Come and experience some of the exciting activities we
enjoy at Cubs. Parents and carers stay
and join in the fun too!

To reserve your spot,
email us at join@hampshirescouts.org.uk.

We are also looking for volunteers to help at Cubs and
behind the scenes if you would like to find out more get in
touch - join@hampshirescouts.org.uk

Macmillan Coffee & Shopping Morning

IN SUPPORT OF

MACMILLAN
CANCER SUPPORT



Friday 25th September



8.15am - 1.00pm



Farleigh School,
Red Rice SP11 7PW

GIFTS - HOMEWARE - CLOTHING - ART

All welcome | £5 entry fee



All proceeds to Macmillan Cancer Support

