



# Hopelands Preparatory School

38/40 Regent Street, Stonehouse, Gloucestershire, GL10 2AD

## Newsletter 18<sup>th</sup> June

### In this week:

- Wheelchair Rugby
- Heads Tea Party
- Class 2
- Handball
- Mental Health
- Maths Challenge
- Congratulations!
- Friends of Hopelands

### Dates for your Diary

**June 23<sup>rd</sup>** Dodgeball - Y4

**June 24<sup>th</sup>** Oxford Museum Trip – KS2

**June 25<sup>th</sup>** Orienteering at Westonbirt (10 Y5)

#### Important Future Dates:

**July 6<sup>th</sup>** Prize Giving Venue TBC 1.15 – 4.30pm

**July 9<sup>th</sup>** Sports Day - 1pm arrival for 1:30pm start

### Lost Property

Please look out for the following lost property items, thank you.

PE Polo Top – Agnes Morley

PE Polo Top & PE Jumper – Orla Scott

PE Polo Top – Anthony Tiptaft

PE Polo Top – Poppy Blower

PE Coat – Nadia Peet

School Tie – Alan Alenchery

School Cardigan – Juniper Cook

### Practising for Sports Day!



For all the latest pictures and weekly activities please follow our Facebook page  
@HopelandsPreparatorySchool



## Wheelchair Rugby by Miss Walker

The Year 6 children had a real treat on Friday last week. Kelsey from Gloucester Rugby Club delivered the most wonderful wheelchair rugby session. It was exciting, hard work and a real insight into this Paralympic sport. The children thoroughly enjoyed 'tackling' each other which involved bumping their chairs into the opposition, reminding us a little of dodgems! They quickly became naturals at controlling the wheelchairs and passing the ball around in their teams to score. I hope this experience stays with them for a long time to come, they were beaming!





# Wheelchair Rugby by Miss Walker





## Heads Tea Party

Lexi, Calico, Ava, Alan, Noah and Mattie went to the Heads Tea Party this week, they all agreed the iced buns were there favourite! The last party for this school year is on June 28<sup>th</sup> and the invitations have been sent.



## Class 2 by Miss Cook

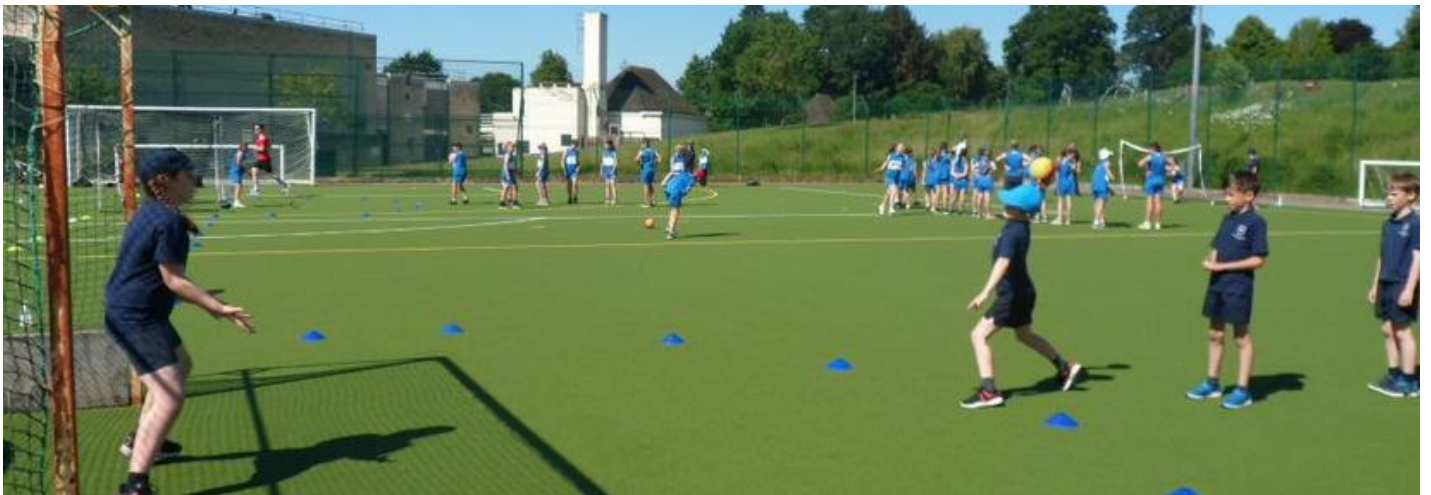
This week in Class 2 we have been celebrating Dads! The children created their own cards and wrote their own meaningful messages which were truly heartfelt. The children thought about things that they enjoy doing with their Dad and things that they love about them. From everybody at Hopelands we would just like to wish you a Happy Father's Day and thank you to all the Dads in our school community.





## Handball by Miss Walker

A Year 5 group attended a fun filled handball festival on Wednesday run by the School Games and Atlas. To start the day the children enjoyed small coaching activities to teach them how to move with the ball and score. The development of the team in such a short amount of coaching time was remarkable. This set us up for an enjoyable set of friendly matches against other schools. The children quickly began to play as a team, passing and moving with the ball to fire many shots in the other goal. Compliments were flying around about brilliant shooting, fantastic blocking and super saves. A special mention must go to Alice who was phenomenal in goal! Well done to all the children, you represented Hopelands with pride.





## Handball by Miss Walker



## Spotlight on Mental Health Conditions by Miss Cook

### Spotlight on Post-Traumatic Stress Disorder

This week I have chosen to focus on PTSD. This is a mental health condition that can affect children and adults alike. It is a condition where an individual experiences severe symptoms of persistent stress, both emotional and physical. It can occur to anybody who has suffered a significant trauma which could have been an injury or it could be an event which has caused the individual severe psychological shock.

It can make an individual have a dulled response to everything else going on in their life. It can make a person constantly relive the event vividly and/or they can have a severe impact on their sleep involving frequent night waking.

A person with PTSD can experience a range of common symptoms due to their condition. It can range from a person going through the event again, to avoiding situations where they feel they could come into contact with that trauma again, to feeling constantly on edge as well as a range of other symptoms. Treatment can include Trauma Focused Cognitive Behavioural Therapy as well as a relatively new treatment of Eye Movement Desensitisation and Reprocessing which focuses on REM while recalling events. Both treatments are available through referral from a GP or privately.

For more information on PTSD as well as how to support somebody who is experiencing PTSD please visit:

[About PTSD | Mind, the mental health charity - help for mental health problems](#)

[Overview - Post-traumatic stress disorder - NHS \(www.nhs.uk\)](#)

### Maths challenge by Mrs Elmore

This term's challenge is 'Always, Sometimes or Never'. You need at least 3 examples to prove you are correct. Good luck!

**A pentagon  
can have  
four right  
angles.**



## Congratulations to Michael Harbottle!



Last weekend Michael's football team, Longlevens Panthers, won the Gloucestershire U12s Community Cup played at Gloucester City's ground. The final went to penalties and Michael scored his to win 4-1.

Well done Michael a fantastic result and we are all very proud of you!



## Message from Friends of Hopelands

We are so pleased that prize giving, and sports day can go ahead and no doubt like all parents FoH are really looking forward to some 'normal' all school events.

### **FoH need YOUR help!**

For Prize giving 6th July

We are looking for 4 people to bake a cake - lemon drizzle, carrot, cupcakes, whatever you feel like. These will be served to parents and leavers at the end of prize giving. If you can also assist on the day that would be great. The children have had a particularly challenging time and we wish to send the leavers off with a smile on their faces and a full tummy.

FoH are also looking for donations for the raffle which raises funds which in turn then benefit the children. So far, we have a beauty voucher, Pilates' voucher, home-made chutney, and jam hamper so if anyone can add to that it would be fantastic.

For Sports Day 9<sup>th</sup> July

As in the past FoH would like to sell strawberries and cream and cool drinks. We are again looking for 4 volunteers to assist within this. We intend to have two tables set up so that Key Stage bubbles can be maintained. It is a fun element to the day - and if the weather is on our side, how nice it is to sit, watch the fun and have some delicious fresh strawberries and cream.

The school are doing everything they can to ensure there is a fun end to the summer term which includes parents, this can only happen if we all pull together. If you can help in anyway, please email [friendsofhope-lands@yahoo.com](mailto:friendsofhope-lands@yahoo.com)

Have a great weekend!

Jenni Bingham (chair of FoH)