Southlands School Newsletter

Week Commencing 12th October 2026

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Contact us on: Southlands.Admin@cambiangroup.com

Facebook: www.facebook.com/cambiangroup

* Kindness * Respect * Resilience * Safety * Cherish *

Letter from SLT

Dear Parents and Carers,

What a fantastic week it's been! Our Activity Day at Calshot on Tuesday was a real highlight, with students and staff throwing themselves into every challenge and creating a brilliant sense of teamwork across the whole school. The High Ropes pushed many of our older students to new heights—literally—and they tackled it with confidence and enthusiasm. Ringos were a huge hit too, giving every student the chance to join in the fun. We loved hearing so many positive comments from families. We're already looking forward to our next Activity Day at Tile Barn in April.

We would also like to extend our sincere thanks to the Year 11 students who prepared and served a cream tea for parents attending Wednesday's Parent Meeting. It was wonderful to see such a strong turnout for both the meeting—our first of the year—and the parent drop-in afterwards. Minutes from the meeting will be shared with all families and will include last year's exam and qualification outcomes, as well as a summary of the School Development Plan.

A number of helpful action points were raised during the meeting. We are working towards reinstating after-school clubs as soon as possible, and the back gate will be opened earlier to help ease traffic on Undershore Road. Our next Parent Meeting will take place in the Spring Term.

Letter from SLT

Next week is a shorter week, but it will be a busy one, with several reward trips taking place for students who have met their targets. This week Year 7 enjoyed a successful visit to the Escape Rooms, and Year 9 celebrated with a cream tea at Shallowmead Nurseries.

This week we have had a number of our students communicate that they are struggling with sleep. Please see the poster below with some tips to help with a good night sleep. If you would like any further advice on sleep or overall wellbeing, please do get in touch.

We wish you all a wonderful weekend.

Dates to Remember

22nd October - **Inset day**

23rd October - **Inset day**

24th November - 4th December - Mock GSCE exams

18th December - School Panto

Setthorns Pumpkin picking

Last Sunday NB and MB from Setthorns were taken pumpkin picking at Sunnyfields Farm. They picked a wonderfully huge white pumpkin they are planning to carve soon!





Calshot Day

On Tuesday the whole school enjoyed a trip out together to visit Calshot Activity Centre. They enjoyed a variety of events, including rock climbing, high ropes, low ropes (outside) and Ringos!







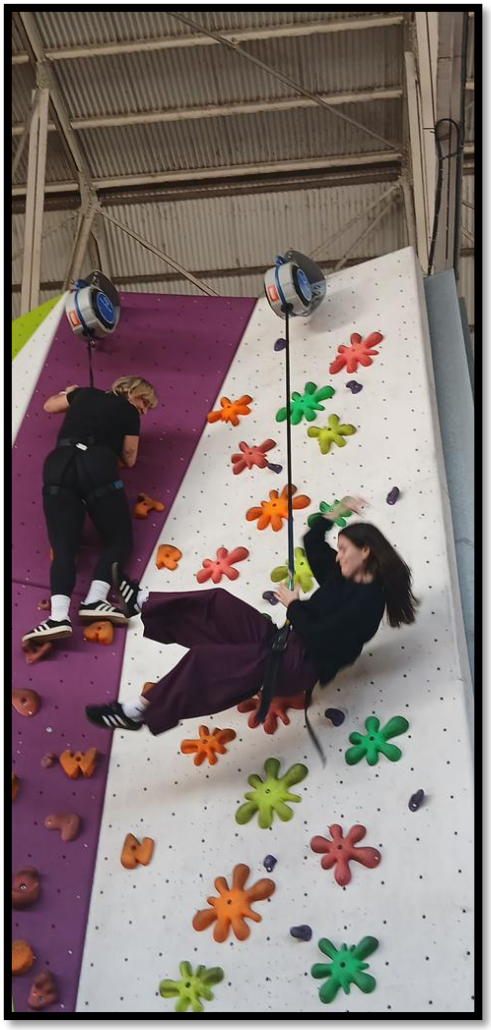




Calshot Day

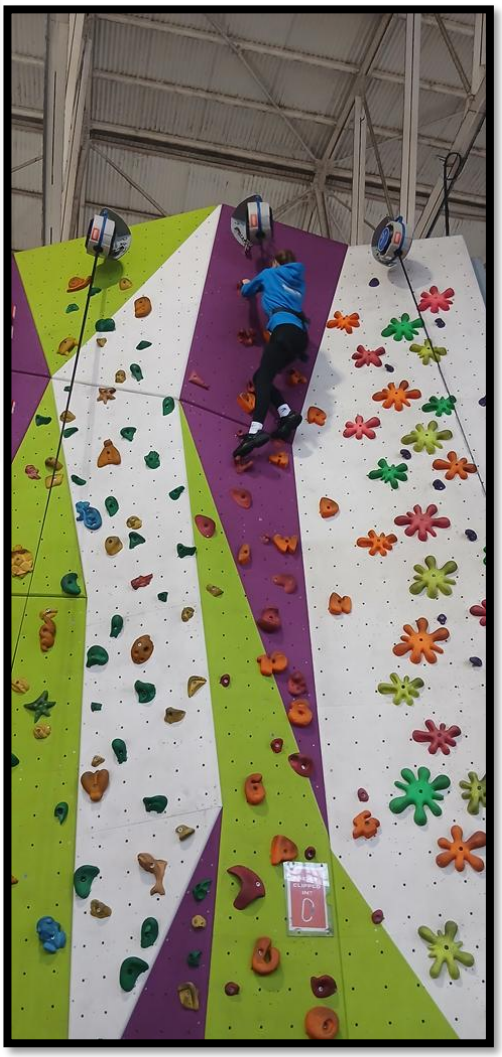














Calshot Day

















Cookery

Cookery this week – Viennese Whirls!



This week, our young chefs took on the challenge of making homemade Viennese whirls, learning lots of exciting new skills along the way, including piping, filling and creating beautifully presented biscuits. Everyone showed a real eye for detail and took great pride in the appearance of their finished creations. I was incredibly proud of how hard everyone worked this week. Although some found piping a little tricky at first, every single learner persevered and, by the end of the lesson, was able to pipe their own biscuits independently! This was a fantastic achievement and a wonderful example of what can happen when we keep practising, build our confidence and believe in ourselves.







Our fabulous chefs continue to rise to the challenges I set, often surprising themselves with just how much they can achieve. Watching their skills develop, their confidence grow and their independence shine is one of the most rewarding parts of teaching cookery at Southlands. I couldn't be prouder to be part of their cookery journey!

Coach House

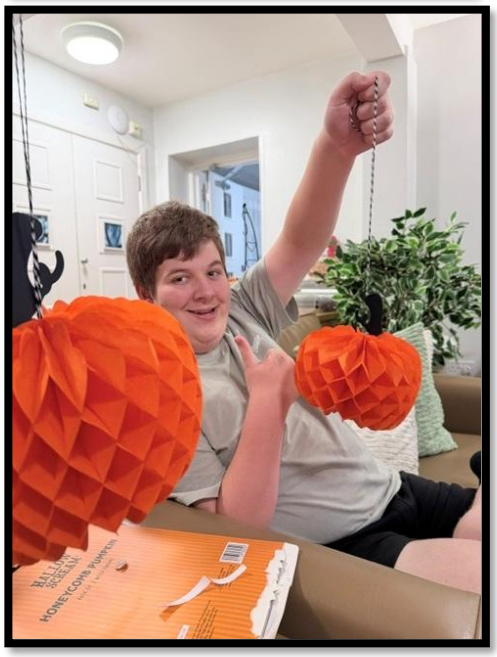
Coach house have been enjoying a whole range of activities this week

APo had breakfast in Lyndhurst Saturday morning and then spent some time looking around the Ferrari garage, taking lots of photos so he can make a video!









On Sunday, ChCh began decorating the house ready for Halloween. He named the skeleton Skully

On Sunday night ChCh also had a lot of fun making home made pizza with the staff! It was definitely a favourite meal.





Paulton's Park

This week for a reward trip, Year 11 went to Paultons Park and had a great time on lots of rides, but especially on the teacups!



Leicester Trip

Nick and MB went to a football match.

Last weekend on Saturday, Nick and MB went on a trip to see Leicester City vs Peterborough.

Although they both enjoyed the trip, they didn't like the result!





ASDAN – Cream Teas

This week Year 11 students hosted a cream tea as part of their ASDAN CoPE qualification.

Parents were offered homemade plain and fruit scones along with tea or coffee.

The students did extremely well setting up the dining room and ensuring that it was left clean and tidy ready for the following day.





Southlands School

proudly present

Triple H

(Hansel, Hazel Heidi – an alternative Hans Christian Anderson tale)

Come and join us for a morning of fun, slap stick and lunchtime refreshments

on

Friday 18th December 2026

10.30am arrival for 11.00am start

at

Boldre War Memorial Hall

We look forward to seeing you!



ROYAL LYMINGTON YACHT CLUB

Christmas Fayre & OPEN DAY

SATURDAY 14 NOVEMBER 2026

11.00AM – 4.00PM

FREE ENTRY

EVERYONE WELCOME



CHRISTMAS SHOPPING AT THE CLUB

Find the perfect Christmas presents

Oakhaven hospice

Lifeboats LYMINGTON

LOCAL MAKERS

JEWELLERY · CHOCOLATES
GIFTS · DECORATIONS
& MORE

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

#WakeUpWednesday®

The National College®

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 13.03.2024

Southlands School Term Dates 26 - 27

Southlands School

Term Dates 2026 - 2027

Cambian

September 2026						
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March 2027						
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April 2027						
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May 2027						
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June 2027						
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July 2027						
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August 2027						
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School Holidays

Public Holidays

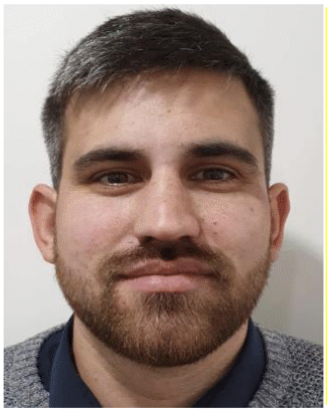
Inset Days

\# 38 Week Residential Evening Return

* 38 Week Residential Leave

Southlands Children's Home —Safeguarding Poster

Who can I report a concern to?



Jack Murphy
Head of Care / Registered Manager

01590 675350 / Ext 56345 / 07824669478
Jack.Murphy2@cambiangroup.com



Lauren Stubley
Deputy Head of Care

01590 675350 / Ext 56364 / 07818 747139

Lauren.Stubley@cambiangroup.com



Anita Mutter
Home Manager

01590 675350 / Ext 56322

Anita.Mutter@cambiangroup.com



Charne Randall
Home Manager

01590 675350 / Ext 56347

Charne.Randall@cambiangroup.com

I can also report concerns to..



James Watson
Regional Care Lead

07917 806757

James.watson@cambiangroup.com



Holly Stevenson
Designated Safeguarding Lead

01590 675350 / Ext 56362 / 07803 248787

Holly.Stevenson@cambiangroup.com



Alison Priddle
Principal & Responsible Individual

01590 675350 / Ext 56301 / 07711 765999

Alison.Priddle@cambiangroup.com

Southlands School - (Education) Safeguarding Poster

Southlands Designated Safeguarding Leads





Holly Stevenson
Named Designated Safeguarding Lead
01590 675350 / Ext 56362
Holly.Stevenson@cambiangroup.com

Alison Priddle
Principal , Responsible Individual and DSL
01590 675350 / Ext 56301
Alison.Priddle@cambiangroup.com

Southlands Deputy Designated Safeguarding Leads





Jess Holloway
Head of Education/ Vice Principal/DDSL
01590675350/56328
Jess.Holloway@cambiangroup.com

Naomi Arthur
SENDCo/ Deputy HoE/DDSL
01590675350/56311
Naomi.Arthur@cambiangroup.com







Hayley Mussell
Admissions Manager/DDSL
01590 675350 / Ext 56324

Holly Jeffery
DDSL / DBSL
01590 675350 / Ext 56362

Sorina Ciorteanu
DDSL / DBSL
01590675350 / Ext 56362

Regional Lead - James Watson / James.Watson@cambiangroup.com

All safeguarding concerns to be reported to D/DSL's within 1 hour
Staff concerns ONLY to be reported to DSL/Principal/Regional Lead