Southlands School Newsletter

Week Commencing 19th October 2026

Phone: 01590 675 350 Duty Officer Phone: 07785 521 842

Contact us on: Southlands.Admin@cambiangroup.com

Facebook: www.facebook.com/cambiangroup

* Kindness * Respect * Resilience * Safety * Cherish *

Letter from SLT

Dear Parents and Carers,

As we reach the conclusion of a highly productive eight-week half term, we would like to take this opportunity to reflect on the numerous achievements and successes across our school community.

During this week's Celebration Assembly, we were delighted to present the Head of Education Award to CHCH. This accolade recognizes CHCH's exceptional engagement in lessons, independent work ethic, and consistent punctuality in completing assignments. In addition to this exemplary academic diligence, CHCH has been establishing positive friendships across the school site and has been commended by staff for demonstrating outstanding kindness towards peers during recreational football. Well done, CHCH, on this well-deserved recognition.

We would also like to extend our congratulations and thanks to Lauren for organising our highly successful 'Wear it Pink' day and cake sale in aid of breast cancer awareness. Through her hard work and your incredible generosity, we managed to raise a fantastic total of £377.35. We are thrilled to share that this total will be match-

Letter from SLT

funded by the CareTech Foundation, doubling the impact of our donation to this vital cause.

It has also been a pleasure to observe our students during recent Pantomime rehearsals. Student participation has increased significantly this year, and the cast has shown immense dedication to learning their lines. Prop construction is currently underway, and OM is making excellent progress in designing a bespoke costume. We greatly look forward to welcoming families to the final production at Pilley Hall on Wednesday 18th December.

Looking ahead to the upcoming term, we are introducing a revised structure to our Tutor periods in the mornings to ensure a more consistent and impactful experience for all students. Class Tutors shared the new schedules and visual resources with students yesterday. These materials are also enclosed within this newsletter to allow you to review and discuss these positive changes with your child.

Thank you for your continued support throughout this busy term. We wish you all a restful half-term break and look forward to welcoming students back to school on Monday 2nd November.

Yours sincerely,

The Leadership Team

Dates to Remember

2nd Nov -	Return to School
24th November - 4th December -	Mock GSCE exams
18th December -	School Panto
18th December -	End of Term

Paulton's Park Trip

Year 6 went to Paulton's park on their reward trip this Wednesday! This term the class have shown perseverance and engagement with phonics lessons and handwriting input; earning them the trip of their choice. They all agreed on Paulton's and despite a bit of rain they went on more rollercoasters than staff could keep up with. They loved the Lost Kingdom dinosaur rides and all past their drivers test on the automobile ride!







Setthorns

MB has done an amazing job at baking a cake to support the breast cancer bake sale charity fund raiser

NB enjoyed shopping and picked the perfect pink top to support the charity also.



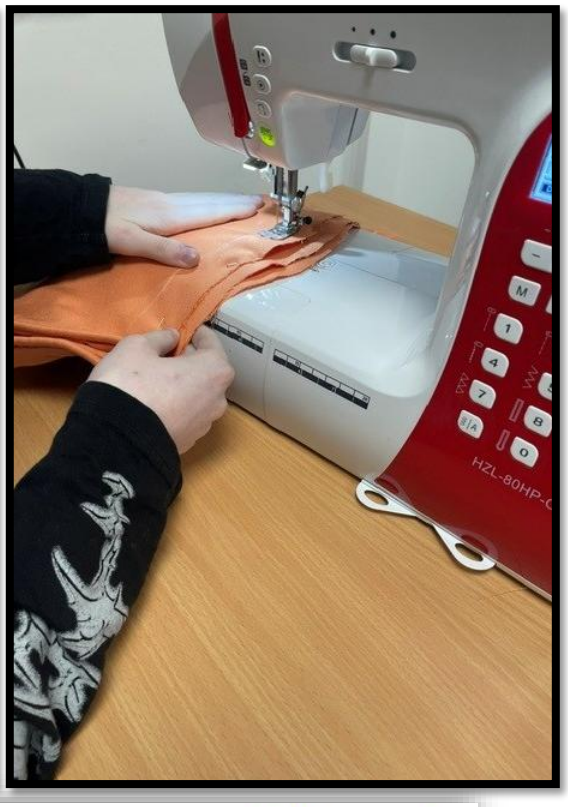


Costume Project

Huge congratulations to OM on completing this magnificent costume project this term. Every step of the process was entirely their own creation—from drafting the original patterns to sourcing materials locally and executing the final design. The dedication and artistry on display in the finished piece are truly exceptional.







Southlands School

proudly present

Triple H

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

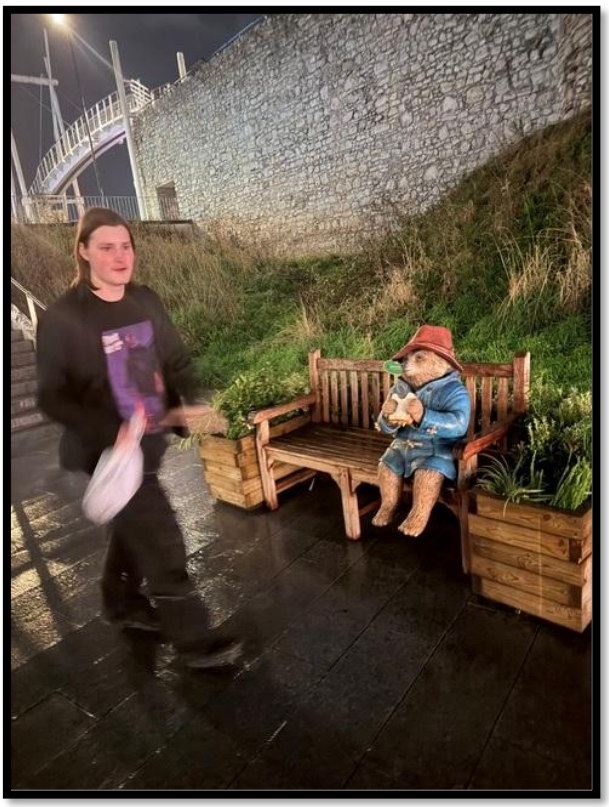
Come and join us for a morning of fun, slap stick
and lunchtime refreshments
on
Friday 18th December 2026
10.30am arrival for 11.00am start
at
Boldre War Memorial Hall
We look forward to seeing you!

Coach House

This week ChCh went to tenpin bowling and had a great time singing his favourite tunes at their karaoke!



TRT also this week enjoyed picking up some of his favourite snacks at the local Asian supermarket in Southampton,
and then bumped in to a rather famous British Character on his way out!



Digital Resilience Toolkit

Advice for parents of teens (14+ year olds)

Help children become more digitally savvy and get the best out of their online world

internet matters.org

What are they doing online?

- Most teens turn to **video content** first for all types of content that are important to them

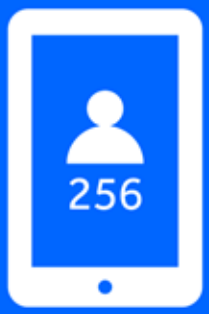
1 in 10

12-15s who go online have 'gone live' on a social network





What are they concerned about?

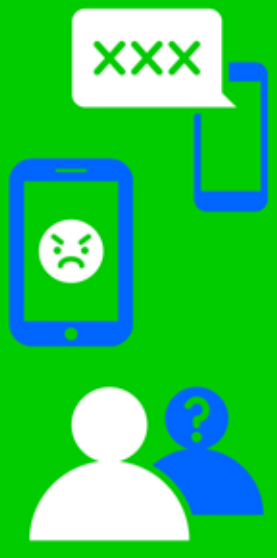


1 in 8

12-15s with a social media profile say there is pressure to look popular all of the time

Source: Ofcom Children's and parents' media use and attitudes 2017

What challenges can they face?



At this age your child might be starting to date and growing their network of friends through social media.

As they increase their exposure and consumption of the online world, there is the potential that it may affect their body image, or how they form their identity on and offline and potentially be exposed to cyberbullying and sexting.

How do I get them prepared to deal with these challenges?

Have conversations about sex and relationships in the online world

- Discuss how the changing nature of relationships can affect trust
- Get them thinking about their feelings around being pressured to send images online or offline
- Encourage them to stand their ground and not to follow the norm among friends if they feel uncomfortable
- Share your views on sexting and reinforce the fact that it's always a bad idea in the long run

Discuss managing their online identity and critical thinking

- Help them critically assess what other people say about them online
- Remind them about the dangers of body shaming and making trivial comments on social media posts
- Teach them to question the importance of seeking comments and likes on social media
- Get them thinking about possible sub-text associated with some comments

Talk about the time spent online and health implications

- Talk about what you consider as appropriate
- Encourage them to spend time away from their device to help create a healthy norm
- Get them thinking about the health implications this can have on their sleep and memory





"Second step – Have an open door policy "

Encourage them to talk to you if they feel concerned or worried about an issue

- Reassure them that you're here to support them and not judge if they have an issue they feel embarrassed to share
- If they feel they can't talk to you make sure they know that they can talk to a specialist organisation like Childline or another trusted adult

Even with the best intentions, there may be times that a child get's off track and is affected by something they've experience online. Like falling off a bike, it's the recovery and getting back on the bike that often matters more than the fall.



"What happens if things go wrong?"

Assess the situation and find ways to deal with it together

- Try and understand what has gone on and who is involved
- Don't overreact, show your support and make a point to give them the confidence that you will deal with it together
- Depending on the situation seek advice from specialist organisation or your GP to give them the best chance to recover and regain their confidence
- Agree a course of action together with your child so they feel supported

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



Holiday activities to improve Interoceptive Awareness

from
The Wellbeing Team

- Yoga
  [Halloween Kids Yoga LIVE! Cosmic Kids Halloween Adventure Compilation 👻✨]

- Mindfulness eating
  [Mindful Eating - Activity for Kids to Focus and be Thankful]
- Mindfulness walking
  [Autumnal Walk | Sensory Mindful Brain Break for Kids |]

- Body scan
  [The Body Scanner! Mindfulness for Children]

For more information see: [Interoception parent and caregiver booklet 2020]

Southlands School Term Dates 26 - 27

Southlands School

Term Dates 2026 - 2027

Cambian

September 2026						
Mo	Tu	We	Th	Fr	Sa	Su
	1 #	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October 2026						
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December 2026						
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28	29	30	31			

January 2027						
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February 2027						
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March 2027						
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April 2027						
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May 2027						
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31						

June 2027						
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28	29	30				

July 2027						
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26	27	28	29	30	31	

August 2027						
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23	24	25	26	27	28	29
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School Holidays

Public Holidays

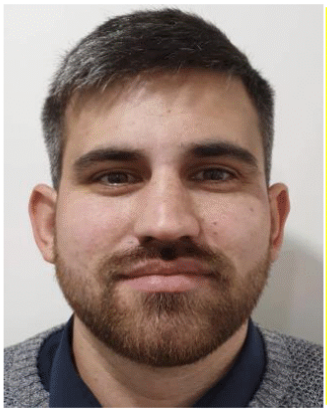
Inset Days

\# 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
01590675350/56342



Naomi Arthur
SENDCo/ Deputy HoE/DDSL
01590675350/56311



Hayley Mussell
Admissions Manager/DDSL
01590 675350 / Ext 56324



Holly Jeffery
DDSL / DBSL
01590 675350 / Ext 56362

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

All safeguarding concerns to be reported to D/DSL's within 1 hour

Staf f concerns ONLY to be reported to DSL/Principal/Regional Lead