

Interim Headteacher Message

To start with from me a huge thank you to all of you who came to the Summer Fete on Friday. It was very well attended and there was such a positive atmosphere as the whole community came together. Thank you to Friends of Mayfield for their enormous efforts in organising this event raising £2300 for the school.

It has been a very hot week for us- with so much to do to finish off the school year. From leavers assembly for Year 6 to the celebration assemblies for the Senior Houses we have ended the year celebrating success. I would like to thank all the staff who, despite the heat, have worked to ensure a very positive end to the school year.

A thank you from me for the community support for the school in the last few weeks. I have enjoyed my time as Interim Headteacher. As a school we are very much looking forward to welcoming Mr Howard to Mayfield.

I would like to publicly thank Mrs Rogers who stepped into the Head of Primary role two years ago to help the school. I know she very much enjoyed her time in that role. She is returning in September to her role as Deputy Head of Seniors- for which I personally am very grateful as I shall have her back working with me! Miss Andrews will remain as the Acting Head of Primary in September to steer the primary section smoothly into the next phase of the school's journey under Mr Howard's leadership.

We say goodbye to the following staff members:

Mrs Langdon
Miss Dare
Mrs Hall
Mr Royle
Miss Hatton
Miss Turner
Miss Reilly
Miss Campbell
Miss Tarazona
Mr Newland
Miss Paul
Miss Smales
Mrs N Rogers

Thank you to all of these people for their time at Mayfield and we wish them every success in the future.

I hope you all have a safe and happy Summer break and I look forward to greeting the children back at school on Monday 5th September.

Footballs

Some of our pupils have been bringing in footballs to use during breaks. From September we are not allowing leather or plastic footballs to be brought in. The only footballs that can be used during social times are sponge ones which will be provided by the school - thank you for your support with this.

Inset Days – September 2022

Thursday 1st and Friday 2nd September are going to be Inset Days. The first day back for all pupils, other than Year R, will be Monday 5th September.

Meet the New Headteacher event

A reminder that Mr Howard is hosting an event on Tuesday 6th September at 5pm in school for our neighbours and members of the local community. We would welcome you if you would like to attend.

Support over the summer

Please note that Portsmouth City Council have a lot of information on their website about mental health support for young people. There is a link to their page on our website here:

[Mental Health Support | Mayfield School](#)

Attendance matters

As you will be aware from our recent whole school posting, attendance will be a huge focus for the Government, Portsmouth as a city and Mayfield. Attendance is the responsibility of everyone. As parents/carers you have a legal responsibility to ensure that your child is in school, on time, every day. At the end of this term, all parents/carers will be receiving a posting home containing information around their child's attendance for this year. It will also contain information to some changes regarding attendance for the next school year. It is important to note that being late to school, after the registers have closed, is classed as an unauthorised absence and we will look to take further action if the threshold for unauthorised absence is met.

As a school, we want to work with you to overcome any barriers to your child attending school so please do contact us if there is anything that we can do to help support you with your child's attendance.

We will also be inviting in targeted groups of parents and pupils for meetings on the two INSET days before the children return to school in September. If you receive an invitation to a meeting, it is important that you attend.

Stomps for Stamps 2002



Do your children love to explore their local area, have fun and get fit, all for free? Then Stomp for Stamps is the perfect summer holiday activity for you! Walk, cycle and scoot your way through this treasure hunt and win prizes too!

To take part children can visit their local library, with an adult, to collect a Stomp for Stamps booklet (**available from Saturday 23 July**). Each booklet contains four route maps to help families and friends track down the Pompey Monsters and their animal friends. Kids can put their creative skills to the test by taking colourful rubbings of the monsters and creatures to exchange for a sticker at their local library. Once children have collected at least three stickers they can choose their Pompey Monster

prize, including a NEW cotton drawstring bag - great for days out! Want to know more? Visit www.travel.portsmouth.gov.uk/stompforstamps

Mobile Phones

We have noticed an increase in pupils attempting to use their mobile phone in the building. The use of mobile phones is strictly regulated and if a pupil is using a phone without permission – this is forbidden and will be confiscated if seen. This is non-negotiable so please speak to your child regarding this. If pupils refuse to hand over their phone, the schools behaviour policy will be applied.

Uniform

The Mayfield uniform comprises black trousers, a Mayfield blazer, white shirt and Mayfield tie. If pupils wish to wear a skirt to school, it must be a Mayfield skirt and must be of a suitable length, not rolled up to make it shorter. If you need financial support with purchasing uniform, please email Mrs Anders on AndersE@mayfield.portsmouth.sch.uk

We have a well-stocked pre-loved uniform shop on site. Please consider donating uniform items to us if you are buying over the summer holidays. We are always in need of:

- Blazers;
- Ties;
- PE tops;
- Skirts;
- Trousers.

Donated items can be left at reception in a bag marked Friends of Mayfield. Please note that any items of lost property left at the end of this term will be donated to the pre-loved shop.

ClassCharts

During the remainder of this half term, we are asking senior staff to trial a new piece of software called ClassCharts. This will be gradually rolled out to the whole school in September, and it is hoped that it will give parents a better understanding of what is happening in terms of learning and behaviour for their children. More information about this roll-out will be with you towards the end of term and will be sent out by post.

Families needing support

We understand that some families may be facing financial difficulties and hardship. The link below is a direct link to the Portsmouth City Council website where you can find links to different areas of support, such as a link to the HIVE where you can get support with uniform, food banks and many more.

<https://www.portsmouth.gov.uk/services/benefits-and-support/help-and-support/help-for-people-in-financial-hardship-directory/>

Out of class passes

At the end of the year all permanent out of class passes and lift passes expire. The only cards that are still valid are those related to long term medical needs. In the new year, if your child needs a pass for any valid reason then please contact the Head of House.

Holiday Activities with CM Sports at Mayfield

Following high demand for places, CM Spaces have increased the capacity of Summer Holiday Activities programme at Mayfield from 15th to 25th August. More details of how to book spaces are attached with this Messenger.

Parental Consent for Local Area Visits and Senior Section Cashless catering

When your child joins Mayfield, you are given the opportunity to complete an online consent form for three things:

- Local area trips where you give permission for your child to take part in any non-hazardous local school events or trips without further authorisation being required.
- Photographic consent where you permission for images of your child, or your child's work, to be used in publicity or marketing activities, including publication on the school's social media
- Biometric permission for Senior Section pupils only where you give consent for your child's thumb print to be scanned for the purposes of the Biometric Registration for the 'cashless' catering provision.

Some parents have not completed this form and other parents may now wish to change their consents to opt in or out of these things ahead of the new academic year. ***If you are happy with the consent that you have given and do not wish to make any changes, you do not need to complete this form again and your consents will roll forward into the new academic year.*** However, if you wish to make changes to the consent that you have given for your child, please complete the Google form through the link below:

<https://forms.gle/SLoqjLwYyk6W6oUM7>

Primary Lunch Menu for Autumn term

The Primary School Council recently met with the Catering Manager to give their feedback on the menu for school dinners, saying what they liked and what they would like to change. Following this consultation, the Primary Lunch Menu for the Autumn term has been adapted so that there is a daily pasta option and the new version is attached with this week's Messenger. This will be live on the Scopay system by the first Inset Day on September 1st.

Mental Health Matters

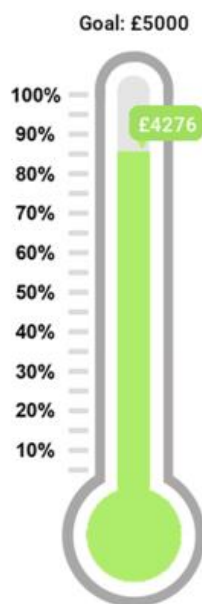


Many thanks to all of the children who applied to be a 'Mayfield Mental Health Ambassador.' The successful applicants are:

Amelia M, Archie A, Connor H, Ella R, Christina O, Maria Duta, Lara D, Bella Mae B, Evie P, Lana P, Jasmine M.

Their official training will begin in September, enabling them to raise the profile of positive mental health within our school community. Congratulations.

Friends of Mayfield- Our School PTA



Thank you from the Friends of Mayfield!

We would like to say a HUGE thank you to our whole school community for your support with our Summer Fayre last week. It was our first Fayre in our new building and was a huge success thanks to all of you!

We made a fantastic £2300 which has bought us so close to our £5000 target! We are already discussing new events and ways to make the Fayre bigger and better next year. We look forward to arranging more events in the community and raising more money to benefit our pupils. If you'd like to support us and join our PTA please email FOM@mayfield.portsmouth.sch.uk



Interim Head of Seniors – Mrs Fiona Rogers

As we come to the end of another year, I am grateful for all the support that you have given us. The children have worked hard during this long summer term and have embraced their new timetable already.

Today we celebrated the Houses by hosting our annual Whoop! assembly. The anticipation was great! The competition between the Houses was immense! Awards were given out for:

- Sports day
- Accelerated reader
- House stars
- Attendance (with Teddy S from Intrepid winning himself a £150 Nike voucher)
- Achievement points

After adding up all of the House points over the course of the year, we are delighted to announce that the winner of the House Cup this year is.... **DISCOVERY**



Highlights of the year have included DofE expeditions, House challenges, presentation evenings, sports day, careers events, the moving on assembly, the election of new Head Prefects, prom, reward trips, school camp and much, much more.

Congratulations to Riley from Discovery House who recently played at the Wedgewood Rooms with his band. Mr Flores and Miss Franklin are very proud!



We have run a variety of informative and great events within the careers area of the school. We have lots of interactions with local employers and have developed employability skills for the future! Please take a look at the review following this link <https://mayfield.portsmouth.sch.uk/our-learning-and-curriculum/careers-enterprise> If you want to be involved in the next academic year, please contact Mrs Denford on denfordr@mayfield.portsmouth.sch.uk. Thank you and we look forward to another year of opportunities to inspire our pupils' future careers journeys

As we look towards a new school year, we would urge you to make sure that your child is ready for their return on Monday 5th September. A reminder that compulsory uniform in seniors comprises:

- Mayfield blazer
- Mayfield House coloured tie
- White school shirt
- Black trousers
- Black polishable shoes
- Mayfield House coloured PE top (plus black shorts/leggings/tracksuit bottoms)

In addition, there are a number of items of uniform which are non-compulsory but, if worn, must be from one of our suppliers:

- Mayfield skirt
- Mayfield tailored shorts (can only be worn up until October half term)
- Mayfield jumper
- Mayfield cardigan
- Mayfield PE skort
- Mayfield PE tracksuit top

If you have any spare uniform that you would like to donate to us, we would be very grateful. This can be left at the main reception.

A number of pupils will be getting false nails and piercings throughout the summer holidays. Please can you ensure that false nails are removed before September as well as any additional piercings. A reminder that piercings are limited to one small stud in each lobe of the ear.

The summer is also a great time to get ready to learn by stocking up on equipment for school. Your child must have a:

- Black pen
- Pencil
- Purple pen
- Ruler
- Eraser
- Highlighter pen
- Casio FX calculator

Finally, it leaves me to say that I hope you all have a super holiday and that the sun shines for you. We will see the children back on Monday 5th September at 8:10am for year 7 and 8 and at 8:40am for years 9 to 11.

Interim Head of Primary – Miss Pippa Andrews

Well, what a year it has been! This year has brought so much change, so many challenges but most importantly a massive number of achievements and triumph! We've moved building, settled in and worked out all the new systems and routines for our new space, we were visited by Ofsted and more recently, had significant leadership changes – but still the children and staff have been amazing. All year groups have been on trips, explored some fabulous topics with an enriched curriculum and had the opportunities to share experiences and learning with parents and carers. We've celebrated and shared some important events as a whole primary including our jubilee party. Before we get onto some of the news from this week and end of term, I would like to take the opportunity to thank you all for your support, feedback and sharing your children's journey with us. I look forward to working with you all next year as we continue to build our primary and Mayfield journey. And for now, I wish you all an enjoyable, safe and sunny school summer holiday.



Last week, we all had our sports day. Despite the heat – and some amendments to the day including shortening some session times, moving events during the day so they remained in the shade and adding extra gazebos to the field along with extra break and water stops – everyone had an amazing time. All of the children were extremely well-behaved, supportive of each other and gave all of the events their best efforts. Well done to all involved! (see the end of message for photos).

This week, we have been thinking about and preparing for transition and the exciting changes and new opportunities that the end of something can bring. While I am sure that we are looking forward to the end of term and a very well-deserved break, across primary, we have also been preparing for the new start in September. We have talked in assemblies and in class about how that can make us feel and how feeling a little anxious or worried is natural – and is hopefully accompanied by excitement! All classes have worked to put together some top tips and ideas designed to help everything as they prepare for transition to new classes / schools:

Top Tips from Primary classes:

Seahorse: Walk in with your friends if you or they are feeling nervous.

Jellyfish: Speak to your friends, your Mum and Dad and your teachers.

Turtles: If you are feeling sad, you can play with your friends to make you feel better. We are all friends and we help make each other feel good.

Octopus: If you are worried the work in your new class is going to be too hard, you can talk to the children who are currently in that class.

Dolphins: Try to make new friends!

Seal: Be prepared and always ask someone for help if you are worried or have a question. You can do it!

Amazon: Use what you have already learnt from Year 3 to help you in your new class and lessons.

Nile: Ask for advice if you are worried.

Ganges: Don't be scared - just try your hardest and have fun!

Yangtze: Speak to a trusted adult straight away if something is worrying you.

Mississippi: Embrace the learning!

Danube: Stay positive as the change is going to happen anyway so no point worrying too much about it!

Caspian: Just be yourself when walking into your new classroom.

Caribbean: Find a way to switch off – Fall in love with a good book this summer.

Aegean: If you don't have many friends in your new class, be prepared to make new friends! You could start this now by speaking to new people during break/lunch time and also asking new people if they want to meet up, in the Summer, to get to know each other better before September.

Pacific: 'Always ask if you're unsure of something; someone can usually help

Southern: Be resilient, make sure you have stationery and smile.

Atlantic: DON'T PANIC !!! Everyone is in the same boat. Everyone, including the teacher, is a little nervous. As a new team everyone will work together and overcome that.

Also this week, we have said some goodbyes. While most of our year 6 children are moving on to year 7 at Mayfield, some are heading off to new schools, where we wish them the very best and every success for the senior school journey and beyond. We have also said goodbye to some of our staff who are also leaving us. Miss Campbell (y6 teacher) is relocating to London and a new school there, Miss Turner (y3 leader) and Miss Hatton (y1 teacher) are also leaving, both to take up exciting new opportunities in different schools. All three of these teachers started their teaching careers as NQTs at Mayfield and have had the privilege of teaching so many of the children in primary – and some who are now in seniors! We wish them all well and the best of luck with their new ventures. Mrs Hall (assistant headteacher) is also leaving us this year. She has worked at Mayfield for years with children both in the seniors and across primary. Her love and passion for reading and promoting children's phonics and reading have had such a huge impact across our whole school. Mrs Hall is leaving to take up a deputy headship and we wish her all the very best for the next step in her career.

In our final assembly of the year, we all had a final chance to come to together as a primary and celebrate and share some memories, reflect on our year, say goodbye and thank you to our leavers and also give out some very important raffle prizes:

Blue slips: All of the children who have been awarded a blue slip this term were put in a raffle and the lucky winners were:

Attendance: Every time anyone completes a full week in school, their name is added into a raffle. The lucky winners this term were:

Sports Day Photos:







OYM - Secondary Extra-Curricular September 2022

Monday				
Year Group	N	Activity	Venue	Led By
KS3		Drama Club	Drama Studio	Manic Productions
Tuesday				
Year Group	N	Activity	Venue	Led By
KS3		Dance Club	Studio 3	Manic Productions
Years 7 and 10		Maths	222	Maths
Invitation		Band	36	Mr Mullin
Year 8 and 9	20	Art Club	228	Mr Gardner
Year 7	20	Art Club	223	Ms Roper
KS4		English Drop In	145	Mrs Drudge
Year 8 (Victory)		PE	Changing Rooms	S.Reid / Hutchinson

Friday				
Year Group	N	Activity	Venue	Led By
Year 8-11	12	Dungeons and Dragons	142	Severe

Wednesday				
Year Group	N	Activity	Venue	Led By
Year 11		Maths	222	Maths
10's Invitation		FLS	226	Ms Fairley
9's Invitation		FLS	221	Miss Colmer
All (Lunch)		Mind Matters	107	Mrs Hughes
All		Magic (The Gathering)	106	Mr Tite
Year 7 (Discovery)		PE	Changing Rooms	Campbell / C.Reid
All		Diversity Club	113 (Week B)	Smith

Thursday				
Year Group	N	Activity	Venue	Led By
Year 8 and 9		Maths	222	Maths
KS3	30	Idea Award Club	234	Godfrey / Tufnall
All		Choir	36	Mr Mullin
Year 10	10	Cooking	231	Mrs L. Rogers
Year 9 (Intrepid)		PE	Changing Rooms	Browning / Smith
KS4		English	145	Miss Webb
All		Diversity Club	113 (Week A)	Smith

Autumn Winter 2022 Mayfield Through School

		Monday	Tuesday	Wednesday	Thursday	Friday
Week One 5 th Sept 25 th Sept 17 th Oct 14 th Nov 5 th Dec 9 th Jan 30 th Jan	Meat	Mac and Cheese Station 	BBQ Chicken & Rice	Roast Pork, Roast Potatoes & Gravy	Sausage Roll & Potato Wedges	Fish Fingers with Chips & Tomato Sauce
	Vegetarian	A choice of different flavours, with meat & vegetarian toppings	Vegetable Curry with Rice	Vegetable Wellington with Roast Potatoes & Gravy	Cheese & Tomato Pizza with Herby Potato	Vegan Sausage Hot Dog with Chips & Tomato Sauce
	Jacket Potato	Cheese or Beans	Cheese or Beans	Cheese or Beans	Cheese or Beans	Cheese or Beans
	Pasta	Tomato Sauce &/or Cheese	Bolognaise Sauce &/or Cheese		Peppernarta Sauce &/or Cheese	Tomato Sauce &/or Cheese
	Dessert	Syrup Sponge & Custard	Apple & Raisin Flapjack	Fresh Fruit & Yoghurt Station	Strawberry Jelly	Oaty Cookie
Or a choice of Yoghurt & Fresh Fruit available daily						

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION:

If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.

Autumn Winter 2022 Mayfield Through School

		Monday	Tuesday	Wednesday	Thursday	Friday
Week Two 12th Sept 3rd Oct 31st Oct 21st Nov 12th Dec 16th Jan 6th Feb	Meat	Build a Burger Day A choice of Burger (meat, 	Spaghetti Bolognaise	Quirky Bird A choice of flavoured chicken 	Pepperoni Pizza with Potato Wedges	Fishfingers with Fries & Tomato Sauce
	Vegetarian	veggie or vegan) with Toppings and Potato Wedges	Vegan Spaghetti Bolognaise	or vegan Quorn, With Potato Wedges and Salads	Cheese & Tomato Pizza with Potato Wedges	Cheese & Bean Pasty with Fries
	Jacket Potato	Cheese or Beans	Cheese or Beans	Tuna, Cheese or Beans	Cheese or Beans	Cheese or Beans
	Pasta	Tomato Sauce &/or Cheese	Tomato & Basil &/or Cheese	Bolognaise Sauce &/or Cheese	Peppernarta Sauce &/or Cheese	Tomato Sauce &/or Cheese
	Dessert	Cheesecake	Pineapple Upside Down Cake & Custard	Fresh Fruit & Yoghurt Station	Cheese & Crackers	Chocolate Shortbread
Or a choice of Yoghurt & Fresh Fruit available daily						

Available Daily:

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- Daily salad selection

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Autumn Winter 2022 Mayfield Through School

Week Three
19th Sept
10th Oct
7th Nov
28th Nov
2nd Jan
23rd Jan

		Monday	Tuesday	Wednesday	Thursday	Friday
	Meat	Pork Sausage & Mashed Potato	Chicken Curry & Rice	Roast Turkey, Roast Potatoes & Gravy	Beef Lasagne with Potato Wedges	Fishfingers with Chips & Tomato Sauce
	Vegetarian	Vegetarian Sausage & Mashed Potato	Vegetarian Lasagna with Garlic Bread	Lentil & Basil Puff Pastry, Roast Potatoes & Gravy	Cheese & Tomato Pizza With Potato wedges	Mexican Bean Roll & Chip
	Jacket Potato	Cheese or Beans	Cheese or Beans	Tuna, Cheese or Beans	Cheese or Beans	Cheese or Beans
	Pasta	Tomato Sauce &/or Cheese	Bolognaise Sauce &/or Cheese	Tomato & Basil &/or Cheese	Peppernarta Sauce &/or Cheese	Tomato Sauce &/or Cheese
	Dessert	Lemon Drizzle Cake	Apple Crumble & Custard	Fresh Fruit & Yoghurt Station	Chocolate Sponge & Chocolate Sauce	Chocolate Shortbread
Or a choice of Yoghurt & Fresh Fruit available daily						

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

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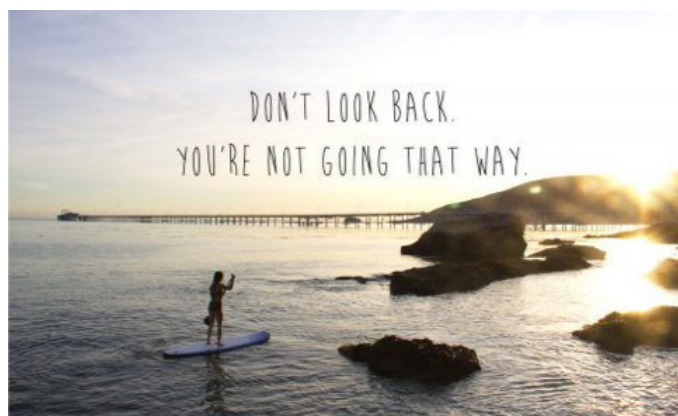
Welcome to our Mayfield SEND & Well-Being NEWSLETTER!

Hello and welcome to our final newsletter of this academic year! With the summer holidays just around the corner we shall be keeping our fingers crossed for good weather and sunny days.

It has been a roller coaster of a year, with this term alone having seen Year 6 completing their SATs, Year 11 completing their GCSEs, and a fantastic Sports' Day. Unbelievably we have now been in our new building for almost an entire academic year, and we have said goodbye to our Headteacher, Mr Jeapes. The terms and the times always fly by at Mayfield, and no doubt September will be upon us in the blink of an eye. The autumn will see us welcoming our new Headteacher, Mr Ashley Howard, and looking, as always, to the future and all that it may bring.

But before we look ahead, let us focus on the now! In this newsletter, you'll find local activities for over the summer break, a SEND spotlight on co-production, and a piece written by our Autism Ambassador, Mrs Groom-Radford, on keeping a routine over the summer holidays. There is also an article on the joy of reading – complete with summer 2022 reading list links – and a look at the opposite of Seasonal Affective Disorder, known as 'Summer SAD'.

How to keep routines over the summer and beat the seasonal shift



The summer holidays can be an amazingly fun time for some, but for others, this is not the case. For a child who finds change hard to cope with, it can be a source of heightened anxiety.

Just like adults, children need consistency and structure to feel secure as well as to thrive. During the summer holidays this can shift and a loss of routine can make a child feel lost. Change can be overwhelming for anybody, but it is especially difficult for children. Growing up often comes saddled with a great number of changes that are beyond a child's control. Moving house, new teachers, getting a new sibling; the list goes on and on.

So, keeping a routine and schedule are super helpful – not always easy, but definitely helpful! In order to help you structure one, we've included an example of a schedule that you can print and fill in at home.

Should you ever need to contact a member of the Learning Support Department,
then the key staff members you will need are as follows:



Mrs Anders

SENDCo and Assistant Head

anderse@mayfieldportsmouth.sch.uk



Mrs Brawn

Assistant SENDCo

brawn-amy@mayfield.portsmouth.portsmouth.sch.uk



Mrs Howard

SEND teacher

howard-verity@mayfield.portsmouth.sch.uk

The four key points to consider are:

- **Consistency:** Keep to a regular routine and hang the schedule in a place where everyone can see it. Just as we usually have meal times around the same time, so this should be the case for other activities as well. For example, every Monday is a library visit, on Tuesday it is film night, etc.
- **Predictability:** Have the child tick off tasks as you complete them and set aside time to do this as well. Having a routine that is clear with predictable and crystal-clear goals will let the child know what is expected of them without having to guess your expectations.
- **Follow Through:** Follow through with rewards for certain tasks, for example, chore days. A structured chart is a good way to encourage consistency and predictability; it also helps the child to learn responsibility and self-control.
- **Positivity:** Have a mixture of chores and fun activities on your chart. Use the chores to give pocket money to your child if you wish and let them plan how to spend it by the end of the summer. Give them choice over what activities they want to do and let them help plan for it. All of these teach life skills by stealth!

Getting a child used to a routine will benefit them and lessen their stress levels. It can also be enjoyable planning activities together and thinking of rewards for the whole family. Above all else, have fun!

Summer well-being - is it easier than winter well-being?

Living in the UK brings its challenges in terms of weather and our national obsession with it. We don't have the extremes of heat or freeze that some countries do, but we do have highs and lows, often with no period of 'in-between'.

It's been known for years that weather and daylight play a part in mood and how we feel. Plenty of people know that, come the winter months, the darker days can lead to Seasonal Affective Disorder (SAD) and a real drop in mood. However, recent research now suggests that the summer months can have an equally adverse effect on some people, and that this is known as Summer SAD or 'reverse SAD'.

Part of the theory regarding why this happens is linked to the fact that so many of us are more positive and upbeat in the summer months. We get more energy, the hours of daylight are so much longer, and we boost our well-being almost unintentionally by just being more naturally active, making the most of warmer weather. However, for those whose mood is already low, this can lead to feelings of real isolation, due to seeing all around you feeling so much happier than they may normally. According to Dr Max Pemberton (DR MAX PEMBERTON: Are you suffering from summer SAD? | Daily Mail Online):

'Interestingly, in countries nearer the equator such as India, summer-SAD is more common than winter-SAD. This has led some scientists to wonder if this change in mood during the summer is similarly a result of changes in light levels – too much light interfering with optimum melatonin levels in the same way not enough does.'

During the summer months, the excess light can result in the brain not making enough melatonin, triggering insomnia. If not being able to get to sleep isn't enough to make you feel down, melatonin's role in mood regulation is also likely to be a factor. There's no clear cure for this yet. While winter-SAD is often treated with a special light box to alter melatonin production, the same doesn't work for summer-SAD where the problem is too much light.'

In a country such as the UK then, further away from the equator, this is likely to be shorter-lived, but nevertheless it is unpleasant for those who are suffering with it. As Dr Pemberton mentions there is no cure for summer SAD but the same self-care and well-being tips that others follow in the summer may help – the natural high after completing exercise, the benefits to health and mood from socialising more, or unintentionally eating an array of colourful fruits, salads and veg simply because it is too hot for our stodgy winter alternatives, will all help to provide natural boosts to mood.



Calling all bookworms!



Those of us who are bookworms know the benefits to our well-being that come from getting stuck into a real page-turner. Reading can change your life – it opens your perspective, your imagination, your empathy for others and forms your view of the world. It allows you to, almost unintentionally, enhance your own vocab, as well as your knowledge, your literacy, and your sense of humour. Reading a good book can make you laugh out loud – so much so that you insist on disturbing your family, partner or friends in order to recite the bits that are making you laugh the most. It can make you cry, and it can make you fall in love with other worlds, or characters or storylines that are a million miles away from the life you are currently living. Books can open up your own story and help you to shape it. Books can change the world.

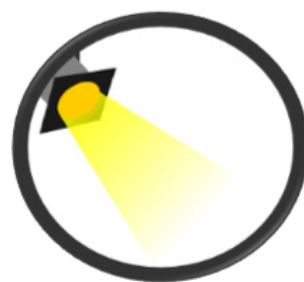
The summer provides an unrivalled opportunity to read for many of us. Reading whilst we travel, reading in the garden, reading in bed at night if the heat is making it too hot to sleep. We manage to relax more in the summer, hopefully, and in those moments of relaxation, a book can transport us to another place.

Regular reading lowers blood pressure. It fights depression and helps to prevent cognitive decline as we age. Our heart rates lower as we read and our bodies also enter a state of relaxation. The effects therefore on our physical and emotional well-being are myriad. For those of us whose literacy skills prevent us from enjoying reading, then audio books are an excellent alternative providing similar positive effects on our bodies and moods.

If you are struggling for something to read this summer, check out the links below for current reading recommendations – and let us know how you get on!

Adults: <https://www.panmacmillan.com/blogs/fiction/books-to-escape-with-this-summer>

Children and young people: <https://schoolreadinglist.co.uk/>



SEND spotlight

Co-production – what is it and how might it help me and my child with SEND?

If you have a child with special educational needs and/or disabilities, then you may have heard of 'co-production'. If your child has only recently been found to have SEND, then this may be a term that you are unfamiliar with, but it is incredibly important, particularly for those with, for example, an Education, Health and Care Plan (EHCP).

Essentially, co-production refers to multiple agencies or partners – so, for example, families, schools, medical professionals, educational specialists, and of course the child themselves – coming together, to work together. To discuss, design, plan, deliver and review support for your child. This is also, crucially, a chance for your voice and your child's voice to be heard and to be listened to, by all involved. Co-production enables everyone involved in a child's support to work together towards shared outcomes in a meaningful way. It is one of the underlying principles of the SEND Code of Practice and should lead to the best possible outcomes for your child, meaning that you both are able to have an equal and active role in designing and achieving those outcomes.

What's on in Portsmouth this summer?



For an extensive list see <https://www.portsmouth.gov.uk/services/leisure/fun-for-kids-this-summer/> but for a taster, see below!

What's on in Portsmouth this summer?

Fun and free Wild World Heroes summer reading challenge	Sign up at any library in Portsmouth	www.summerreadingchallenge.org.uk
Go Wild in the Park events	Tamworth Park, Milton Park, Victoria Park	www.portsmouth.gov.uk/wild
YMCA Portsmouth day camps	Charter Community Sports Centre	https://ymca-fg.org/portsmouth-daycamps/
Motiv8 activities – from sports to cooking and creative workshops	Various locations across the city	https://motiv8.org.uk/our-activities-portsmouth/
Street Strong Youth Projects – summer holiday activities	Various locations across the city	https://www.facebook.com/streetstrongyouthproject/
Watersports and land-based activities for 8-18 year olds	Andrew Simpson Centre, Langstone Harbour	https://andrewsimpsoncentres.org/our-centres/portsmouth/



And finally ...

We wish all of our Mayfield family a wonderful summer holiday. Stay safe, have fun, and don't forget the sunscreen! See you in September and thank you for all of your support in 2021/22.

Should you need to contact the Learning Support Department, then the following folk can help you out! -



Mrs Anders
(SENDCo and Assistant Head)
anderse@mayfield.portsmouth.sch.uk



Mrs Brawn
(Assistant SENDCo)
brawn-amy@mayfield.portsmouth.portsmouth.sch.uk



Mrs Howard
(SEND teacher)
howard-verity@mayfield.portsmouth.sch.uk

MY DAILY SCHEDULE

ACTIVITY

CHECK WHEN
COMPLETE

☐☐☐☐☐☐☐☐☐☐



Department
for Education

Funded

Summer Activity Club

Mayfield School
Mayfield Rd, Portsmouth PO2 0RH

Monday 25th July	Tuesday 26th July	Wednesday 27th July	Thursday 28th July	Friday 29th July
X	X	X	X	X
Monday 1st August	Tuesday 2nd August	Wednesday 3rd August	Thursday 4th August	Friday 5th August
X	X	X	X	X
Monday 8th August	Tuesday 9th August	Wednesday 10th August	Thursday 11th August	Friday 12th August
X	X	X	X	X
Monday 15th August	Tuesday 16th August	Wednesday 17th August	Thursday 18th August	Friday 19th August
✓	✓	✓	✓	✓
Monday 22nd August	Tuesday 23rd August	Wednesday 24th August	Thursday 25th August	Friday 26th August
✓	✓	✓	✓	✓
Monday 29th August	Tuesday 30th August	Wednesday 31st August	Thursday 1st September	Friday 2nd September
X	X	X	X	X

Our course is only open to Girls and boys from years 1-9 (inclusive) who are eligible for benefits related free school meals. The aim of our courses are for children to have a great time and make friends in a safe, structured but fun environment.

Activity Club Content

Our Activity childcare club will still be based around fun multisport games and team building challenges. However, to ensure a safe operation we have planned adaptations to each session and any equipment we use.

The Activity club can include a choice of:

- Football •Uni Hoc •Softball •Nerf Games
- Go-Karts •Basketball •Dodgeball •Badminton
- Tennis •RC Cars •Frisbee •Arts and Crafts
- Benchball •Lego •Inflatables

Times

For safety reasons we have also altered the time of our holiday club from **8:30am to 3:30pm**. No early and late drop off option.

Ways to book

1. Via our online home @ cm-sports.co.uk
2. Phone on 02392 987 881

Please book online where possible

What do I need to bring?

We have fantastic indoor and outdoor facilities to best equip for the British weather, however please ensure that children bring with them suitable clothing and plenty to drink.

Who will look after my child?

Our coaches make it their mission for your child to have the best time whilst they are with us. They are enthusiastic, professional in their approach and have a passion for teaching.

Our staff are:

- Qualified Paediatric First Aid •FA and multiskills qualified
- DBS certificated
- Registered by Ofsted •Child protection trained





Careers at Mayfield 2021-2022

Summer 2022 Newsletter

Over this academic year we have taken part in a lot of Careers and 'Your Future' specific related events.

Our school Motto is 'Your Only Limitation is your Ambition'. Here is an overview of the activities Mrs Denford has provided for the secondary pupils in the new adjustments post covid. Pupils will have had many other opportunities to interact with employers and workplaces within the other curriculum areas.

Autumn term 2021

In tutor time there was a designated week for careers. Pupils had the chance to interact with their tutor group and tutor about different career paths and share their own aspirations for their future. There was a house assembly with our School Enterprise Advisor introducing herself and what she does. Her name is Anna Smith, and she runs a recruitment business in the city. Our future aim is to develop these links to help out KS4 pupils next year with CV writing and looking at current employability skills for the new and developing workplace from an industry point of view.



There was also a careers networking event for Years 10 and 11 to talk to a variety of post-16 providers. They interacted with the employers and providers and asked informative questions about their futures especially post-covid.

Year 11 had weekly assemblies from a variety of post-16 providers each week to help them make an informed and objective decision for their destination after leaving school. Each pupil over the year has had a 1-2-1 interview with a careers advisor provided by

EBP (the Education Business Partnership).

Spring Term 2022

Year 11 had a virtual talk from the University of Portsmouth about next steps after post-16 and thinking about where their careers journeys might take them.

Year 10 had a networking event about apprenticeships from Shaping Portsmouth, looking at what these qualifications are and asking questions to current apprentices in the city.

Year 10 also took part in an interview preparation afternoon looking at employability skills and assessment centre style activities provided by EBP. This

was followed by a curriculum vitae writing session. Pupils had the chance to attend another CV workshop at tutor time to develop their CV with was supported by our Enterprise Advisor who specialises in recruitment. This process then led to their 1-2-1 mock interview with an employer to develop their interview skills, again provided by EBP.

Year 10 also had the chance to attend a talk about hairdressing apprenticeships with a local provider Hair Ott, which also provided valuable links for them to know how they can gain some work experience in this area.

Year 9 all got to have an interactive workshop from 'Medical Mavericks' looking at a variety of healthcare professions, they got to have a go at a variety of activities including measuring blood pressure and a simulation of keyhole surgery.

Year 9 also had a workshop thinking about their futures by looking at their current skill set in using activities by 'ICAN'. They all made a golden ticket of their future aspiration before they looked at choosing their options.

Year 9 also had a 'speed networking' event at the end of the spring term where they had the chance to interactive with ten different employers form industries around the city again linking the local labour market to the pupils provided by EBP.



There was another career focus week in tutor time focused on virtual videos exploring a variety of jobs withing the city. The house assembly focus was on introducing T-levels and what they are as a qualification.



There was a STEAM virtual workshop for girls on maths and digital careers for the future.

Another event was a roadshow from BAE with the Royal Navy and Air Force for all of Year 8 around magnets and magnetism. This event was interesting, and the pupils enjoyed the performance.

Summer Term 2022

The summer careers week tutor programme focus saw the house assembly provided by Reed Recruitment, a local company who discussed employability

skills and how to develop your skill set. This was supported by tutor time activities on the local labour market and assessing your own skills, allowing pupils to start to decide what paths may suit their skills. Year 11 had a variety of virtual videos on different roles within a company looking at their responsibilities and daily tasks.



Year 10 all had the chance to attend a college taster day at either HSDC (Havant and South Downs College) or Highbury College. The pupils were very independent and resilient at these events. The feedback from the providers was positive about our pupils being very respectful. The pupils' feedback was they enjoyed the chance to get to experience a day at college and make more informed choices about their post 16 journey.

A selection of Year 9 pupils attended 'Get Inspired' at Portsmouth Guildhall for a networking event looking at future career paths and destinations. This was a great event and pupils asked some really important questions about their developing and changing futures.

Year 9 also had a motivational speaker when Hayden Taylor from UNLOC came to talk about next steps and how to show employability skills for the future as they are moving into Year 10 and starting GCSE qualifications.



Year 7 pupils who did not attend camp had an enrichment week in school and one of the days was provided by the outreach from the NHS looking at all sectors for jobs within the NHS. One of the session the pupils learnt the valuable skill of CPR. The pupils also linked their skill set to an area within the NHS and thought about skills that may need development.

Evaluation

Over the academic year there has been the chance for pupils and staff to have their opinion count through surveys and pupil panel groups.

There have been parent surveys so thank you if you have completed any of these or offered feedback through email.

Future for Careers at Mayfield for 2023

A selection of Year 10 and 11 pupils who have expressed an interest in attending the Careers and Apprenticeship Fayre at Portsmouth Football Club will attend in September. This aims to develop links with higher education settings, including the local universities. As a starting point for this, Oxford University are attending in September for a workshop with some Year 10 and 11 pupils about thinking ahead to university and qualifications.

We would like to develop the communication between parents and the school for careers and have information sharing events any ideas for moving the career programme forward would be welcomed to the email below.

Get Involved

If you want to get in touch with for careers programme or support for MOLIMA (*My Only Limitation is My Ambition*) Week in 2023 please get in touch.

Alumni

This is a continuing project that aims to expand so again if you are an ex-Mayfield pupil and want to get in touch or be involved again contact us below.

For all enquiries above please email:

denfordr@mayfield.portsmouth.sch.uk.

Please check out our careers page with lots of information on for parents and pupils:

[Careers & Enterprise | Mayfield School](#)

Thank you for taking the time to read all about this year in careers at Mayfield!

#MOLIMA

