



# KING'S ACADEMY COLLEGE PARK



Wishing our KACP community a restful Easter break!



The first day of Summer term is

**Tuesday 22nd April**

Can you spot the sunflowers hidden throughout our newsletter?



**ATTENTION PLEASE!**

## JUNIOR SPORTS DAY

Due to availability, our Junior school sports day will be held on Friday 4th July at Mountbatten Centre. Further information about this event will be sent out later in the summer term.

Please ignore the initial date given on the Key Dates sheet in September

[portsmouth.gov.uk/attendance](https://portsmouth.gov.uk/attendance)

## KEY EVENTS



21st April	Bank Holiday (School closed)
24/25 April	Year R NCMP checks
28th April	Parent Open House
30th April	Year R Staunton Farm trip
1st May	Year 1 Hillier Gardens trip
2nd May	2.30pm-3.30pm Year R Animal Exhibition
5th May	Bank Holiday (School closed)
9th May	Year 2 TT Rock Stars Day!
13th May	School Nurse Clinic
16th May	Year 2 Marwell Zoo Trip
19th May	Year 6 Paultons Park Trip
19/20/22 May	Scootability - Years 2 & 4
20/21 May	Year 3 Tuppenny Barn trip
21st May	International Day
23rd May	BIG Reading Picnic
26th May	HALF TERM

# Message from Mrs Carlyle

As the end of the Spring term approaches, very quickly now, I would like to say thank you to everyone who is part of our school community.

Hard work, dedication, and support throughout the term has been great to observe from everyone. It has been wonderful to see the children grow, learn, and achieve so much over the past few months.

To our parents, thank you for your continued partnership and encouragement—it truly makes a difference in our school community. To our staff, your commitment and passion for education are inspiring, and we deeply appreciate all that you do. And to our children, you have worked so hard, shown resilience, and brought so much joy to our school. Well done!

As we head into the break, I hope you all have a restful and enjoyable holiday. Take time to recharge and spend quality moments with loved ones. We look forward to welcoming everyone back for the summer term when the sun will be shining.

## ASSEMBLY THEMES SUMMER 1



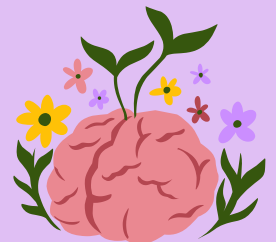
Week 1- Welcome back

Week 2- Kindness

Week 3- British Values

Week 4- Mental Health Awareness

Week 5- Fr.Ben



# NOTICES



## Buckle Up for Safety:

### A Reminder for Our School Community.

We are committed to the safety and well-being of our students, both inside and outside the school gates.

Unfortunately, some staff members have recently witnessed children arriving at school without wearing seatbelts or without the appropriate child car seats. This is deeply concerning, as seatbelts and child restraints are essential for protecting young passengers in the event of an accident.

🚦 **Seatbelts Save Lives** – A properly worn seatbelt can reduce the risk of serious injury by up to 50%.

👶 **Child Car Seats Are the Law** – Children must use an appropriate car seat until they are 135cm tall or 12 years old, whichever comes first.

🔄 **Short Journeys Are No Exception** – Even on the shortest trips, accidents can happen in seconds.

We kindly urge all parents and carers to ensure that their children are safely secured before setting off. Let's work together to keep our students safe – because every journey matters.

Thank you for your support in prioritising road safety.

## **Stubbington Study Centre has been**

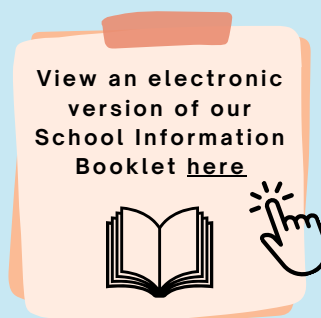
**saved from closure!**

**Thank you for signing the petition and for showing your support to the centre that means so much to our children!**



# Thank you!

We'd like to thank you all for your kind donations to our local food pantry. All donations were very gratefully received and will help members of our community most in need.



**DON'T FORGET TO VISIT OUR WEBSITE FOR THE MOST UP TO DATE INFORMATION!**

**Take me there!**

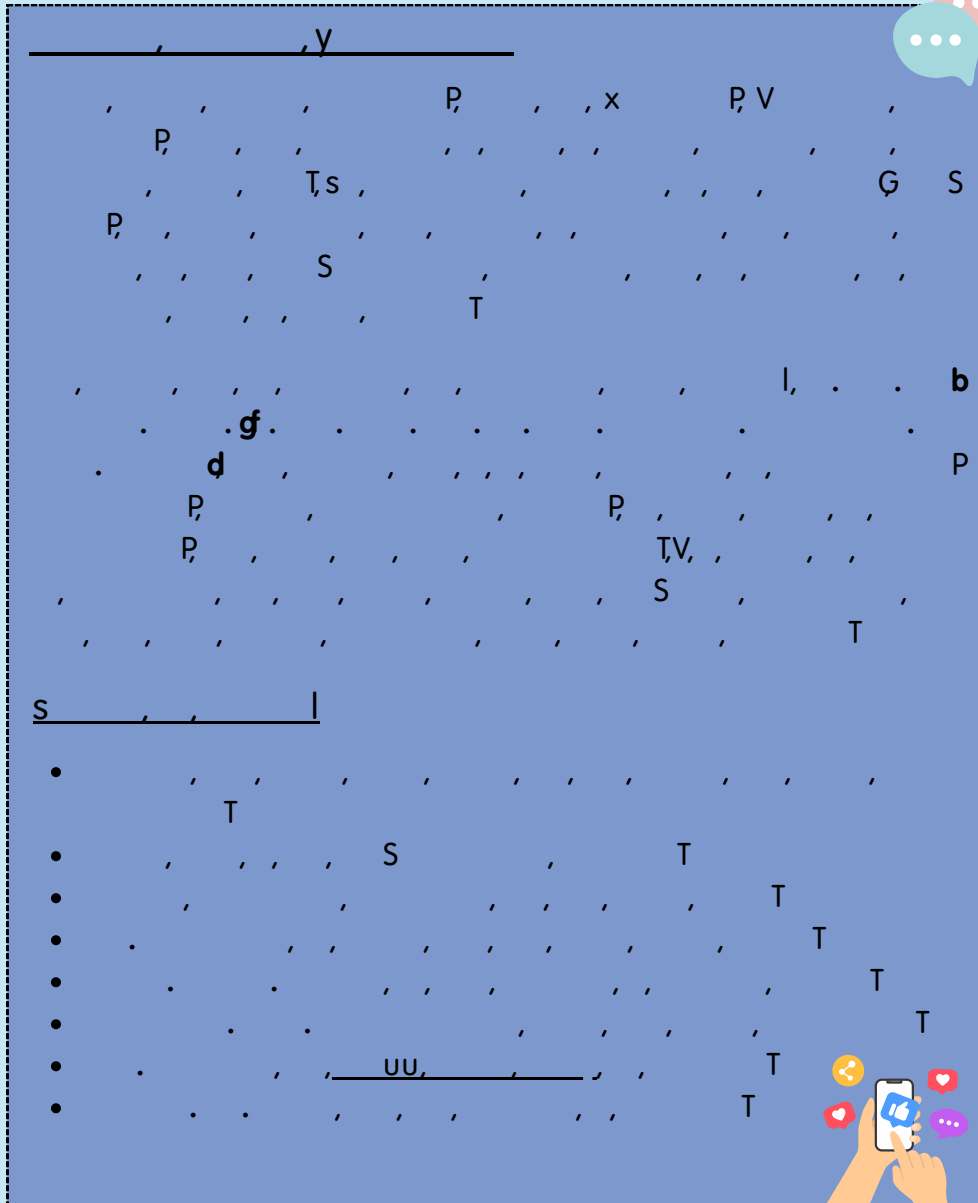


# Follow -US-





# NOTICES



## YOUNG LIVES VS CANCER

Through our signed  
Portsmouth T-shirt raffle, we  
raised an amazing

**£1410!**

Well done to the lucky winner  
and thank you for your  
support!



## NEW MENU

### EXTRA CURRICULAR CLUBS

On our website, you can view our large range of extra curricular clubs and activities on offer!

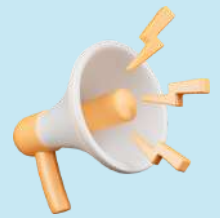
[Extra Curricular activities at KACP](#)

Extra Curricular activities provide students with valuable opportunities to develop important life skills such as leadership, teamwork and social connections. They also contribute to personal growth and help your child build confidence.



3 Choice Menu Spring Summer 2025	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK ONE</b> 21st April 2025 12th May 2025 9th June 2025 30th July 2025 21st September 2025 15th October 2025	Option One: Tomato and Lentil Pasta Option Two: Cheese and tomato pizza with salad Option Three: Jacket Potato with Cheese or baked Beans Vegetables: Vegetables of the day Dessert: Apple Flapjack	Macaroni Cheesewith Chicken Topping Macaroni Cheese Jacket Potato with Tuna Cheese or baked Beans Vegetables of the Day Summer Lemon Cake	Pork Sausage, Roast Potatoes & Gravy Roasted Quorn, Roast Potatoes and gravy Jacket Potato with Cheese or baked Beans Vegetables of the Day Fruit Platter	Spaghetti Bolognese NEW Chickpea Curry with Rice Jacket Potato with Tuna, Cheese or baked Beans Vegetables of the Day Savoury Cheese Scone	Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce Cheese & Bean Pasty with Chips & Tomato Sauce Jacket Potato with Cheese or baked Beans Vegetables of the Day Strawberry Jelly with Mandarins
<b>WEEK TWO</b> 28th April 2025 19th May 2025 16th June 2025 7th July 2025 1st September 2025 22nd September 2025 13th October 2025	Option One: Lentil and Sweet Potato Curry with Rice Option Two: Cheese and tomato pizza with salad Option Three: Jacket Potato with Cheese or baked Beans Vegetables: Vegetables of the day Dessert: Iced Vanilla Sponge	Pork Hot Dog with Wedges & Tomato Sauce Vegon Hot Dog with Wedges & Tomato Sauce Jacket Potato with Tuna, Cheese or baked Beans Vegetables of the day NEW Strawberry and Apple Crumble with Custard	Roast Chicken, Stuffing, Roast Potatoes, & Gravy Vegetable Soy Roast, Roast Potatoes & Gravy Jacket Potato with Cheese or baked Beans Vegetables of the day Freshly Chopped Fruit Salad	Chef's Special Chicken and Chickpea Korma with Rice Spaghetti & Veggie balls Jacket Potato with Tuna, Cheese or baked Beans Vegetables of the day Peaches and Ice Cream	Battered Fish with Chips & Tomato Sauce Cheese and Tomato Quiche with Chips Jacket Potato with Cheese or baked Beans Vegetables of the day Vanilla Shortbread
<b>WEEK THREE</b> 5th May 2025 2nd June 2025 23rd June 2025 14th July 2025 8th September 2025 29th September 2025 20th October 2025	Option One: Classic Vegan Bolognese Option Two: Cheese and tomato pizza with salad Option Three: Jacket Potato with Cheese or baked Beans Vegetables: Vegetables of the Day Dessert: Pear and cocoa Upside Down Cake	NEW Green Thai Chicken Curry with Rice NEW Chef's Special Five Bean Jollof Rice Jacket Potato with Tuna, Cheese or baked Beans Vegetables of the day Cheese and Crackers	Roast Turkey, Stuffing, Roast Potatoes & Gravy Veg Wellington, Roast Potatoes & Gravy Jacket Potato with Cheese or baked Beans Vegetables of the day Fruit Medley	NEW Greek Macaroni Pastitsio with Greek Salad and Tzatziki Spinach and Cheese Whirl with Rice, Greek Salad and ... Jacket Potato with Tuna, Cheese or baked Beans Vegetables of the day Jam and Coconut Sponge	Breaded Fish with Chips and Tomato Sauce All Day Vegetarian Breakfast Jacket Potato with Tuna, Cheese or baked Beans Vegetables of the day Oaty Cookie
<b>MENU KEY</b>	Added Plant Power	Lowest Carbon Footprint	Vegan	Chef's Special	
Available Daily: -Freshly cooked jacket potatoes with a choice of fillings -Bread freshly baked on site daily-Daily salad selection Yoghurt and fruit available daily					
<b>ALLERGY INFORMATION:</b> If you would like to know about particular allergens in foods 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.					

# NOTICES



Parent reading sessions will continue!

## READING AFTERNOONS

OUR POPULAR READING AFTERNOONS ARE BACK UP AND RUNNING!

FROM 15:00 EVERY WEDNESDAY, COME AND SPEND 15 MINUTES READING WITH YOUR CHILD BEFORE YOU HEAD HOME. THIS CAN BE WRITTEN IN THEIR READING RECORD AND WILL COUNT TOWARDS

THEIR ROCKET READER!

EVERY WEDNESDAY | YEAR R OUTDOOR CLASSROOM | 15:00 - 15:15

If you are unable to attend, your child will stay in the classroom and share a story with their teacher or LSA.



## Parent reading sessions are back!

YEAR 1

EVERY WEDNESDAY 15.00 - 15.15

PLEASE ENTER THE SCHOOL VIA THE LIBRARY DOOR



## Parent Reading sessions are back!

Year 2

Every Wednesday 8:35 - 8:55

### School Library Service

These are our new book lists highlighting new titles that were added to stock here at the SLS in January. We hope you find these lists helpful in keeping up to date with the wealth of children's books being published every month.

[New KS1 Picture Books](#)

[New Lower KS2 Books](#)

[New Upper KS2 Books](#)

NEW





# ACHIEVEMENTS

## Bobbi, Year 3

Recently, Bobbi completed her preparation Grade 1 in gymnastics. In a competition against other Hampshire gyms, Bobbi won:



Silver for vault

Silver for floor



Gold all around

Gold for beam



Silver for range



4th place in bars



**Well done Bobbi on your fantastic achievements!**

## Reeva, Year R

Reeva recently took her preparatory grade tap exam. She did brilliantly and was graded 82 which is a merit. Reeva has only been dancing for less than a year and to come away with this result is amazing!

**Fantastic Reeva, amazing work!**

## Rose & Norah Year 1

Rose and Norah both passed their first ever ballet exam - Pre-Primary in Dance with the Royal Academy of Dance.



**Such a great achievement, well done to you both!**

## Logan, Year 4



Logan recently competed in a street dance competition, achieving outstanding results—1st place in the crews category, 2nd place in pairs, and 3rd place in solos. His impressive performance has earned him a place in the Street Dance Championship final.

**Amazing news, congratulations Logan!**

## Cooper, Year 1

Cooper is very lucky and spends some of his weekends helping out at his family's allotment.

Cooper has his own plants that are his responsibility. This year he wanted to try growing **BLUE** tomatoes!



**Wow Cooper, what an important job you have, keep up the good work!**

# SCHOOL TRIPS and EVENTS

## BASKETBALL

### FOOTBALL



Miss Wright, PE Lead, recently took a group of girls to Springfield School for International Women's Day, where they participated in a Premier League initiative for girls, joining 1,000 others in a football event.



Our under 10's girl's football team also came 4<sup>th</sup> in a recent tournament!



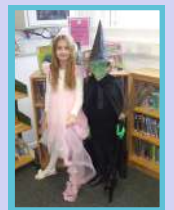
Last week, our team of junior boys competed in the final tournament of the season at Goals. They played exceptionally well and secured an impressive 3<sup>rd</sup> place overall! The tournament featured a hard-fought penalty shootout, where they demonstrated outstanding resilience and teamwork.



Children from Y3/Y4 basketball team in their recent match. They played exceptionally well and won against the Under-10 Team of Portsmouth Force. It was great to see their talent shine on the court. More importantly, it was amazing to help these pupils experience a healthy and safe sporting environment, with their families cheering them on and feeling so proud of them. That kind of encouragement is invaluable.



Our Year 6 team from a recent match – they did an incredible job! They won both their matches against Portsmouth Force's U12 CVL team, with scores of 8-4 and 9-6. They played with great sportsmanship, enthusiasm, and confidence, really showcasing the life skills that go beyond Basketball.





# SCHOOL TRIPS and EVENTS



## INFANT VOICES



Portsmouth Music Hub's Infant Voices event brought together young children from across the city to celebrate music through singing and performance. It was a fantastic opportunity for our children to develop confidence and creativity, and they thoroughly enjoyed taking part in such an inspiring and joyful experience.



## STUBBINGTON

Some of our Year 2 children visited Stubbington Study Centre and stayed overnight. They all had a brilliant time, learning about nocturnal animals and observing wildlife in its natural habitat.



Our service children visited Victoria Park and had the opportunity to plan and design the look of a planter. This hands-on project, arranged by Aggie's, allowed them to express their creativity, develop teamwork skills and take pride in their gardening efforts.





# GROUNDING TECHNIQUES

**YOUR THOUGHTS AND THE REACTIONS OF YOUR BODY TO ANXIETY ARE LINKED: THE MORE YOU THINK ABOUT YOUR PHYSICAL SYMPTOMS OF ANXIETY (E.G. YOUR HANDS SHAKING, BLUSHING ETC.), THE STRONGER THEY WILL BE. TO HELP MANAGE YOUR PHYSICAL SYMPTOMS, CHANGE THE FOCUS OF YOUR ATTENTION FROM THINKING ABOUT YOUR BODY TO THINKING ABOUT THE OUTSIDE WORLD. YOU CAN USE GROUNDING TECHNIQUES, LIKE THE ONES BELOW, TO HELP YOU BRING YOURSELVES BACK TO THE HERE AND NOW AND REFOCUS.**






## Flow activities

Flow activities take our full attention, we "lose ourselves" in them and don't notice the time passing. Some examples: drawing, colouring, reading, watching TV, playing music

### Colours

Find 5 items in the room which are a certain colour (eg. 5 items which are blue).

### 5, 4, 3, 2, 1

-  5 things you can see, 4
-  things you can touch, 3
-  things you can hear,
-  2 things you can smell,
-  1 thing you can taste.

### abcd...

Think of a subject and name something to do with that subject for each letter of the alphabet (eg. name animals: ape, bear, cat...)

## Relaxation & breathing

Follow instructions or videos for controlled breathing or muscle relaxation.



## Muscle Relaxation

Use this exercise to relax different muscles in your body by tensing them for 5 seconds and then relaxing. When tensing each muscle, study the tension and notice how different it feels when the muscle becomes relaxed.

### Shapes

Find 5 items in the room which are a certain shape (eg. 5 items which are square).



## Calm Box

Create a calm box full of things which make you feel better which you can go to when you are feeling anxious. This is personal to everyone so create this with your child. It is useful to cover all 5 sense. Bigger things can be replaced by a photo/memo if they don't fit inside the box.

# TOP TIPS TO RESPOND TO YOUR CHILD'S ANXIOUS BEHAVIOUR



Parental responses to children's anxious behaviour can have a huge impact. By using some of the following techniques, you can help your child build up their brave behaviour and develop their confidence in coping with and overcoming their fears.

Children find attention and praise very rewarding. The more brave behaviour is noticed and praised, the more children are likely to do it.

## DON'T REASSURE

**THIS ENCOURAGES CHILDREN TO RELY ON SOMEONE ELSE TO TELL THEM WHETHER A SITUATION IS SAFE OR DO-ABLE BEFORE THEY WILL TRY IT. OFTEN, THE MORE REASSURANCE YOU GIVE, THE MORE REASSURANCE YOUR CHILD WILL SEEK.**

**YOU CAN SHOW EMPATHY AND UNDERSTANDING BY ACKNOWLEDGING THEIR DIFFICULTIES AND COMMENTING ON THEIR ABILITY TO COPE (I.E. "I CAN SEE THAT THIS REALLY WORRIES YOU, BUT I'M PROUD OF YOU FOR HAVING A GO")**

## EMPATHY & UNDERSTANDING

## EVALUATE THOUGHTS

**ASK THEM TO EVALUATE THEIR THOUGHTS AND HELP THEM TO FIND ALTERNATIVE ONES**

**USE SPECIFIC PRAISE TO ACKNOWLEDGE TIMES THEY ARE BEING BRAVE (I.E. "YOU WENT INTO CLASS TODAY WHEN YOU WERE RUNNING A BIT LATE. I KNOW THAT MUST HAVE BEEN SCARY FOR YOU BUT YOU DIDN'T LET IT STOP YOU. I'M REALLY PROUD OF HOW WELL YOU MANAGED THAT.")**

## SPECIFIC PRAISE

## REWARDS

**USE REWARDS TO ENCOURAGE CHILDREN TO OVERCOME THE INITIAL ANXIETY ABOUT TAKING STEPS TOWARDS ACHIEVING THEIR GOAL. THEY DON'T HAVE TO BE EXPENSIVE, OFTEN SPENDING TIME WITH YOUR CHILD AND DOING A VALUED ACTIVITY WITH THEM CAN BE THE MOST MOTIVATING REWARD.**

## REMAIN CURIOUS

## NORMALISE

## STEP BACK, LET THEM HAVE A GO

## MODEL BRAVE BEHAVIOUR

## MAKE SUGGESTIONS, CHECK UNDERSTANDING

## PICK YOUR MOMENT (WHEN CALM)



# LOCAL HALF TERM EVENTS



**ZUKO SPORTS**

## EASTER HOLIDAY CAMPS

**KA NORTHERN PARADE SCHOOL**  
7TH - 17TH APRIL 2025

**BOOK A SPACE**  
[WWW.ZUKOSPORTS.CO.UK/HOLIDAYCAMPS](http://WWW.ZUKOSPORTS.CO.UK/HOLIDAYCAMPS)

**ZUKO SPORTS**

**FOOTBALL CAMP**

**WEEK 1**  
7TH - 11TH APRIL

**WEEK 2**  
14TH - 17TH APRIL

9:00AM - 3:00PM  
YEARS 1-8

KA NORTHERN PARADE SCHOOL

**MULTI-SPORTS CAMP**

**WEEK 1**  
7TH - 11TH APRIL

**WEEK 2**  
14TH - 17TH APRIL

9:00AM - 3:00PM  
YEARS 1-8

KA NORTHERN PARADE SCHOOL

**ONLY £30 A WEEK** **7TH - 17TH APRIL 2025**

**BOOK A SPACE**  
[WWW.ZUKOSPORTS.CO.UK/HOLIDAYCAMPS](http://WWW.ZUKOSPORTS.CO.UK/HOLIDAYCAMPS)

Department for Education Portsmouth CITY COUNCIL

## HAF'S SPRING SPECTACULAR

5 - 19 APRIL THROUGHOUT PORTSMOUTH

Enjoy eggstro-special free activities and food this Easter break, with music & theatre, loads of sports and tonnes of games to choose from.

Free for those receiving benefits-related free school meals. Some pay-as-you-go options too.

Visit [pypportsmouth.co.uk/haffunpompey/to-book](http://pypportsmouth.co.uk/haffunpompey/to-book)  
Follow Family Life Pompey for updates  
Email [HAF@portsmouthcc.gov.uk](mailto:HAF@portsmouthcc.gov.uk) if you have any problems

**Active8 Minds**  
Sport & childcare specialists

## EASTER HOLIDAY CLUB

SPORTS ZONE | ACTION ZONE | CHILL ZONE | ART AND CRAFTS

GREEN JUNIORS  
INDISCOVERY PRIMARY  
TPS  
HORIZON HAVANT  
SPRINGWOOD  
WOODCROFT  
WIMBORNE  
REDEEMMAN  
ST JAMES

AGES YEAR 6 - YEAR 7  
SIBLING DISCOUNT AVAILABLE  
HAF FUNDING AVAILABLE  
8AM - 5PM

01243 696580  
[bookings@active8minds.co.uk](mailto:bookings@active8minds.co.uk)  
[www.active8minds.co.uk](http://www.active8minds.co.uk)

**Globe Kids**

## Spring KIDS CLUB EXTRAVAGANZA

BOOKINGS NOW OPEN!

14th April | 15th April | 16th April | 17th April

[www.burton.com/globe/kids-club](http://www.burton.com/globe/kids-club)  
HAF FORM: <https://reqs.org/book/globe-kids-club-easter-extravaganza-with-globe-ki-club>

- Free HAF places
- Lunch and snacks included
- Childcare vouchers accepted
- Tax-Free Childcare Payments accepted
- Discounts for siblings and block bookings

Suitable for ages 5-11

'Travel' with us around the world this Easter!

Hampshire	London	Surrey	Dorset	Oxfordshire
Burton Croydon London The School Perrinwood Sturminster West End Widmore Worthing	Croydon Greenwich Sutton	Camberley Regate	Bovington	Woodcote
	West Sussex	Southampton	Portsmouth	
	Crawley	Bedford Place	Buckland	

**FUNKIDZ**

## EASTER

MONDAY 7TH & 14TH APRIL  
9-2PM

COMMUNITY KETTLE, HIGH STREET, COSHAM, PO6 2PS

£20 PER DAY  
BOTH DAYS £35

- LEARN FUN DANCE ROUTINES
- EASTER CRAFTS
- GAMES & MORE!

**BOOK YOUR SPACE NOW AT**  
[WWW.FUNKDDANCE.CO.UK](http://WWW.FUNKDDANCE.CO.UK)

FOR ENQUIRIES PLEASE CONTACT  
[FUNKDANCELIMITED@HOTMAIL.COM](mailto:FUNKDANCELIMITED@HOTMAIL.COM)

COMPASS PROJECT PORTSMOUTH

## FREE EASTER EGG HUNT

SAT 19 APRIL 2025  
10AM-2PM

More than 10 shops/businesses in Copnor Road (both sides of the road between Wallington Road to the south and Battenburg Avenue to the north) have hidden Easter egg pictures in their windows for you to find...

Each egg contains the Compass Project Portsmouth logo, which looks like this:

Record the names of at least 5 of these shops/businesses and then come and find the Compass team in College Park (Copnor Road) /Mardin Cafe quarter to claim your free chocolate egg!

Eggs for under 16s only and children need to be accompanied by an adult. While stocks last - 150 eggs to be claimed. Compass Project Portsmouth is part of the Methodist Church.

[WWW.FACEBOOK.COM/COMPASSPROJECTPORTSMOUTH](http://WWW.FACEBOOK.COM/COMPASSPROJECTPORTSMOUTH)

Department for Work & Pensions Department for Education Portsmouth CITY COUNCIL

## FREE SPRING SESSIONS

FOR ALL 11-16-YEAR-OLDS IN PO1-PO6

SATURDAY 5 - SATURDAY 19 APRIL

**SPRING SESSIONS** UPCOMING EVENTS

MON 7 WED 9 & 16 APRIL	Trampoline and hot dog party	Flip Out, Portsmouth
TUES 8 & 16 APRIL	Football & pizza party	Goals, Tanger Road
THURS 10 APRIL	Musical theatre workshop	The Base, Guildhall
FRI 11 APRIL	Yoga, art & creative activities	The Base, Guildhall
MON 14 & THURS 17 APRIL	Skate, scooter & pizza party	Pitt Street Skatepark
SAT 19 APRIL	Laser quest, archery and adventure	Fort Porbrook

PLUS, LOADS MORE FOR 11-16-YEAR-OLDS WHO RECEIVE FREE-SCHOOL MEALS, INCLUDING:  
INFLATABLE WATER COURSE, BASKETBALL, GAMING & CODING, GLADIATORS, SHREK MUSICAL WEEK & MORE!

Everything can be booked on [eequ.org/haffunpompey](http://eequ.org/haffunpompey)

**SCAN THE QR CODE TO BOOK YOUR PLACE**

Got questions? 07901 100537  
[eeptengagement@portsmouthcc.gov.uk](mailto:eeptengagement@portsmouthcc.gov.uk)



# LOCAL HALF TERM EVENTS



Our Portsmouth Force Easter Basketball Camp is open to players of all levels and includes:

- ✓ Basketball Skills Training with experienced coaches
- ✓ Fitness & Conditioning Sessions to boost athletic ability
- ✓ Team-Building Activities to develop leadership and teamwork
- ✓ Mental Health Workshop led by a specialist to support well-being in sports
- ✓ Special Guest Speakers from the basketball world
- ✓ Competitions, Prizes & Lots of Fun!

The camp is open to all, whether they currently play basketball or are looking to try something new!

All the details and registration can be found in the link below:

[Easter Basketball Camp!](#)



**PH CAMPS**

## PH MULTI-ACTIVITY CAMPS

4 - 14 YEARS OLD

Day Bookings from **£27.00**

### HAMPSHIRE

Kimpton, Thruxton  
and Fyfield C of E  
Primary School

New Horizons,  
Portchester Rd,  
Portsmouth PO2 7JB

**BOOK NOW:** [www.phcamps.co.uk](http://www.phcamps.co.uk)



## LIBRARY

Public

### SLS Parent Newsletter

Spring 2 2025

Here are some of the exciting local events for children coming up over the next few weeks.

**Public Libraries**

Easter holiday events at your local public library are below, look out on Facebook for more details and updates. All activities are free and drop-in unless specified otherwise.

**Alkerman Lacey Library**

- Thursday 10 April, 2pm: Sunflower painting
- Thursday 17 April, 10am: Easter Story Time
- Thursday 17 April, 2pm: Easter Chicks Craft
- Plus Easter Egg Scavenger Hunt throughout the half-term

**Beddow Library**

- Friday 11 April, 10am: Easter story time
- Friday 11 April, 10.30 - 11.30 am: Easter craft activity
- Thursday 17 April: Easter Egg hunt! Booking essential call 023 9273 1848
- Design an Easter egg colouring competition, running from 14 March to 16 April. Entry forms at Beddow Library
- Also, Hunt the bunny scavenger hunt throughout half term

**Carnegie Library**

- Wednesday 8 April, 2-3pm: Make a Springtime crown or Easter card
- Wednesday 16 April, 2-3pm: Make a Springtime wreath. All ages welcome
- Also, Easter bunny hunt throughout half term

**Central Library**

- Tuesday 8 and 15 April, 11am-12pm: Spring/Easter story time with a paper craft activity, suitable for all ages
- Also, simple paper crafts available all week as independent drop in and a character hunt round the children's library

Public

**North End Library**

- Tuesday 15 April, 11am: Paint a clay Easter decoration. Booking essential call 023 9243 7653

**Southsea Library**

- Monday 7 April from 10.30am: Minecraft Day
- Saturday 12 April, 10.30-12.30pm: Dragons, dinosaurs and eggs – a creative writing workshop for 7-12 year olds. £5 booking essential. In this workshop explore dragons and dinosaurs. Let your imagination 'fly' as you create your own creatures and write your own stories/poems. All resources provided. Each participant will receive a chocolate egg
- Monday 14 April, from 9.30am: Rabbit Craft
- Plus Easter Egg design competition to run throughout half-term. Entries close 17 April. Winners receive an Easter egg

**Watercolour Kingfishers at Portsmouth Museum**



**Thursday 17 April**  
10.30am - 12noon  
£5


Booking advised (book by bringing the museum on 023 9281 5276 or at the museum front desk)  
Suitable for children, aged 7-16 years old

Create vibrant watercolour bird paintings, using our natural history collections as inspiration with Sally Goodson, a professional animal artist living in Hampshire.

In this 1.5 hour workshop children will learn how to draw their Kingfisher, and follow Sally's steps to add layers of paint with lots of colour, energy and fun!

Public

**Spring at Fort Nelson**




Come and enjoy the Easter holidays at Fort Nelson with a whole host of free, fun, Spring activities, including a gnome trail, a nature scavenger hunt and crafts. On the hunt for gnomes on a trail around the Victorian fort, you can even discover your own gnome name, and learn about animals that hibernates.

Spring at the Fort will run daily during the school Easter holidays from Saturday 5 April to Monday 21 April – all activities are free but visits to the Fort need to be pre-booked.

Bees and bugs are the theme for the craft activities, and there'll be plenty of have-a-go games including hook-a-duck and farm puzzles.

Tickets need to be booked in advance online at [www.royalnavy.org](http://www.royalnavy.org) as there is limited visitor capacity on site.

**Easter Activities at Port Solent**



**Little Sherwood Farm – coming to Port Solent**

Thursday 10th April, 10am – 4pm.

Perfect for animal lovers of all ages, this interactive event lets you meet a variety of adorable farmyard friends. From rabbits and chickens, ducks and pygmy goats, it's a fantastic way to learn about farm life in a fun and memorable way.



# PLAY THERAPY



**Zoe**  
Play Therapist

"Play is the thing that allows you to be resilient, because it lets you experience the emotional high without the real-life consequences."

Brené Brown



## What does play therapy do?

Play therapy is a powerful tool for supporting children's emotional development, grounded in neuroscience.

Research shows that play helps the brain process and regulate emotions, particularly in the prefrontal cortex, which is responsible for emotional control and decision-making.

Play provides a safe, non-verbal way to express complex feelings. It activates neural pathways that help with emotional regulation, problem-solving, and social skills.

By engaging in therapeutic play, children can reduce stress, build resilience, and strengthen brain areas crucial for learning and behaviour management.

Hello,

My name is Zoe and I am the play therapist at King's Academy College Park.

If you're looking for mental health support for your child, I have a few spaces available for privately funded sessions.

Sessions are held weekly at the same time and day each week, lasting 40 minutes each.

A minimum commitment of 15 weeks is required.

"We are wired for connection. It's in our biology to trust, to feel safe, and to be part of something bigger than ourselves."

Brene Brown

"A child's primary goal is belong and feel significant."

Jane Nelsen

If you're considering funding play therapy for your child, please contact the school for information on pricing.







# Join Scouting in Portsmouth!

There are opportunities all over Portsmouth to join the adventure, the fun and to learn skills for life.



Everyone is welcome in Scouting, you could join -

**Squirrels**

4 - 6 year olds

**BEAVERS**

6 - 8 year olds

**cubs**

8 - 10 year olds

**SCOUTS**

10.5 - 14 year olds

From fire-lighting to crafting, from cooking to hiking - every week in Scouting is different and filled with opportunity!

Adults can join the fun too!  
We're always looking for adults to join our volunteer team.

email-

[volunteer@hampshirescouts.org.uk](mailto:volunteer@hampshirescouts.org.uk)

To join our 'want to join' list, scan this QR code -





# What Parents & Educators Need to Know about ROBLOX



Roblox is one of the most popular video games among children. In 2020, the game's developers claimed that more than half of the USA's children had played it. As a 'sandbox' title, the game lets players create their own gaming experiences with Roblox Studio to build custom levels, which can then be shared online.

## WHAT ARE THE RISKS?

### ONLINE PLAY RISKS

Because Roblox connects random players across the world, it can put younger players into an environment with anonymous users who could use the platform for nefarious reasons. For example, some role-play games are used for online dates and mature role play, which could expose youngsters to inappropriate messages in the public chat box.

### MATURE CONTENT

Content is difficult to moderate throughout Roblox, due to the number of games available. This is particularly notable on smaller games and experiences, but in summary, some of the games and experiences offered on the platform contain age-inappropriate content that could easily be seen by young players.

### IN-GAME SPENDING

The majority of games within Roblox have extensive monetisation options, usually through season passes or microtransactions. Purchases can range in value from a few pennies up to much larger sums of money. While some games offer a lot of content via purchases, others can offer very little for real world money, causing younger players to end up out of pocket.

### ANONYMOUS PLAYERS

The anonymity of users can leave players vulnerable to bullying, harassment, and predatory behaviour. Without the right parental controls or monitoring, users can connect with each other via personal messages or friend requests, and it is very difficult to know who's behind a username in this vast online world.

### RISK OF ADDICTION

Roblox games can feature rewarding or satisfying mechanics that keep players coming back – or persuade them to stay logged-in for much longer. Like most games, they focus on interactivity, with constant rewards via in-game unlocks and currencies, which can sometimes lead to an addictive need to remain online for long periods of time.

### SCAMS

Many of the games on Roblox feature collectible items, pets, or characters. These objects, while digital, are worth a lot of real money on certain online markets. Scammers will attempt to trade with younger users in the hopes of getting rare items that can be sold for real money, manipulating the child into handing them over, usually via misleading information.

## Advice for Parents & Educators

### MONITOR THE CONTENT

While Roblox does implement plenty of moderation tools and parental controls, it's up to parents and guardians to monitor the types of games a child or impressionable player is experiencing. If a youngster wants to play Roblox, be sure to check out which specific games they want to play within it, and get a good idea of their content.

### TAKE ADVANTAGE OF TOOLS

Use the parental controls within the game itself and teach youngsters how to report and block other players. Knowing the powers within their reach will make Roblox a safer, happier experience. You can set age ranges for who's allowed to contact you, close public chat boxes, block spending, and even make your Roblox profile completely private. All these options are helpful in cutting off bad actors from engaging with children.

### PLAY TOGETHER

Consider playing Roblox with the children in your care. There are few more effective ways to see how monetisation works, gauge whether the game could lead to addictive behaviours, or even witness how interaction between players works, than sitting down and trying the game for yourself. This should help you figure out whether it's suitable for particular children.

### TEACH ONLINE BEHAVIOURS

Have an open conversation about the risks of online play and how to spend money wisely. By being honest and giving tips on how a younger user can protect themselves, you can empower them to not only take care of themselves, but others too. Any user can be reported to Roblox moderators by other players for behaving inappropriately. With this knowledge, younger players can be aware of what to look for and help prevent it.

## Meet Our Expert

Dan Lipscombe is a videogame journalist and author of over 20 books on gaming, including books on Minecraft, Fortnite, Roblox, and more. For 15 years he has been writing about his passion for gaming. When he's not playing games, he's talking about them at GAMINGbible.

