DEER PARK newsletter

HEADTEACHERS HELLO



Dear Students and Parents,

As the spring term draws to a close, I want to take this opportunity to wish you all a very happy and restful Easter break. I hope this time provides a wonderful chance to relax, recharge, and spend quality time with family and friends. We have had a busy and productive term so you definitely deserve the break!

We look forward to welcoming everyone back refreshed and ready for the final stretch of the academic year on Wednesday 23rd April. Until then, enjoy the rest.

> Regards, Mr Jones

GCSE FASHION SHOW!

Last night we were thrilled to host our first ever GCSE Fashion Show. This event was a celebration of our talented Year 9s creativity and hard work, showcasing the incredible designs they have created.

The fashion show was also supported by our fantastic Litton Lane Foundation who hosted a raffle and sold refreshments throughout the night. Thank you to everyone who attended and a huge congratulations to all of the students involved.



CINK To video on our Socials



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I am sure that you have seen the growth in your own child these last few months and sincerely hope that you have been happy with their transition into secondary school. I am certainly happy with how the group have taken to life at Deer Park and feel very proud to be their Head of Year.

Looking ahead, the summer term promises to be full of fun and adventure (and hard work of course!). Particular highlights will be the end of year reward trip and also Sports Day; it is always nice to see the students in different environments and representing their house / school in the best way possible.

Speaking of rewards, the most recent assemblies saw students being celebrated in the categories of Community, Ambition and Excellence. These are the three pillars that will underpin our rewards system from Easter onwards. We also recognised students with excellent attendance and E-ref totals.

Have a safe and relaxing break and I look forward to the final term of Year 7 after Easter!

Regards,

Mr Parnell

YEAR 8

EAR 7

Year 8 have had a fantastic term! I am incredibly proud of their hard work and dedication across all their subjects. The Pathways process has been a significant focus, and I have been impressed with how thoughtfully students and families have engaged with making these important decisions. To top it off, the recent celebration assembly was a wonderful way to recognise achievements and positive contributions of the students.. Well done, Year 8! Keep up the amazing effort and have a fantastic break

Mr Colley



A massive well done to Year 9. Their attitude and conduct during the Year 9 exams week has been absolutely superb, and many students should be feeling incredibly proud of themselves. The hurdle of knowing you can manage the demands of a GCSE length exam, in exam conditions, is no mean feat, and many students have commented to me about how confident they are now feeling knowing this is achievable.

Looking ahead, the summer term has a huge amount to offer, with numerous trips and activities, the school production and sports day, amongst many others. I hope all Year 9 students have a well deserved rest, and come back refreshed ready for our final term before Year 10.

> All the best, Mr Gregory

YEAR 10

Another term completed and a chance to recharge before the Summer term of Year 10; it's strange to think that this time next year, we will be talking about the final couple of weeks at Deer Park for our team!

The Spring term has brought a number of successes for the year group, as I have mentioned in previous newsletters. The Summer term promises more exciting opportunities for Year 10, with work experience, Year 10 mock exams, College taster days, our final Sports Day and the performances of High School Musical to name just a few.

Year 10, whilst it's important that you use your break wisely and spend some revising for your mock exams, it's also important to take time out for yourself, and to spend some time with your friends and family. Enjoy the (hopefully!) good weather and get yourself outside in the fresh air.

I would like to wish all of you a safe and happy Easter break. I look forward to seeing you all for the final term of Year 10, and all the challenges and exciting opportunities this will bring to you all.

Take care and be safe,

Mr. Smith



In Design and Technology at Deer Park we want all students to learn to love and protect the world around them and to feel connected to the built environment.

By understanding how things are designed and built, they learn that they can have an impact on their own future and the future of our planet.

We use challenging and engaging projects to stretch students' practical and designing skills. From their first day in year 7 students will use tools and equipment to realise a range of projects, including wood working, soldering and electronics, plastic forming and both hand and machine textiles skills. Alongside this, Students learn about critical evaluation of products, learn to have opinions on design and come up with their own creative ideas.

Design and Technology is done by all students at KS3 with an exceptional level of quality in our outcomes. At KS4 Design and Technology is a very popular pathway option.

We pride ourselves on the quality of our materials and outcomes and know that the students here love taking their finished projects home to show off what they have made.

| YR 7 . In year 7 all students design and make 3 projects. They start off by making a wooden robot. This classic project has been around for a long time, because it works! It is a great first introduction to woodworking, using hand tools such as tenon saws and chisels to saw and shape a block of wood into a wooden robot character. Following this, the Students solder and vacuum form their own moisture sensors. Finally, Students learn hand embroidery and applique techniques to produce a Mexican Day of the Dead plushie toy. | Year 8 follows a similar structure but the complexity of the projects increases. Students make a traditional wooden toy with a hidden mechanism that makes a part move. Following this they make a desktop hologram lamp. This involves soldering the circuit, building the base from wood and using our laser cutter to produce an engraved acrylic top which shines like a hologram. Finally the students design and make a tote bag from scratch using sewing machines. They then design and cut lino to make a unique and original design that they print onto their bags. |
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| Year 9 is our GCSE skills-building year. Throughout this year students have exposure to all of the core materials including; timbers, plastics, metals, papers and boards and textiles. We explore these materials through projects that make use of our excellent facilities, including casting, laser cutting, 3D printing, CAD as well as using some of our bigger machine tools. Alongside this, Students learn about design movements and the work of other designers to help inspire their work. | YR 10 In year 10 we prepare the students for their coursework by doing a practise NEA (non- examined assessment) piece where they follow the same structure as the real course work. Researching, designing, refining, making, and evaluating a product. In this project, they make a working lamp using their chosen materials based on a design movement or design style that inspires them. |



<u>History Department Theatre Trips</u>

Over the last two weeks, Year 7 and Year 8 pupils have had the opportunity to visit the MAST Mayflower Studios, and Mayflower Theatre to enjoy history related performances.

Year 8 watched a performance of 'Spitfire Girls'. Set in 1959, decades after answering the call, two women separated by the war meet again as the rain hammers down on the windows of The Spitfire pub. As we hear their story, we're transported back to a time when female pioneers defied expectations and soared through the skies. Spitfire Girls is inspired by the extraordinary true stories of the women who dared to fly during WWII and the incredible bond that tied them together.

Year 7 enjoyed a performance of 'Hamilton'. Based on the 2004 biography Alexander Hamilton by Ron Chernow, the musical covers the life of American Founding Father Alexander Hamilton and his involvement in the American Revolution and the political history of the early United States.

Both shows were fantastic, and pupils represented Deer Park brilliantly. A huge thankyou to parents and guardians for dropping off and picking up their pupils on both trips.





SPRING TERM IN THE DANCE DEPARTMENT

This term has been jam packed with enrichment and performance opportunities across all year groups at Deer Park Dance. We have had the pleasure of welcoming two external Dance workshops this half term for both KS3 and KS4 dance students, as well as our fantastic Spring Dance Showcase involving over 70 performers.

KS3 Dance Workshop:

In the second week of term we welcomed Hannah Malone, a freelance dance artist that hosted a KS3 Dance workshop. Students from Year 7 and 8 spent two hours learning a contemporary dance piece in preparation for our Spring Dance Showcase. Our Junior Dance Company did an incredible job at learning such a technical dance phrase in such a short space of time. Well done!





Lila Dance GCSE Workshop

Year 10 GCSE Dance students spent a whole day with professional dance company, Lila Dance. During this workshop, students learnt their set piece for their GCSE Duo performance which they will perform in Year 11. Year 10 were superb all day and got a true taste of what it is like to study Dance as a full time student!



Spring Dance Showcase

Towards the end of term we celebrated the hard work and talent of our Dance students at the Spring Dance Showcase. Our exceptional student body performed a selection of dance pieces with a significant portion of the repertoire being original choreographies created by our GCSE Dance students. Each performance reflected an individual artistic intention linking to a stimulus that was given to the students back in November. Congratulations to all those who performed, you were phenomenal.





Food Bank Run

March 21st was certainly a busy day in school with both Comic Relief and World Down Syndrome Day, but the RRC group decided that they also wanted to run to our local food bank - King's Community Church - with food items that the whole school had collected. 10 students managed to complete the two-mile run with backpacks bursting to the brim with various food items. They were greeted by volunteers at the centre who showed them the store cupboards (and how to pack away the food we bought!).

As ever, a massive thank you to the RRC for all they do in the school and local community.

Mr Miller



World Poetry Day:

World poetry day is a day to celebrate poetic literature. World Poetry Day is all about promoting the reading, writing, publishing and teaching of poetry. It has been around since 1999 as a celebrated day around our world. It was made by the UNCEO (United Nations Educational, Scientific and Cultural Organization). This year, World Poetry was on the 21st of March and this year's theme is the Bridge for Peace and Inclusion, and we held a poetry writing competition to commemorate this day. Deer Park students committed themselves to writing outstanding poems inspired by this year's theme, however there were two entries that really stood out. The winners were Layne B-S and Charlie B, of Year 7, for their ambitious poem, titled 'A Poem's Gentle Voice' which clearly embodied this year's theme. The runner up was Sofia D-L who wrote the evocative poem about bullying. Both poems are below. Well done to our students!

A Poem's Gentle Voice

In harmony, we gather round, United hearts, without a sound. The words flow forth, a gentle stream, That quenches thirst for peaceful dream.

With every line, a bridge is made, Connecting souls, no longer afraid. Differences fade, like morning dew, As love and kindness shine anew.

Inclusion's warmth, it wraps us tight, Embracing all, through day and night. No voice is silenced, none oppressed, Each story told, with love caressed.

This poem's message, pure and bright, Shines out, a beacon light. Guiding us forward, hand in hand, To a world where peace takes its stand.

Morta poetry day! poen about anti bullying peace inclusion

Bullying its not true. Tray and sust has people say about you. Through all one tough and one bad. They are sust trying to make you sad. They are sust trying to make you sad. They are sust trying your conjudence with a knyle. Don't let them take over your ye. An up-stander its what you need to be. Stay strong and they will see. Bullying really sant cool. It shouldn't exist at all. You are worth it ignore what oney say. Don't let them twin your day. You control yoursely. No one constrols you. They will some day see it too.

Mrs A Williams

<u>Marwell Trip</u>

Last week we took 60 year 7's to Marwell Zoo to study animal adaptations and biome characteristics to complement our current Africa unit of work. We were lucky enough to have a talk from one of the zoo keepers on big cat species and learn about their animals at the zoo. We explored the living rainforest, the African walkthrough and the primate enclosures to understand how these animals are perfectly adapted to live in their natural environments. The students who joined us were perfectly behaved! We were so impressed.

Thank you year 7! Miss Emmett



STUDENTS SEGMENT

By Kezia Swain

EASTER EGGS

With the Easter holidays hopping into view, we find ourselves hunting in desperation for exciting days out, in the hope to share quality time with our families. However, we always find ourselves inevitably succumbing to the same, worn out places we have visited time and time again or locked inside, slumped in front of a glaring screen as the days are pulled from beneath us. Well to save you from your peril, the Easter Bunny has arrived early, with a basket of hidden Easter eggs you can crack into this break!

♀ Old Winchester Hill

Lose yourself in the rolling hills which plunge into verdant, uncharted forests. Allow mother nature to cradle you in it's breathtaking embrace as you marvel at it's opulence and spectacular scenery.

o Swanick Lakes

Adventure into a jungle of wildlife through the nature reserve and weave your way through the tangle of reeds fringing the rims, to uncover the tranquil, mystic mirrors nestled deep within the trees.

o Hamble Valley Country Park

Indulge in a stroll along the river Hamble before grabbing your nets and heading on your pursuit to capture the city of crabs which dwell beneath the sparkling surface.

o Southsea

Walk from Canoe Lake to Southsea Pier and soak in the salty seafront. Throw yourself onto thrilling rides at the fair or try your luck against the myriad of arcades.

o Winchester

Stow your car behind the cathedral while you explore the labyrinth of the ancient city. Push aside the cobwebs and delve into History at the local museum free of charge.

o Stokes Bay

Aboy there matey! Withdraw your golf clubs in battle against friends and family at the pirate-themed crazy golf. Strive for treasure of victory or walk the plank in shame!

Have an egg-cellent Easter! - Kez

Year 8 Pathways

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A big thank you to all of our year 8 families who have ensured the pathways process for the year 8's have gone smoothly. We will be sending a letter out shortly for you to check the choices that have been made by the students.

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| Setra Curricular TIJIE TABDE | | | | | |
|---------------------------------|--|---|--|---|---|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAK 1 | *Poetry (004) *Drama Club (KS3) | *Get Active (SH) Year 7 *Maths Drop-in (117 & 118) *French Support Drop in (103/104/105) *Gardening Club (Meet in AS) | *Get Active (SH) Year 8 *Dominoes Club (AS) *French Support Drop in (103/104/105) *KS4 Intervention (Maths/Science) (117) *Ks4 History Support B week (110) *Year 9 & 10 Art Catch-up (203) | *Get Active (SH) Year 9 *English Drop In - 007 (EJL) Year 10 | *Get Active (SH) Year 10 *ICT Drop in (101 & 102) |
| BREAK 2 | | *Global Affairs Club (108) *IT and Coding Club (102) *French Support Drop in (103/104/105) *Chess club (114) *Bronze Arts Award' Year 8's (121 | *Debate Club (year 9/10) (003) *Puzzle club (119) *French Support Drop in (103/104/105) *Ks4 History Support A week (110) *Year 9 & 10 Art Catch-up (203) *KS4 Geography Support A week (106) | *ICT Drop in (101 &102) *Guitar ensemble (008 - all guitarists welcome!) | |
| AFTER SCHOOL | U13/15 Cricket Fixtures Mr Hughes/Mr Colley Girls Football (Astro) Rugby (Grass Pitches) Self study club (LRC) Flower Arranging - For Students and Staff Art Club (203) | *Outlet Basketball Club External booking (paid sessions) *Percussion ensemble (008) *Self study club (LRC) | *MultiRounders E Andrews *Flag Football (Astro) Solent Uni Start - 5th March *STEM Club (211) *Book Club (002) *History Film Club (109) WEEK A only *Self study club (LRC) *Fantasy Games club (Atrium) *English Drop in - AMW - (004) | *Athletics - PE Dept Cricket Training Mr Hughes (SH) *Mathletes (118) *Spanish Club (104) *Deer Park Magazine *Self study club (LRC) *Cooking Club (208) year 8s Mrs Marshall *English Drop in - JNT - 006 | *Self study club (LRC) |



PHYSICAL EDUCATION & SPORT UPDATE

<u>Fixtures</u>

Congratulations to Year 7 football team who finished their league season undefeated and league winners. They continue into the semi finals of the Southampton schools cup after Easter. We wish them luck in their quest to complete the league and cup double!

Year 8 netball have won the Southampton league! A huge well done. Medals will be presented in assembly after Easter with Miss Andrews

<u>Clubs</u>

New clubs added for summer term! These are now available on Edulink including multi rounders and athletics. In May we have several athletics competitions and are looking for keen runners to represent the school at the Hampshire track knockout rounds. Flag football with our guest coaches continues, with momentum building to a fixture during June against other local schools

<u>Summer term - Sun safety</u>

We encourage sun safety here at Deer Park during summer term. As the days get warmer and UV increases please support us in promoting sun safety with application of suncream on the morning of PE. A plain black/navy cap to protect the students face from the sun is acceptable if kept in their PE bag.

All lessons now move outside as we promote our summer term curriculum of athletics, cricket, rounders and some new topics including Golf in June/July alongside tennis throughout the hottest months of the year.

<u>GCSE PE - Quick fire questions to support learning</u>

Year 9 - Name five fitness tests and the component of fitness it measures Year 10 - Name three somatotypes and their impact on sports performance Challenge question - which muscles are used to support the mechanics of





The PE department wishes you a lovely active Easter break.

SAFEGUARDING RESOURCES

Masculinity and the "Manosphere" are hot topics in the media at the moment, with the release of the Netflix series Adolescence.

It is increasingly important to be aware of the influence of "toxic masculinity" and the "manosphere" on young people, especially with the prevalence of social media. These online spaces often promote harmful ideas about manhood, emphasizing dominance, aggression, and the suppression of emotions. The groups promoting this way of thinking can express prejudice with the suggestion that they are building a community, and can promise young people success if they follow the rules set by the leaders of the group. This content can lead to distorted views of relationships, disrespect towards women, and increased risk of engaging in harmful behaviors.

Be vigilant about your child's online activity and think about implementing restrictions, encourage open conversations about healthy masculinity, and reinforce the importance of respect, empathy, and emotional intelligence. It's crucial to provide our young people with positive role models and counter the negative messages they might come across online.

For more information, visit:

<u>Brook - www.brook.org.uk/your-life/challenging-masculinity-and-the-</u> <u>manosphere/</u>



Click here for Link to Emoji Guide

UPCOMING DATES

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| Date | Activity | Year Group |
|----------------------|--------------------------------------|------------|
| Tuesday 22nd April | Inset Day - no students in school | All Years |
| Wednesday 23rd April | All students return to school | All Years |
| Monday 28th April | Year 10 Exams Start | Year 10 |
| Thursday 1st May | Year 7 Parents Evening | Year 7 |
| Monday 5th May | Bank Holiday - school closed | All Years |





Polite reminder: All meal deals are £3.20 and served at break 2. The daily limit to spend is £7.50 unless you have asked us to cap this. Hot food is also available at break 1. If you recieve the FSM allowance of £3.20, this does not get reset from break 1 and is to be used across the day. If your child does fall into a negative balance a red slip will be issued at the office and a phone call home will be made to ask to top up the account. We can no longer allow purchases on overdrawn accounts. many thanks.

CAR PARK

For the safety and security of all students and staff, please be reminded that the school car park is reserved exclusively for those who hold a valid car park pass or a Blue Badge . We kindly request that you do not use the car park for general drop-offs or collections (Unless you are collecting your child during the day for an appointment).

To ensure a smooth and safe drop-off and pick-up process, please utilize the designated drop-off points available on Sika Avenue.

Thank you for your cooperation and understanding in helping us maintain a secure environment for everyone.

ABSENCES

Please, where possible, could you contact us before 8.30am if your child is unable to attend school. Absences can be recorded via Edulink or by e-mailing absence@deeparksecondary.org. Alternatively please call the school on 01489 351100 and select option 1 to report your child absent.



HOLIDAY FORMS

If you need to request an authorised absence from school, for example for holidays, attending family funerals, etc Parents will now need to complete an online google form. This should make it easier for parents to complete. The link for the form is <u>here.</u>

Lost Property

All lost property is kept in the Library (LRC). If your child(ren) has lost anything, please ask them to collect anything that belongs to them. Items will be kept for 3 weeks and then donated. Please help us to get items back to your child by clearly labeling items. Thank you.



online Safety we believe in empowering parents, c n, should they feel it is needed. This guide focuses o

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AS ANS 3

It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech - related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?

What parents need to know about **SCREEN ADDICTION**

HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.



Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



CONFIDENCE. SUPPORT & ADVICE

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said they thought their children spent too much time in front of screens

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.



Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

ENCOURAGE ALTERNATE <u>ACTIVITIES</u>

t may seem like an obvious solution, but encouraging lidren to play with their friends, read a book, or playing outdoors will help them realise they can have fun it their device. Playing football, trampolining, g, going for a walk or swimming are all healthy ments for screen time. Try to join them in their Dutdoor activities to show your support.



ACCESS TO INFORMATION

Top Tips for Parents

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as yberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.



REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.



82% of children aged 5-7 go online for nearly 9.5hrs a week

93% of children aged 8-11 go online for nearly 13.5hrs a week

99% of children aged 12 go online for nearly 20.5hrs a v



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STATISTICS

