



DEER PARK

newsletter

FRIDAY 6TH OCTOBER 2023

ISSUE 2

HEADTEACHER'S HELLO!



It has been a really busy time here at Deer Park with the students excelling in so many areas. The European Day of Languages was great fun and certainly pushed some of us out of our comfort zones! This coupled with the Macmillan Coffee Morning produced some amazing continental themed cakes - we certainly do have some budding Bake Off stars in the making...

All of the sports teams have been brilliant with some superb results. We're really proud of what they do (especially the Year 7s who were drenched on Monday night yet kept smiling!)

Both Open Evening and Open Morning were a great success and the students were exceptional when showing around and interacting with potential new students. They are a fantastic group of students and it was a pleasure to hear the positive feedback about them all.

I hope you enjoy reading through the newsletter and as ever if you need anything we are here.

Regards, Mr Jones

MEET MRS WATSON



Hello, I am Mrs Watson and I am one of the Assistant Headteachers at Deer Park. I joined here in September, the same time as our new year 7's. It has been so lovely getting to know all of the students, they have all been so friendly and welcoming. I also teach RE within the Humanities department and am passionate about these subjects enabling students to explore the world around them both in the present and in the past. Outside of school I have two young children of my own and our weekends are usually busy with things like football and parkruns! I have loved my first few weeks here at Deer Park and would like to thank everyone for making me feel so welcome.

TERM DATES FOR THIS ACADEMIC YEAR
PLEASE CLICK [HERE](#) TO VIEW TERM DATES FOR
THIS ACADEMIC YEAR (2023-2024).

ABSENCES

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

YEAR 7

Year 7 continue to make their mark on Deer Park! I am seeing so many pieces of amazing work in lessons, and our staff keep telling me how fantastic they are as a year group! Last week we had a visitor in our assembly, John, who spoke about the importance of climate change awareness and how we can all do our bit to help our environment. Many students also took advantage of the 'Bike Dr' session, and had their bikes serviced ready for the winter months. Please continue to be amazing, Team 2028! Mrs Wilson

YEAR 8

Year 8 have maintained their excellent start to their second year at Deer Park, with teachers continually commenting on how settled and engaged they are with their learning. In a recent assembly on mental health awareness, Year 8 were introduced to Ikigai - A Japanese concept that combines the terms iki, meaning "alive" or "life," and gai, meaning "benefit" or "worth". In Japan, during medical testing, doctors will ask patients about their Ikigai to help determine their sense of self-worth and well-being. With this year being so important with regards to choosing their options, it is a great time for the group to consider their future aspirations. Mr Gregory



YEAR 9

Over the past fortnight, Year 9 have continued to work well with their new option subjects, and settle into their new timetable. Many students embraced the challenge of 'trying something new', and hopefully we have fostered some new hobbies through participation in the extra curricular opportunities at Deer Park!

Recently we have had some fantastic successes with our Year 9 sports teams; notably the netball team who performed incredibly well at a recent fixture. I also had the pleasure of refereeing the Year 9 football team who performed brilliantly in their first league game last week - it was great to see them all performing so well as a team, and showing great sportsmanship to the opposition; a reminder of why I'm so proud of this year group. Mr Smith

PHYSICAL EDUCATION & SPORT

During the first few weeks of term it has become increasingly tricky to get lost items of PE clothing back to their owners. Please can name tags be added into PE items of uniform to help the department get lost items back to their owners.

EXTRA CURRICULAR

Well done to those who have started their after school sporting clubs here at Deer Park. We strongly encourage all pupils to attend a PE club once a week. Regular attendance and strong school values on display throughout the day will be recognised by staff and teams selected based on all of these factors. A special mention to those who made their Year 7 league debut (25th Sept). Thank you to our year 9 match officials Leon A, Oliver B and Cian O'C. (Team below). Congratulations to the Deer Park Junior girls football team who won their first league match 3-2! (Team below)

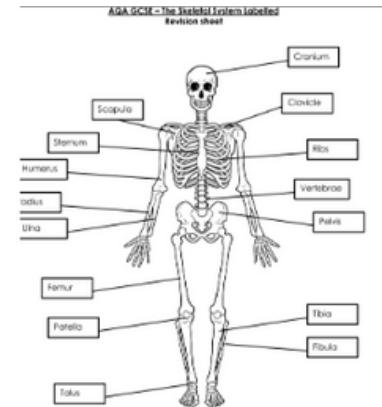


Player of the match

Yr9 Netball - Grace A & Masie B
Yr9 Girls Football - Poppy O'C
Yr9 Boys Football - Harry K (GK)
Yr8 Boys Football - Jacob M
Yr7 Boys Football - Joel H
Yr 7 Girls Football - Annabelle B (GK)
& Layla S



It has been fantastic to have our first GCSE PE students starting their examination journey. They have so far explored the skeletal system, muscles and the role of the skeleton in sport. Please feel free to discuss their learning with them, they should be able to recall 5 muscles and 5 bones in both the upper and lower body.



BLACK HISTORY MONTH

October is Black History Month in the UK, an event that has been celebrated nationwide for more than 30 years.

Black History Month is a time for reflection on the past and positive change for the future. The annual celebration recognises and values the inspirational individuals and events that have, and continue to shape history. During Black History Month, we remember and celebrate important people from the past and also those who contribute to society today.

The theme for this year is 'Saluting our Sisters' and looks specifically at black women throughout history and the contributions they have made to society. All students explored Mary Seacole and Lilian Bader in tutor time and there are also assemblies and competitions running throughout this month.



WORLD MENTAL HEALTH DAY

Every year, we celebrate World Mental Health Day on Tuesday 10th October, with a theme for each year. This year, the theme is 'Mental health is a universal human right.'

We regularly remind students of the importance of maintaining positive mental health, and a recent assembly gave 10 tips in maintaining this:



Take time to focus and to unfocus

Practice self-love

Do something you love, and schedule time for this

Practice gratitude

Maintain physical health

Forgive yourself

Limit your social media use

Focus on positives

Connect with yourself

Establish human connect

#HELLO YELLOW

Deer Park School will be supporting World Mental Health Day on Tuesday 10th October by taking part in #HelloYellow. All money raised will go to supporting the Young Minds charity. All donations are welcome.

Students can wear non-school uniform but in order to fully support the day, they have been asked to wear something yellow and join thousands across the country to stand out and support young people's mental health.



[You can find more information about #HelloYellow here.](#)

Extra Curricular clubs

Please find attached this half term's Extra Curricular timetable. Students are still welcome to join any club that they haven't already signed up to even if they have already begun

Final Extra Curricular timetable Autumn 1 2023 - [Google Docs](#)

Jeans for Genes

Students raised awareness of genetic diseases by wearing their jeans to school on Friday 22nd September. As a school, we raised a fantastic £386 which will directly help those affected by genetic diseases in getting the help and equipment they need. The highlight of the day was undoubtedly the 'Dance in Denim' disco at lunchtime - thank you to Miss Cotterill and Miss Webb for organising!



EUROPEAN DAY OF LANGUAGES

On Tuesday 26th September, we celebrated European Day of Languages around school. Many teachers took part in the challenge alongside the Languages Department, including Maths, PE and ICT. It was great for the students to be greeted in a different language across a variety of lessons and to experience language diversity within our school. In tutor time, students were asked to complete a quiz which incorporated linguistic phrases as well as a knowledge of European languages and flags. Students used Spanish key words whilst practising their Football skills and students in Maths went through their Times Tables in a variety of languages.

Madame Brazao had the opportunity to teach Year 8 students some Portuguese, which the students thoroughly enjoyed.

On Wednesday 27th September, the canteen produced a splendid array of foods including Churros and Merguez Frites. Merci beaucoup Chef Sylvie! Alongside our MacMillan coffee morning, students were invited to participate in a Cake Exhibition. This was a great success with a range of entries across the school.



MACMILLAN COFFEE MORNING



Macmillan Coffee Morning was a great success! A huge thank you to all of those who donated and brought cakes on the day - you really have made a difference to such a wonderful charity. We raised just over £137!!

A special thank you must go to the students who very much ran the event themselves - Isabella D, Jacob B, Maisy T, Kiki M H & Lottie M.

New York Maths Trip - October 2024 (current year 9 students only)

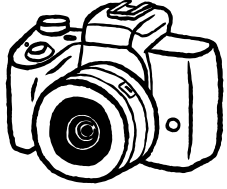
This week in assembly Mrs Stratton talked to Year 9 students about an exciting opportunity to visit New York in October half-term next year. Please keep an eye on your inbox for a letter with all the details including itinerary outline and payment details.



School Photos

All parents have been sent a personal email with their link to view and order packages.

The order closing date is Tuesday 10th October for free delivery to the school - if you have any questions, please email info@smileYellow.com



Lost Property

All lost property is kept in the hygiene room (next to first aid) . If your child(ren) has lost anything, please ask them to collect anything that belongs to them. Thank you.

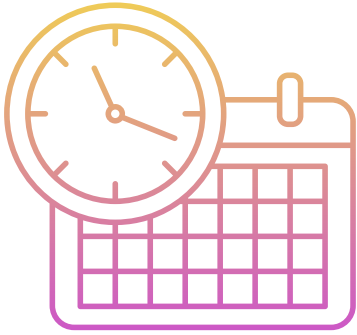


Young Carers

At Deer Park we recognise that some students have additional responsibilities as a Young Carer. A Young Carer is a student who will care for any family member due to an illness, disability or any other circumstances that may mean they support others in the home and therefore may need a little extra support whilst here at school. Year 7 recently received an assembly that explained to them what a young carer is. In tutor next week all year 7 students will be invited to complete a google form which will enable them to self identify as a young carer so that they can join our Deer Park Young Carers group. Please encourage your child(ren) to do so if they are a young carer.



UPCOMING DATES



Date	Activity	Year Group
Tuesday 10th October	Non uniform day- Wear Yellow for mental health day	All year groups
Thursday 12th October	Cipher day	Year 8
Friday 13th October	Inset day	All year groups
Tuesday 17th October	Rotary shoebox collection	All year groups

Rotary Shoebox Appeal

As a school we are supporting our local Rotary Club and inviting each tutor group to put together at least one shoe box to be donated to the Rotary Christmas Shoe Box Appeal.

This is a scheme to aid disadvantaged children in countries such as Albania, Montenegro, Moldova, Romania, Kyiv, Lviv and Ukraine.

Students have all completed a tutor session explaining to them what can be included in this and we are asking for all donations to be brought in on Tuesday 17th October.



FOBS
Presents

Autumn Festival

@BOTLEY PRIMARY SCHOOL
SO30 2EA

Sat 7th Oct

MAIN ARENA EVENTS
FARM ANIMALS
PONY RIDES
SHOPPING VILLAGE
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At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

12 Top Tips for BUILDING CYBER RESILIENCE AT HOME

As a society, we're increasingly using technology and tech services in the home. Digital assistants which can adjust the heating or turn lights on and off; streaming services for shows and movies on demand; games consoles; smart speakers; phones; laptops ... the list goes on. As we introduce each new gizmo to our homes, however, we increase the level of threat from cyber criminals. It's essential, therefore, that we learn to become more cyber resilient in relation to the devices and digital services that the people in our household use.

WHAT IS 'CYBER RESILIENCE'?

Cyber resilience focuses on three key areas: reducing the likelihood of a cyber attack gaining access to our accounts, devices or data; reducing the potential impact of a cyber incident; and making the recovery from a cyber attack easier, should we ever fall victim to one.

1. PASSWORDS: LONGER AND LESS PREDICTABLE

The longer, less common and predictable a password is, the more difficult it becomes for cyber criminals to crack. The National Cyber Security Centre's 'three random words' guidelines are ideal for creating a long password which is easy to remember but hard to guess.

2. AVOID RE-USING PASSWORDS

When you use the same password across different logins, your cyber resilience is only as strong as the security of the weakest site or service you've signed up for. If cyber criminals gain access your username and password for one site or service, they'll definitely try them on others.

3. USE A PASSWORD MANAGER

A good way to juggle different passwords for every site or service you use is to have a password manager. This software stores all your passwords for you, so you simply need to remember the master password. LastPass, Dashlane, 1Password and Keeper are all excellent password managers.

4. BACK UP YOUR DATA

Keep a copy of your data using OneDrive, Google Drive or another reputable cloud-based storage solution. If it's extremely important or sensitive information, you could even decide to keep more than one back-up version - by saving it to a removable USB drive or similar device, for example.

5. ENABLE MULTI-FACTOR AUTHENTICATION (MFA)

Multi-factor authentication is where you need access to your phone (to receive a code, for example) or another source to confirm your identity. This makes it far more difficult for cyber criminals to gain entry to your accounts and your data, even if they do manage to get your username and password.

6. CHOOSE RECOVERY QUESTIONS WISELY

Some services let you set 'recovery questions' - such as your birthplace or a pet's name - in case you forget your password. Take care not to use information you might have mentioned (or are likely to in future) on social media. More unpredictable answers make cyber criminals' task far harder.

7. SET UP SECONDARY ACCOUNTS

Some services provide the facility to add secondary accounts, phone numbers and so on to help with potentially recovering your account. Make sure you set these up: they will be vital if you're having trouble logging in or if you're trying to take back control of your account after a cyber attack.

12. STAY SCEPTICAL

Cyber criminals commonly use various methods, including emails, text messages and social media posts. Be cautious of any messages or posts that are out of the ordinary, offer something too good to be true or emphasise urgency - even if they appear to come from someone you know.

11. KEEP HOME DEVICES UPDATED

Download official software updates for your household's mobile phones, laptops, consoles and other internet-enabled devices regularly. Security improvements and fixes are a key feature of these updates - so by ensuring each device is running the latest version, you're making them more secure.

10. CHANGE DEFAULT IOT PASSWORDS

Devices from the 'Internet of Things' (IoT), such as 'smart' home appliances, are often supplied with default passwords. This makes them quicker to set up, but also less secure - criminals can identify these standard passwords more easily, so change them on your IoT devices as soon as possible.

9. CHECK FOR BREACHES

You can check if your personal information has been involved in any known data breaches by entering your email address at www.haveibeenpwned.com (yes, that spelling is correct!). It's useful if you're worried about a possible attack - or simply as motivation to review your account security.

8. KEEP HAVING FUN WITH TECH

Consider our tips in relation to the gadgets and online services your household uses. Protect yourself and your family, and don't let the bad guys win: devices are not only integral to modern life but also a lot of fun - so as long as you keep safety and security in mind, don't stop enjoying your tech.

Meet Our Expert

Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that adults and children alike become more aware of the risks associated with technology, as well as the many benefits.



Source: www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online/three-random-word | <https://haveibeenpwned.com>



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#WakeUpWednesday



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*EXCITED, NERVOUS, ANXIOUS?
NOT SURE HOW THEY'RE FEELING?*

EMOTIONAL HEALTH CAN MAKE A BIG DIFFERENCE
TO CHILDREN'S PROSPECTS IN SCHOOL AND BEYOND

In Hampshire, we believe in supporting children's emotional health development, and that's why we've invested in online courses in understanding your child for parents.

By understanding how your child's brain develops and responds emotionally, you can better support their needs as they navigate the big milestones in school.



- Learn to better read and understand behaviour
- Help them to communicate how they feel
- Gain psychologist-informed ideas to support your child



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Saturday 28th October 2023

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PUMPKIN DISPLAY - CHARITY TOMBOLAS - BAR
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RELEASED &
FALLING**



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20TH OCTOBER 2023
8-9.30PM
Adults £15**



Children £10 (must be accompanied by an adult)

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