



# DEER PARK

newsletter

FRIDAY 17TH NOVEMBER 2023

ISSUE 4

## HEADTEACHER'S HELLO!



I just wanted to take a moment to shine a big, bright spotlight on the amazing work the students have undertaken over the past two weeks. Their creativity, enthusiasm, and dedication to learning never ceases to amaze us here at Deer Park. I am sure as parents you are incredibly proud.

Each and every student brings something unique to the school, and it's this diversity that makes our school community so vibrant and special. From their insightful questions to their innovative ideas, your children continually show us what it means to be part of our community.

A quick message to the students - remember, your brilliance isn't just about grades or achievements; it's about the kindness you show, the support you offer, and the determination you exhibit every day.

So, keep shining bright, exploring new extra curricular opportunities, and being the amazing individuals you are. You make our school community proud.

### MEET.....



My name is Miss Philpot. I joined Deer Park in September with the new year 7 cohort and I am one of the Geography teachers here. I am passionate about encouraging students to understand our world better and to encourage them to be global citizens. I also teach Education for Life and have some wonderful year 7 RE classes this year too. In my previous school I also taught Health and Social Care.

I have also spent some time studying for my masters in Psychology and Sport and Exercise Psychology and I am currently running a psychology club at Deer Park, which started in the new half term. I intend to encourage students to learn about a new subject that will help them to understand others and themselves better. I also enjoy dance and I am still a keen tap dancer as well as painting and creating prints!

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

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### 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](mailto:absence@deerparksecondary.org).

Alternatively please call the school on 01489 351100 and select option 1 to report your child absent.

## YEAR 7

The beginning of this half term has been a busy one, with many opportunities for them to get involved in! Students have looked at their first ever set of report data with Mrs Dixon, Black History Month with Mrs Watson and the Unifrog Careers Platform with Mr Hastings. Students have been urged to continue their contribution to the year group ethos of 'be your best self', and I have challenged them to grasp every opportunity given to them at Deer Park School.

Year 7 have had their first set of report data released this half term, and I am incredibly proud of the hard work and effort they continue to put into our school community. All students should congratulate themselves on this brilliant achievement!

Please continue to be amazing, Team 2028!  
Mrs Wilson

## YEAR 8

Year 8 recently had an excellent assembly delivered by Suzie from Sustrans on the theme of clean air. Students were presented with a series of facts backed up by scientific evidence outlining the issues of polluted air, and what we can do as a school to reduce this in our community. Whilst introducing a topic which will continue to be talked about for years to come, it also covered several elements of the GCSE Science and Geography curriculum, giving Year 8 a taste of lessons to come next year. It was great to see how many students walk and cycle to school, doing their part in reducing our carbon footprint. Certainly one takeaway for the staff in assembly was learning that leaving your car engine idling for 1 minute releases 150 balloons worth of toxic gases into the atmosphere!

Well done Year 8 - keep up the good (and green) work.  
Mr Gregory



## YEAR 9

In last week's assembly, we had some special guests as Channel 4 came in to talk to the year group about various roles available in the TV industry. The speakers also surprised Year 9 by announcing the winners of a national competition from last year - it was an entry from some of our own! The winners were all given trophies and told of an exciting prize that awaits them; congratulations to the winners; your preview was excellent!

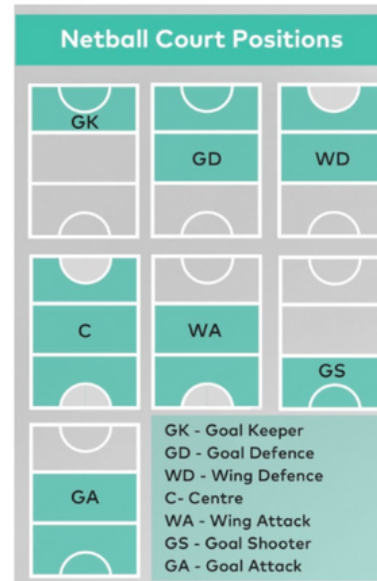
As you read this, Year 9's teachers will be busy inputting data for the first report of the year. When you receive the report, please take the time to talk it through with your son/daughter; especially any BFL targets that come up with turquoise or blue behaviour grades. With this being the first report for Year 9, it is important that any targets are acted on in lessons in order for students to reach their potential in subjects.

Mr Smith

## SPOTLIGHT: PE

### Year 7 | Curriculum Learning

Year 7 are exploring the physical skills of badminton alongside their netball outdoor lessons. The weather has yet to beat us, so well done to those remembering to pack their extra layers underneath their PE uniform. How many positions in the picture here can they recall on the netball court so far?



### Year 8 | Curriculum Learning

New topics awaited year 8 this half term with volleyball taking place. The students have been able to identify similarities and differences between volleyball and badminton and continue to enhance their physical skills using a range of new techniques during volleyball games.

### Year 9 | Core PE Curriculum

Year 9 core PE has seen some competitive netball games taking place with students focusing on their defensive skills; marking, defending from the front and creating pressure. During rugby all students will look to enhance their techniques and the introduction of contact will occur for those wishing to do so. A letter has been sent home with links to purchase a mouthguard on our skoolkit website (<https://www.skoolkit.co.uk/school-uniform/1260>)

### GCSE PE | Year 9

Quick fire questions to support your child with their learning:

Name three muscles in the upper and lower body

Locate the patella

What is the difference between a ligament and a tendon?

## **Trips**

Thank you for your continued support with signing up to trips we have on offer. We are currently in the process of producing a trip booklet for parents to be able to see what trips will be launched in the future. We aim to have a wide range of residential and non-residential trips so that all students are in a position to enjoy them as we understand that some of our bigger trips might not be accessible to everyone.



### **YEAR 8 ANTI-BULLYING SURVEY - PLEASE COMPLETE THE CONSENT FORM.**

Deer Park are proud to be one of only 18 schools across the country involved in the United Against Bullying Plus programme. With this, the school benefits from engaging in a number of activities to ensure we remain a kind school that stands up to bullying. One of the tasks is for Year 8's to partake in a survey but we need parental consent for this. Please can we ask that you fill in the consent form sent to you recently asap if you haven't already so that we as a school can complete the survey by the 1st December deadline. Many thanks



## NEW YORK MATHS TRIP - OCTOBER 2024 (CURRENT YEAR 8 STUDENTS ONLY)

Last week in assembly, Miss Braiden talked to Year 8 students about an exciting opportunity to visit New York in October half-term next year. There are 15 places available to year 8 students - a letter was sent out last week with all the details including itinerary outline and payment details. Deadline for the deposit payment is Wednesday 22nd November 2023.



## CHANNEL 4 COMPETITION - DEER PARK WINNERS!

As mentioned by Mr Smith, six of our students won the Channel 4 / 4 Schools Pitch a Programme competition. The students met with Mrs Yale every Thursday tutor time last term to create a presentation and trailer for a show idea; focussed around how in our society we are Altogether Different - and celebrating what that means to modern Britain. The trailer can be seen [HERE](#).

As part of their prize, the students will head to The Record Hall Studios in London to explore behind the scenes. The students will receive a podcast masterclass where there will be a chance for them to record a podcast, discussing their show idea - Not Again! As well as this, they will participate in a talk from one of the leading podcast producers, Ben Cartright and hopefully get to meet some famous podcasters...

Well done to Lola Williams, Katie-Mae Lush, Isabella Thomas, Lily Hornett, Dexter Leggett and Dylan Palmer!



## 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 2 2023 - GOOGLE DOCS](#)

### SPARX READER

This year, all pupils at Deer Park will be given access to a brand new reading program

called 'Sparx Reader'. This is a reading, comprehension and vocabulary programme that aims to get all young people reading regularly to help improve their literacy.

All pupils have completed a Sparx Reader Test to help us determine their Sparx Reading Level. This then gives pupils access to their own personalised EBook library where they can unlock lots of exciting features!

Pupils will be given the opportunity specifically to use Sparx Reader during their literacy sessions, Monday Week A, but they can use it at any time - day and night! Please encourage them to do so.



Happy reading!

Mrs Smith  
Literacy Coordinator



### CHRISTMAS CAROLLING

Following the success from last year, Hillier Garden Centre has asked if we can carol sing at the opening of their Christmas Fayre this year, on Thursday 30th November. All students are invited to join; a consent form has been shared with you on ParentPay.



## EQUALITY & RIGHTS ADVOCATES CONFERENCE

On Wednesday 15th November members of the Deer Park Diversity Focus Group were fortunate to attend this terms Equality & Rights Advocates (EARA) Conference. They had the opportunity to work with students from six other local secondary schools and share a variety of things that each school is doing. The conference also had Dennis Smith as its guest speaker who told them about the Windrush and his own experiences of growing up in the UK and becoming a nurse for the NHS. The common theme throughout his talk was ensuring that he 'turned up' regardless of his own self doubts. It was incredibly inspirational.

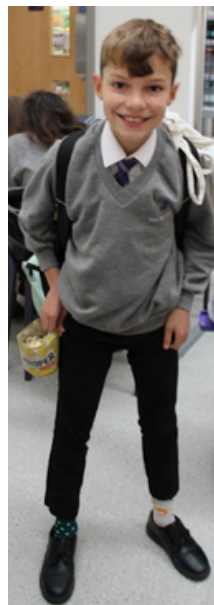
Students also spent time exploring the United Nations Convention on the Rights of the Child (UNCRC) and have started to make plans to drive Deer Park from its current Bronze UNICEF status to Silver.

Well done to Jess P, Ciaran W, Jayven K, Amar S, Owen B and Harry G for representing the school so superbly!



## Anti Bullying Week - Monday 13th - Friday 17th November

Throughout this week Deer Park staff and students have 'made a noise' about bullying! The week began with Odd Socks Day and lots of activities in tutor time to ensure that students understood the importance of this.



In tutor sessions, in lessons and at break and lunch students have had the opportunity to create kindness cards, friendship bracelets and take part in an anti bullying poetry competition. Students have also designed ceramic tiles with anti bullying messages that will be displayed around the school.



The finale of our weeks events will involve our Anti Bullying Ambassadors participating in a virtual conference led by the Anti Bullying Alliance to discuss questions around bullying such as 'can you bully someone without realising it?' 'what do you say to a bully after they've said something to you?' and 'does bullying mostly happen in school or outside of school?'





## Wellbeing Youth Conference - Thursday 16th November

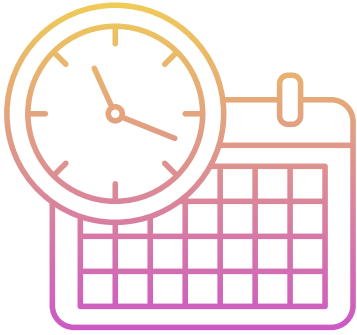
On Thursday 16th November Deer Park was proud to host the fourteenth annual Youth Wellbeing conference sponsored by Eastleigh Borough Council and led by Stacey Miller. Four schools with around 60 students in total attended a variety of workshops all centred around the theme of wellbeing.

The conference was opened by the Lord Mayor of Eastleigh and various organisations delivered workshops on things such as boosting mood with food, self esteem and sexual health and wellbeing.

All schools were given time to create an action plan that they can then implement - we can't wait to put into action some of the great ideas that Deer Park students have!



# UPCOMING DATES



Date	Activity	Year Group
24th November	Inset day	All year groups
30th November	Year 7 Tutor Evening	Year 7
5th December	Natural History Museum trip	Year 9
8th December	Christmas Jumper day	All year groups

## Christmas Silent Disco!

On Wednesday 13th December we will be holding a Christmas Silent Disco for all students. The year groups will be split across two sessions and more details will follow nearer the time but get the date in your diary! All money raised from this event will go towards our Dance Live entry and help with things like costumes, make up and set design.



LOST

PROPERTY



## 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.

THE NATIONAL SLEEP HELPLINE



the national  
**sleep**  
helpline

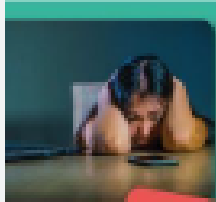
**Does your child  
suffer with  
sleep issues?**

Do you struggle  
with your child's  
bedtime?

Will your child  
not sleep in  
their own bed?

**WE CAN HELP**

 **03303 530 541**  
Monday, Tuesday & Thursday 7pm - 9pm  
Monday & Wednesday 9am - 11am



The Diana Award definition of bullying is "repeated negative behaviour that is intended to make others feel upset, uncomfortable or unsafe." Cyberbullying is bullying which takes place online. It can involve anything from sending messages to posting offensive comments to uploading and sharing private or embarrassing photos. It is classed as an indirect form of bullying when compared to verbal or physical bullying, given it usually takes place through a digital device. However, for those experiencing bullying behaviour, the consequences can be just as serious and have far reaching effects.



# What schools need to know about CYBERBULLYING



## 3 KEY ASPECTS OF BULLYING BEHAVIOUR

There are three key aspects of bullying behaviour, namely that it is repeated, negative and intentional. These key aspects apply both offline and online. Cyberbullying can almost fulfil all these behaviours, particularly with access to the Internet available 24/7 and the different ways in which those displaying bullying behaviour online can target others. The fact that they can also easily hide their identity online can make cyberbullying much more difficult to stop.



## DIFFERENT DEVICES & CHANNELS

Cyberbullying can take place over any device connected to the internet which allows for two-way communication. This includes mobile phones, tablets, computers and even games consoles as it becomes more and more common for players to chat to other players whilst playing online. From a sample of 1,480 students surveyed by the Diana Award in 2018, 33% of young people admitted to have experienced bullying on social media, 11% via text message and 12% whilst online gaming.



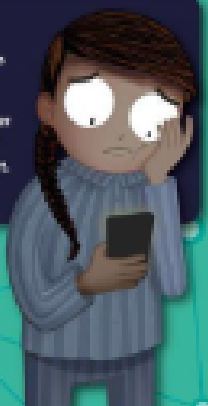
## WHAT LEADS TO CYBERBULLYING

There is never any justification for cyberbullying and those who display bullying behaviour need to be held to account for their actions. Nevertheless, it can useful to try and understand some of the factors that may lead to a person into bullying behaviour. For example, family issues, personal difficulties and a lack of positive reinforcement may push some young children into bullying others as a form of coping mechanism. Similarly, those exhibiting bullying behaviour may blame their targets for provoking their behaviour in the first place or engage in bullying behaviour as a call for attention if they lack social skills or popularity. Other ways in which their position at school can make them also less vulnerable to being bullied or they replicate behaviour they have experienced themselves in the past.



## SIGNS AND SYMPTOMS

Cyberbullying can often occur, at any time, at any place. The impact of cyberbullying can be long-lasting and leave people feeling scared, anxious and lonely. Some of the more obvious signs that those experiencing bullying behaviour might show include weight loss, crying, mood changes, depression and not going to school. Other symptoms, which might be less obvious to spot and would be difficult to pick up on in school, may include changes in body language like hunched shoulders, walking slower or an inability to make eye contact. In extreme cases, those experiencing bullying behaviour may have unexplained marks or scars which could be evidence of self-harm.



National Online Safety

#WakeUpWednesday



## Tips For School Staff



### TAKE A WHOLE SCHOOL APPROACH

In taking a whole approach towards cyberbullying, schools can cultivate a culture that relies on positivity and behaviour that is enabled by ALL members of the school community including staff, support staff, senior leaders, governors and parents and carers.



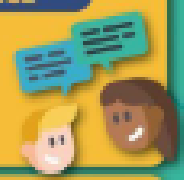
### BUILD CONFIDENCE IN DEALING WITH INCIDENTS

This can be achieved by having clear knowledge of what constitutes bullying behaviour, having clear sanctions and courses of action and continually updating your knowledge of safety procedures regarding online at all times incidents.



### USE CHILDREN AND YOUNG PEOPLE AS A RESOURCE

Ensure you make clear what is influencing the behaviour of young people in your community. If schools know what their students are engaging with, it can be easier to develop and implement relevant and effective tactics to counter cyberbullying in class.



### UNDERSTAND THE CAUSES OF BULLYING

As previously mentioned, sometimes those who are behind the bullying are in need of support just as much as those who being targeted. In better understanding the cause of the issue, schools can better position themselves to tackle the problem and also adequately support both those displaying and experiencing the bullying behaviour. Taking a proactive approach means that schools can gear themselves to tackle issues specific to their school environment, rather than treating each case the same.



### ENSURE ALL STAFF KNOW THEIR ROLES AND RESPONSIBILITIES

All staff have a role to play in educating and supporting children who are affected by cyberbullying, not just those responsible for safeguarding or online safety. Regular training, continuous professional development and clear school policies can help to empower staff to effectively manage any cyberbullying issues and in providing a united staff front on zero tolerance to all bullying behaviour.



In collaboration with



### Ask For Help

For further support, advice or guidance to support you students at school, or to sign up to our FREE Anti-Bullying Ambassadors training events, head to [www.antibullyingpro.com](http://www.antibullyingpro.com)



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

Twitter - @natonlinesafety

Facebook - /NationalOnlineSafety

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Dream Empire Market Co Ltd presents

# Eastleigh Pop-Up Christmas Market

For one time only, the market returns to Eastleigh.  
Please come and support local businesses this Christmas

02

Dec '23

Eastleigh  
Market  
Site

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10.00am  
7.00pm

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Craft Stalls - Food & Drink - Local Produce

Music - Christmas Gifts - Local Traders

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