



# DEER PARK

## newsletter

FRIDAY 19TH DECEMBER 2025

ISSUE 7

### HEADTEACHER'S HELLO



As we wrap up a fantastic term, I wanted to send a huge thank you to all our students for the brilliant festive performances we've enjoyed lately. Seeing so much talent and energy at events and assemblies was the perfect way to head into the break and you should all be very proud of yourselves!

I also want to share a massive thank you to our parents and carers. Your support behind the scenes makes everything we do possible. We truly appreciate being part of such a supportive community.

I hope everyone has a wonderful, relaxing break filled with fun and plenty of rest. Whether you're celebrating Christmas or just enjoying the time off, make sure to take a well earned recharge. Just a quick reminder that we'll be back and ready to go on Monday, 5th January.

Have a great holiday, and we'll see you in 2026!

Merry Christmas and a Happy New Year.

From the Deer Park Team



### MEET MRS LANDER

Hello, I'm Mrs Lander and I've had a wonderful first term at Deer Park as an Art teacher. I've been painting with Year 7, drawing with Year 8, designing clothes with Year 9 and making collages with Year 10 - I've seen lots of amazing work and creative ideas! I've also really enjoyed getting to know my tutor group (7F2), getting involved in trips, and running Art Club which has become a lovely community for students to chat and create different pieces of artwork (come along!).

Parentkind

### Why are we asking you to take the Parenting Language survey?

- It helps us understand parents better
- We can improve how we communicate
- Stronger home-school partnerships = better for every child

<https://www.parentfriendlyschools.org/parenting-language-uk/p/parenting-language-deer-park-school>

## YEAR 7

I can hardly believe I am writing this, but we are already approaching the end of the first term here at Deer Park! The time really has flown by, and it feels like only yesterday we were welcoming the students in September. It has been a pleasure to watch them find their feet. In fact, they have settled in so well that it feels as if they have been here forever. They have navigated the transition to secondary school with resilience and enthusiasm, and I couldn't be prouder of them.

Looking ahead to the end of the week, their first set of report data is due imminently. This will be a great opportunity for you to see how they are getting on in their individual subjects. I have already had the pleasure of looking through the data for the year group, and I was incredibly impressed with the amount of yellows I saw - it is a clear testament to their hard work and positive attitude.

As you review the reports, you may have questions. If you do have any queries regarding the data, please encourage your child to speak to their subject teacher as the first port of call. This is a great way to help them build independence and take ownership of their own progress.

Finally, I would like to wish you and your families a restful, lovely, and safe Christmas break. We look forward to seeing the students back and refreshed in the New Year!



**STUDENT OF THE WEEK**  
**Reeva E**



**TUTOR OF THE WEEK**  
**7S1**

Mr Colley



**ATTENDANCE AWARD**  
**Lena B**



**SLT PRAISE AWARD**  
**James G**

## YEAR 8

I would like to wish you all a very Merry Christmas and Happy New Year!

Thank you for your continued support with the year group. I think it's fair to say that they are changing in lots of ways, none more so than in their emotional and social development. The teenage years are upon us, and I'm sure there will be some ups and downs along the way. Alongside our team of tutors and Mrs Bond, I will continue to support the students in every way that I can as well as holding high expectations in all areas of school life.

As we move into the Spring Term, the options process will soon be upon us, which is an exciting time for the students to start thinking about their future pathways. More information on this will be shared in due course, but it doesn't hurt to start having some of these conversations with your children.

Kind regards,

Mr Parnell



**STUDENT OF THE WEEK**  
**Reggie L**



**TUTOR OF THE WEEK**  
**Mr P's Year 8 EL**  
**Class**



**ATTENDANCE AWARD**  
**All students with**  
**100%**



**SLT PRAISE AWARD**  
**Eadie F**



## YEAR 9

Wow - I'm sure that all of Year 9 will agree that it has been an enormously busy but enormously successful first term of the year. Everyone is ready for a good rest over the festive period. We hope that everyone has a very Merry Christmas and a Happy New Year! We can't wait to see everyone return in January.

We spoke to the students this week about the Christmas Spirit and a quotation from A Christmas Carol. Scrooge vows to "honour Christmas in my heart, and try to keep it all the year" ; its central theme encourages students to treat others with kindness all year round and the idea that for Scrooge and especially for our students that reflection leads to growth. We hope to continue seeing our cohort be kind and aspirational in the New Year.

Have a fantastic and well-deserved break everyone!

Kind regards,  
Mrs Nelhams & Miss Andrews



**STUDENT OF THE WEEK**  
**Luke T**



**TUTOR OF THE WEEK**  
**9 Roe 2**



**ATTENDANCE AWARD**  
**Aimee S**



**SLT PRAISE AWARD**  
**Daniel P**

## YEAR 10

With the autumn term drawing to a close, I want to wish all of you a well deserved break over the festive period. This term has been a very busy one for Year 10, but I can happily report that they continue to thrive in lessons, despite the increasing pressures that come with being in the later stages of the GCSE courses.

I recently spoke to them in assembly about accountability, specifically taking responsibility and ownership of mistakes. We discussed how frequent it can be for something to go wrong, and how often one's natural reaction is to blame someone else for the incident. Staff at Deer Park often tell me how much they enjoy teaching Year 10, and this is in part due to the positive relationships which have developed over time in the classroom between students and teachers. For students who feel this is not the case for them, I would encourage them to reflect on their lessons, and consider any mistakes they have made. Taking ownership and accepting responsibility leads to trust, and this is something which all of them will need over the next four terms.

Have a lovely Christmas holiday Year 10.

Thanks  
Mr Gregory



**STUDENT OF THE WEEK**  
**Ollie H**



**TUTOR OF THE WEEK**  
**10 Sika 1**



**ATTENDANCE AWARD**  
**Caleb W**



**SLT PRAISE AWARD**  
**Evie C**



# YEAR 11

Another busy fortnight for the Year 11 cohort with many students starting to interview at colleges ahead of placements for next year. It's a really strange feeling filling out the reference forms for various colleges - it genuinely seems so recent that we all sat in the hall for the first day of Year 7!

The Prepare to Perform sessions continue to go from strength to strength with regards to the numbers of students attending, and several staff have spoken to me about the number of students who are attending drop-in clinics over break and lunch times, demonstrating how keen students are to achieve in their GCSEs.

Last week was our annual Christmas Celebrations Evening, and I was incredibly proud of the Year 11s who gave fantastic performances in Dance, along with instrumentalists and a singer. All were absolutely brilliant, and I have had so many positive comments from staff and other parents alike who were at the concert - well done to all of you for your performances.

When we all get there, please have a restful and lovely Christmas break.

Thanks,  
Mr. Smith



**STUDENT OF THE WEEK**  
**Jayana A-B**



**TUTOR OF THE WEEK**  
**11 Roe**

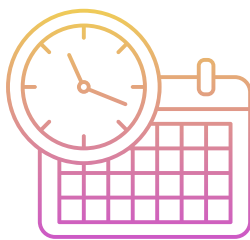


**ATTENDANCE AWARD**  
**Lottie M**



**SLT PRAISE AWARD**  
**Gracie J**

# UPCOMING DATES



| Date                        | Activity                   | Year Group                  |
|-----------------------------|----------------------------|-----------------------------|
| 5th January 2026            | First day of Spring Term 1 | Whole School                |
| Week Comm 12th January 2026 | Year 11 Practice Exams     | Year 11                     |
| 12th January 2026           | Mosque Trip                | Year 10                     |
| 14th January 2026           | Dear England, Theatre Trip | Selected Students           |
| 15th January 2026           | Disneyland Trip Meeting    | Students attending the trip |
| 15th January 2026           | Rotary Young Chef Trip     | Year 9 & 10 Food Tech       |





## SUBJECT SPOTLIGHT: HISTORY

Within the History department, we share the vision of educating our students with the skills and knowledge of the past in order to understand the world around them today, and to foster a love of learning and curiosity to help students become global citizens. Pupils across the school have made a fantastic start to their History studies this year, and across the department we have enjoyed rewarding fantastic attitudes to learning and pupils working to the best of their abilities.

### YEAR 8: CURRENT CURRICULUM

In year eight, pupils in History investigate key events of the twentieth century. So far, this has included the sinking of the Titanic, the Women's Suffrage movements and the Russian Revolution. Pupils have recently considered evidence that contributed to growing discontent in Russia in the early 1900's, and made a judgement on what they think was the main reason behind the revolution.

### YEAR 10: CURRENT CURRICULUM

Year 10 are currently studying their third GCSE Unit, Britain, health and the people c1000 - modern day. This unit is a thematic study, and offers pupils an opportunity to study History in a unique way. Pupils are currently considering how Public Health has developed over time. This unit allows pupils to develop their chronology skills as we consider four key time periods within the development of medicine.

### YEAR 7: CURRENT CURRICULUM

During half term 2, year seven pupils have been investigating power in Medieval England, where this was held and how it was challenged. Pupils have compared and contrasted the power of the Church and the power of the crown, and made judgments on how this power was achieved and retained. Our studies now move on to the Tudor era, where pupils have impressed us with their fantastic memory recall from their previous learning, as well as their own personal knowledge about the Tudors. As we continue into the new half-term, pupils will be investigating the reasons behind the religious reformation of 1534.

### YEAR 9: CURRENT CURRICULUM

Year 9 have made a fantastic start to their History GCSE, and have demonstrated a brilliant level of maturity towards their studies. Year 9 are currently studying: Germany, 1890-1945: Democracy and Dictatorship. This unit allows an in depth study of how democracy was eroded in Germany following key events such as the World War One and the Great Depression. In the second half of Year 9, pupils will move on to study Conflict and tension, 1918-1939 ; The Inter War Years.

### YEAR 11: CURRENT CURRICULUM

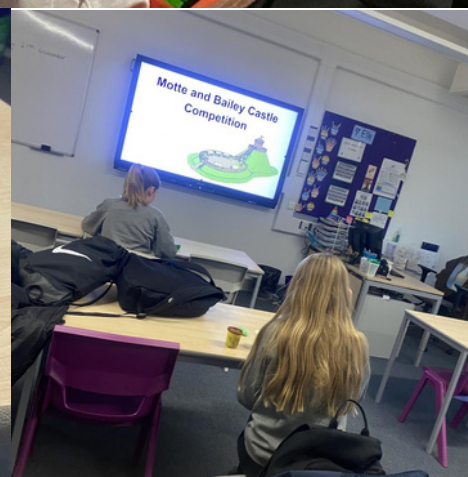
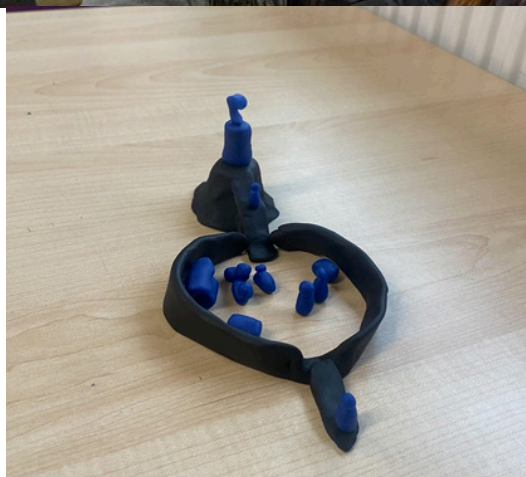
In Year 11, pupils have now completed all four units of GCSE study, and have begun their revision programme. As part of this programme, pupils will spend two weeks on each unit of study focusing on subject content, before completing a further two weeks on each unit of study focusing on exam technique. This focus of the fortnight is considered in greater depth at our 'Prepare to Perform sessions' Year 11 Historians have been putting brilliant effort into their revision so far.

## SUBJECT SPOTLIGHT: HISTORY

### EXTRA CURRICULAR

History Club meets on a Thursday after school in room 110, from 3.05pm/3.35pm where we engage in a range of fun and creative activities. Recent sessions have included re-enacting the Battle of Hastings, and taking part in a Motte and Bailey play-dough building competition. If you would like to get involved, please come along! For more information, see Miss Outhwaite.

The History Department have also collaborated with the Drama department this half term, providing Yr 9,10 and 11 with the opportunity to attend a visit to the Mayflower theatre to watch a fantastic performance of 'SIX.' Thank you to all parents and carers for dropping off and picking up their young people on this evening. Students exhibited fantastic behaviour and engagement, and all had a brilliant time.







## CAREERS INFORMATION



**FOR A FULL LIST OF ALL  
OPEN EVENTS**

**CLICK HERE** 

**Event: British Army Insights – A Guide for Parents & Guardians**

**Date: Tuesday 20 January**

**Time: 18:00 – 19:00**

**Register Now: <https://britisharmy.my/GTQfiD>**

This online session is designed to give parents clarity and confidence about the opportunities the British Army offers young people.

Attendees receive a FREE downloadable resource to help support their child's career choices.



**BRITISH ARMY INSIGHTS: A GUIDE  
FOR PARENTS & GUARDIANS**



## CAREERS INFORMATION



Full details here:

<https://finder.futuresforall.org/.../A7DB51CF-5BC3-43C0...>

# FUTURES FOR ALL



In-person



## Explore Creativity and Careers in the Arts

Get evening work experience with  
John Hansard Gallery

### John Hansard Gallery

6 sessions in March-May

4.30pm - 6.30pm

Age: 14 - 16

Apply by:  
12 February 2026

Join us for 6 after-school sessions between March and May 2026 to gain practical experience working in a contemporary art gallery.

Have a go at curating exhibitions, making artwork, working with practicing artists and developing your own portfolio!

Plus, collaborate with like-minded peers and build networks, confidence and sought-after transferable skills.

Check out the [webpage](#) for full details and dates



Apply at [futuresforall.org](https://futuresforall.org)



GUIDE FOR PARENTS AND CARERS OF YOUNG PEOPLE WITH SEND IN  
HAMPSHIRE: PLANNING FOR POST-16 OPTIONS FROM YEAR 9 ONWARDS

**CLICK HERE**

[WWW.DEERPARKSECONDARY.ORG](http://WWW.DEERPARKSECONDARY.ORG)



## STUDENT LEADERSHIP

We wanted to share a lovely quote about what it means to be a Student Leader at Deer Park. Remember, all students are able to get involved through Focus Groups at any point during the year.

***"Being a member of the RRC/Diversity has shown me compassion and the importance of supporting our local community. The student leadership team is showing me how to be a strong leader and the art of being thoughtful of the incredible ideas of others in my team. Overall, these groups have made me a more considerate person and have given me the opportunity to make a difference in my local community."***

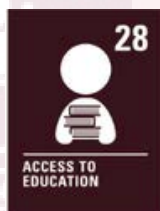
### DEER PARK RRC - THOUGHT FOR THE WEEK

#### Article 28: Access to Education

Article 28 of the Convention on the Rights of the Child affirms every child's right to education. But this right is more than just sitting in a classroom; it is the fundamental key that unlocks a child's full potential and opens the door to a brighter future.

- **For the Child:** Education provides the knowledge, skills, and confidence to think critically, participate fully in society, and make informed choices about their own lives. It is the best tool for escaping poverty and achieving personal aspirations.
- **For Society:** When every child is educated, communities become stronger, more stable, and more innovative. Education is a powerful engine for peace and sustainable development.

This week, let's reflect on how we can ensure that every child, regardless of background, location, or circumstance, not only has access to school but also receives a quality education that respects their dignity and helps them thrive. The future we want is built in the classrooms of today.



A huge thank you to all students and staff who embraced the festive spirit for our annual Christmas Jumper on 11th December.

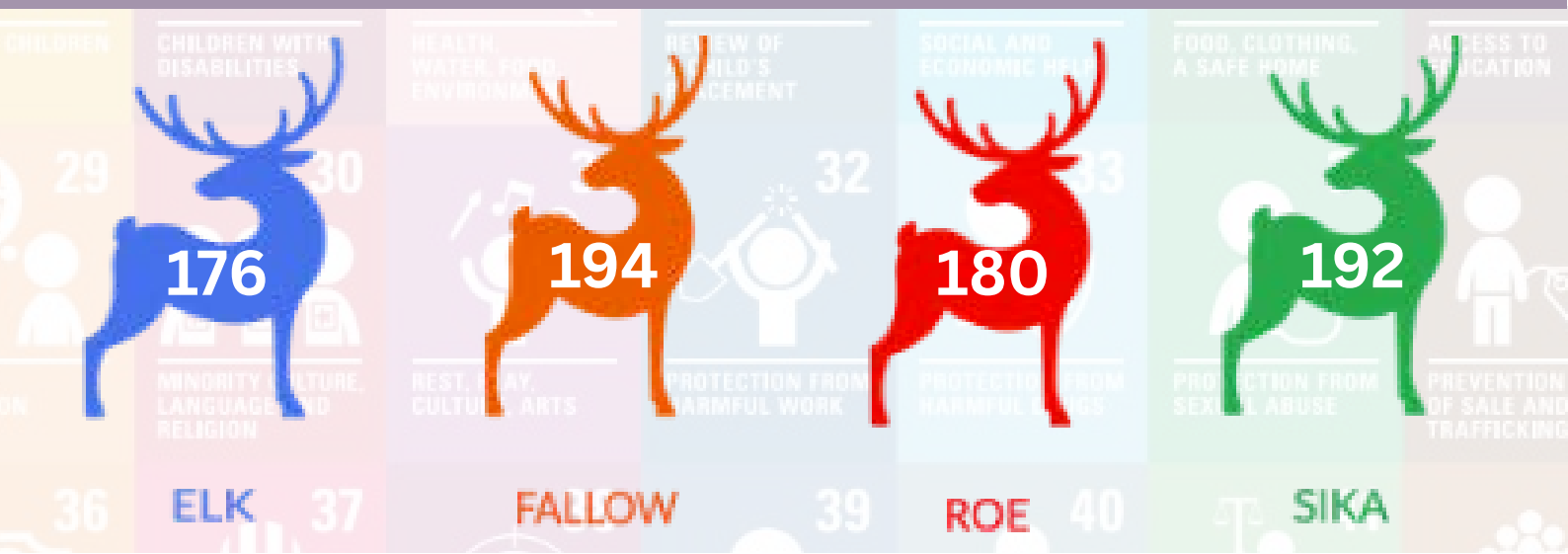
So far, we have successfully raised a total of £300. These donations will be shared between two worthy causes: Save The Children and Mission Christmas, a local charity dedicated to supporting those in need.

Donations are still very welcome and can be made either with cash or by using the link provided on ParentPay. Thank you for your continued generosity.





## AUTUMN TERM HOUSE STANDING



## STEM UPDATES



This half term, STEM club had the pleasure of experimenting with rocks from the moon! They used microscopes to closely view the rocks, took measurements and used magnets to discover the different materials found on the moon. STEM club have also been researching, designing and constructing hedgehog houses, using their knowledge on ecology and engineering to design the perfect home for the hedgehogs living around Deer Park.

# PHYSICAL EDUCATION & SPORT UPDATE

## PE/Fixtures Update

House Badminton - Monday 15th December. Students have the opportunity to represent their house on Monday 15th December via sign up in tutor time. House badminton will take place from 15.15 and finish by 16.15.

## Fixtures

Year 7 Rugby - the boys who played in a development game against Wildern were excellent. We look forward to building on this in the new year. For further information about local clubs, check out this poster from Trojans RFC.

Senior girls football - a fantastic league season finishing 3rd in the league.

Junior Girls - Hampshire Cup | Deer Park 7 Cams Hill 1. Congratulations girls and good luck in round 3.

Year 7 Boys Football - awaiting results from other games to confirm a play off or champions in their first league season. Great effort!

### Standings

| Simple         |                    | Detailed                       |   |   |   |    |    |     |     |  |  |
|----------------|--------------------|--------------------------------|---|---|---|----|----|-----|-----|--|--|
| 2025/26 Season |                    | Year 7 - Division 1 (9-a-side) |   |   |   |    |    |     |     |  |  |
| #              |                    | P                              | W | D | L | F  | A  | GD  | PTS |  |  |
| 1              | Deer Park          | 7                              | 5 | 1 | 1 | 31 | 13 | 18  | 23  |  |  |
| 2              | Bitterne Park      | 7                              | 5 | 0 | 2 | 29 | 11 | 18  | 22  |  |  |
| 3              | St Mark's          | 7                              | 4 | 2 | 1 | 19 | 13 | 6   | 21  |  |  |
| 4              | Upper Shirley High | 6                              | 4 | 1 | 1 | 30 | 14 | 16  | 19  |  |  |
| 5              | Redbridge School   | 6                              | 2 | 0 | 4 | 10 | 19 | -9  | 12  |  |  |
| 6              | Wildern School     | 3                              | 1 | 0 | 2 | 5  | 6  | -1  | 6   |  |  |
| 7              | St George          | 5                              | 0 | 0 | 5 | 8  | 22 | -14 | 5   |  |  |
| 8              | Woodlands          | 5                              | 0 | 0 | 5 | 1  | 35 | -34 | 5   |  |  |



## Clubs

Reminder - GetActive Break 1 for each year group with Mr McNulty

Year 7 - Monday Break 1

Year 8 - Tuesday Break 1

Year 9 - Wednesday Break 1

Year 10 - Thursday Break 1

Year 11 - Friday Break 1



### GCSE PE

Quick fire questions to support your child's learning  
Year 9 - What is the difference between aerobic and anaerobic exercise (Paper 1)?

Year 10 - What is the difference between intrinsic and extrinsic motivation (Paper 2)?

Year 11 - What is gamesmanship? (Paper 2)

Challenge - Name 5 muscles in the upper body linked to sporting movements.





# GIRLS RUGBY @ TROJANS

U12

WANT TO TRY OUT A  
NEW SPORT?

## JOIN TROJANS GIRL'S RUGBY

AGES 11 & UP (YR6)

### EVERYONE WELCOME

ALL COACHES DBS & RFU TRAINED

WEDNESDAYS & SUNDAYS AT STONEHAM LANE

MORE INFORMATION CHECK OUT THE FACEBOOK  
PAGE OR TROJANSFC.RFU.CLUB  
BY SCANNING THE QR CODE



# MINI'S RUGBY @ TROJANS

U12

WANT TO TRY OUT A  
NEW SPORT?

## JOIN TROJANS MINI'S AGES 5 & UP EVERYONE WELCOME

ALL COACHES DBS & RFU TRAINED

SUNDAY MORNING AT STONEHAM LANE

FOR MORE INFORMATION CHECK OUT THE FACEBOOK  
PAGE OR TROJANSFC.RFU.CLUB  
BY SCANNING THE QR CODE



 @Trojans\_mensrugby  
 @Trojansladiesrugby  
 @Trojans\_rugby  
 Trojans Rugby  
 trojansfc.rfu.club

## SAFEGUARDING RESOURCES

This time of year can be difficult for many. Below are some tips and signposting to help stay safe and supported this festive period.

Hampshire CAMHS - <https://hampshirecamhs.nhs.uk/>

Young Minds - <https://www.youngminds.org.uk/>

Kooth - <https://www.kooth.com/>

Shout - Text 'SHOUT' to 85258 <https://giveusashout.org/>

Beat - <https://www.beateatingdisorders.org.uk/>

No Limits Avenue Drop In - <https://nolimitshelp.org.uk/advice-and-wellbeing-hub/avenue-drop-in/>

A safe space for young people aged 11-17 to get advice and support from trained youth workers. Wednesdays 15:00-18:00 and Thursdays 15:00-18:00.

If you need immediate or emergency help, please call 999.



**YOUNGMINDS**



Hampshire Child and Adolescent  
Mental Health Service



### Message from Digby!

We would both like to wish everyone at Deer Park a Very Merry Christmas and a Happy New Year.

Thankyou for making us both feel incredibly welcome and I know Digby can't wait to see you all next year - he has made a lot of friends.

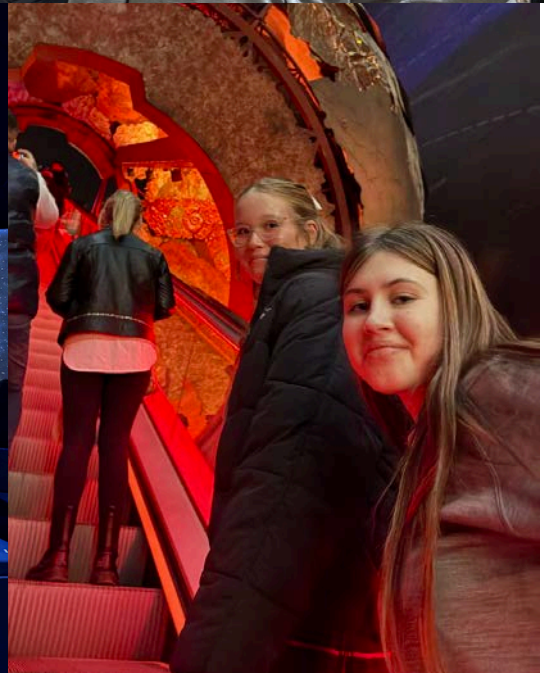
Best Wishes

Digby



# NATIONAL HISTORY MUSEUM

We would like to extend a huge thank you to all the Year 9 students who represented our school on the recent trip to the Natural History Museum in London. Your exceptional behaviour throughout the day was truly commendable and made the experience enjoyable and rewarding for everyone. A major highlight was undoubtedly the immersive "Our Story" show, narrated by the legendary Sir David Attenborough. The show was a captivating journey through the history of life on Earth, providing us with incredible insights into biodiversity and evolution. We were particularly impressed by the "Hazards" exhibit, which proved to be an invaluable resource. This interactive section linked directly to our current GCSE Geography unit on tectonic processes and extreme weather. Students were able to see real-world examples and data that significantly enhanced their understanding of natural risks and human responses. Your curiosity, engagement with the exhibits, and respectful conduct towards museum staff and the public were outstanding. You were brilliant ambassadors for the school, and we are already looking forward to our next educational adventure!





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# EXCITING NEWS

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## LINKS BELOW TO OUR STUDENTS' ARTICLES

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**Emily F**

<https://www.dailyecho.co.uk/young-reporter/34411/>

**Lulu O**

<https://www.dailyecho.co.uk/young-reporter/34646/>

**Mia C**

<https://www.dailyecho.co.uk/young-reporter/34361/>

**Islay H-G**

<https://www.dailyecho.co.uk/young-reporter/34574>

**Hannah G**

<https://www.dailyecho.co.uk/young-reporter/34623/>

**Kezia S**

<https://www.dailyecho.co.uk/young-reporter/34347/>



# ST PAUL'S CATHEDRAL

On Wednesday 10th December the Religious Studies department took GCSE students from Year 9 & 10 to the iconic St Pauls Cathedral. It was a fantastic trip and a great opportunity to witness religion in practice.

The day was filled with activities that allowed for deep engagement with the Cathedral's history, architecture, and spiritual significance. The visit included a tour of the main Cathedral floor and the historical Crypt, where students learned about figures such as Admiral Lord Nelson and the Duke of Wellington. A further memorable although rather exhausting moment was the climb up the 257 steps to the Whispering Gallery! This unique architectural feature provided a moment of awe and connection for the students. The visit culminated in the observation of a service of Mass, which brought the Christian beliefs and practices they are learning about—such as sacraments, prayer, and worship—to vivid life. Observing the ritual and atmosphere of a live service provided a direct insight into Christian devotion and community.

All students represented Deer Park with exemplary conduct. Their behaviour throughout the day was impeccable, demonstrating maturity, respect for the sacred space, and a genuine engagement with the activities. Their impeccable behaviour was noted and appreciated by the staff and Cathedral volunteers.

Many thanks to Miss Williams for organising and Mrs Stratton, Mr Theobald, Mr Hogg, Miss Macdonald and Mrs Watson for accompanying.





## FUNDRAISING AND EVENTS



### Christmas Quiz

What a wonderful evening we had at our student-led "Quizmas" event! The students were the stars of the evening, organising the event and providing the entertainment throughout - including a stunning performance from the School Choir, a song and dance to "Rockin' Around the Christmas Tree", the Year 9 GCSE group performing "Snowman", and even a Christmas version of Bohemian Rhapsody. The quiz was fiercely competitive, with a team of teachers being crowned the champions (much to the disdain of the other teams!). Year 7 students also sold wonderful handmade gifts to raise money for charity.



### Christmas Celebration

Thursday 4th December saw the performance of our annual Christmas Celebrations event at Deer Park, showcasing the Creative Arts and the vast array of talent within our student community. Every single performer was exceptional, and left the audience feeling ready for Christmas. As always, the performance ended with all performers and audience members alike combining to sing a festive song, with Feliz Navidad the song of choice. On that note, may all of the Creative Arts team 'Wish you a Merry Christmas from the bottom of our hearts!'





## FUNDRAISING AND EVENTS



### Basic Food Bank Collection

Showing incredible generosity, the students and staff donated 1,004 essential items to the Southampton Community Church's Basic Bank - these items will be distributed to those in need in the local community over the Christmas period. Roe house collected the most items and won the house event.



### Baby Necessities

We would like to say a massive thank you to everyone for your incredible kindness in donating to Baby Necessities. Special mention to Corrigenda and James Diggins Auto Services for their generosity.







### Wellbeing Evening/Pre Loved Uniform

**A massive thank you to everyone who supported the Pre-Loved Uniform Sale at our open evening and recent Well-being event. The sale was a huge success, providing a great opportunity for families to pick up high-quality uniform items. Your support makes a real difference. Thank you for helping us make both events a success.**

### MEDIA

**A huge congratulations to all Media Studies students who have worked tirelessly to complete their NEA. I am so proud of what they have been able to achieve over these past few months and the practical skills they have developed in Adobe Software will be very much appreciated beyond their KS4 journey, I'm sure.**

**Well done!!!!!!  
Miss Webb**

### CHESS

**We want to send a massive congratulations to all the Deer Park students who competed in the recent Lichess Chess Tournament! Your dedication, focus, and sportsmanship throughout the competition were truly outstanding.**

**A special round of applause goes to our Deer Park A team, who played exceptionally well and achieved a fantastic result in Division 2. Their strong performance earned them a well-deserved promotion to Division 1 next season! This is a brilliant achievement.**

**Mr Shoushtari**



Mr Hawes has written a pantomime, which will be on at The Berry Theatre 22nd-24th January 2026!

<https://thepointeastleigh.co.uk/whats-on/dick-whittington-pac>

HEDGE END'S ORIGINAL PANTO  
THE PERFORMING ARTS COMPANY PRESENTS  
AN OH YES IT IS PANTOMIME



BY OWEN HAWES

# DICK WHITTINGTON

A FAMILY PANTOMIME ADVENTURE

22<sup>ND</sup> - 24<sup>TH</sup> JANUARY 2026

THE BERRY THEATRE, HEDGE END



TICKETS £16.00 CONCESSIONS £14.00  
02380 652 333 [THEPOINTEASTLEIGH.CO.UK](https://thepointeastleigh.co.uk)

PERFORMING  
ARTS COMPANY

OH YES IT IS  
PANTOS

The  
Berry  
Theatre

NODA  
for every stage



# STILL TIME TO SIGN UP

## Skern Lodge

Current **Year 8, 9 & 10** students: Join us for an action-packed PE trip to Devon! Our outdoor adventurous activity trip to Skern Lodge, offers students 12 exhilarating activities like surfing, kayaking, zip-wiring, and beach games. It's an opportunity to develop teamwork, resilience, and confidence while being educated on UK shoreline recreation. **The deadline has been extended to 3<sup>rd</sup> January.**

## Fuel Voucher £294



Are you struggling to pay your energy bills?

We can check your eligibility for a Fuel voucher.

All advice is completely free, confidential and independent.

More info:



Harriet  
Financial Skills Adviser  
[fincap@caeastleigh.org](mailto:fincap@caeastleigh.org)  
101 Leigh Road - Eastleigh - SO50 9DR  
Adviceline: 0808 278 7862

citizens  
advice

Eastleigh

## Support for your family



All advice is completely free, confidential and independent.

More info:



Harriet  
Financial Skills Adviser  
[fincap@caeastleigh.org](mailto:fincap@caeastleigh.org)  
101 Leigh Road - Eastleigh - SO50 9DR  
Adviceline: 0808 278 7862

citizens  
advice

Eastleigh



# Trauma

Understanding the impact of trauma on a young person's brain, body and behaviour and how we can guide them from surviving to thriving

**4 June** Basingstoke

**7 October** Havant

# Anxiety

Understanding & strategies to support young people

**28 January** Basingstoke

**11 November** Havant

## CHILDREN'S AND YOUNG PEOPLE'S MENTAL HEALTH INFORMATION & ADVICE SESSIONS



The first Wednesday of every month

**10am - 2pm**

The Arc, Jewry Street,  
Winchester, SO23 8SB



You can book an appointment on our website



Or just drop in and see us



Hampshire Child and Adolescent  
Mental Health Services

## PARENTS, CARERS AND PROFESSIONALS EVENTS

# 2026



BOOK YOUR SESSION SPACES AT:

[hampshirecamhs.nhs.uk/events](https://hampshirecamhs.nhs.uk/events)

## P.A.C.E. 2026 PARENT & CARER EVENTS

**Free** health & wellbeing events for all parents & carers who support or work with young people

| DATE        | LOCATION      |
|-------------|---------------|
| 26 February | Basingstoke   |
| 16 April    | Eastleigh     |
| 8 May       | Lyndhurst     |
| 25 June     | Andover       |
| 5 October   | Havant        |
| 23 October  | Waterlooville |



Scan this QR code to view our session itinerary for the day

## EMBRACING AUTISM

Three days that focus on skills and strategies, for parents, carers and professionals supporting a child with Autism

**4 February** Havant

**9 July** Eastleigh

**17 November** Andover

## Stopping Avoidable Suicides Initiative SASI

Hampshire CAMHS are offering a one-day training event on suicide prevention across three different locations in Hampshire

**27 February** Andover

**11 June** Waterlooville

**2 October** Eastleigh

## UNDERSTANDING ADHD

Three days that focus on skills and strategies, for parents, carers and professionals supporting a child with ADHD

**5 March** Eastleigh

**16 September** Havant

**3 November** Andover

## HOW TO COPE WHEN YOUR CHILD CANT

Three one-day events focused on parents/carers understanding their own needs, and learning strategies to look after themselves as they support a young person with their own mental health needs.

**22 January** Winchester

**15 May** Eastleigh

**30 September** Basingstoke





# MERRY CHRISTMAS!



from St Luke's Church

## Christmas Services

- 14th Dec 6:30pm Carol Service
- 21st Dec 6:30pm Reflective Service
- 24th Dec 4pm Christmas Eve All-Age Celebration
- 24th Dec 11pm Midnight Communion
- 25th Dec 10am Christmas Day All-Age Service

**All are welcome**



[stlukeshedgeend.co.uk](http://stlukeshedgeend.co.uk)  
St Luke's Close, Hedge End, SO30 2US



[WWW.DEERPARKSECONDARY.ORG](http://WWW.DEERPARKSECONDARY.ORG)

# LEARN ONLINE MUSIC PRODUCTION WITH HAMPSHIRE MUSIC SERVICE

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LESSONS OVER THE  
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SCHOOLS TERMS**

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# 10 Top Tips for Parents and Educators

## PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

### 1 MAKE IT FUN



Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

### 2 MIX MOVEMENT WITH LEARNING



Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

### 3 CREATE OPPORTUNITIES



Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

### 4 PROVIDE POSITIVE REINFORCEMENT



Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

### 5 VARIETY IS KEY



Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

### 6 ENJOYMENT OVER COMPETITION



Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

### 7 SET REALISTIC GOALS



Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

### 8 MAKE IT ACCESSIBLE



Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

### 9 LEAD BY EXAMPLE



Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

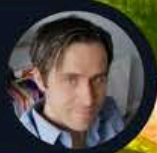
### 10 ENCOURAGE PERSISTENCE



Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

### 17 Our Expert

It is a learning and development specialist who, as well as Minds Ahead, is associate vice principal for personal at a large secondary school in Barnsley. He was asked to an expert research group for the Department for Education, three school leaders to be asked to do so.



#WakeUpWednesday

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