



Deer Park School

DPS WellNews



Deer Park Wellbeing

wecare@deerparksecondary.org

FAMED AND FRAMED.—SUMMER EDITION

This month's famed and framed competition was around the theme of 'summer'. Check out some of the entries below from Yuna and Lexi!

Welcome to the summer edition of the DPS Wellnews!

What a year it has been. Everyone involved in the inaugural year of this fantastic school has played a huge role in creating wonderful memories that will last for years to come.

As staff, we can't thank the students enough for all their hard work; their great company and indeed their contributions to the wider school community.

Wishing all students and parents a very well deserved and restful summer break.



Summer.

- Hair gets lighter.
- Skin gets darker.
- Water gets warmer.
- Drinks get colder.
- Music gets louder.
- Nights get longer.
- Life gets better.



Jump Back Up July 2022

MONDAY



TUESDAY



WEDNESDAY



THURSDAY

FRIDAY

SATURDAY

SUNDAY

- 1 Take a small step to help overcome a problem or worry
- 2 Adopt a growth mindset. Change "I can't" into "I can't...yet"
- 3 Be willing to ask for help when you need it
- 4 Find something to look forward to today
- 5 Get the basics right: eat well, exercise and go to bed on time
- 6 Pause, breathe and feel your feet firmly on the ground
- 7 Shift your mood by doing something you really enjoy
- 8 Avoid saying "must" or "should" to yourself today
- 9 Put a problem in perspective by seeing the bigger picture
- 10 Reach out to someone you trust and share your feelings with them
- 11 Look for something positive in a difficult situation
- 12 Write your worries down and save them for a specific 'worry time'
- 13 Challenge negative thoughts. Find an alternative interpretation
- 14 Get outside and move to help clear your head
- 15 Set yourself an achievable goal and take the first step
- 16 Find fun ways to distract yourself from unhelpful thoughts
- 17 Use one of your strengths to overcome a challenge today
- 18 Let go of the small stuff and focus on the things that matter
- 19 If you can't change it, change the way you think about it
- 20 When things go wrong, pause and be kind to yourself
- 21 Identify what helped you get through a tough time in your life
- 22 Find 3 things you feel hopeful about and write them down
- 23 Remember that all feelings and situations pass in time
- 24 Choose to see something good about what has gone wrong
- 25 Notice when you are feeling judgmental and be kind instead
- 26 Catch yourself over-reacting and take a deep breath
- 27 Write down 3 things you're grateful for (even if today was hard)
- 28 Think about what you can learn from a recent problem
- 29 Be a realistic optimist. Focus on what could go right
- 30 Reach out to a friend, family member or colleague for support
- 31 Remember we all struggle at times - it's part of being human



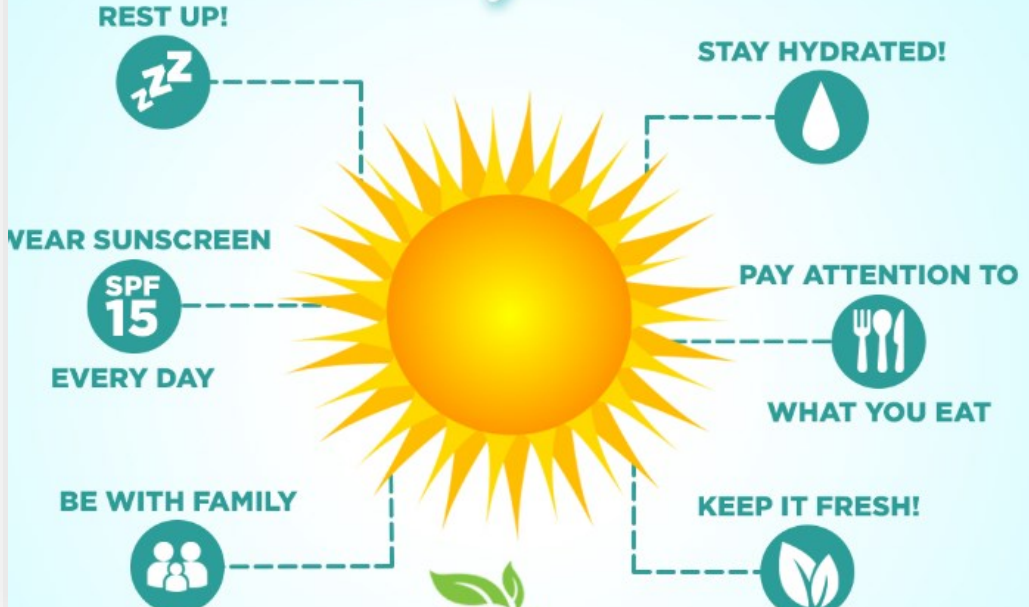
ACTION FOR HAPPINESS

Happier · Kinder · Together



Hello **SUMMER**

6 TIPS FOR *healthy summer living*



“
We know summer is the height of being alive.
 GARY SHTEYNGART

WE TRAVEL NOT TO ESCAPE LIFE, BUT FOR LIFE NOT TO ESCAPE US.
 - UNKNOWN

KEEPINSPIRING.ME

Summer Recipes



INGREDIENTS IN GRILLED SALMON SALAD

- Salmon filets
- Salt, pepper, chili powder, cumin
- Avocado
- Cucumber
- Jalapeno
- Coriander
- Lime- juice and zest
- Olive oil
- Greek yogurt
- Garlic
- Cilantro

salt and pepper
little gem lettuces or
romaine hearts

Method:

1. Salmon is rubbed with cumin, chili powder and salt and placed on a hot grill. Sear for just a few minutes on each side.
2. Combine Avocado with cucumber, scallions, lime zest and cilantro, and mix with olive oil and lime juice. Season with salt and pepper.
3. Simply whisk the tangy dressing up in a bowl.
4. Assemble in a bowl. Voila! Dinner is ready. So delicious, light, but satisfying!

Keeping Active at Deer Park

July saw the first ever Deer Park Festival of sport take place. There were incredible contributions from all students. On a hot day the students undertook events in the following areas:

- Capture the flag
- Rounders
- Athletics
- Dance off

A great day was had by all



Deer Park Wellbeing



SUN SAFETY

SUMMER SKIN PROTECTION



WEAR BROAD HAT



USE SUNGLASSES



WEAR PROTECTIVE CLOTHING



AVOID SUN BETWEEN 11 AM AND 3 PM



USE SUNSCREEN



DRINK MORE WATER



REFLECTION CAUTION



SEEK SHADE



AVOID DIRECT SUNLIGHT



BE SAFE HAVE FUN!

ALWAYS REMEMBER TO:

1 STOP AND THINK

2 STAY TOGETHER

3 FLOAT

4 CALL 999 OR 112

JOIN OUR CREW



Find more fun and safety tips at RNLI.org

Join Storm Force, our club for kids at RNLI.org/JoinStormForce

Get a free outdoor swim session at SwimSafe.org.uk

The RNLI is the charity that saves lives at sea
Royal National Lifeboat Institution (RNLI), a charity registered in England and Wales (209603) and Scotland (SC037736).

Chat to a nurse this summer from the School Nursing Team

Taking the first steps in seeking help for your health and wellbeing can be tough. If there is anything you want to talk about during the summer holidays, contacting a friendly school nurse through the **ChatHealth** text service is a great place to start.

If you're aged 11-19 and need a bit of advice, NHS school nurses are here to help you with issues like emotional health, relationships, self-harm, bullying, alcohol, healthy eating, drugs, smoking and more.

Text 07507 332160.

The service is manned Monday-Friday 8.30am-4.30pm. If you text outside of these times, you will receive a reply within 24 hours. A simple text will open the door to confidential advice, support, or signposting, to make sure you get the right help. Our website Health For Teens | Everything you wanted to know about health was created by and for young people to empower you to learn and take ownership over your own health and wellbeing, physically and mentally.

Southern Health NHS Foundation Trust



Self help websites

<https://www.nhs.uk/apps-library/thinkninja/>

<https://www.youngminds.org.uk>

<https://www.thecalmzone.net/>

<https://www.lifesigns.org.uk/>

www.moodjuice.scot.nhs.uk

www.anxietybc.com

<https://stem4.org.uk/>



NO LIMITS

Helping Young People
Help Themselves

Safe Haven Southampton

Out of hours crisis support for children and young people in Southampton up to the age of 25 who are experiencing difficulties with their mental health

- Out of Hours emotional and practical support with mental health.
- Help to explore your current situation
- Learn self-management techniques
- Enable you to make positive changes

Monday's

Group drop-in session for 15-25 year olds – 6-7:30pm
One to one sessions – 7:30-8:30pm (by appointment only)

Wednesday's

Web chat and phone support – 6-8:30pm

Friday's

Group drop-in session for 11-14 year olds – 4:30-6pm

One to one sessions – 6-7pm (by appointment only)

Saturday's

Web chat support – 10:30am-1pm

*Drop in sessions take place at 35 The Avenue, Southampton. SO17 1XN



www.nolimitshelp.org.uk
023 8022 4224



Contact us today to
find out more:



35 The Avenue,
Southampton.
SO17 1XN



02380 224 224



07918 259 365



enquiries@
nolimitshelp.org.uk



SCAN ME

The **Best** Summer Holidays **Ever!**

A wide range of exciting activities, filled with fun and outdoor adventures at Fairthorne Daycamps. Make friends, try fire lighting, kayaking or aerial runway and create memories to last a lifetime!

For children joining Y1-Y11 this September.

When: Monday 11th July - Friday 2nd September 2022.

Where: Fairthorne Manor, SO30 2GH.

Time: 9am-4pm (extend to 7:45am-6pm for an extra £16 per day)

Price: Starts from £35 per day, we accept Childcare Vouchers or Tax-Free Childcare payments

Daycamps Information Event: Meet the team, tour the site and ask questions - Mon 11th July at 6pm.

Find out more & book now: ymca-fg.org/fairthorne-manor-daycamps/

YMCA



#lunchtime

When? August 2022

Where? St Lukes (Mondays) & Salvation Army (Thursdays)

What? Craft, games, lunch from 11am-1pm

Who? You and your family - you're all welcome!



For more info or to book a space please email paul.northover@salvationarmy.org.uk



St Luke's Church are offering lunches to support some families with the rise in the cost of living. Make contact with Paul Northover via the email address above if you are interested.

WE ARE A KIND SCHOOL!!

We recognize that everyone has the right to feel safe and secure to enjoy their Deer Park Experience

We do not tolerate any form of bullying; including



Physical

Verbal

Social

Cyber



Bullying: The willful and conscious intention to hurt, intimidate or humiliate someone.

What to do...

- Speak up—report your concerns to a trusted adult.
- Don't be a bystander—we are all responsible for tackling bullying if we witness it.
- Walk away— socialise with different students.
- Report your concerns to ...

STOPbullying@deerparksecondary.org

STAND UP!
SPEAK OUT!



When I'm online or on my phone, it's not ok if...

- I send/request/forward nude or inappropriate photos
- Use discriminative language against any of the protected characteristics.
- Gang up on someone with mean comments
- View material not suitable for my age
- Text/speak in a way I wouldn't speak in real life
- Pretend to be someone else
- To feel threatened or unsafe
- Speak to strangers



Who can I go to in school if I'm worried?

Tutor
DOPA
Trusted Friends
Deer Park Safeguarding Team (DSLs)
wecare@deerparksecondary.org
safeguarding@deerparksecondary.org

It's Not Okay Charter

Made by the students—for the students -
Year 7 2021/22



When talking to someone else...it's not ok if:

- We/they use abusive or discriminatory language
- Make them feel bad/uncomfortable including laughing at and mocking someone
- Spread rumours or be unkind about how they look or who they are.
- Ask them/offer to send nude pictures



It's not ok to give unwanted physical contact. This may include...

- Sexual assault eg touching in private/intimate areas of their body
- Deliberately touching someone to annoy them or try to get their attention.
- Aggressive physicality (hitting/kicking)
- Kissing

Useful websites /apps for support:

Young Minds Deer Park Wellbeing Page
CAMHs Police
Childline Kooth
NSPCC Samaritans
Children's Services



Culture and Diversity Week at Deer Park 5th—8th July 2022

Students here had a week of celebrating different cultures and diversity in society. With a wide selection of food on offer in the canteen the students also enjoyed some bespoke lessons. Some examples were:

- ⇒ Reggae in Music
- ⇒ Arabic in MFL
- ⇒ Hip Hop in Dance
- ⇒ History of Migration in History

