



Deer Park School

DPS WellNews

Welcome to our Spring Edition of DPS WellNews. We hope you are enjoying some slightly better weather and lighter evenings! Spring is always a great time to focus on our wellbeing and mental health and we hope you enjoy all the news and resources included.



Deer Park Wellbeing

wecare@deerparksecondary.org



WHEN LIFE GETS TOUGH
AND YOU'RE FACED WITH DEFEAT,
REMEMBER SOMEWHERE IN THE
WORLD A FLOWER IS POPPING
THROUGH SOME CONCRETE.



Framed and Famed

Massive congratulations to Jayden, Anna and Cameron on their winning entries into this months 'framed and famed' photography competition.



WATER CHALLENGE

Warning Signs that Your Body is *Lacking Water*

- Headaches and Lightheadedness
- Bad Breath and Dry Mouth
- Constipation and Other Digestive Issues
- Fatigue and Lethargy
- Joint and Muscle Pain
- Accelerated Heartbeat

Top 10 Home Remedies



CHEERS TO A HEALTHIER YOU!



30 Day Water Challenge = 8 oz.
Goal: 64 oz. each day

Day 1 = ____ Total	Day 16 = ____ Total
Day 2 = ____ Total	Day 17 = ____ Total
Day 3 = ____ Total	Day 18 = ____ Total
Day 4 = ____ Total	Day 19 = ____ Total
Day 5 = ____ Total	Day 20 = ____ Total
Day 6 = ____ Total	Day 21 = ____ Total
Day 7 = ____ Total	Day 22 = ____ Total
Day 8 = ____ Total	Day 23 = ____ Total
Day 9 = ____ Total	Day 24 = ____ Total
Day 10 = ____ Total	Day 25 = ____ Total
Day 11 = ____ Total	Day 26 = ____ Total
Day 12 = ____ Total	Day 27 = ____ Total
Day 13 = ____ Total	Day 28 = ____ Total
Day 14 = ____ Total	Day 29 = ____ Total
Day 15 = ____ Total	Day 30 = ____ Total

YMCATHRIVE.COM

Don't forget to bring your re-usable water bottle.

Are you drinking enough water?

Your body is made up of 60% water.

Health professionals recommend you stay hydrated to ensure the effective functioning of your organs and brain. If you don't think you are very good at staying hydrated, this may be having an affect on your daily routine and performance. Why not try and take part in the daily water challenge to see the effects?



HAMPSHIRE TEEN PROJECT



FREE FOR 11 - 15 YEAR OLDS ELIGIBLE
FOR FREE SCHOOL MEALS

| GRAFFITI ART | T-SHIRT DESIGN | ROBOT CREATION |
| DJ-ING | STEM | SELF DEFENCE |

WEEK 1: 11TH - 14TH APRIL

WEEK 2: 19TH - 22ND APRIL

TIME: 10:00 - 15:00

FOOD: HOT LUNCH INCLUDED



Hampshire
County Council



Department
for Education



connect4
communities

BOOK NOW

WWW.PERSONALBESTEDUCATION.COM/TEENS/TEEN-PROJECTS/



How to manage your mood with food | 8 tips

Copy link

8 Ways

MORE VIDEOS

0:01 / 3:24

CC YouTube

8 Ways to Manage your mood with food.

Watch this clip to see how your diet is linked to your mental wellbeing.

<https://youtu.be/CSHO9VdVRfg>



Healthy Spring Leek, Pea and Water Cress Soup.

Ingredients:

- 1 tbsp olive oil, plus a drizzle to serve
 - 2 leeks, finely sliced
 - 4 small garlic cloves, crushed
 - 650-800ml hot veg stock
 - 80g watercress
 - 400g frozen peas
 - 1 small lemon, zested and juiced
 - small bunch of parsley, finely chopped
- dairy-free crème fraîche and crusty bread, to serve (optional)

Method:

Heat the oil in a large saucepan over a medium heat. Add the leeks and garlic and fry for 7-10 mins or until softened and translucent.

Pour in the hot stock and simmer for 5-10 mins. Stir through the watercress, reserving a few leaves for garnish, then the peas, and cook for 5 mins until wilted. Use a blender or processor and whizz until smooth. Stir through the lemon juice and zest, then season to taste. Stir through half the parsley. Ladle into bowls and top with the remaining parsley, reserved watercress and a drizzle of olive oil. Swirl through some crème fraîche, then serve with crusty bread, if you like.

“Where flowers bloom so does hope.”
LADY BIRD JOHNSON

14 WAYS TO BE KIND ONLINE

NOS National Online Safety #WakeUpWednesday

Showing kindness online can mean so much to someone else. It is a choice we can all make that helps others, puts people's needs before our own and which can generate feelings of empathy and compassion. Small gestures can have a large impact and often one act of kindness can lead to more, making the world a happier and more positive place. That's why we've created this guide to suggest a few simple 'acts of kindness online' that can benefit people's mental health, support their wellbeing and encourage a more positive approach to engaging online.

- 1. BE POSITIVE**
Post about things that make you happy and that you're thankful for. It could brighten up someone else's day.
- 2. OFFER TO HELP**
Sometimes a friend or family member might post a question or be in a bit of a bind. If you know the answer or can't do themselves, offer to help. It could be something that might be difficult for someone else.
- 3. SHOW APPRECIATION TO OTHERS**
If somebody you know has done something good or shows kindness themselves, thank them for it. It costs nothing and showing them that you appreciate it means so much.
- 4. SHARE FUNNY VIDEOS OR IMAGES WITH FRIENDS & FAMILY**
We often come across funny videos or images online that make us laugh and then we move on. If you found it funny, then you should share it with your friends and family. It could help someone else who might be having a bad day.
- 5. LIKE, LOVE & CELEBRATE**
If somebody posts something that you like on social media, like it, love it or celebrate it! It's a small gesture but could mean a lot.
- 6. VIDEO CALL YOUR FRIENDS & FAMILY**
It can be easy to be consumed by daily routines. Using apps like Zoom, FaceTime or WhatsApp are great for connecting with others far away and showing you're thinking of them even though you can't physically meet them in person.
- 7. TELL SOMEONE YOU'RE THINKING OF THEM**
We can't always tell how people are feeling online and just dropping somebody a message to ask if they're ok or that you're thinking of them could literally make their day.
- 8. SHARE POSITIVE POSTS**
If you see something online that inspires you, share it with people you know. An inspirational quote, a beautiful photo or a motivational video can lift spirits, inspire self-esteem and help make people feel better about themselves.
- 9. HOS AN ONLINE QUIZ**
Video conferencing apps are a great way to connect friends and family together. If you know someone who is feeling lonely, host an online quiz and invite them to join in. It could really cheer them up.
- 10. THINK BEFORE YOU COMMENT**
Sometimes thinking before you act can be just as significant as acting in the first place. Showing thought before you comment could stop you posting something hurtful, offensive or negative. It's always better to post positively or post nothing at all.
- 11. BE COMPASSIONATE & UNDERSTANDING**
Being empathetic towards others and their situation is often an act of kindness and selflessness that gets overlooked. If you notice someone who is upset, drop them a message and offer to listen.
- 12. CONNECT FRIENDS & FAMILY WITH SIMILAR INTERESTS**
You may know two people amongst your friends and family who you trust and know well who have similar interests and hobbies. Introducing them can be a great way for them to make new friends but remember to always ask their permission first.
- 13. RECOMMEND SOMETHING YOU ENJOY DOING TO OTHERS**
If you enjoy doing something online, such as playing a game, or if you've found a great learning resource, share it with others. Even if you've watched a good film, letting others know can be an act of generosity that brings them excitement or pleasure at a time when they might need it most.
- 14. PRAISE OTHERS FOR THEIR ACHIEVEMENTS**
Sometimes your friends post something online that you're proud to have done. Even if you're not an expert or just curious, it's always better to praise someone for their achievement and effort than to be critical.


Meet our expert
This guide has been written by Anna Bartram, being in partnership with the National Online Safety Centre. She is also a member of the Digital Literacy Centre for the Department for Education and is a member of the National Online Safety Centre's Digital Literacy Centre.

Spring Poem

Lambs say hello,
Daffodils grow
In the fields
In the meadow
Spring will come
And spring will go
So enjoy it while it lasts
Before it is in the past

Demelza— Elk

The Spring Poem



The trees are newly blossoming,
The sun is out to shine,
Everybody is ever-so happy,
As it is finally springtime,
Siblings are playing and laughing,
As their mother's sip glasses of wine,
Father's are doing the gardening,
As they snip the willow-tree's vine,
Everybody is ever-so happy,
And everybody is ever-so fine,
I hope that everyone here...
Has a wonderful, new springtime!

Hannah - Sika

10 Top Tips for Respect Online: A DIGITAL WORLD FOR EVERYONE

Even before lockdowns inflamed the situation, one in every five 10- to 18-year-olds was experiencing bullying online: abusive messages, having rumours spread about them or being excluded from group chats, for example. Through smartphones and tablets, we're used to being able to communicate from anywhere, at any time - but digital devices have become commonplace so quickly that it could be causing a problem: as a society, we haven't properly adjusted to how different they've made life. Our tips can help you to build positive relationships online and avoid some of the potential issues.

WHAT IS NETIQUETTE?
Netiquette is a set of rules to help us interact with others: like a code of respect. People who don't follow netiquette are called 'trolls' (people who annoy others) and 'troll farms' (places where trolls are often hired to cause trouble). It's important to be respectful to everyone online, because it can help us build positive relationships and avoid some of the potential issues.

- 1. SEE THE OTHER SIDE**
Usually when we're online, we can't see the person physically there in front of us. It's easy to forget that they're a real person with feelings. If you're not sure, it's better to ask them if you're not sure. It's always better to ask than to assume.
- 2. HIT THE PAUSE BUTTON**
If you're angry or upset, it's best to take a break from social media. It's easy to get carried away when you're online. If you're not sure, it's better to ask them if you're not sure. It's always better to ask than to assume.
- 3. USE YOUR LANGUAGE**
We've all heard of someone saying 'I'm not a racist, but...' or 'I'm not a sexist, but...'. It's important to be respectful to everyone, even if you're not sure. It's always better to ask than to assume.
- 4. BEFORE YOU POST**
If you're not sure, it's better to ask them if you're not sure. It's always better to ask than to assume.
- 5. BE YOURSELF**
It's important to be respectful to everyone, even if you're not sure. It's always better to ask than to assume.
- 6. KINDNESS IS CATCHING**
Negative communication can spread like wildfire. But so can being kind. If you see someone being unkind, it's important to be respectful to everyone, even if you're not sure. It's always better to ask than to assume.
- 7. WAITING CAN BE HARD**
When we've sent a message or posted something online, it's important to be respectful to everyone, even if you're not sure. It's always better to ask than to assume.
- 8. THE NET LOVES ATTENTION**
Most apps, games and sites use algorithms to show you content that's designed to keep you scrolling for more. It's important to be respectful to everyone, even if you're not sure. It's always better to ask than to assume.
- 9. REPLY WISELY**
Sometimes it's tempting to fire back an angry reply. However, it's important to be respectful to everyone, even if you're not sure. It's always better to ask than to assume.
- 10. FORGIVE AND FORGET**
Even though we try to avoid them, trolls can sometimes be persistent. It's important to be respectful to everyone, even if you're not sure. It's always better to ask than to assume.

NOS National Online Safety #WakeUpWednesday

P.A.C.E.

2022

PARENT, CARER & PROFESSIONAL EVENTS

A FREE HEALTH & WELLBEING EVENT FOR ALL PARENTS, CARERS & PROFESSIONALS WHO SUPPORT OR WORK WITH YOUNG PEOPLE

WHAT CAN I EXPECT?

PACE events consist of two main components:

1. A number of **specialist workshops** on young people's emotional health and wellbeing.
2. **Information stands** from local and national organisations.

Attendees can choose which sessions they would like to attend; select as many or as few as you would like to attend.

11TH MAY 2022
THE ARC, JEWRY STREET,
WINCHESTER, SO23 8SB

PLUS!

Get a free information pack which has useful summary sheets of each session along with links of where to access further information and support for each session topic

Book your workshop space at hampshirecamhs.nhs.uk/events

Brought to you by Hampshire CAMHS

Active April 2022

MONDAY



4 Eat healthy and natural food today and drink lots of water

11 Set yourself an exercise goal or sign up to an activity challenge

18 Try a new online exercise, activity or dance class

25 Have a 'no screens' night and take time to recharge yourself

TUESDAY



5 Turn a regular activity into a playful game today

12 Move as much as possible, even if you're stuck inside

19 Spend less time sitting today. Get up and move more often

26 Take an extra break in your day and walk outside for 15 minutes

WEDNESDAY



6 Do a body-scan meditation and really notice how your body feels

13 Make sleep a priority and go to bed in good time

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

27 Find a fun exercise to do while waiting for the kettle to boil

THURSDAY



7 Get natural light early in the day. Dim the lights in the evening

14 Relax your body & mind with yoga, tai chi or meditation

21 Regularly pause to stretch and breathe during the day

28 Meet a friend outside for a walk and a chat

FRIDAY

1 Commit to being more active this month, starting today

8 Give your body a boost by laughing or making someone laugh

15 Get active by singing today (even if you think you can't sing!)

22 Enjoy moving to your favourite music. Really go for it

29 Become an activist for a cause you really believe in

SATURDAY

2 Spend as much time as possible outdoors today

9 Turn your housework or chores into a fun form of exercise

16 Go exploring around your local area and notice new things

23 Go out and do an errand for a loved one or neighbour

30 Make time to run, swim, dance, cycle or stretch today

SUNDAY

3 Listen to your body and be grateful for what it can do

10 Have a day free from TV or screens and get moving instead

17 Be active outside. Dig up weeds or plant some seeds

24 Get active in nature. Feed the birds or go wildlife-spotting

ACTION FOR HAPPINESS

Happier · Kinder · Together

Deer Park School CARE OPPORTUNITY QUALITY OPENED SEPTEMBER 2021



WELLBEING

OUR MISSION/OUR VISION

WELLBEING MENU

DPS WELLNEWS

WELLBEING RESOURCES >

HAMPSHIRE CAMHS

HELP! I'M IN CRISIS - CAMHS

NHS 111 MENTAL HEALTH TRIAGE SER...

DEER PARK SCHOOL - EXTRA CURRIC...

WELLBEING

Welcome to the Deer Park Wellbeing page. Here you will find lots of useful resources and information to help support your wellbeing both inside and out of school.

Wellbeing is a hugely important aspect of your school life and it is an essential part of ensuring you are able to succeed as happy and healthy learners. Most people will, at times, require a little extra help with their wellbeing and mental health, so it's important you all know where to go to access support and useful hints and tips.

Remember, if you or someone else needs to get in touch please email wecare@deerparksecondary.org and someone will be happy to help.



The wellbeing page of our website is now complete. It's full of useful resources and signposting that we are sure students, staff and parents will find interesting and helpful. Please visit the site deerparksecondary.org/wellbeing and don't forget you can also email one of the team at wecare@deerparksecondary.org should you or someone you know have any concerns regarding wellbeing and mental health.

PACE Events

Room/ Time	Learning Room 2 (40)	Performance Hall (170)
9:45 – 10:45	Helping boost body image and self-esteem Dr Emily David	Teenage Turmoil: Teenage development and mental health Dr Natalie Roberts
11:00 – 12:00	CARE (Coping And Resilience Education) Dr Emily David	Crisis and Self-Harm Dr Jenni Eeles
12:15 – 13:15	Supporting a child with eating difficulties Lucy Fielder	Autism Awareness Dr Catherine Robson
13:30 – 14:30	Managing ADHD Lizzie Christie	Anxiety Management Hope Hodgson-King
14:45 – 15:45	CARE (Coping And Resilience Education) Dr Emily David	Crisis and Self-Harm Dr Jenni Eeles
16:00 – 17:00	'Let's talk about Death'-Supporting children and young people to talk about bereavement. Simon Says	Teenage Turmoil: Teenage development and mental health Dr Natalie Roberts
17:15 – 18:15	Supporting children and young people with their Digital Safety – OPCC Cyber Ambassador Scheme	Anxiety Management Hope <u>Hodgson-King</u>
18:30 – 19:30	Managing ADHD Lizzie Christie	Autism Awareness Dr Catherine Robson



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/>





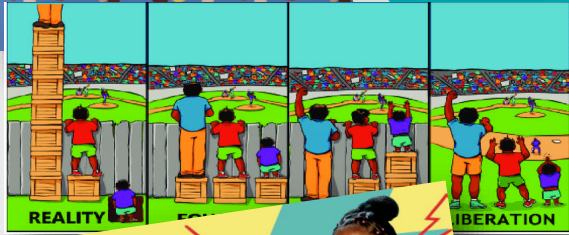
#FIGHTracism

Healthy Relationships Tutor Session

Some of the key topics we have covered in our 'This is Us' tutor sessions have been:

- Diversity
- Social Injustice
- Healthy and Inappropriate relationships and behavior
- Anti-Racism
- Charity

This Is Us



Diversity at Deer Park:

Huge congratulations to Emma; whose design was chosen to be our very first Diversity Logo. Every student was given the opportunity to enter a design following numerous tutor sessions around the theme of Diversity.

