



DEER PARK

newsletter

Issue 5 - Friday 25 November 2022

Headteacher's Hello!

Another busy couple of weeks is ending with a festive feeling creeping in, lights are appearing in shop windows and High Streets – certainly the early Carol Singing at Hilliers gave us a cheerful twinkling lift in the increasingly dark evenings. Congratulations must go to our talented group of singers who donned their Christmas jumpers and entertained so many on the night. This newsletter is, as ever, full to the brim with fascinating insights into recent events and some useful information for parents and students.

It also seems timely to say to you all that it is not lost on us as a school, despite the buzz of a World Cup or sense of positivity that a festive holiday often brings, that the struggles and worries in this challenging economic period have not disappeared. The cost of living crisis, with rising prices and colder months ahead, presents real challenges for many families. If you are worried or facing challenges, please get in contact with us and we will endeavour to support, reassure and advise you the best we can. The message from Deer Park School is - if we know we can help. I appreciate it may be difficult to talk about but please do feel free to contact us on deerpark@deerparksecondary.org or request a call back.

You may also find this [link](#) helpful – it draws together in one place all of the support that is available from the Autumn Budget, agencies and companies/charities. It is a comprehensive and accessible read.

Kind regards,

Mr Jones



Meet Mrs Brenton - Advanced Pastoral Mentor

Hello, my name is Mrs Brenton and I am an Advanced Pastoral Mentor here at Deer Park. My role involves providing support and advice to students, parents and teachers relating to students overall wellbeing. I run regular weekly interventions and one to one catch-up sessions to help support students with any difficulties they may be experiencing. I am also a Young Carers Champion and organise special activities, lovely hot chocolate mornings and drop-in sessions to support our Young Carers.

I believe it's really important to look after your mental health as well as your physical health. To support my own wellbeing, I enjoy being outdoors in the fresh air, going on long dog walks by the sea with my golden retriever Bosun and have recently taken up open-water swimming (although I'm not sure if I will be able to continue throughout the winter months) . I am based in the Year Office should you need to speak to me.

My favourite motto is *"In a world where you can be anything, be kind."*

Year 8 Bletchley Park Trip



Year 8 students visited Bletchley Park with Mrs Yale, Mrs Stratton, Miss Masters and Mr Cooper. The students had a guided tour of the park; where they learnt all about the multi-skilled workforce of around 9,000. They were then able to visit the different huts - including Alan Turing's WW2 office, the army and air force codebreaking huts and the home of the Bombe machines.

After lunch students attended a workshop on Codes and Ciphers and learnt more about the various ciphers; including the pigpen cipher, morse code and the Caesar cipher wheel. They then got to see one of the enigma machines in action!

All agreed that they would happily spend another few hours at the park, which is a sign that lots of fun was had!

Remembrance Parade



Our Deer Park students were honoured to be invited to this year's Hedge End Remembrance Day parade. They represented the school in a wreath laying ceremony alongside our friends from Wildern School and other representatives from the local community.

Children in Need



We raised a fantastic £270.75 for Children Need with our non uniform day.

The winning house who raised the most was Fallow. Well done!
A big thank you to everyone who took part and donated.

🧑‍🎄 Christmas Jumper Day 🧑‍🎄

On Friday 9th December we will be supporting
Save the Children
by wearing Christmas jumpers.

Students will be able to make donations during tutor and can wear a Christmas jumper instead of their school jumper.

This year, the UK government has promised to give the same amount as you give.
Every time you give £2 to Save the Children, they give £2.

🎄 Christmas Celebration Evening 🎄

Deer Park's first Christmas Celebrations event will be held on Thursday 15th December in the main hall. During this year's celebrations, there will be a number of different items, including performances from:

Year 7 singers

Ukulele Club

Year 8 band

Solo instrumentalists and singers

Dance Club

Drama Club

Tickets can be purchased for £2 each via [ParentPay](#). If you require a wheelchair seat, please contact the school directly on 01489 351100.



In order to support sustainable thinking among our students, we will be running a school wide clothes swap on Thursday the 1st of December. We will be asking students to bring in one (or more) preloved item of clothing that they no longer wear in order to swap it for another.

Any leftover clothes will be donated to charity.

If a student wishes to take part but does not have an item of clothing to offer they may take an item for a suggested donation of £1.

We would love to encourage students to bring in any quality preloved items, especially Christmas jumpers!



Basics Bank

This week in our Education for Life tutor session, we have launched the Christmas Basics Bank appeal. The basics bank we are donating to is run by the charity Give Food. This organisation has supplied over 800 UK basics banks with 109.2 tons of products. Everybody deserves basic necessities, so we ask you to donate what you can to support the work of Give Food. We ask that any food/drink items that are donated are non perishable, such as tinned soups, jars and pasta. Hygiene products are also gratefully accepted.

We will be running a competition across the school to celebrate donations brought in by each tutor group. Dates for bringing in donations will be confirmed during registration next week.

Nasal Flu Immunisation Form

The flu immunisation will be taking place for year 7 and 8 students at Deer Park School on Tuesday 13th December.

A letter with information regarding consent has been sent to parents on 9th November.

Please submit the consent form for Nasal Flu Immunisation no later than 10:00am Friday 9 December 2022.

Please also submit the consent form if you decide you do not wish your child to receive the vaccine against flu.

Consent Form

ParentPay Low Balance Alerts

If you wish for your child to purchase meals and snacks in school please remember to top up your child's ParentPay account regularly. Low balance alerts are really useful and can be set up in the ParentPay 'Communication' tab where you can choose either email alerts, which are free, or text alerts.

If you wish to receive text alerts text credit will also need adding to the account. Each text alert costs 6p

Education for Life

This half term the following topics will be covered in Education for Life:

Year 7	Year 8
<ul style="list-style-type: none">• Living in a diverse society• Prejudice and Discrimination• Bullying (including online)• Responding to bullying• Self-esteem and confidence• Identity Rights and Responsibilities• Hate Crime• Sexting and grooming	<ul style="list-style-type: none">• Gender based discrimination• Homophobia/Bi-phobia• Racism and religious discrimination• Diversity and equality• Sexting and grooming

Physical Education, Sports Fixtures & Clubs

Badminton club hit record numbers this week with new year 7 students showing excellent enthusiasm following their curriculum PE lessons.

With the temperature now dropping please encourage students to bring additional black layers to wear underneath their school PE uniform in their PE bags for outdoor lessons (netball).

New clubs are on the horizon and any new additions to after school training will be included in following newsletters and to parents/students. Our indoor cricket net matting has arrived and in 2023 cricket training for summer matches will commence for new and current members.

Deer Park team of the week goes to the Year 7/8 mixed netball team, led by Isabella WB, who have all welcomed our new year 7 participants into the team brilliantly.

Extra Curricular Timetable

All our Extra Curricular clubs continue to be hugely popular with students.

Please find the most up to date Extra Curricular timetable

by clicking on the button below.

Button

Literacy



With devices being such a part of our daily lives, it is important to think about how we can use them to promote Literacy beyond the classroom.

Hampshire Library has a wonderful service called 'BorrowBox' where you can 'borrow' Ebooks and Audiobooks for free with your Hampshire Library Card*.

This is a great way of engaging some of the reluctant readers without even picking up a physical copy of a book and can get them listening to stories without paying a premium for Audiobook providers!

The National Literacy Trust has found the following ...

Half of young people say that listening to audiobooks has increased their interest in reading
2 in 5 young people say that listening to audiobooks has made them more interested in writing

Audiobooks support children's emotion intelligence and mental wellbeing - Nearly a third of young people said that listening to audiobooks made them feel better during lockdown

Audiobooks improve children's reading skills and enjoyment of reading

Audiobooks improve children's reading comprehension

Audiobooks widen children's access to books as they can listen to more challenging texts

*If your child(ren) aren't signed up to Hampshire Library yet, you can easily get an online code [here](#).

Parent Support Programme (PSP) - Online Safety

The next PSP will be on **Tuesday 6th December between 5-6** with Mrs Yale - Teacher of ICT with the theme of Online safety.

This is an ideal opportunity for parents to be kept up to date with all the important information regarding keeping safe online when online.

Come and join us for a mince pie in the Main Hall. Please sign up [here](#).

What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health – so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people you know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0800 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



NOS National Online Safety
#WakeUpWednesday



Pedestrian Access

The pedestrian gate off Sika Avenue is open during the school day. If walking from Sika Avenue, parents, students and visitors can access the school via the pathway leading to reception.

Please avoid walking along the narrow, unpaved, school road.



Cycle Safety

With the winter nights having well and truly drawn in we would remind students about the importance of 'being bright and being seen'. Any student cycling to school should have a helmet on as well as lights and reflective clothing for their own safety. Any students needing to get these safety features may wish to add to their Christmas list!

<https://myjourneyhampshire.com/media/2969/bling-your-bike-guide-final.pdf>

Some additional information can also be found on **[this video](#)**

Ways you can be Parkwise

- Never stop or park on School Keep Clear zig-zag lines.
- Avoid driving onto school grounds and never use school entrances to turn your car around.
- Try and park at least 10m (33ft) from a road junction.
- Don't park on yellow lines.
- Never park on pavements or verges
- Ensure your passengers get out of and into the car on the side next to the kerb
- Do not wait or park in front of vehicle access points such as residential driveways.
- Do not wait or park in bus stops or bus lay-bys.
- Never double park or stop alongside a parked car.
- Take extra care when carrying out manoeuvres, especially reversing, near to the school.
- Drive at the appropriate speed (20 is plenty near a school).
- When stopping or parking on the road, face the direction of travel.
- Never mount a pavement or verge to let another vehicle pass.

Car sharing

If you know someone in your neighbourhood who travels to the same school, why not arrange a car share?

By sharing the school run you can both save time, cut fuel costs, reduce wear and tear on your car and you will be helping to reduce the congestion outside school at peak times.

Drop and go

If driving your child to and from school is the only option, why not drop them off and pick them up away from the school, perhaps a ten minute walk away? **There are lots of benefits:**

- ☐ Walking improves fitness and health (The walk could contribute to the one hour of recommended daily physical activity).
- ☐ Your child will be more alert in class.
- ☐ It may reduce your fuel consumption and therefore your costs.
- ☐ You will avoid any congestion near to the school.
- ☐ It will give your child an opportunity to be more independent.

Further information

School travel planning visit www.hants.gov.uk/schooltravelplans

Parking restrictions visit www.direct.gov.uk/en/TravelandTransport/paragraphs/238-252

Reporting road, street lights problem visit www.hants.gov.uk/transport

Road safety education visit www.hants.gov.uk/roadsafety

Parkwise

Parking and driving safely near your school



myjourneyhampshire.com



Why should you Parkwise?

As a driver, you have a responsibility to think about whether you are parking in a safe and considerate manner. Whether you park for a few moments to let your child out of the car or for longer to wait for them to finish school, if you do not park with care you could be endangering the lives of your family and others.

Through the success of School Travel Plans, parents, teachers and pupils are making an effort to reduce car trips to and from our schools. Using alternatives to the car when travelling to school helps to provide pupils with regular physical exercise, reduces congestion outside the school and is often the first step for secondary pupils to become more independent.

However, it is appreciated that for some people driving to school is the only realistic option. This leaflet aims to explain to everyone who travels to and from school by car how to drop off and pick up your children safely and considerately.

Kids need at least 60 minutes exercise every day. Walking and cycling to school is a good way to do this.



Parking enforcement

All local councils in Hampshire, with the exception of Gosport Borough Council, now have responsibility for the enforcement of certain on-street parking restrictions and have parking enforcement teams. In Gosport the Police remain responsible for enforcement.

Penalty Charge Notices (PCNs) can be issued for:

- waiting or parking on school Keep Clear zig-zag lines and controlled pedestrian crossings
- waiting or parking on yellow lines during their times of operation, double yellow lines at any time and on pavements unless signs permit it
- parking in residents' or disabled parking bays unless you are entitled to do so and can display a valid badge
- stopping or parking in taxi ranks or on cycle lanes during their period of operation
- parking outside marked bays
- staying too long in time-limited waiting areas
- failing to pay and display a valid parking ticket where there is a parking charge
- obstructing pedestrian or vehicle access points where there are dropped kerbs
- double parking

The Police have a duty to enforce other traffic offences, which can result in **penalty points being issued** on your driving licence. These include dangerous parking, causing obstruction and parking on pedestrian crossings, including the area marked by the zig-zag lines.

Parking restrictions



Disabled badge holders only



Do not obstruct point of access



No waiting at any time.



Keep School entrance clear



Do not stop or park at or near a Bus stop



No waiting during times shown on sign



No loading at any time



No loading at times indicated on plate





HAMPSHIRE Teen Project

11 - 16 year olds

19th - 22nd December

10:00 - 15:00

Free Hot lunch included

Free for young people eligible for benefits-related free school meals



www.personalbesteducation.com
01794 510225



TEEN PROJECT LOCATIONS



BOOK NOW

Please complete the registration form found on our website:

www.personalbesteducation.com/teens/teen-projects/

www.personalbesteducation.com
01794 510225



31 Upcoming Dates 31

Date	Activity	Year Group
Monday 28 November	Week B	All Years
Thursday 1 December	Clothes Swap	All Years
Monday 5 December	Week A	All Years
Tuesday 6 December	PSP – Online Safety	All Years
Friday 9 December	Last day to submit Nasal Flu Immunisation form	All Years
Friday 9 December	Christmas Jumper Day	All Years
Tuesday 13 December	Nasal Flu Immunisation	All Years (with consent)
Thursday 15 December	Creative Celebration Evening	All Years



Designed with BEE