



DEER PARK

newsletter

FRIDAY 6TH JANUARY 2023

ISSUE 7

HEADTEACHER'S HELLO!

Happy New Year to you all and I hope you had a restful festive break. I know that may have been disrupted for many of you with so much illness around at the moment. As a small school the impact of illness can be quite significant and we appreciate your support in following the guidance from UKHSA and keeping your child at home if they have a fever and feel particularly unwell.

A New Year often brings new ventures for us all and we are looking forward to our next chapter at Deer Park with the launch of our Pathways Programme for Year 8. Information will be shared with you regularly regarding this to keep you informed and involved.

Year 7 has had a fantastic first term and we'd love as many of you as possible to leave a little positive message to your child (link below) for us to share with them. I know the Year 8s enjoyed getting their messages last year so we want to acknowledge the great work that the current Year 7 cohort are doing to make Deer Park a special place to learn.

Mr Jones

MEET MISS MASTERS

Hello, my name is Miss Masters and I have a few roles here at Deer Park.

I am predominantly in reception where students can find me if they need to visit the First Aid room. I can also be found in the LRC before school, break, lunchtime and after school. I work with an incredible group of student librarians who are always willing to help with homework, printing and returning & renewing library books.

I have a 12 year old daughter who I spend most of my spare time with. We love to go to theme parks and enjoy a good roller coaster (the faster the better!) The seaside is our favourite place to be when the sun is shining. There's nothing better than the cool, sea breeze on a hot, summer day!

My favourite motto is: "Laughter is the best medicine."

EDUCATION FOR LIFE

This half term students will be working on the 'Living in the Wider World' strand of their education for life programme with a strong focus on their future careers and pathways.



LITERACY - THE READING RESOLUTION!



As it's the start of the new year, it's the perfect time to address old and form new habits. Our students understand the importance of reading but, for many of them, that's not enough to motivate them to pick up a book. Here are some tips for helping them (and you!) form reading habits and sticking to those resolutions and reading goals for 2023.

- ★ Make yourself accountable! You can pledge on **Goodreads** how many books you want to read this year so you have a target to work towards. This is a great website for book suggestions, ratings and 'to be read' lists. Alternatively, you can speak to friends and family so they know about your resolution and keep you at it and year 7s can use their reading trackers. Can they complete their Bronze certificate by February half term?
- ★ Start small and make your target achievable - reading every day might not be the answer for reluctant readers and so they are setting themselves up to feel like they are failing! Start with reading two times a week and see how you can build it up as the habit forms. We are better when we feel we are successful!
- ★ Don't be afraid to STOP reading - reading for pleasure is the main thing! If they're /you're not enjoying a book, that's okay. Life's too short sometimes and it's important to move on and find a book that you like to promote good reading habits!
- ★ Have a book on the go - Addictions to phones are, in part, as we are never without them. Put a book in the car for those waiting times in car parks instead of scrolling, or make sure you have access to an Ebook or audiobook on your phone.
- ★ Reading before bed isn't always the answer! Find the best time for you. It may be as soon as you are in from school/work.

Enjoy your reading journey in 2023!



DEER PARK'S BIG FOCUS ON WELLBEING FOR 2023!

Mindfulness - Deer Park is part of a research project called Education for Wellbeing Programme funded by the Department of Education. It aims to evaluate pioneering ways of supporting the mental health and wellbeing of young people in school.

Everyday until April just after registration students will do 3-5 minutes of mindfulness. This will be led by the teacher using different ways.

- Audio
- Video
- Teacher led
- Mindful colouring

Further information will be sent out next week if you would like to support this project with activities that can be done at home.



TRICKBOX THURSDAY LAUNCH



To start the New Year we are introducing our new Wellbeing Programme TrickBox.

Every Thursday during tutor time Year 7 & 8 students will be working on embedding positive habits into their daily routines. So parents can also be involved in this support, we will update you each week on the habits that have been introduced. There are different themes each half term. The theme for this term is communication.



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

ROAD WORKS/LAYOUT

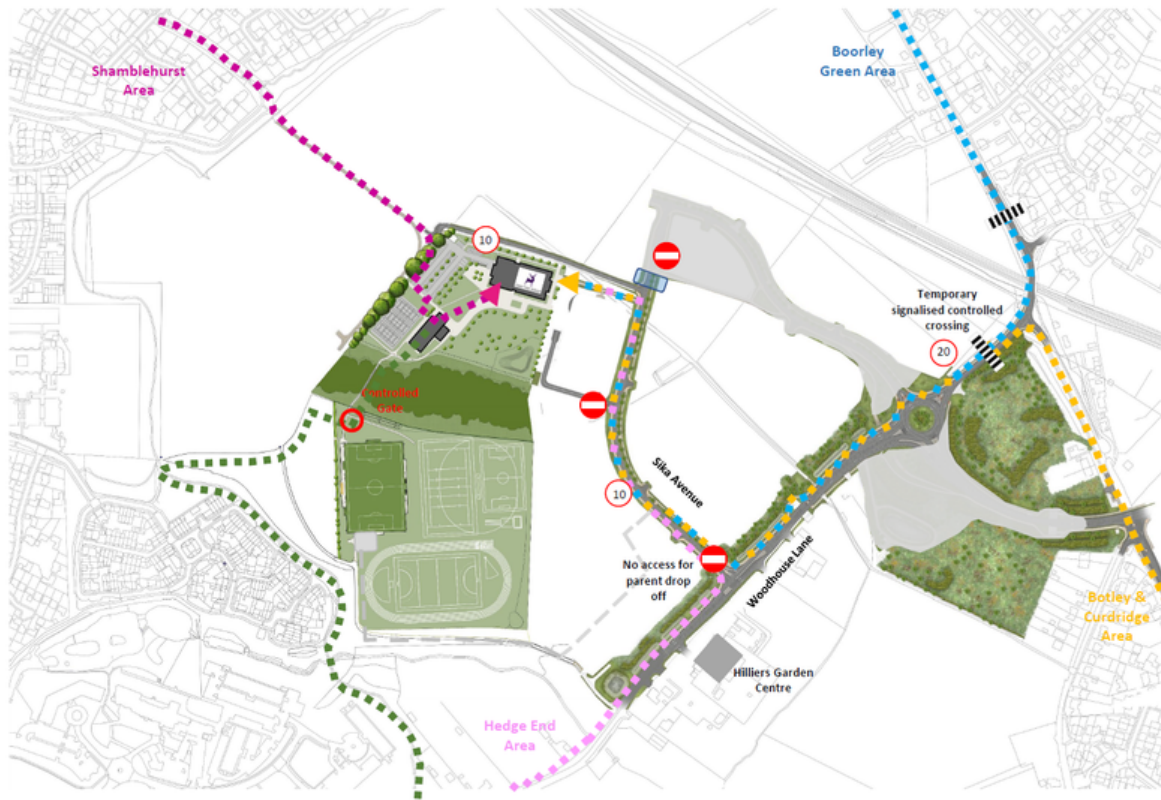
One of our biggest challenges as a new school is the ever changing road network around us. Reassuringly, Hampshire has been fully committed from the very outset of the development in ensuring all routes are clear and safe to use. At present, 3 way traffic lights are in operation at the entrance to Sika Avenue. Please can we ask all road users to adhere to the speed restrictions and parking restrictions around Sika Avenue and Woodhouse Lane and have patience when using this 3 way traffic light system. Please do not be tempted to go through the lights when they are red to avoid queuing. We have had reports from students, parents and staff about this and we wish to avoid any accidents. We have also sent these reports to Hampshire and the contractors.

Please remind your child that when crossing the roads to remember to look and look again, especially at the temporary junction along the B3354 between Holmseland Lane Junction and the Woodhouse Lane Junction where there is almost a blind left hand bend for vehicles who may not have enough visibility and time to react to pedestrians crossing at this point.

In order to ensure the safety of our students can we kindly remind parents that access to the school car park, at the start and end of the day, with the exception of scheduled meetings, is only for parents with an agreed pass. With the inclement weather we have seen this increase especially in Sika Avenue which has double yellow lines, no cars should therefore be dropping off or parking along this road. This we believe will support some of the traffic issues we are experiencing and ensure students are safe when walking to school.

Thank you for your understanding.





	Shamblehurst Pedestrian Route
	Boorley Pedestrian Route
	Botley & Curdridge Pedestrian Route
	Hedge End Pedestrian Route
	Alternate Fair Weather Pedestrian Route
	Temporary Signalled Controlled Crossing Point
	No Unauthorised Entry
	Vehicular Control Gateman
	Contractor Vehicle Access Gate
	10mph advisory limit
	Temp 20mph limit
	Controlled Pedestrian Gate
	Temporary Contractor Access to 3G Pitch



Pedestrian Safety Working Group Edition
 Until opening of pedestrian underpass



Be Bright Be Seen

Keeping safe on your journey to school

- Wear reflective Hi Viz clothing.
- Put lights and reflectors on your Bike or Scooter.
- Check out our guides to cycling in the dark & making sure your bike is safe to ride:

- Wear brightly coloured clothing, coat, helmet or hat.
- Attach reflectives to your school bag.

- Take extra care at junctions and when crossing the road.
- Make eye contact with drivers to make sure you have been seen.

- **Drivers!** – It is your responsibility to drive safely! Avoid distractions and look out for others sharing road space.

↓

[Sustrans Guide to cycling in the dark](#)

[Check your bike is safe to ride - a how to guide](#)



Photo: Natalie Martin

Sustrans is the charity making it easier for people to walk and cycle.

We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute.

Join us on our journey.



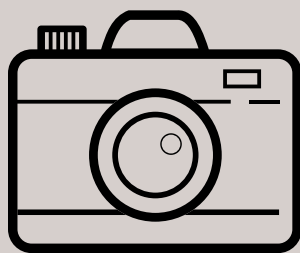
Registered Charity No. 326550 (England and Wales)
 SC039263 (Scotland).



YEAR 7

NEW YEAR MESSAGE FROM PARENTS TO THEIR CHILD - YEAR 7 (DEADLINE EXTENDED)

We have received over 85 motivational/inspiring messages from year 7 parents, thank you to those of you who have filled in the form. The deadline has been extended to Monday 9th January. If you have not done so already, to give your child a little lift for the start of the new year and new term, please write your message, along with your child's name and tutor group on **this form**. We will print your message onto a lovely Deer Park postcard before handing out in tutor time. We would like the message to be a surprise for them so please keep it a secret!



YEAR 7 GROUP PHOTOGRAPH

Yellow School Photos will be with us on Thursday 12 January 2023 for our whole group photograph of year 7 students.

YEAR 8

DEER PARK CITIZEN

At the start of this term we are introducing Deer Park Citizens to Year 8. Where students will have the opportunity to take part in a number of different activities which grow character and develop life skills. These achievements will be recognised through our tutor programme. As part of this, students will be invited by their Director of Progress and Achievement to help our main office and receptionist. On their nominated day, students will be based at reception for Period 1 and Period 2 and may be asked to continue to help throughout the day if reception is particularly busy. An invitation will be sent to students the week before their nominated day which will include helpful reminders as per below.

- Wear full school uniform
- Bring a warm, waterproof coat, chromebook and bottle of water.

This is an invitation to students and not a compulsory requirement.

CAREERS EVENT

On Friday 20th January between 11.30 and 1.30pm we are holding a careers event in our main school hall for our Year 8's as part of their pathways process.

The event will host a number of businesses and industry professionals who will be helping expose our students to what their future may hold.

We have a number of volunteers confirmed, including the Navy and Taylor Wimpey but are hoping to secure even more. If your job role/industry/company offers careers pathways such as apprenticeships or further education and training we would love to invite you in to be involved. If you think that you, or a colleague would be able to assist please could we ask you to **fill in this form**? We are keen to welcome as big a variety of future career pathways as possible.

SKI TRIP MEETING, PASSPORTS AND GHIC

We are looking forward to seeing year 8 parents and students at the ski trip meeting on Monday 9th January between 5.30pm-6.30pm in the main hall. Along with information on the trip there will also be an opportunity to hire or buy certain ski items ready for the Easter trip *see kit list. Please use [this form](#) to sign up if you haven't managed to do so already.



Please can we remind you to check your child's passport has 6 months left on the expiry date from the day that we return (8th April 2023) and if not you will need to apply for a replacement. Your child's passport will also need to have been issued within the last 10 years; should you need any further guidance please follow [this link](#).

Your child will also need an up to date Global Health Insurance Card (GHIC). You can apply for one [here](#).

*Ski Kit List:

- Ski Jacket
- Salopettes / Ski Trousers
- Ski Socks (3 pairs minimum)
- Ski Gloves - water proof
- SKI HELMET - included in hire
- Ski Goggles and Sun Glasses
- Small rucksack
- Ski Ties
- Several T Shirts
- Base layers
- Sweatshirts / Fleeeces/Hoodies
- Underwear - (for skiing)
- Suntan Lotion (Factor 25+) / Lip salve

PATHWAYS

This term we will begin our pathways process with year 8. If you did not receive the letter from Mrs Dixon please find a link to the letter [here](#).

Over the coming weeks we will continue to share information with both students and parents on our process. Our Parent support programme for Pathways is on the 2nd February. If you haven't signed up yet please do so using [this form](#).

REPORT DATA

Year 8 report 1 data has now been collected and will be emailed to parents shortly.

The report data will be shared with students in school and students will have the opportunity to discuss their data with their class teachers and have time to reflect on this with their tutors.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

10 Ways You Can SHARE KINDNESS ONLINE

Last year, around one in five young people aged 10–15 in England and Wales admitted experiencing online bullying: most commonly being insulted or sworn at, or having hurtful messages sent about them. To someone who's being bullied, the world can seem like a bleak, negative place – but just one kind word can be a ray of hope: a turning point that brightens their day and refreshes their perspective. That's why 'One Kind Word' is the theme of Anti-Bullying Week 2021. We're supporting this year's event by bringing you ten top tips for beating online bullying by replacing it with kindness.

1 PRAISE WHERE IT'S DUE

Sometimes a friend or relative might post online about something they're proud to have achieved: maybe an exam they've passed, a new skill they've learned or a task they've completed. Celebrate their hard work and determination by being kind enough to praise them for it publicly.

2 REACH OUT

It's not always easy to tell what kind of mood someone is in just from what they post online. Simply dropping somebody a message to say 'hi', to ask if they're OK or to tell them that you're thinking of them could totally make their day.

3 RECOMMEND FUN THINGS

If there's something you enjoy doing online – perhaps you play a particular game, or you've found a really cool site – share it with someone you think will enjoy it. Even recommending a film or TV show you think they'll like can bring a little happiness to someone who really needs it.

4 OFFER TO HELP

Sometimes you might see a friend or family member posting a question online or asking for help with something they can't do themselves. Don't just ignore it – if you can help, get in touch. Something that's difficult for them might be no trouble for you!

5 POST POSITIVELY

Lots of people seem to go online purely to complain about things or be negative. Just because you're communicating online (and not face to face) doesn't mean you can't be positive, though! Post about things that make you happy and that you're thankful for. It could brighten someone else's day.

6 SHOW YOUR APPRECIATION

If somebody that you know has done something positive or shown kindness themselves, go online and thank them with a message or a post. Expressing your gratitude costs nothing and showing someone that you appreciate them will really make them feel good.

7 BE UNDERSTANDING

Showing empathy towards others is an act of online kindness which often gets overlooked. If you notice that someone you know is upset, drop them a message. Sometimes people just need someone else to listen to them and understand their situation.

8 SHARE INSPIRATIONAL POSTS

When you see something online that inspires you or makes you feel happy, share it with people you know. A spot-on quotation, a beautiful photo or an uplifting video can lift someone's spirits and help them to feel better about life.

9 THINK BEFORE COMMENTING

Thinking before we act can be just as important as acting in the first place. Taking a second to consider what you're saying in advance could stop you from posting something negative, hurtful or offensive – even if you don't mean to. It's better to post positively or not post at all.

10 LIKE, LOVE AND ENGAGE

If somebody posts something that you like on social media, don't just scroll past – take the time to like it, love it or leave an appreciative comment! Reacting positively to other people's posts might seem like a small gesture but could mean a lot to them.

Meet Our Expert

Carly Page is an experienced technology journalist with more than 10 years of experience in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.11.2021

UPCOMING DATES

Date	Activity	Year Group
Monday 9 January	Week B	All Years
Monday 9 January	Ski Trip Meeting 5.30-6.30	Year 8
Tuesday 12 January	Year 7 Group Photograph	Year 7
Monday 16 January	Week A	All Years
Friday 20 January	Careers Day	Year 8