



DEER PARK

newsletter

FRIDAY 3RD FEBRUARY 2023

ISSUE 9

HEADTEACHER'S HELLO!

It always amazes me how our students endlessly strive to put a dent in our Deer Park universe. They are constantly pushing their own personal boundaries of what they think is possible. Just reading through the newsletters you get a sense of the achievements that they accomplish each week. So with half term drawing nearer it is time for the students to take a well earned rest and enjoy the many hobbies and activities that they are involved in outside of school.

Thank you for supporting us this week and attending the pathways evening for Year 8 and also for working with us as we tried to navigate the complexities and challenges of a national strike action. I know that it has been equally as challenging for parents as it has for us at school and we will continue to work with you and keep you informed as best we can as more potential action approaches.

Lastly it is just a plea - if you could please take note of the information below about turning left out of Sika Avenue...

Mr Jones



MEET MR ROBINSON

Hello, my name is Mr Robinson and I am the Site Assistant at Deer Park. My job is to help keep the school running and to make sure it is a safe environment for everyone. I can either be found in the premises office near reception or performing various tasks around the site.

To me family and loved ones are the most important things in life. In my spare time I like to spend it with them, watching sports, either rugby, football or formula one. I also love the outdoors, going for walks, especially through woodland and forests as I find it very relaxing.

I also love to read, my favourite author is Brandon Sanderson and my favourite motto comes from one of his books called the way of kings, it is "Journey before Destination".

WILDERN TRUST INSET (CPD) DAYS 2023-24

FRIDAY 1ST SEPTEMBER 2023

FRIDAY 13TH OCTOBER 2023

FRIDAY 24TH NOVEMBER 2023

MONDAY 19TH FEBRUARY 2024

MONDAY 24TH JUNE 2024

(All dates for the next academic year are provisional and may be subject to change)

YEAR 7

DEVELOPING SKILLS & ASPIRATIONS

1. Careers and Your Future
2. Transition Points in Your Life
3. Personal Qualities and Skills

YEAR 8

SETTING GOALS/PATHWAYS

1. Exploring Careers
2. Making Decisions about KS4
3. Pathways

LITERACY – READING LEGENDS!

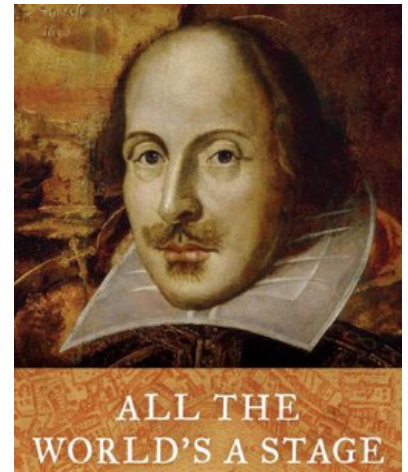
Love him or hate him, Shakespeare still isn't going anywhere for students across the UK!

Shakespeare's Globe (London) is putting on some special workshops for students to enjoy in the upcoming school holidays. This is a great opportunity to develop knowledge and love of theatre beyond the classroom – perfect for our keen thespians!

In February half term, students can attend a two hour workshop on **Romeo and Juliet**. This is for students aged 12+ without adults so it will be the perfect springboard of knowledge for our year 8s! Tickets cost £20.

In the Easter holidays, there is a **'Tempest' workshop** for students 12+, **a whole family workshop** for 9-12 yr olds with their accompanying adult (both £10) and also **performances of the Tempest** that are aimed at young audiences with tickets starting at just £5!

It would be great to hear of some students exploring Shakespeare during their free time and we look forward to some school-led Shakespeare trips in the future!



NSPCC NUMBER DAY – FRIDAY 3RD FEBRUARY



Deer Park's annual celebration of number is back!! As well as non-uniform for all students and staff, there will be a penalty shoot out against Mr Smith and Mr Gregory on the 3G pitch, and guess the sweets in the jar in the LRC – all for a small donation to the NSPCC (thank you!).

in Maths lessons, students will be helping to track down the NSPCC Bunny, and they will be taking part in the Timestable Rockstars National Competition throughout the day – can one of our Deer Park classes become National Champions?!?!?

TRICKBOX THURSDAY

Over the last two weeks our Year 7 and Year 8 students have been looking at the following communication habits that they can also practise at home.

1 TAKE OPPORTUNITIES

About this habit:

An 'opportunity' is something that will help us to achieve a positive goal in some way. It might help us to learn a new skill or meet new people. If it's good for us, we can say 'yes.'

1 MAKE POSITIVE CHOICES

About this habit:

We have lots of decisions to make every day. A positive choice is something which is good for us and we feel good about. Asking ourselves questions can help us decide what to do. (Ask for help if you need it.)



YEAR 7 & 8 DISTRICT CROSS COUNTRY TRIALS

Year 7 & 8 Cross Country Results Honours Board			
Year 7 Boys	Year 7 Girls	Year 8 Boys	Year 8 Girls
Jayden C	Sammie C	Archie K	Maisie B
James H	Molly G	Oliver J	Maisy T
Bernie RW	Zara D	Oliver M	Emma M
Oliver K		Marcus P	Charlotte A
Oliver C			

On Tuesday 31st January, 16 students attended the district cross country trials taking part against 20 other schools, at Fleming Park Eastleigh. The 2.5km course challenged our participants with some damp sections and steep uphill but all Deer Park runners finished within the top half of each race category, showing tremendous determination and endurance. Further still, 10 of our 16 runners finished in the top 20 putting them in contention to run for the

Eastleigh district team on Tuesday 7th March at Down Grange, Basingstoke, for county selection. A special mention to Jayden C (3rd), Maisie B (3rd), James H (6th), Maisie T (9th) for finishing in the top ten runners within their category. Check out the full list of runners on the above honours board. Well done!

CRICKET CLUB

Cricket training is taking place on Friday 3-4pm. We are catering for all abilities levels including those new, or already taking part in hard ball club training. The indoor nets are available for students with hardball equipment. We are also able to provide pads, helmets and batting gloves for those looking to continue their cricket participation beyond softball competition. An U13 team has been entered into a Hampshire Schools Knockout T20 competition alongside several softball events.



CRICKET TEAM - JULY 2022

LOST PROPERTY



We have a large amount of unnamed lost property situated in our hygiene room. At the end of every half term we donate or dispose of any items that are left in lost property. Please remind your child/ren to check for any items that might be theirs before we break up for the holidays next Friday, 10 February.

Please can we also ask that you add your child/rens name to their uniform and belongings so that items can be returned to the rightful owners.

YEAR 7

This week in assembly Year 7 focussed on the topic of kindness. Students were asked to think about recent random acts of kindness they had seen or been a part of, which led onto learning about the Christmas Truce which occurred during World War 1. We then discussed the science of kindness, and how performing acts of kindness releases dopamine, the feel-good chemical associated with good well being and mood. To encourage a 'kindness boomerang', there is now a kindness box located in the LRC. If students would like to nominate a student for being particularly kind, or to report a bullying concern, they can pop a slip into the kindness box.

We also showcased some excellent examples of self study from ICT, and announced this month's 'famed and framed' winner - congratulations to Emily C who submitted 'Spring Emerges'



YEAR 8

CAREERS FAIR



On Friday 20th January, Year 8 experienced a flavour of the working world during the Careers Fair. All students had time to walk around, talking to a number of college providers and different work places. These ranged from people in the music industry, to Royal Marines, with everything in between! The students were great and had some fantastic questions for employers and others who were there for them to talk to. The Careers Fair came at a time when Year 8 are starting to

think about their pathways for KS4, and on the back of Education for Life lessons in which they are starting to think about careers and the working world.

PATHWAYS

Following on from our Pathways parent support programme (PSP) please find our pathways page on our website [here](#). If you were unable to attend our pathways evening please find a recording of the video [here](#). We will be sending home the pathways booklets with students on Friday 10th February as well as publishing our frequently asked questions document. If you have any questions please add them to the form [here](#).



December	Pre Pathways Information Assembly for students
Thursday 9th & 23rd	Year 8 Parents Evening
10th February	Pathways booklets sent home
HALF TERM	
Week beginning Tuesday 21st February - Monday 27th February	Subject Information Pathways assemblies
Monday 27th February - Friday 10th March	Subject Taster Lessons (These are built in to your child's timetabled lessons)
Friday 10th March	Options online opens
Monday 20th March	Options online closes

HUMAN PAPILLOMAVIRUS (HPV) VACCINATION



The School Age Immunisation Team will be at Deer Park School on Monday 13th March 2023 to administer the first does of the HPV vaccination to Year 8 boys and girls. HPV is administered in two doses. The first dose is usually given in year 8 and the second dose in year 9. It is offered at this age because the vaccination works best if received before an infection occurs.

A letter from the School Age Immunisation Team with important details regarding online consent has been sent via e-mail to all year 8 parents/guardians. Please also submit the consent form if you decide you do not wish your child to receive the vaccine.

It is essential that the consent form is submitted no later than no later than 10am on 9th March 2023.

ONLINE SAFETY

Please take the time to read about Omegle; a popular video chat site

<https://www.internetmatters.org/hub/news-blogs/what-is-omegle-what-parents-need-to-know/>

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



Omegle is a website that pairs random strangers for live text or video chats. It first launched in 2009 and its slogan is "Talk to strangers!" There is an option for adult (18+) content and a section for people aged 13+ with parental permission. Anyone can use the site. Users simply go to Omegle.com and then choose 'Text' or 'Video' chat and the page states how many users are currently online. Depending on the time of day this can be hundreds of thousands. Omegle markets itself as a great way to meet new friends however has been known to feature pornography and inappropriate content within chats, so it's important parents are aware of the risks associated with the site.



What parents need to know about

OMEGLE



NO AGE VERIFICATION MEASURES

Omegle is completely free to use and allows users to communicate with others without the need to register, supply an email address or create a profile. This means users can remain anonymous and it's hard to trust who your children are talking to. Furthermore, there are no age verification measures and other than agreeing to the terms and conditions, your child can easily start online engagement with strangers and potentially access more adult themed content.



RISK OF CYBERBULLYING

The anonymity of Omegle can increase the risk of cyberbullying on the site. Engaging in chat with strangers means that topics of conversation can lead almost anywhere including discussions about looks, body image or the sharing of other personal information. With the availability of video chat as well, this could lead to children being coerced or forced into carrying out activities online which could then be used against them.



UNMODERATED CHAT

Omegle encourages video chat as much as it can, prompting users during their text chat to activate their web cam. Whilst text chat has a degree of moderation, the content in Omegle's video chat rooms is not moderated by administrators and, at any time of the day, there can be thousands of users online. This means that your child could easily come across illegal, unacceptable or inappropriate images or media. Omegle currently offers no function for reporting online abuse or inappropriate behaviour on its site and instead only offers advice to 'please be careful'. It also advises to 'Use Omegle at your own peril'. Disconnect if anyone makes you feel uncomfortable!



PRIVACY RISK VIA FACEBOOK

Omegle can be linked to a user's Facebook account to match their interests and likes with other users. This means that Omegle can access your child's basic Facebook information, and Facebook friends may potentially view Omegle activity. In addition, users can save the chat log and share the link without the other user's knowledge. It is not uncommon then for users to request being added to Snapchat, Instagram or WhatsApp for further interaction, moving the conversation into a more personal setting.



RISK OF EXPLOITATION

Omegle chat picks another user at random and there is very little way of verifying who your child may be chatting to. This can lead to a number of risks including catfishing (users pretending to be of similar age), identity theft (users eliciting information to commit fraud) and sexual/psychological grooming (users coaxing others to act in a way or do something they wouldn't normally do).



ADULT THEMED CONTENT

Unfortunately, Omegle is infamous for its pornographic content and it is not uncommon for users to expose themselves or engage in sexual acts. If a user selects video chat, then the other user's webcam will automatically be switched on before the action to end chat can be selected. There is also no 'preview' in smaller thumbnail windows. As video chat is so easy to access, it means that unintentionally viewing more mature, inappropriate or even illegal images can't always be avoided.



Safety Tips For Parents

DISCUSS RISKS WITH YOUR CHILD

It is important to speak to your child about the dangers of Omegle. Guiding and educating young children is far more useful than ignoring the possibility of Omegle being accessed. Explain to your child that Omegle is not completely anonymous and that other users will and do use Omegle to exploit others. Try to emphasise the risk of speaking to strangers and that engaging online is no different to engaging offline.



PROTECT PERSONAL INFORMATION

Omegle does not provide advice about how to protect your personal information so it's important that children are aware of what they should and shouldn't share online and with whom. If they use Omegle, always advise against sharing any personal information such as their real name, age, phone number, address or any other personal identifiable information. This also includes details of their social media accounts or gaming IDs. You should also adjust your child's Facebook settings to control what information is shared with Omegle.



REPORT CONCERNS

If your child comes across any inappropriate content or something which upsets them on Omegle, then it's important that they are able to discuss it with you and that you provide them with the support they need. If you think the content is illegal, then it must be reported to the police.



DISCOURAGE VIDEO CHAT

Try to discourage your child from using video chat on Omegle. Not only is there no filters or moderation in place, but children may be coerced into sharing intimate images or videos of themselves, which is illegal if they are under 18 and may be used against them. Omegle text chat has a degree of moderation controlled by Omegle through software and several actual moderators. The software moderates, identifies and prevents certain words and sequences of words to try and prevent bullying and grooming however is still not a 100% fail safe.



TRY OMEGLE YOURSELF

It's always an excellent idea to get a feel for the website or app your child is using so that you can see and understand the issues and risks for yourself. More importantly, it will also provide you with first-hand experience of the risks and dangers (if/when you decide to speak to your child about Omegle and what they need to be aware of).



USE PARENTAL CONTROLS

Omegle is a website chat service. Children can only access the text chat on their phone and would need access to a PC or laptop to engage in video chat. If you have genuine concerns over Omegle and don't wish your child to access the site, you can add www.omegle.com to the list of banned websites and URLs. However, it's important to remember that Omegle can still be used via a web browser on an iPad, tablet, smart TV or gaming device and similar controls would need to be implemented on each of these devices separately.



Meet our expert

Jonathan Taylor is an online safety expert and former Covent Internet Investigator for the Metropolitan Police. He is a specialist in online grooming and exploitation and has worked extensively with both UK and international schools in delivering training and guidance around the latest online dangers, social media apps and platforms.



SOURCE: <http://www.omegle.com>

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @nationalonlinesafety

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SOCIAL MEDIA & Mental Health

What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?

NOS National Online Safety®

#WakeUpWednesday

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.



3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.

4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.

5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.

HELPFUL APPS:

- Hub of Hope
- Mindshift
- Smiling Mind

OTHER SERVICES:

- Childline (0800 1111)
- Bullying UK (0808 8002222)
- Young Minds (0808 802 5544)

Sources: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/measuringnationalwellbeing/2015-10-20>, <https://www.rshp.org.uk/uploads/assets/uploaded/62be270a-a55f-4719-ad668c2ec7a74c2a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505/5-warning-signs-mental-health-risk>

www.nationalonlinesafety.com

Twitter - @natonlinesafety


Facebook - /NationalOnlineSafety

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SMART PHONE USERS

Please share the video clip below with your child/ren.

SMART PHONE USERS

take their eyes off the screen
when crossing the road 



HAMPSHIRE CHILDREN'S SAFEGUARDING PARTNERSHIP - SAFEGUARDING ADOLESCENTS TOOLKIT

Please visit the [HSCP website](#) for help with a range of themes for Parents/Carers to help safeguard their children.



EXITING SIKA AVENUE - "TURN LEFT ONLY" FOR ALL VEHICLES



Hampshire County Council have asked us to reiterate the new road layout at the end of Sika Avenue and the dangers of ignoring the "turn left" sign. **Please do not turn right out of Sika Avenue under any circumstances.**

If you need to head towards the Maypole roundabout you will need to turn left out of Sika Avenue and proceed around the new roundabout until you are heading back towards the school.

UPCOMING DATES



Date	Activity	Year Group
Monday 6 February	Week B	All Years
Thursday 9 February	Virtual Pathways Parents' Evening (1)	Year 8
Tuesday 7 February	Safer Internet Day	All Years
Monday 13 February – Friday 17 February	Half Term Holiday	All Years
Monday 20 February	Inset Day	All Years
Tuesday 21 February	Week A	All Years
Thursday 23 February	Virtual Pathways Parents' Evening (2)	Year 8

CLICK ON THE IMAGE BELOW TO SEE WHAT'S ON AT THE THE DART CENTRE WILDERN SCHOOL, HEDGE END SO30 4EJ

THE DART
COMMUNITY ARTS CENTRE

Free* Paediatric First Aid courses this Spring term!

To book type in the link: <https://shop.hants.gov.uk/collections/library-courses>



Location	Dates (attendance required on both dates)	Time
Fleet Library	27 January and 3 February	9:45am – 4:15pm
Leigh Park Library	2 February and 9 February	9:45am – 4:15pm
Andover Library	4 February and 11 February	9:30am – 4:30pm
Lymington Library	18 February and 25 February	9:30am – 4:30pm
Romsey Library	21 February and 28 February	9:30am – 4:30pm
Wells Place Centre, Eastleigh	22 February and 23 February	9:00am – 5:00pm
New Milton Library	22 February and 1 March	9:30am – 4:30pm
Farnborough Library	28 February and 7 March	9:45am – 4:15pm
Basingstoke Discovery Centre	2 March and 9 March	9:45am – 4:15pm
Alton Library	3 March and 10 March	9:45am – 4:15pm

*Free tuition, optional certification available at a cost, to be discussed with tutor

These courses are aimed at Hampshire residents aged 19+ Attendance is expected at each session to ensure that you get the most out of your learning experience and to minimise disruption for other learners. Please advise the venue/tutor of any absence you may have.



www.hants.gov.uk/library   