



Deer Park School

# DPS WellNews

Welcome to the latest edition of Deer Park Wellnews. As Autumn moves into winter it brings with it not just a change in the weather and a burst of earthy colours but also the opportunity to take care of ourselves in different ways. Whether it be a cold brisk walk through the crunchy leaves or the opportunity to try some new wintery recipes, either way it's important to keep your own wellbeing at the top of your agenda. Please enjoy the latest edition; I hope it gives you some wonderful tips and signposting.



Deer Park *Wellbeing*

[wecare@deerparksecondary.org](mailto:wecare@deerparksecondary.org)



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**ONE KIND  
WORD CAN  
*warm*  
THREE WINTER  
MONTHS.**

JAPANESE PROVERB

GH



MONDAY



5 Give a gift to someone who is homeless or feeling lonely

TUESDAY



6 Leave a positive message for someone else to find

WEDNESDAY



7 Give kind comments to as many people as possible today

THURSDAY

1 Spread kindness and share the December calendar with others

8 Do something helpful for a friend or family member

FRIDAY

2 Contact someone you can't be with to see how they are

9 Notice when you're hard on yourself or others and be kind instead

SATURDAY

3 Offer to help someone who is facing difficulties at the moment

10 Listen wholeheartedly to others without judging them

SUNDAY

4 Support a charity, cause or campaign you really care about

11 Buy an extra item and donate it to a local food bank

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Contact an elderly neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

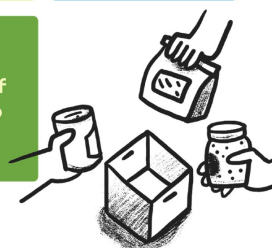
27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2023



ACTION FOR HAPPINESS

Happier · Kinder · Together

## WINTER RECIPE

## SPICED BREAD & BUTTER PUDDING

1. Lightly grease a shallow ovenproof dish. Thinly spread one side of each bread slice with butter/margarine, then jam. Cut into triangles; arrange half in dish, jam-side up.
2. Mix together apple slices, mixed spice and half of the sugar; spoon apple mixture evenly over bread. Arrange remaining bread triangles over top, jam-side up, and sprinkle evenly with remaining sugar.
3. Beat together egg and milk in a bowl or jug; pour evenly over bread. Set aside for 30 minutes to let bread absorb some of the liquid.
4. Preheat oven to 180°C/fan 160°C /gas mark 4. Bake bread pudding for 35-40 minutes or until lightly set and golden brown. Serve.



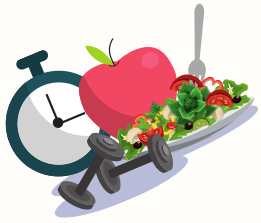
### INGREDIENTS

- 3 medium slices bread
- 15g (½oz) butter or margarine
- 25g (1 oz) apricot jam
- 1 eating apple, peeled, cored and sliced
- 1/2 teaspoon ground mixed spice
- 25g (1oz) sugar
- 1 egg
- 300ml (1/2 pint) semi-skimmed milk

- Everyday Essentials Medium Sliced White Bread 800g £0.39
- Greenvale Beautifully Buttery Light 500g £0.95
- Specially Selected Golden Apricot Conserve 340g £1.25
- Nature's Pick Loose Bramley Apples Each £0.47
- Stonemill Mixed Spice 41g £0.49
- The Pantry Granulated Sugar 1kg £0.75
- Merevale Medium Scottish Free Range Eggs 6 Pack £0.99
- Cowbelle Fresh British Semi-skimmed Milk 568ml/1 Pint £0.89

TOTAL: £6.18





# Stay healthy this Autumn/Winter

**Stay Hydrated** - Drinking water will protect your skin from the cold air drying it out and flush out toxins



**Keep Skin Moisturised** - Even though we wrap up warm, with the cold and blustery weather, our skin can become very dry. Moisturise your hands and face to protect from the elements and lips too to prevent them from becoming chapped.



**Get some Vitamin D** - The weather is an obstacle for many of us but if you can, wrap up warm and go for a walk to try and get some much needed vitamin D in natural daylight. It can also help with energy levels and is a great way to keep fit and keep your mood up.



**Eat seasonal Fruit & Veg** - This time of year there is an abundance of fruit and veg in season that will help boost your immune system. Oranges, blueberries, beetroot and kale to name a few, are great for vitamin C and antioxidants



**Go the bed early** - It goes without saying that if you only get a short amount of sleep, you are going to be restless and exhausted in the day. Try to go to bed early and get the full eight hours so you can get a proper rest and quit screen time an hour before you go to bed.

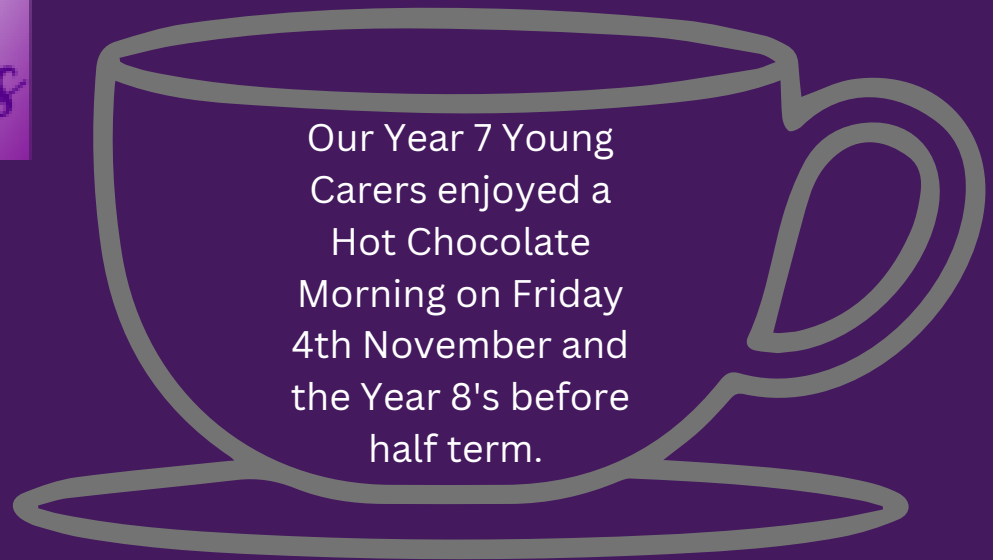


**Visit our website**  
<https://www.deerparksecondary.org/well-being/our-vision/> for more ways to help your physical and mental wellbeing

# Deer Park



## Young Carers



Our Year 7 Young Carers enjoyed a Hot Chocolate Morning on Friday 4th November and the Year 8's before half term.

An important aspect of our pastoral support is for young carers.

These students take on caring responsibilities at home due to family members having long term medical or personal problems.

This can significantly impact on their daily life and presents a number of challenges in fulfilling the expectations and demands of school.

Therefore, we encourage and support young carers by inviting them to clubs, events and on a number of trips that can build friendships, broaden life skills and foster career aspirations. We also offer a drop in session in room 121 with Mrs Brenton every Friday break 1.

If you think your child might be a young carer please complete the form linked here.

**YOUNG CARERS DROP-IN  
SESSIONS**

**EVERY FRIDAY BREAK 1  
ROOM 121**



**MEET OTHER YOUNG CARERS, MAKE NEW FRIENDS OR  
JUST POP IN FOR A CHAT**

**SEE YOU SOON,  
MRS BRENTON**

# ANTI BULLYING WEEK

We'll be wearing odd socks with the Anti-Bullying Alliance and their patrons, Andy and the Odd Socks, on **Monday 14<sup>th</sup> November** for Odd Socks Day. Will you?

**Odd Socks Day**

#AntiBullyingWeek  
#OddSocksDay



# Healthy Mind Healthy Me

## Workshops



With thanks to:  
Stacey Miller,  
Lorraine Lee, Sophia  
Armstrong, St  
Thomas' Church and  
The Fountain Cafe.



On Saturday 8th October, Deer Park hosted its first Wellbeing Workshop. Students & Parents of Deer Park, Wildern, Wyvern and nearby primary schools participated in various workshops on how to enhance wellbeing. These were run by some incredible parenting and mental health professionals and we hope to run more events in the near future.

# HAMPSHIRE *Teen Project*



# FREE

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

## BOOK NOW

[www.personalbesteducation.com/teens/teen-projects/](http://www.personalbesteducation.com/teens/teen-projects/)

### Locations:

- Basingstoke
- Fleet
- Winchester
- Test Valley
- Eastleigh
- Hedge End
- Fareham
- Hamble



[www.personalbesteducation.com](http://www.personalbesteducation.com)  
01794 510225



@PERSONALBESTEDUCATION





# YOUNG MINDS



fighting for young people's mental health

With rising bills, soaring energy prices and the cost-of-living crisis dominating the national conversation, it's inevitable that many children and young people, just like adults, are worried about money.

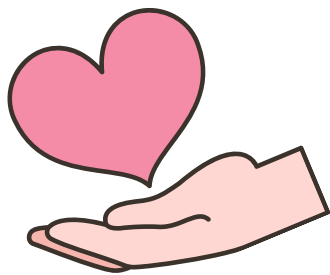
Individual family circumstances vary widely, and the cost-of-living crisis will impact our wellbeing and finances differently. You may be feeling anxious about managing bills, low in mood, helpless, or worried about the impact on your own or your child's mental health. Or perhaps you or your child feels isolated or lonely because of lack of money to socialise or do activities.

For more information on how to support your families wellbeing, click this [link](#) to access the Young Minds website.

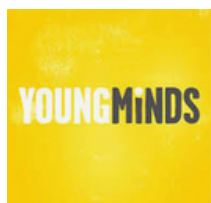
## FIT 4 LIFE

Students benefited from an interactive session from Fit4Life on Tuesday, 18th October. They are a local charity who specialise in supporting young people's wellbeing through physical activity. The session's linked in nicely with Mental Health Day as well as this half term's Education for Life theme, health and wellbeing.





# SELF HELP WEBSITES



[www.youngminds.org.uk](http://www.youngminds.org.uk)



[www.thecalmzone.net](http://www.thecalmzone.net)



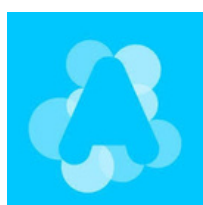
[www.lifesigns.org.uk](http://www.lifesigns.org.uk)



[www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)



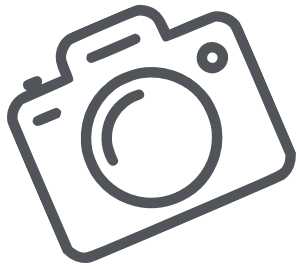
[www.stem4.org.uk](http://www.stem4.org.uk)



[www.anxietybc.com](http://www.anxietybc.com)



[www.home-start.org.uk](http://www.home-start.org.uk)



# *Named & Framed*

