



Deer Park School

# DPS WellNews

After what seems like a very long winter we can start to see little bursts of colour in those early flowers poking their heads up after a winter of hibernation. As the spring starts to flourish it's an excellent opportunity to spend even more time outside in nature with (hopefully) a little bit of sunshine on the face. Spring is also a good time to review our food and exercise regime; lots of seasonal fruit and veg will be readily available and whatever exercise you do, remember that some is better than none. Enjoy this latest edition of DPS WellNews and here's to a new season of healthy living.

Tom Hastings  
Assistant Headteacher



Deer Park Wellbeing

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



# Mindful March 2023

MONDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today [dayofhappiness.net](http://dayofhappiness.net)

27 Appreciate nature around you, wherever you are

TUESDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

WEDNESDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

THURSDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

FRIDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

SATURDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

SUNDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today



ACTION FOR HAPPINESS

Happier · Kinder · Together



## SPRING RECIPE

## TUNA, SPRING ONION & SWEETCORN FRITTERS

- Mix the milk and eggs together in a jug with 1/2 a tsp of salt. Sift the flour into a bowl, make a hole in the centre and pour the egg mixture in a thin, slow stream, whisking well until combined. Stir in the sweetcorn, spring onions and tuna.
- Heat a drop of oil in a non-stick frying pan over a medium heat. Drop spoonfuls of the batter into the pan and cook until crisp and golden, about 2-3 mins, flip and repeat on the other side (you'll need to do this in batches). Keep warm in a low oven and repeat with remaining batter.
- Serve and Enjoy!



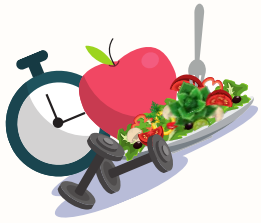
### INGREDIENTS

- 125ml milk
- 3 medium eggs, beaten
- 150g self raising flour
- 300g frozen sweetcorn, defrosted (or use cooked, fresh corn)
- Half a bunch of spring onions, trimmed and thinly sliced
- 2 x cans of tuna, drained and roughly flaked
- Sunflower or vegetable oil (for frying)

Cowbelle British Semi-Skimmed Milk (1 pint/568ml) £0.95  
 Merevale Medium Free Range Scottish Eggs 6 Pack £1.19  
 The Pantry Self Raising Flour 1.5kg £0.58  
 Four Seasons Canned Sweetcorn in Water x 2 £1.04  
 Nature's Pick Spring Onions 100g £0.50  
 Fishmonger Tuna Chunks in Spring Water 145g x 2 £1.38  
 Solesta Vegetable Oil 1L £1.75

Total: £7.39





# Spring Clean Your Health

**Stay Hydrated** – When it's warmer outside, your body can lose more moisture through sweating, even if you don't feel yourself getting sweaty. To help prevent dehydration, it's important to take proactive steps to drink enough water throughout the day, such as by keeping a water bottle handy at all times.



**Eat seasonal Fruit & Veg** – Spring and summer are a great time to incorporate more fresh, in-season fruits and vegetables into your diet. Warmer weather produces mushrooms, peppers, courgettes and berries which are packed with the micronutrients our bodies need and thrive on.



**Get Outside and Get Moving** – Getting enough physical activity every day is really important. It can be as simple as taking a walk with friends. Any activity that gets your bones and muscles moving can help. Getting outside can boost vitamin D levels, thanks to the sun but remember to protect your skin and eyes from the UV rays.



**Reset your Sleep Schedule** – If dark, cold winter days have thrown your sleep schedule off track, use spring as a reset. One bad habit to break is spending lots of time in front of a computer or phone or laptop just before bed. Get up at the same time everyday – ideally with exposure to light right away. If you're having trouble falling or staying asleep, keeping the place where you sleep really dark and cool can be helpful.



**Watch for Allergens** – Springtime brings a spike in outdoor allergens like pollen. Paying attention to the air quality can be really important if you have allergies, in terms of both pollen and pollution. Try and stay indoors if the air quality is really bad.

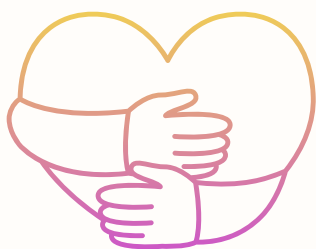


**Visit our website**

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



The Young Carers met for a half termly catch up activity with Mrs Brenton and Mr Denman. They made origami butterflies and parrots/canaries, drank hot chocolate and ate biscuits! A lovely session for all the Year 7 and Year 8 young carers to catch up and learn a new skill.



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.



**YOUNGMINDS**  
fighting for young people's mental health



## Chatterbox chats

This is a great activity to talk about feelings and get young people sharing their ideas. Having a game, puzzle or activity to focus on can help a young person feel more comfortable talking about something for the first time, as it moves the focus off the young person onto the activity. One-to-one, this can be particularly helpful if the topic is new to the young person. In a group setting, this activity allows young people to share ideas with each other. [Click here to download this activity along with instructions on how to make and use it.](#)

## Parents Helpline

Young Minds can offer support with a range of different topics, whether it's advice on your child's feelings and behaviour or the cost of living crisis.

Just remember that you are never alone.

[Click this link to access some of the wider issues, or web-chat/call/ email someone at YoungMinds for advice.](#)





# HAMPSHIRE *Teen Project*

11 - 16 year olds

3rd - 6th & 11th - 14th April

10:00 - 15:00

**Free Hot lunch included**

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



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



# TEEN PROJECT LOCATIONS



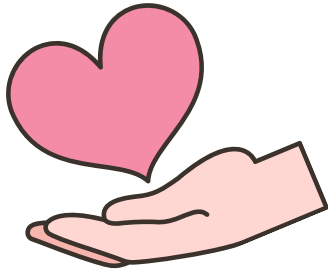
## BOOK NOW

Please complete the registration form found on our website:

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

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

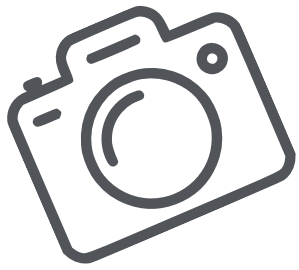




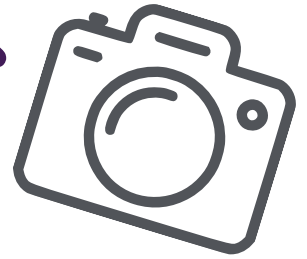
# SELF HELP WEBSITES







# Named & Framed



Hannah T Year 7



Anna QM Year 8