



DEER PARK

newsletter

FRIDAY 13TH SEPTEMBER 2024

ISSUE 1

HEADTEACHER'S HELLO!



I AM DELIGHTED TO WELCOME BACK ALL OF OUR STUDENTS AND STAFF FOR ANOTHER EXCITING ACADEMIC YEAR AT DEER PARK SCHOOL. WE HOPE THAT YOU ALL HAD A RESTFUL AND ENJOYABLE SUMMER BREAK. ALL OF THE YEAR GROUPS HAVE BEEN SUPERB AND IT'S BEEN A PLEASURE TO WANDER AROUND THE CLASSROOMS THIS WEEK AND CHAT TO THE STUDENTS.

OUR YEAR 7 STUDENTS HAVE MADE A FANTASTIC START TO THEIR SECONDARY SCHOOL JOURNEY. THEY HAVE SETTLED IN REMARKABLY WELL AND ARE ALREADY DEMONSTRATING A POSITIVE ATTITUDE TOWARDS THEIR STUDIES AND HAVE JOINED SO MANY CLUBS ALREADY.

AS WE EMBARK ON THIS NEW ACADEMIC YEAR, WE REMAIN COMMITTED TO PROVIDING A HIGH-QUALITY EDUCATION THAT FOSTERS ACADEMIC EXCELLENCE, PERSONAL GROWTH, AND A LIFELONG LOVE OF LEARNING. WE LOOK FORWARD TO WORKING TOGETHER WITH YOU TO SUSTAIN THE SUPPORTIVE AND AMBITIOUS ENVIRONMENT AT DEER PARK WHERE ALL STUDENTS CAN REACH THEIR FULL POTENTIAL.

HAVE A GREAT WEEKEND,

BEST WISHES,
MR JONES

MEET MISS STENLAKE



I'm Rachel Stenlake, and I'm thrilled to be joining Deer Park School as your new receptionist! Before coming here, I spent many rewarding years as a veterinary receptionist, where I had the pleasure of working closely with pets and their owners. My background has taught me the importance of empathy, attention to detail, and multitasking, skills I'm excited to bring to our school community.

If you see me around the school, please don't hesitate to say hello—I'm looking forward to meeting each of you and supporting both students and staff. Here's to a fantastic journey ahead at Deer Park School!

YEAR 7

A very warm welcome to our brand new Year 7 students and parents! I have enjoyed seeing them settle into their new environment and have reminded them that we are starting on this exciting journey together.

Thank you to everyone who shared their 'Best of Me' activities from their summer holidays - it was a nice way for me to put some names to faces.

Thank you as well for your support in making sure that your child is in the correct uniform and fully-equipped to learn.

In our assembly I spoke to them about being Kind, Aspirational and Team-players throughout Year 7 and indeed during their time here at Deer Park. I would be grateful if you could reinforce this at home.

Best wishes,
Mr M. Parnell



YEAR 8

Welcome back to Year 8 after the summer holidays! I really hope that all of you were able to spend time with those closest to you, and that you were able to rest and recharge ready for another fun-filled year!

This year will be an important one for Team 2028, as they will begin to think about their options in the latter part of the academic calendar and choose the path that is right for them as they move closer to Key Stage 4. In our first assembly, we discussed the importance of continuing to demonstrate how to 'be your best self' to those around you, and the characteristics required to do this successfully.

As a cohort, Team 2028 were incredible during their time in Year 7. I cannot wait to see them flourish further, and to see what Year 8 has in store!

Kind wishes,
Mrs Wilson

YEAR 9

A warm welcome back to Year 9 after their summer holidays. I hope all of the students (and parents!) found time to switch off and have come back refreshed and ready for the challenges of this important year. In assembly on the first day back, we discussed the significance of hitting the ground running, and emphasised the impact that a positive student-teacher relationship can have on progress during these GCSE years.

I know how excited the cohort are about starting with their chosen pathways, and I look forward to sharing many positive updates throughout the year.

All the best,
Mr Gregory

YEAR 10

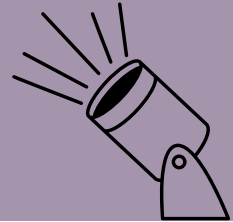
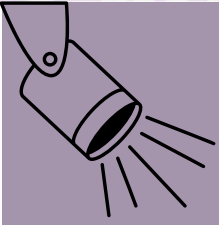
Welcome back to Year 10 after the Summer break; I hope that you all managed to recharge the batteries and find some time to enjoy the break. In our assembly on the first day back, we took inspiration from some Olympics heroes and their stories of success and how they got to the top of their game.

I asked students to relate these stories to their own journey through KS4 towards their GCSE results. It's scary to think that this is now the 4th time I've welcomed the year group back in September! I look forward to seeing where this academic year will take Year 10, both in and out of lessons.

Kind regards,

Mr Smith





SUBJECT SPOTLIGHT: EDUCATION FOR LIFE

The Education for life programme is our PSHE curriculum which supports students to be responsible, healthy, confident and respectful young adults prepared for life and work in an ever changing world. There are three key themes that all year groups will focus on throughout the year:

- Health & Wellbeing
- Relationships
- Living in the Wider World

This half term we are focussing on Health and Wellbeing. The programme consists of Education for life lessons, tutor sessions and assemblies. The entire school focuses on the same theme at the same time, building on their knowledge each year. Please see below for a brief outline of what each year group will be studying this half term

YEAR 7 - HEALTHY ME

In this unit students will be exploring how to maintain a healthy lifestyle to ensure both physical and mental health. They will focus on the importance of eating healthily, completing regular exercise and having a good bedtime routine. They will also be introduced to emotional wellbeing and understand what affects this.

YEAR 8 - DRUGS & ALCOHOL

In this unit students will explore issues surrounding drugs and alcohol. They will gain an understanding of the law surrounding drugs and alcohol, along with the different types of drugs. They will study in depth the socially accepted drugs of alcohol and tobacco with an emphasis on their effects and with regards to alcohol, how to stay safe.

YEAR 9 - PEER INFLUENCE, SUBSTANCE ABUSE & GANGS

Students will gain an understanding of the law surrounding drugs and alcohol, along with the different types of drugs. An important part of the unit will be exploring how peer pressure has a big impact on people's choices to consume drugs and alcohol and providing students with strategies to deal with this. Students will explore the concept of addiction and where to access help and support for this as well as the effects of drugs on individuals and others.

YEAR 10 MENTAL HEALTH

In this unit, students will be exploring Mental Health with a particular focus on how to recognise signs that someone might have a mental health issue such as depression, stress and anxiety. Students will look at the range of support available for those with emotional or mental health problems as well as exploring healthy coping strategies in order to be able to overcome these.

JEANS FOR GENES DAY - FRIDAY 20TH SEPTEMBER

On Friday 20th September, Deer Park will be holding a Non-School Uniform day to raise awareness of Jeans for Genes Day. The Jeans for Genes campaign raises awareness of the daily challenges faced by those living with a genetic condition and raises money to fund projects that make a tangible difference to the lives of those affected. Students will have an assembly highlighting where some of their money will go, as well as a tutor session where they will learn about different genetic diseases.



FRANCE TRIP - OPEN TO YEAR 10 FRENCH GCSE STUDENTS



May half term 2025 - More information to follow. Speak to Mrs Angell for specifics.

ST JOHNS & ST LUKES VOLUNTEERS

This week we were fortunate to have volunteers from St John's and St Luke's churches visit every assembly to introduce themselves. Starting from Tuesday 17th September they will be in school every Tuesday lunchtime offering a drop in session for all students. This will include an opportunity for students to speak to them, complete some creative activities or play a good old game of UNO!

We hugely appreciate them volunteering to help support Deer Park.



NATIONAL BREAKFAST WEEK

It was lovely to see parents, students and staff share breakfast on Friday as part of the National Breakfast Week. A great way to start the day!

Special thanks to the kitchen and all staff who helped out on the day.



7 SECRETS FOR YEAR 7

The first crucial step. The step you took as a baby when you first learned to walk. Can you remember finding it difficult? The step you took on your first day of primary as you braved a new, daunting unknown. I bet you're thinking it's not so frightening anymore. The step you have taken as you embark on your adventure at Deer Park and just like everything else, you will find your footing. Here are 7 top tips to live your best first year!

1. Speak to new people! Everyone is in the same boat and wants to make friends. It is a fresh chapter so write it with confidence.

2. Eat Breakfast! Research has proven eating breakfast improves your focus and makes you feel energised for learning.

3. Organise a self study routine. Try to do it the day it's set as it gets it out the way while the subject is still fresh in your mind. However, it's okay to not always do this but it's important to prioritise your self study as well as taking time to unwind.

4. Extracurriculars! A year 10 advised 'it's a great way to make friends with people who have similar interests to you'.



Unlock your incredible year 7 experience with these vital hacks every starter should know (from a year 10)

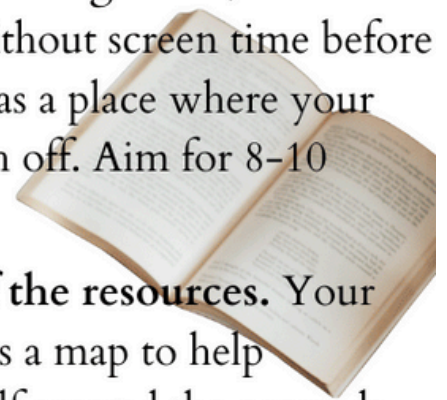
BY KEZIA SWAIN

With a variety of clubs from STEM, sport, film you can connect with your peers while doing something you are passionate about!

5. Treat people with kindness. Always come to school with a positive attitude, always be respectful to your classmates and always to the adults in school. You never know the silent battles someone may be fighting and kindness always comes back to you.

6. Maintain a healthy sleep schedule. It's essential to keep your bed as a place of rest, TV in bed causes your brain to associate it with being active, so have at least an hour without screen time before sleep to keep it as a place where your brain can switch off. Aim for 8-10 hours!

7. Make use of the resources. Your planner contains a map to help navigate yourself around the grounds. The LRC is an oasis of literature and the perfect place to read or catch up on work. On the top floor, student services is a safe haven to talk about your worries or have a little quiet time. Most importantly enjoy every moment. Come back for next fortnights issue!xc



PHYSICAL EDUCATION & SPORT UPDATE





Sports Clubs – now live on edulink 08.45

w/c Monday 9th September



Monday	Girls Football - Mr Hughes - Astro Rugby - Miss Andrews & Mr Colley - Grass Badminton - Mr McNulty
Tuesday	Staff Meetings Break 1 - Year 7 Get Active - Sports Hall
Wednesday	Boys Football - PE Dept - Astro Break 1 - Year 8 Get Active - Sports Hall
Thursday	Netball - Miss Andrews/ Mr Colley / Miss White Break 1 - Year 9 Get Active - Sports Hall
Friday 12th	Break 1 - Year 10 Get Active - Sports Hall



Extra Curricular TIME TABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAK 1	<ul style="list-style-type: none"> Poetry (004) 	<ul style="list-style-type: none"> Get Active (SH) Year 7 Maths Drop-in (117 & 118) Drama Club (KS3) Gardening Club (Meet by Bike Sheds) 	<ul style="list-style-type: none"> Get Active (SH) Year 8 Dominoes Club (TBC) KS4 intervention (Maths/Science) (117) 	<ul style="list-style-type: none"> Get Active (SH) Year 9 	<ul style="list-style-type: none"> Get Active (SH) Year 10 Puzzle club (118) ICT Drop in (102)
BREAK 2	<ul style="list-style-type: none"> Global Affairs Club (108) Mindfulness Club 	<ul style="list-style-type: none"> GCSE Dance Rehearsals (Dance Studio) IT and Coding Club (102) Chess club (114) 	<ul style="list-style-type: none"> Debate Club (year 9/10) (003) 	<ul style="list-style-type: none"> ICT Drop in (102) Guitar ensemble (010 - invite only) 	
AFTER SCHOOL	<ul style="list-style-type: none"> Badminton Girls Football (Astro) Rugby (Grass Pitches) Bronze Arts Award' Year 8's (Dance Studio) Flower Arranging - For Students and Staff Self study club (LRC) 	<ul style="list-style-type: none"> Outlet Basketball Club External booking (paid sessions) Self study club (LRC) Staff Meetings 	<ul style="list-style-type: none"> Boys Football (Astro) STEM Club (211) Dance Live (Main Hall) Art Club (203) Book Club (002) History Film Club (109) WEEK A only Self study club (LRC) 	<ul style="list-style-type: none"> Netball (Courts) Dance Company (Dance Studio) Mathletes (118) School Zine (003) Self study club (LRC) Staff Meetings 	<ul style="list-style-type: none"> Self study club (LRC)

PETS AS THERAPY

our pets and people enriching lives,
one visit at a time

Hello everyone, my name is Ben.

I am Deer Park School's "Pets as Therapy" dog, and I will be at school on Thursday mornings and occasionally at other times and events. I am from Romania where I was rescued when I was working at a Puppy Farm.

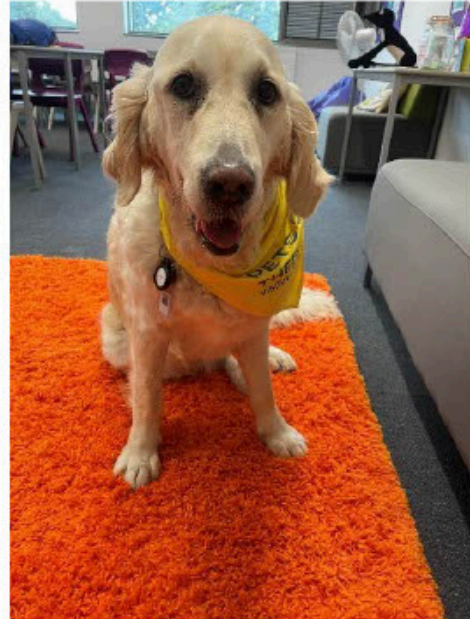
I found James, my human, nearly 4 years ago, and I have been happily living with him & his family ever since. When we are not at school, I'm either sleeping & resting when James is working, or enjoying long walks.

I am 8 years old, and I am a Golden Retriever. We are known for our friendly and sunny outlook in life, but I am a particularly relaxed and calm dog so was asked to become a therapy dog.

I have been enjoying my new "job" since summer of 2023. James and I would love it if you could help tell people about about Pets as Therapy <https://petsastherapy.org/> and the work that our organisation does.

As well as loving my visits to school, I am now visiting patients at Southampton General Hospital. I love it because it means more cuddles and stroking!

James & I look forward to our next visit to school; see you soon! Please don't hesitate to ask James any questions you have about me or if you would like more information regarding Pets as Therapy



Much love from Ben

P.S. I love food, fussing and chasing squirrels!

WELCOME BACK

Ben





Parent Support Programme

AUTUMN TERM 2024

HOW TO SUPPORT YOUR CHILD IN SECONDARY SCHOOL

Parents of Year 7 students

Find out how you can support your child in Secondary school with information from Mr Parnell. There will also be a short information session on how you can help your child with Maths, English and Science at Secondary school.

12th September 2024

Main Hall

DATA AND ASSESSMENT

Parents of all years

An opportunity to find out more about assessment and data at Deer Park - what to expect and how you can support your child with this.

14th November 2024

Main Hall

LOVE LANGUAGES

Parents of all years

Learn how to support your son/daughter as they embark on becoming a confident linguist; hands-on sessions to ensure language learning is as easy as un, deux, trois... Join us for vocabulary learning tips, key language websites and apps, and experience how we teach languages at Deer Park. Suitable for parents and students of all year groups, but would be particularly helpful for year 7 parents. No prior language knowledge required!

17th October 2024

Main Hall

WELLBEING

Parents of all years

An opportunity to explore a variety of wellbeing and support available for your child both in school and outside of school.

12th December 2024

Main Hall

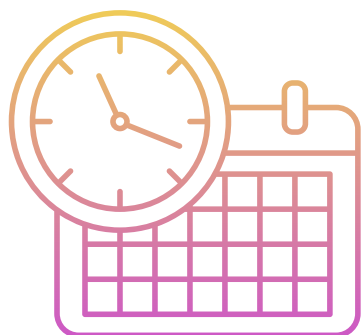


@deer_park_school



Deer Park School

UPCOMING DATES




Date	Activity	Year Group
Monday 16th September	Fairthorne Manor	Year 7 (D, E, F tutor groups)
Wednesday 18th September	Fairthorne Manor	Year 7 (H, J, R & S tutor groups)
Friday 20th September	Jeans for genes - non uniform day	All Years
Monday 23rd September	New York Trip Information Evening 17.00-18.00	Parents of students attending the trip
Tuesday 24th September	School Photo Day (individual photos)	All Years
Wednesday 25th September	Open Morning 9.45-11.00am	
Thursday 26th September	European Day of Languages	All Years

TERM DATES FOR THIS ACADEMIC YEAR CAN BE FOUND [HERE](#)



POLITE REMINDER: ALL MEAL DEALS ARE £3.20 AND SERVED AT BREAK 2. THE DAILY LIMIT TO SPEND IS £7.50 UNLESS YOU HAVE ASKED US TO CAP THIS. HOT FOOD IS ALSO AVAILABLE AT BREAK 1. IF YOU RECIEVE THE FSM ALLOWANCE OF £3.20, THIS DOES NOT GET RESET FROM BREAK 1 AND IS TO BE USED ACROSS THE DAY. IF YOUR CHILD DOES FALL INTO A NEGATIVE BALANCE A RED SLIP WILL BE ISSUED AT THE OFFICE AND A PHONE CALL HOME WILL BE MADE TO ASK TO TOP UP THE ACCOUNT. WE CAN NO LONGER ALLOW PURCHASES ON OVERDRAWN ACCOUNTS. MANY THANKS.



Cashpot for Schools is our mission to support primary schools across the UK.

Every time you shop with Asda Rewards from 2nd September to 30th November, we will donate 0.5% of your total spend to a primary school of your choice. Plus, Asda will pop £1 into your school's Cashpot every time someone opts in.


Even more, Asda will get your school started with a further £50. To redeem this, make sure to shop & scan and remind your school to sign up with Parentkind.

For more info, please see our [Terms & Conditions](#).

You won't give up any of your own earnings, and your Cashpot will continue to grow! **Shop. Scan. We donate!**


Great, count me in

If you shop in Asda please help us to raise funds for our partner school Boorley Park with their Cashpot for Schools Scheme



Asda will donate 0.5% of the value of its customers shopping to a primary school of their choice – every time they shop.

- 1) Download the ASDA reward app
- 2) opt into the cashpot for schools' campaign and select your chosen school.



CAR PARK

For the safety and security of all students and staff, please be reminded that the school car park is reserved exclusively for those who hold a valid car park pass or a Blue Badge . We kindly request that you do not use the car park for general drop-offs or collections (Unless you are collecting your child during the day for an appointment).

To ensure a smooth and safe drop-off and pick-up process, please utilize the designated drop-off points available on Sika Avenue.

Thank you for your cooperation and understanding in helping us maintain a secure environment for everyone.



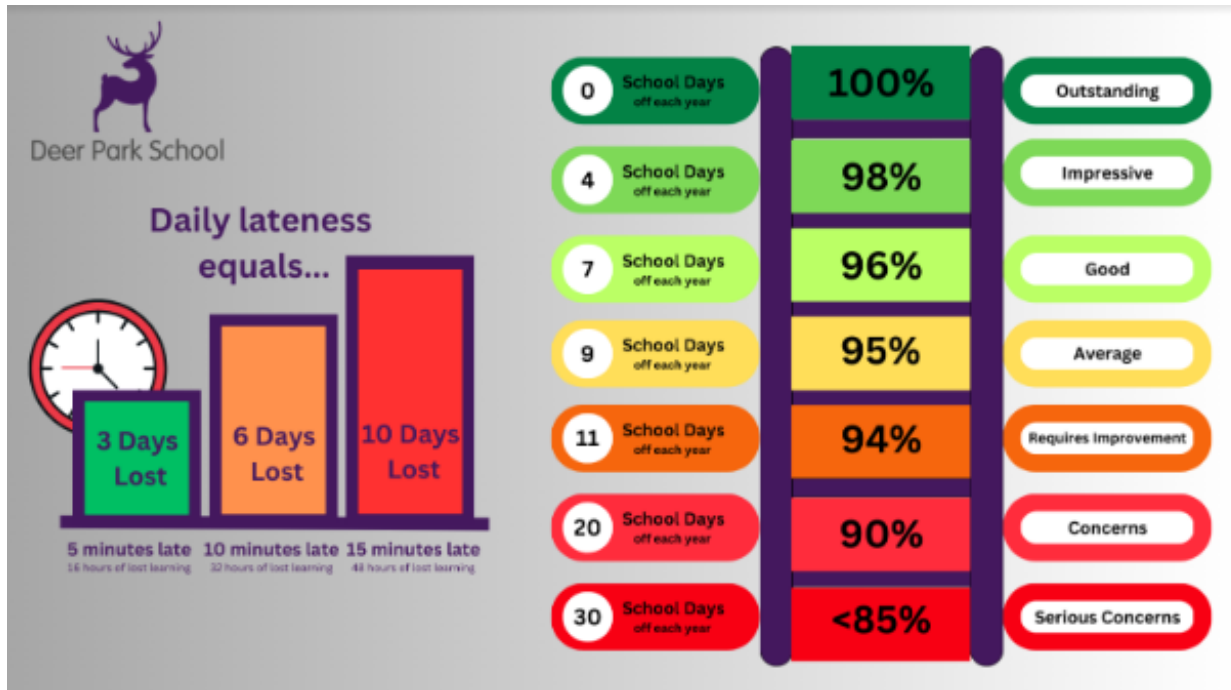
As part of our ongoing commitment to student safety, we are reaching out to you to reinforce the importance of road safety. We will be discussing this topic with our students and believe that a consistent message from both home and school will be particularly effective. By discussing these topics with your children and setting a positive example, you can help them develop safe habits that will last a lifetime.

Thank you for your continued support.

[LINK TO ROAD SAFETY VIDEO](#)

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.



HOLIDAY FORMS

If you need to request an authorised absence from school, for example for holidays, attending family funerals, etc Parents will now need to complete an online google form. This should make it easier for parents to complete. The link for the form is [here](#).

Lost Property

All lost property is kept in the Library (LRC). If your child(ren) has lost anything, please ask them to collect anything that belongs to them. Items will be kept for 3 weeks and then donated.

Thank you.





Free* Courses for Parents this Autumn Term

Course	Location	Date	Time
Raising Resilient Children	Online	Mondays 16 Sept - 14 Oct	7pm - 8:30pm
Introduction to Paediatric First Aid	Online	Tuesdays 24 Sept - 15 Oct, or Tuesdays 12 Nov - 3 Dec	6:45pm - 9:15pm
Time Out for Parents	Alton Library	Saturdays 5 Oct - 19 Oct	10am - 2pm
Emergency Paediatric First Aid	Havant Library	Monday 21 Oct, or Friday 22 Nov or Friday 6 Dec	9:15am - 4:30pm
Makaton Signing with Babies and Families	Gosport Discovery Centre	Thursdays 7 Nov - 12 Dec	10am - 11am
Listen Chatter and Learn	Petersfield Library	Mondays 11 Nov - 2 Dec	10am - 11:30am
Positive Parenting	Online	Mondays 11 Nov - 9 Dec	7pm - 8:30pm
Emergency Paediatric First Aid	Bridgemary Library	Friday 29 Nov	9:15am - 4:30pm

*Free tuition, some courses may have a certification or materials fee



Kinship Roadshow

care, connect and learn together

Thursday 19 September

9:30am - 2:30pm

Hilton Bournemouth, Terrace Road, Bournemouth, BH2 5EL

This is a **FREE** event for all kinship carers, where you'll:

- meet and **share experiences** with other kinship carers - family members and friends like you, raising children when their parents are unable to
- visit our **marketplace stalls**, where local community organisations will share resources and guidance related to financial and legal support, physical and mental health, and much more
- join **practical workshops** to support you in your caring role like:
 - tips for managing contact with family members
 - an introduction to trauma and attachment
 - supporting your kinship child at school
 - understand what other support is available locally

Free lunch and refreshments will be provided on the day

We'd love to see you there!

Scan the QR code or visit kinship.org/bournemouth-roadshow to book your place and find out more



Charity Registration: 1093975



Our other services for kinship carers

We're here, whenever you need support. You can access lots of information, advice or meet other kinship carers through:



Our Kinship Community - when you sign up to receive emails from us, we'll keep you up to date with all the details of our support groups, workshops, events, campaigns and more. Visit kinship.org.uk/community to sign up.



Our free online workshops - for any kinship carer on topics related to kinship care and your caring role. Book a free workshop: compass.kinship.org.uk/workshops



Our peer support groups - meet and chat to other kinship carers just like you. Find a support group in your local area or join one of our online support groups: compass.kinship.org.uk/groups



Someone Like Me - our telephone peer support service. Trained kinship carer volunteers will offer you a listening ear, providing you with emotional support from people who understand. Get matched with a volunteer: compass.kinship.org.uk/SLM



Kinship Compass - compass.kinship.org.uk - our independent online information, advice and support hub just for kinship carers.



@Kinshipcarecharity



@KinshipCharity



@kinship_charity

Kinship is the working name for Grandparents Plus, which is a company limited by guarantee registered in England and Wales under number 4454103 and registered as a charity under number 1093975

kooth

Supporting the mental health of children and young people in your school community



MANAGING ANXIETY

This month we're running webinars which offer practical support strategies for you, parents and students about managing anxiety.

- Let parents know about our KoothTalks webinar 'Helping your child manage anxiety' - please share [this link](#) in your next parent mail.

We kindly request that no nuts are to be brought to school. Those who suffer from nut allergies can develop a severe, potentially life-threatening allergic reaction.



FOBS: FRIENDS OF BOTLEY SCHOOL PTA
are excited to present...

Autumn Festival

**KIDS FREE.
OVER 16s £1
ENTRY**

12-4pm

Sat 5th October 2024

Arena Events

Music

Raffle

Shopping Village

Stalls and Games

Popell Farm

Face Painters

Inflataplanet- Inflatables

Reptiles-Animal Encounters

Refreshments

Plants-Botley Sow to Grow

Craft Room

Vintage & Sports cars

Archery & Axe Throwing

MAIN SPONSOR

Jackson Bailey our local
estate agent in Botley Mills

LOTS MORE TO BE ANNOUNCED

Botley C of E Primary School

HIGH STREET BOTLEY SO30 2EA

REGISTERED CHARITY COMMISSION NUMBER: 1031856

Jackson
Bailey

Estate Agents at Botley Mills

OTHER SPONSORS

GIBSON
SECURITY & ELECTRICAL SERVICES



ONLINE CONTENT

10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.



1 MONITOR VIEWING HABITS

Whilst most apps have moderation tools, inappropriate content can still slip through the net.



2 CHECK ONLINE CONTENT

Understand what's being shared or what seems to be 'trending' at the moment.



3 CHECK AGE-RATINGS

Make sure they are old enough to use the app and meet the recommended age-limit.



4 CHANGE PRIVACY SETTINGS

Make accounts private and set content filters and parental controls where possible.



5 SPEND TIME ON THE APP

Get used to how apps work, what content is available and what your child likes to watch.



6 LET CHILDREN KNOW YOU'RE THERE

Ensure they know that there is support and advice available to them if they need it.



7 ENCOURAGE CRITICAL THINKING

Talk about what people might post online and why some posts could cause distress.



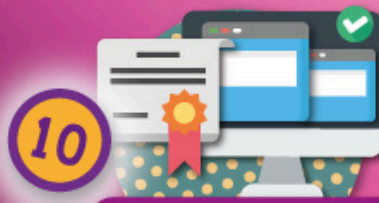
8 LEARN HOW TO REPORT & BLOCK

Always make sure that children know how to use the reporting tools on social media apps.



9 KEEP AN OPEN DIALOGUE

If a child sees distressing material online; listen to their concerns, empathise and offer reassurance.



10 SEEK FURTHER SUPPORT

If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.



 **National Online Safety**
#WakeUpWednesday

nationalonlinesafety.com

Twitter - @natonlinesafety

Facebook - /NationalOnlineSafety

Instagram - @NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 16.09.2020