FRIDAY 14TH FEBRUARY 2025

#### ISSUE 10

HEADTEACHERS HELLO



MEET MR MOORES

**DEER PARK** 

newsletter

As we head into the half term break, we want to wish you all a restful and enjoyable time with your families and friends. We hope that you'll take a few minutes to read through this newsletter and see some of the amazing things that have been happening at Deer Park over the past two weeks.

From academic achievements to sporting successes, artistic accomplishments to community service projects, our students have been busy making the most of their time at school. We're incredibly of all they've proud that accomplished and excited to see what they'll do next.

We hope that you'll enjoy reading about all of the wonderful things that have been happening at Deer Park, and we look forward to welcoming everyone back after the half term break.

Mr Jones

Hello! My name is Mr Moores and I am one of the Design & Technology teachers here at Deer Park School. This means that I am in the privileged position to allow our students to access all of the exciting tools and equipment we have available for making almost anything you can imagine, ranging from wood lathes to sewing machines and laser cutters to brazing hearths... "Riveting!"

Alongside this I am also the head of the house of Doe "Go Doe!" making sure that the first across the line at all the house events across the year are wearing pink!

Capping off my busy schedule is the love of motorsport and all things cars which pushed me towards the direction of D&T in the first place. So I also have the privilege of launching and running the school's green power racing team Team Deer Park. A team of 9 students who are working hard in their shed to create an electric racing car capable of a breathtaking 40mph.

In my spare time I continue the theme with working on my 90s show car in the garage. But break that up with visits to car shows either as an attendee or even sometimes with my own car on display!

#### YEAR 7

I am pleased to say that we have had a very successful half-term as a Year 7 cohort. We had a big drive on 'back to basics' following the Christmas break with a particular focus on attendance, uniform and equipment. I am happy to say that all three are in a good place and I am understandably very keen for this to continue. I particularly appreciate your support in keeping attendance high; as you know, good attendance plays a significant role in progress and achievement throughout students' journey so it is of paramount importance.

3AATA

Lessons have been calm and focused with students speaking highly of the different subjects and experiences they are gaining; I appreciate that they will have their 'favourites' (as my own daughter has made clear to me!) but being on-task and engaged in all of the areas is key for a broad and balanced curriculum.

The first reports have been received following an informative assembly by our data lead Mrs Dixon. I was very impressed with the mature questions students asked during the assembly and could see first-hand how motivated they are to do well. After analysing the report data, I am pleased to say that the vast majority of students are where they need to be in terms of their progress; they will also have had some time in their lessons to look through their targets so that they can see where their areas of improvement lie.

Finally, can I say a huge well done to the Dance Live 'crew' and also both the boys' and girls' football teams. The former put in a wonderful performance recently down in Portsmouth and I know there were several Year 7 students involved! At the time of writing both football teams were sitting pretty at the top of Division 1 – quite an achievement!

> Have a relaxing half term. Regards, Mr Parnell

## YEAR 8

Team 2028 continue to make great strides in their lessons, and I'd like to take this opportunity to thank all parents and carers for their ongoing support, especially during the pathways launch evening – it was great to see so many of you there! Your engagement makes a real difference, and is very much appreciated! As we look ahead to the upcoming Parents Evening, we look forward to further strengthening our partnership in supporting your child's progress.

As we approach official pathways and students' options selection, please remember that it's important for all students to remain engaged in all subjects, even those they may not be choosing for their options. Information about the pathways process will be shared shortly.

Finally, with half term fast approaching, I encourage all Year 8 students to take time to rest and recharge. The new term will bring exciting challenges, and a good break will help ensure everyone is ready for what lies ahead!

Wishing everyone a restful half term! Kind wishes,

Mrs Wilson

### YEAR 9

With the days getting longer and brighter, and another half term completed, it is time to look ahead. The next half term represents another important milestone for the cohort as they embark on their first taste of exams in a controlled environment. The Year Group will complete a series of core exams in the sports hall, in exam conditions, in the final week of next half term. This is hugely important as it will give them a taste of what their real GCSEs will feel like, and will provide them with an opportunity to develop a host of skills including time management, exam technique and prolonged focus.

JAJ

The cohort will have an assembly shortly after half term to go through the expectations for this, alongside a parents evening where parents may wish to discuss the upcoming tests with the class teachers directly.

Every time I give Year 9 a challenge, they step up and throw themselves into it with great energy. If you feel these upcoming exams may be a cause of anxiety, a conversation with parents over half term in preparation for this will be hugely beneficial.

I hope all of you enjoy the week off, and come back refreshed and ready for our next challenge.

Thanks, Mr Gregory

## **YEAR 10**

Another ½ term over and we are now at the ½ way point through Year 10. A major focus with the Year group this ½ term has been thinking ahead to the future, with a number of colleges and apprenticeship schemes coming in to speak to the cohort in assembly. All students should now have completed their choices for Work Experience in the final term, and having spoken to a number of students, I know there is an air of excitement at getting into the workplace; for many, this will be their first experience of this. When we return after the break, our focus shifts slightly to revision ahead of the Year 10 mock exams after Easter. Please can I remind you about the list of revision guides shared with you earlier in the year – these will go a long way to supporting your child with revision, along with appropriate timetabling and revision techniques; all of which will be covered in sessions and assemblies after the break.

Although this half-term has been short, it has felt very busy and as usual, I urge Year 10 to make the most of the break and to take some time to recharge their batteries and spend time outdoors with friends and family. Hopefully we get some drier weather for them all to enjoy!

> Thanks, Mr. Smith

# SUBJECT SPOTLIGHT: ICT & COMPUTER SCIENCE

The ICT and Computer Science Department offers an engaging and innovative curriculum designed to cultivate students' digital literacy. Students in Key Stage 4 can choose between two exciting options to deepen their knowledge and skills: Cambridge Nationals in IT and GCSE Computer Science.

#### <u>YR 7</u>

Our Year 7 students have made great strides in their digital learning this year, becoming comfortable with our school's computer systems and Google Suite apps. It's been wonderful to see their progress, from those first tentative logins to now using Google Classroom and other applications with ease. They're currently working on a creative writing project, a "Create Your Own Adventure" story using Google Forms, and will soon be introduced to the fundamentals of hardware, software, and binary.

#### <u>YR 9</u>

Year 9 IT students have been discovering how key IT theories connect to the real world. They're now diving deeper into Augmented Reality (AR) to get ready for their Year 10 coursework. We'll also be boosting their spreadsheet skills for their other coursework project. **Our Year 9 Computer Science students** have been leveling up their programming skills while learning about how computers represent data (binary, bitmaps, ASCII, and sound). We'll keep building on their programming knowledge through hands-on practice. This summer, they'll explore the inner workings of computers with a unit on hardware and software, including operating systems, the fetch-decodeexecute cycle, and the CPU.

#### <u>YR 8</u>

Year 8 students have been learning to program in Python, a text-based language that helps build important skills like problem-solving, focus, and resilience. They've discovered that even mistakes are valuable learning experiences. If your child has enjoyed this programming unit, they might be interested in our Computer Science GCSE. They are now working on a mini Augmented Reality project, developing the independent IT skills they'll need for our KS4 ICT coursework.

#### <u>YR 10</u>

Year 10 have been working on developing their independence through their first live piece of coursework. More details on this will be communicated with you very soon. This is their first piece worth 30% of their final grade and is centred around planning, creating and reviewing an AR prototype app.

Their second piece of coursework will be starting in September which is based around planning, creating and reviewing a spreadsheet scenario. We will be developing their spreadsheet skills in the summer term ready for this assignment. Alongside this we have continued to

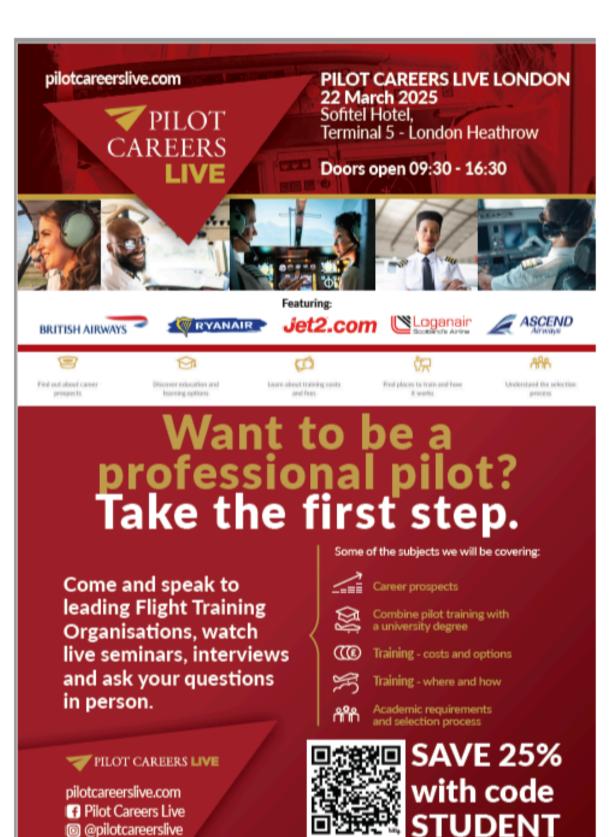
develop their theory knowledge and will be revising units they completed in Year 9 ready for the Year 10 exam.

#### **CAREERS INFORMATION**

CAREERS

FUTURE

CAREERS



CLICK <u>HERE</u> FOR THE MOST RECENT LABOUR MARKET INFORMATION BULLETIN (LMI)

#### **CAREERS INFORMATION**





#### Find out what career is right for you

can feel overwhelming, especially when you are you on this exciting adventure. expected to make decisions about your next steps at By answering a series of questions, you will unlock a a young age.

- FUTURE

CAREERS

with relevant and insightful resources to navigate their futures with confidence - whilst enjoying the process!

We know that preparing for a future beyond school That's why we've launched our latest free tool to guide

5.

personalised report that unveils an industry aligned At InvestIN, we believe it's critical students are armed with your skills and interests, alongside advice on what you can be doing now to support your career journey.



#### CLICK HERE FOR THE MOST RECENT LABOUR MARKET INFORMATION BULLETIN (LMI)



SAFEGUARDING RESOURCES

#### <u>SUPPORTING YOUR ADOLESCENT - PARENT AND CARERS</u> <u>TOOLKIT.</u>

Hampshire Safeguarding Children Partnership have designed a toolkit in collaboration with parents and carers to provide information and support on a range of topics affecting young people. The topics featured in the toolkit have been specially chosen by parents and carers, and compiled by a range of services across Hampshire and the Isle of Wight including Barnardo's and Motiv8 South.

The topics included in the toolkit are:

Physical health Mental health Sexual health Online safety Keeping adolescents safe outside the home Relationships Bullying Identity Substance use SEND



# THE TRUTH BEHIND: Valentine's Day

We have all felt the tension that stuffs itself into our clothes and latches onto our hearts as the 14th of February arrives. Those who dread the occasion and the tedious exchange of affection mocking their solitary. Those who panic to find a last minute gift for their sweetheart to let them know how much they cherish them. Those who perceive it as an egotistical holiday, where their soul purpose is to receive the most cards. However you spend this symbolic day of love, have you ever speculated how it came about? While you sit and wrap your gift for that special someone, have you ever wondered about the figure behind the name?

Allow yourself to embark on a journey back to the 3rd century, where a Roman priest by the name of Valentine walked the earth. During this time, the Roman emperor, Claudius, craved power and partook in many wars meaning he needed a strong army to assist his greed for victory. Many men didn't wish to fight as they couldn't bear leaving their wives and children at home, resulting in Claudius taking extreme measures to secure his army. He forbade all men from marrying, ensuring they had no excuse not to join him in the bloodshed of the battlefield. However, Valentine disputed Claudius' cruel command and was adamant in using his authority as a priest to marry lovers in secret. Yet in due course, as they always inevitably do, the secret came out. Valentine was imprisoned and executed, dying a martyr resulting in the Catholic Church granting him the title of Saint Valentine, as we recognise him today.

So as you share your devotion for those you hold dear this Valentine's Day, recall the Saint who perished for the prevail of love over brutality. And remember no lengths are ever too treacherous to be with the ones we care about. Indeed, some may say Valentine's Day is a 'silly' event but what an absolute privilege it is to be able to express our endearment to those we *love*.

xoxo - fez

#### DANCE LIVE! 2025

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A huge congratulations to everyone involved in Dance Live 2025! The cast's incredible dedication since September shone through in their vibrant and electrifying performance – we were truly blown away! Thank you to the 72 students and 6 staff members who worked so hard to make this year's Dance Live so phenomenal!

#### <u>RIO:</u>

'Rio de Janeiro, our story begins. Two birds meet. Love is in the air. It's paradise. Or is it? Devastatingly, the joyful jungle is struck by illegal poachers. Innocent, vulnerable and determined to survive, the love birds are desperate not to lose each other. This is the story of their courageous, resilient journey to escape and the bonds formed along the way.'





#### DEER PARK TAKE ON THE UKMT INTERMEDIATE MATHS CHALLENGE!

A group of our brightest young mathematicians recently put their skills to the test in the UKMT Intermediate Mathematical Challenge. This challenging competition, aimed at students in Years 9 and 10, saw our students grapple with complex problems designed to stretch their mathematical thinking.

The Intermediate Challenge is a 60-minute, multiple-choice competition that encourages mathematical reasoning, problem-solving, and strategic thinking. It's a fantastic opportunity for students to showcase their abilities and compete against the best young mathematicians across the country.

We're incredibly proud of all the students who took part. They demonstrated great resilience and determination as they tackled the tricky questions.

A big well done to the following students who were awarded a Bronze Certificate; Mylo F, Luca W, Azaria D, Isabelle S, Sam J, Evan D, Caleb W, Nico C, Owen B and Indy C...

....and a special mention to Ewan H who was awarded a Silver Certificate!

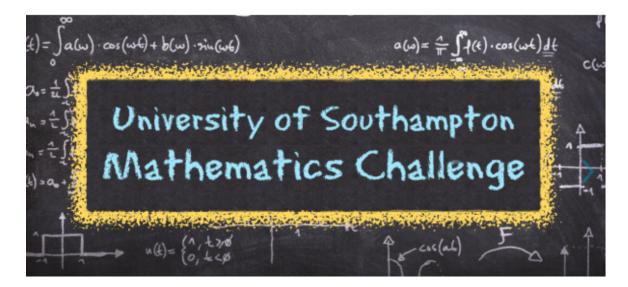
Regardless of the outcome, all participants deserve huge congratulations for their hard work and commitment to mathematics! Well done to everyone involved!

Want to have a go yourself? Here is our favourite question from this year's challenge.

All Felix's cats are normal cats. Together, they have 12 more legs than they have tails.					
In total, how many ears do they have?					
A 2	B 4	C 6	D 8	E 10	



#### **UNIVERSITY OF SOUTHAMPTON MATHS CHALLENGE**



Calling all budding mathematicians! The University of Southampton Maths Challenge is your chance to test your problem-solving skills and ignite your passion for numbers. Whether you're a seasoned maths whiz or just enjoy a good brain teaser, this competition offers a fun and engaging way to explore exciting mathematical concepts. Prizes are up for grabs, and it's a fantastic opportunity to challenge yourself, and possibly earn an invitation to the awards ceremony at the University in the summer term. So, are you ready to put your mathematical minds to the test? Ask your Maths teacher now for the University of Southampton Maths Challenge and see how far your skills can take you!

Deadline for submission of entries is Wednesday 19th March.

#### PARIS TRIP

Can all students coming on this trip please ensure that the Google Form is filled in and that a photocopy or can of their passport has been given to either Mrs Angell or the office. Official meetings for the Trip will take place after half term. Merci!







#### **NEW YORK TRIP**

Get ready, Year 7 and 8! Excitement is building for our incredible New York City trip in October 2026! We're thrilled to officially announce this amazing opportunity for students to experience the magic of the Big Apple. This trip will be packed with unforgettable experiences, from seeing a Broadway show to exploring iconic landmarks and immersing ourselves in the vibrant culture of NYC. Keep an eye out for more details coming soon about how to secure your spot on this once-in-a-lifetime adventure. Get ready to paint the town red, white, and blue!



#### FOOD BANK RUN 2025

The RRC Focus Group are organising another Foodbank Run to support our local Food Centre at KCC. They will be running from Deer Park to KCC with rucksacks full of donations! More information will be shared in tutor time but at the moment the Food Centre is in need of the following items -



UHT Milk Tinned meat Tinned fruit Tinned custard Soup Baked beans Tinned tuna Tinned stew

All donations are gratefully received. Please bring them in to your tutors for house points!

#### **IMPERIAL WAR MUSEUM TRIP**

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On Wednesday 5th February, Year 9 GCSE Historian's visited the Imperial War Museum in London to support their studies of Germany from 1890-1945. At the museum, pupils engaged brilliantly with a session introducing us to the Holocaust and the work of the Imperial War Museum. We then had the opportunity to explore the Holocaust Gallery, using interactive technology to follow the stories of individual victims and survivors. Pupils displayed fantastic behaviour during this visit, and represented Deer park superbly.



#### YOUTH COMISSION

The Hampshire and IOW Office of The Police and Crime Commissioner's Youth Commission are recruiting for new members!

The Youth Commission is a diverse group of young people aged 14 to 25, from across Hampshire and the IOW, who represent the voice of young people on police and crime matters. They gather and represent the views of young people at a number of local and national strategic level meetings, attend events, create youth-led campaigns and projects, and help to shape policing in the area. Each year they hold The Big Conversation Survey and they present these recommendations to the Police and Crime Commissioner, The Constabulary, and other partners, to support positive change for young people.



The link for the online application form is here: <u>Youth</u> <u>Commission member application-2025</u>

Applications close on 28 February 2025.

This is a fantastic opportunity for young people to be heard.



Numbe CELEBRATING Friday 7th February saw the school once again celebrating all things number

and raising money for the NSPCC. Students used their problem solving skills with Maths questions in all subjects, dressed in green, tried to work out how many teachers could fit into Mr Hastings office, and saw the comeback of the 80's quiz show "Blockbuster"! As always, the guess the sweet competition was hotly contested - congratulations to Bethany T. for getting the closest guess and winning all the sweets!!

In total we raised £389.62 for the NSPCC, thank you to everyone who donated.





#### <u>PSP - PATHWAYS</u>

A big thank you to all the parents and carers who attended our pathways parent support programme. If you were unable to attend the evenina all of the information on our pathways 2025 can be found in this video. All students will receive their pathways booklet this Friday. Please see all of our important pathways dates below.



Friday 28th March	Options online closes			
Friday 21st March	Options online opens			
Monday 3rd March-14th March	Subject Taster Lessons (These are built in to usual timetabled lessons)			
Monday 24th Feb - Friday 28th Feb	Subject Information Pathways assemblies (including virtual assemblies)			
HALF TERM				
14th February	Pathways booklets sent home			
13th February	Year 8 Parents Evening			
6th February	Parent Support Programme Pathway evening			
20th January	Pathways 1 letter sent home			
17th January	Pathways assembly 1			

ALL INFORMATION CAN BE FOUND ON OUR PATHWAYS WEBSITE HERE

#### **ROTARY CLUB POETRY PRIZE GIVING!**

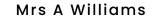
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Students participated in a creative writing competition sponsored by the Hedge End Rotary Club. The majority of the entrants were members of Poetry Club, however some students, who are deeply passionate about creative writing also approached me about entering, which was admirable!

There were two main categories of the competition: poetry and short stories. Students who entered the poetry strand had to write a poem of forty lines, and for the short story category, they had to adhere to a five hundred word count. There were three judges from the Rotary Club who determined our winners.

The entries were of such an exemplar level that the judges admitted that it was really challenging for them to decide upon a winner for each category. The judges spoke of how impressed they were by the rich imagery and mature tones achieved by our students in their writing. Students had the liberty of choosing their own topics and demonstrated an incredible level of perception, creativity and imaginative writing skills.

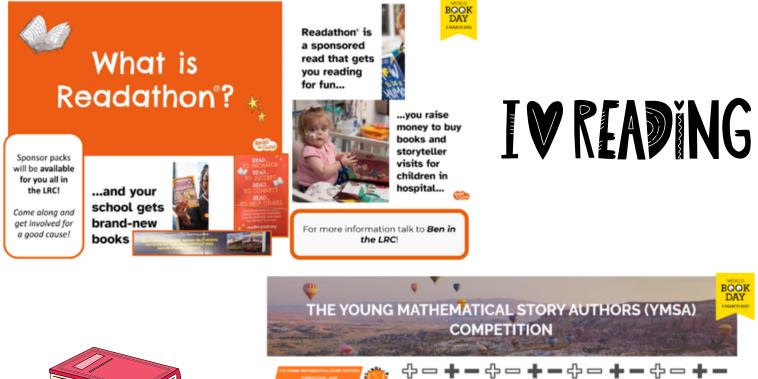
I have attached their entries <u>here</u> for you to peruse, and wanted to again convey my gratitude for their endeavours and for making Poetry Club a joy to run. Well done to each of the entrants, but a special congratulations to Theya Dean-Pollard for winning the poetry category and to Mary Alliss for winning the short story strand!





#### WORLD BOOK DAY/WRITING EVENTS

World Book Day is taking place on Thursday 6th March and as always we will be promoting our love of literacy through a wide variety of activities and competitions. Take a look below at some of the ones on offer already and get ready for another fantastic World Book Day celebration!







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Entries open - Monday 6th January 2025

Closing date for entries - Friday 21st March 2025 (17:00 UK time)

Results publicly announced - Friday 30th May 2025

For more information about submissions, talk to Ben in the LRC!

Fancy yourself a storyteller as well as a mathematician? Then the YMSA competition is for you! Try your hand at a bit of creative writing about the world of mathematics and you could be in for a chance to win £100!



For more information about how to enter, please talk to LRC Ben!

## BOC

The Orwell Youth prize

-The freedom to write about what matters to you, in your own style. Support to make your work the best it can be A platform to voice your ideas and opinions

prize and books for vourself and your school

-FEEDBACK DEADLINE (MARCH

FINAL SUBMISSION DEADLINE (30TH APRIL 2025)





#### PHYSICAL EDUCATION & SPORT UPDATE

#### FIXTURES & RESULTS

#### CURRICULUM UPDATES

Well done year 7 on your gymnastics this half term. Year 8 have taken on the skills of table tennis brilliantly and we look forward to discussing the requirements of GCSE PE at parents evening events and with students during taster lessons after half term!

#### FOOTBALL UPDATE

#### The year 7 boys football team continues their winning run!

The year 7 boys football team have made an excellent start to competitive football at Deer Park. They are currently sitting at the top of the league and their most recent victory was a 9–0 win over Wildern. 2 more games to go!



#### Year 9 boys football

The year 9 squad continue to make excellent progress as a team, getting better and better with each game that passes. Our most recent game saw us lose 2–1 to Cantell after a last minute winner from the home side. 2 more games to go for the year 9s!





#### PHYSICAL EDUCATION & SPORT UPDATE

#### FIXTURES & RESULTS

#### Junior Girls Football Team Secures a 3-1 Victory!

On Monday, 10th January, our Junior Girls Football team faced off against St. George's at Deer Park. It was a tightly contested first half, ending in a 1–1 draw. However, the team stepped up in the second half with an outstanding performance, scoring two more goals to secure a well-deserved 3–1 win! A huge well done to all the players for their dedication and hard work this season—you've been fantastic! Description



#### CRICKET TRAINING

Look out! More information on the day/time and sign up on Edulink after half term. Indoor nets until after Easter.



<u>GCSE PE - QUICK FIRE QUESTION TO</u> <u>SUPPORT LEARNING</u>

Year 9 - What is cardiac output [Q = SV x HR]. Year 10 - What are the consequences of dehydration to a athlete

# #DP5PORT5

Stra Curricular FIJIE FABLE							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
BREAK 1	*Poetry (004) *Drama Club (KS3)	*Get Active (SH) Year 7 *Maths Drop-in (117 & 118) *French Support Drop in (103/104/105) *Gardening Club ( Meet in AS)	*Get Active (SH) Year 8 *Dominoes Club (AS) *French Support Drop in (103/104/105) *KS4 Intervention (Maths/Science) (117) *KS4 History Support B week (110) *Year 9 & 10 Art Catch-up (203)	*Get Active (SH) Year 9 *English Drop In - 007 (EJL) Year 10	*Get Active (SH) Year 10 *ICT Drop in (101 & 102)		
BREAK 2		*IT and Coding Club (102) *French Support Drop in (103/104/105) *Chess club (114) *Bronze Arts Award' Year 8's (121) *Global Affairs Club (108)	*Debate Club (year 9/10) (003) *Puzzle club (119) *French Support Drop in (103/104/105) *Boys Dance Company (Dance Studio) *Ks4 History Support A week (110) *Year 9 & 10 Art Catch-up (203)	*ICT Drop in (101 &102) *Guitar ensemble (008 - all guitarists welcome!)			
AFTER SCHOOL	*Badminton *Girls Football (Astro) *Rugby (Grass Pitches) *Flower Arranging - For Students and Staff *Art Club (203) *Self study club (LRC)	*Outlet Basketball Club External booking (paid sessions) *Percussion ensemble (008) *Staff Meetings *Self study club (LRC)	*Boys Football (Astro) *Flag Football (Astro) Solent Uni Start - 5th March *STEM Club (211) *Book Club (002) *History Film Club (109) WEEK A only *Self study club (LRC) *Fantasy Games club (LRC)	*Netball (Courts) *Cricket Training Mr Hughes (SH) *Dance Company (Dance Studio) *Mathletes (118) *Spanish Club (104) *Deer Park Magazine (003) *Self study club (LRC)	*Self study club (LRC) *Team Deer Park - Formula 24 Invite only (215) *Choir (008) 3:30 - 4pm		

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#### Year 10 Art Students

On Thursday 20 March Year 10 Art students will have their 5 hour practice exam - students will be given information about their exam by their art teacher. This exam and the preparation work that students have worked on will form the basis of coursework units that combined are awarded 60% of their final GCSE grade.

Any queries or for further information please contact Mrs Halkett or Mr Denman.

## **UPCOMING DATES**

STURME STARS AND SU



Date	Activity	Year Group	
Week beginning Monday 24th February 2025	Pathways Assemblies	Year 8	
Week beginning Monday 3rd March 2025	National Careers Week		
4th March 2025	Science Museum London Trip	Year 9	
5th March 2025	Barton Pevrill STEM trip	Year 10's	
6th March 2025	World Book Day		





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.

#### 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.

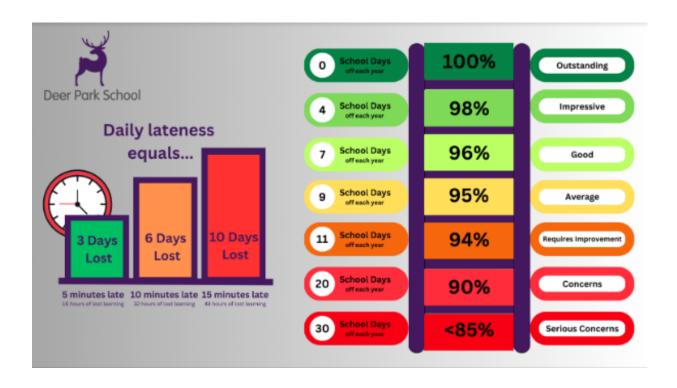
Thank you for your cooperation and understanding in helping us maintain a secure environment for everyone.

#### ABSENCES

37 RAY

Please, where possible, could you contact us before 8.30am if your child is unable to attend school. Absences can be recorded via Edulink or by e-mailing absence@deeparksecondary.org. Alternatively please call the school on 01489 351100 and select option 1 to report your child absent.

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#### 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 <u>here.</u>

#### 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. Please help us to get items back to your child by clearly labeling items. Thank you.





Hampshire Child and Adolescent Mental Health Services

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# HAMPSHIRE CAMHS INFORMATION & ADVICE SESSION

## 10am - 2pm

NEW EOR 2025

> Wednesday, 5 March 2025 and then every first Wednesday of the month

The Arc, Jewry Street Winchester SO23 8SB

( AAU

This is an opportunity to come and chat to our CAMHS clinicians, ask questions, get advice and resources.



hampshirecamhs.nhs.uk

Hampshire Child and Adolescent Mental Health Services

## Young persons photo competition 2025 Connections

CONRUSSIAN AND SU

Hampshire CAMHS are looking for creative photos that reflect connections, how we connect, who we connect with and the importance of connections. No faces permissible.

This competition is open to any young amateur photographer in Hampshire.

Age categories: • Up to 12 years old • 13 to 18 years old

Prizes in each category 1st Place £100 Amazon voucher 2nd Place £75 Amazon voucher 3rd Place £50 Amazon voucher

Submission date: Midnight on 8th September 2025 All submissions must be supplied with an entry form

Submission assumes permission to use to promote this project and possible inclusion in a book. Aeshibition exclusively.

The entry form and details, along with our terms and conditions can be found on our website hampshirecamhs.nhs.uk



Prize money sponsored by

MARTINGO

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold on informed conversation about online safety with their children, should the

## What Parents & Carers Need to Know about

#### WHAT ARE THE RISKS?

#### AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of lilegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.

#### DANGEROUS CHALLENGES

Due to TikTok's Immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

#### CONTACT WITH STRANGERS

With around 1.1 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-t6s (or youngsters using a false date of birth) are sat to public by default. This not only means that someone's profile is visible to everyone else on the app: it also lets their videos be suggested to others and enables anyone to comment on them or download them.

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-16 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

#### IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £9.99 to an eye-watering £99; TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.

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ERESTRICT

ADDICTIVE NATURE

TikTok can be addictive, especially for young people: compulsive repeated use can interfere with sieep patterns and be a distraction from other activities. The platform recently introduced default usage time limits of 60 and 100 minutes for new members under 16 (in the UK, children with TikTok average 102 minutes per day on the app), but these restrictions can easily be removed in the settings.

#### TIKTOK NOW

Introduced in late 2022, the 'TikTok / Now' feature lets users post a daily video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

Advice for Parents & Carers

#### ENABLE FAMILY PAIRING

DISCUSS THE DANGERS

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (reducing the chances of a child seeing inappropriate content); set screen time limits; and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.

#### MAKE ACCOUNTS PRIVATE

Although under-16s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.



RAME



#### READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as are failing to complete homework or regularly not esting meals.

## ur Expert

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ACCESS TO INFORMATION





LIMIT IN-APP SPENDING

ACCESS TO INFORMATION