



# DEER PARK

## newsletter

FRIDAY 19TH MAY 2023

ISSUE 15

### HEADTEACHER'S HELLO!

I'll keep this short as I'm going to send you a longer update next week before we head into the half term break. Thank you to all of the students who have excelled as usual - Max C for an epic guitar solo, our cricket team who were amazing (even if they were aiming for me during the warm up!) And all of the other students who have made the last two weeks so enjoyable.

I hope you have a restful weekend in the sunshine and find some time to look through the articles and updates in the newsletter.

Mr Jones

### MEET MR SMITH



Hello, I am Mr Smith, one of the learning mentors. I was lucky enough to come to Deer Park in September after having been at a school in Winchester for a couple of years. I have twin daughters who both went to Wildern school and who are now away at university. Before becoming a learning mentor I had a career in the fire service and yes, firefighters do rescue cats up trees and slide down poles!

### TERM DATES FOR NEXT ACADEMIC YEAR

Please click [here](#) to view term dates for next academic year (2023-2024).



### STUDENT ACCOUNT TOP UP FOR FOOD

A reminder to all parents, please can you regularly ensure students' Parent Pay accounts have sufficient funds to enable them to purchase food from the school canteen.

### SUMMER UNIFORM

A reminder to students and parents that the summer uniform will be allowed upon our return from May half term. Jumpers and ties will not be required to be worn; however should your child choose to wear their school jumper they must ensure they have their tie on also. Please see full details in your child's planner. A Skoolkit 2023 uniform price list can be found at the end of this newsletter to include new GCSE dance wear.

## KINGS COMMUNITY CHURCH – FOOD BANK

The school has recently established ties with a local food bank based at Kings Community Church in Hedge End. We will be looking to support them with donations at different points throughout the year. We can also refer families who would benefit from their service, especially those who are struggling financially during the current climate. [You can learn more here.](#)



## ANTI-BULLYING AMBASSADORS

Our new Deer Park Anti-bullying ambassadors are looking forward to starting their Anti-Bullying training next week at Garth Hill College in Bracknell. Delivered by the **Diana Award**, the team will be working across the school to ensure that we continue to maintain a kind and respectful learning culture for current and future students.

## IMMERSIVE DAY TRIP TO BALFOUR BEATTY



As part of our careers offer some students were able to spend the day with Balfour Beatty in Southampton. They had the opportunity to learn about Balfour Beatty and what they do in the city including a tour of the hub & the CCTV control room watching over the whole city. Following this students participated in workshops on Drone flights and how it is used for construction and highways within the City & 'Spilldrill' looking at the importance of construction, sustainability and the environment. This was followed up by looking at how they could build a bridge between Southampton & the Isle of Wight.



## EDUCATION FOR LIFE

This half term students will return to the 'Relationships' strand of the Education for Life curriculum. In line with the RSE statutory guidance the students will have 3 lessons on the following subjects:

### YEAR 7

Celebrating Differences  
(Lesson to complete student feedback  
PASS survey)  
Consolidation

### YEAR 8

Gender Identity & Sexual Orientation  
Consent with a focus on sexting  
Introduction to contraception

As always, should you have any questions, concerns or feedback regarding the Education for Life curriculum please do not hesitate to contact the school.

Next half term we will be moving back to 'Living in the Wider World' strand of the EL curriculum.

# NATIONAL NUMERACY DAY 17TH MAY 2023

How does maths make you feel in one word – it can be positive or not! What's your lucky number? Have you got a quick maths trick? Or a tip that involves numbers? We all use maths in every aspect of our lives at work and in practical everyday activities at home and beyond. We use maths when we go shopping or plan a holiday, decide on a mortgage or decorate a room. Good numeracy is essential to us as teachers and parents helping our children learn, as patients understanding health information, as citizens making sense of statistics and economic news. Decisions in life are so often based on numerical information; to make the best choices, we need to be numerate.

In celebration of National Numeracy Day, students at Deer Park took part in a competitive multiplication game in assembly, and then listened to celebrities share their love of numbers and got involved in activities such as dancing, rapping and drawing their dream jobs to enter the Number Heroes competition.



Helping your child feel confident about maths now gives them a head start, please see below some tips to help your child love Maths.

**National Numeracy Day** **Mindset Guide**

**Top 4 Tips To Help Children Love Maths**

Parents and carers don't need to be maths experts to be able to support their children. All families can make a difference to their children's maths learning by following these top tips:

- 1 Talk positively about maths**  
Children learn from example, so avoid saying things like "I can't do maths" or "I hated maths at school." It's easy for children to take that on board themselves. Keeping things positive is more likely to help children develop self confidence with maths.  
[nationalnumeracy.org.uk/numeracyday](https://nationalnumeracy.org.uk/numeracyday)
- 2 Point out the maths in everyday life**  
Maths is all around us – it's not just something that happens in school! Showing children the numbers in things like cooking, using money and travelling is a simple way to bring maths to life. This will help them see the value of learning maths.
- 3 Praise children for effort rather than talent**  
Giving children praise is important, but the type of praise we use can have an impact on how they feel about maths. Praising children for the hard work they've put in, or for working out the steps to get to an answer, is more helpful than simply telling them they're clever. It helps them see that it's not about natural ability – but that by working hard they can always improve.
- 4 Help yourself to help others**  
A fear of maths can make helping children hard. Whether as a parent, carer or a teacher, building our own confidence with numbers helps us feel more prepared to help children learn, and helps us pass our confidence onto them. If you struggle with maths yourself – try our free online tool the [National Numeracy Challenge](#) to improve your maths.

## LITERACY – RECOMMENDED READS!

Over the last two weeks, Miss Webb and Mrs Walters have enjoyed speaking to so many students and parents about progress in English. There has been lots of discussion about encouraging reading beyond the classroom and the importance of this.

As such, we would like to reshare with you some recommended reading lists for year 7 and year 8. If you click on the images of the book covers, there is a link to purchase or find out more about that particular book!

[Year 7 Reading List](#)

[Year 8 Reading List](#)

A reminder for year 7 parents that students get rewarded with Gold E-refs for completing their reading tracker and a certificate at the end of each tracker. We now have 2 year 7 students who have completed over 180 hours of reading and are on their Platinum Trackers! If your child(ren) has lost their tracker, please ask them to speak to their tutor or Mrs Walters for a new one!

## SPORTS FIXTURES

Good luck to the Year 8 girls team and Year 7 boys team who attend their county semi finals below next week:

Yr8 Girls – U15 Monday 22nd May – Mountbatten Portsmouth Athletics Stadium

Yr7 Boys – U13 Tuesday 23rd May – Winchester Track Athletics Stadium

Congratulations to the U13 Cricket team, who qualified against Brookfield in round 1 of the county cup. They take on Oaklands next in the quarter finals. The match saw several students representing Deer Park in their first ever cricket match, including a memorable first ever wicket for football captain Leon A with his first ever ball bowling in a cricket match. Cameron L (captain) also scored 38 not out taking Deer Park to a total of 102-8, which was well defended with excellent bowling from Ewan H and Ben B (yr7) alongside some excellent wicket keeping from Benjamin B.



**Hawks v Somerset**

Wed 7 Jun

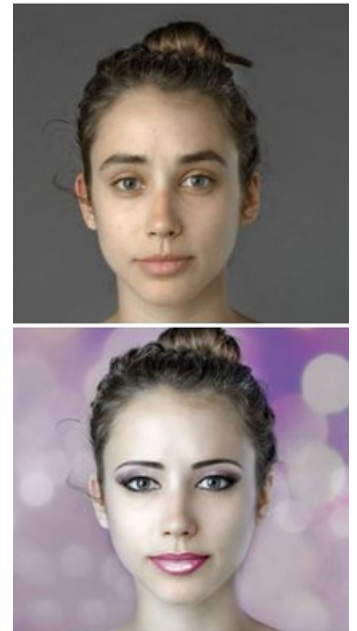
19:00 – 22:00

We are looking forward to attending Hampshire v Somerset on Wednesday 7th June at the Ageas Bowl, with those who have signed up for student and parent tickets.

# YEAR 7

Year 7 have been busy planning their charity tasks in their tutor groups this week, with a host of potential stalls and activities on offer next week to raise money. As a reminder, there will be a house dodgeball competition after school on Thursday 25th May and a non uniform day on Friday 26th May.

Year 7 have also shined this week in their education for life sessions on celebrating differences. One particular topic which sparked several discussions was the video of 'Beauty Standards across the World' where an original image had been photoshopped according to 'beauty' in different countries. The year group is really growing in confidence in terms of their ability to vocalise their ideas and challenge their peers' points of view - keep up the good work!



# YEAR 8

Over the past 2 weeks, Year 8 have been completing exams in each of their subjects to get a flavour for the exam process. We have also had an assembly from Mrs Yale, in which she explained the importance of E Safety, and how to change settings on their mobile phones to support them with this.

In the past few days, I have received a number of emails from colleagues, parents and members of the community, commenting on how superbly Year 8 students represent Deer Park, in and out of school. These emails remind me how lucky I am to be working with such a fantastic year group!

## FRENCH PLAY - LA MAISON HANTÉE

On Thursday 4th May, Deer Park year 8 students had the opportunity to watch a French play alongside Wildern school. This was an excellent way to see Languages in action and the students really got into the spirit of it including one of our students being up on stage. The play was very entertaining and encouraging for students to hear and use the vocabulary that they learn in lessons.

## IMPERIAL WAR MUSEUM TRIP

Year 8 students enjoyed a brilliant day in London at the Imperial War Museum. Helping to support their previous WW1 and current WW2 studies students benefited from a variety of brilliant exhibitions, including a history of computer games! A great day was had by all.



All 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 issue of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# 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

[www.nationalonlinesafety.com](http://www.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

## ESAFETY ASSEMBLIES

All students were taught how to protect themselves and others online through an eSafety presentation during assemblies last week. The presentation can be found below and it would be beneficial if parents and carers could spend some time going through location settings and setting up emergency contacts with their children.

<https://www.deerparksecondary.org/news-and-social-media/esafety-and-ceop/esafety-assemblies/>

## NEXT STEPS

Set yourself one goal.

When you begin to see changes think about new goals.

Remember to celebrate successes and don't give up, change can be challenging and takes time but it will be worth it in the end.

Set yourself some small goals to support change, use this QR code to access the goal setting card.



## Thrive Framework

The thrive Framework diagram below helps us to think about the wellbeing needs of ourselves and our families through five different groupings:



## Useful websites if you feel you need extra support.

[Family Information and Services Hub \(hants.gov.uk\)](https://hants.gov.uk/family-information-and-services-hub)



[Hampshire Healthy Families Portal](https://www.hants.gov.uk/healthy-families-portal)

[Healthier Together \(what0-18.nhs.uk\)](https://what0-18.nhs.uk)



Mental Wellbeing Hampshire | Health and social care | Hampshire County Council (hants.gov.uk)

<https://www.youngminds.nhs.uk/>



## Back to Basics

“Empowering Parents/Carers to support their children’s wellbeing”



## Using the 5 ways of wellbeing

[Five ways to Wellbeing | Health and social care | Hampshire County Council \(hants.gov.uk\)](https://hants.gov.uk/five-ways-to-wellbeing)



Looking after your families wellbeing is really important, families all need some help from time to time due to life changes or events.

As a parent/carer you can take small steps to help your child's wellbeing as well as your own. You can do this by starting with the basics.

Consider one area at a time, think about your home environment and what small changes you can make together as a family.

Using the BACK TO BASICS approach can empower you to take control of the 5 ways of wellbeing.

Think of it as building the foundations of a house; making sure your family has all the basics in place, for example, eating healthy, sleeping, exercising, good routines and looking after ourselves and your children's wellbeing. If foundations are not in place there is a risk of cracks appearing.

**Connect** Connecting with others can give you the opportunity to share positive experiences and provide emotional support for you all. Building good relationships is positive for our wellbeing too.

- Cut down device time, switch off the TV, put down devices, play a game as a family.
- Make time to sit down as a family, try eating a meal together with no distractions. Invite friends or family over to connect with you.
- Meet with someone face to face and talk e.g. have a coffee, lunch, go to a group, meet up at the park.

**Be Active** Are you struggling to get motivated? Exercise and physical activity releases happy chemicals from your brain to your body. This will also help us sleep better.

You don't have to spend money, find something you and your family can enjoy together or as individuals.

- A walk is enough to make a difference, maybe take a scooter, play hide and seek, go to the park or go for a bike ride.
- Try a new class/activity online or face to face depending on your preference and availability.
- Contact your local leisure centre or child's school and see what they have on offer.

**Keep Learning** Did you know that learning something new can help you feel happier and more focused, it can raise confidence and self-esteem. This can also help you connect with others too.

- Sign up for a class or hobby at your local library/leisure centre/school or college or take a look online. Learn about your families hobbies and interests.
- Support your children with their learning, learn with them.
- Learn to cook something new from scratch and involve the family.

Watch the Back to Basics videos to help understand and support you and your family's wellbeing.  
[https://www.youtube.com/results?search\\_query=off-the-record+back-to-basics](https://www.youtube.com/results?search_query=off-the-record+back-to-basics)



**Give** Help each other, give time to friends, family members or the community, but most importantly, give yourself time to ensure these basics are in place.

- Offering to help someone on a project, volunteer within the community, helping out at school.
- Spend time with friends or family who need some support or help.
- Most importantly ensure we give ourselves TIME to support the 5 ways of wellbeing.

**Take Notice** Try to pay more attention to the people around you, be aware of your thoughts and feelings as these can sometimes be difficult to manage. Take notice of changes in behaviour and appearances, the positives and the negatives and talk these through.

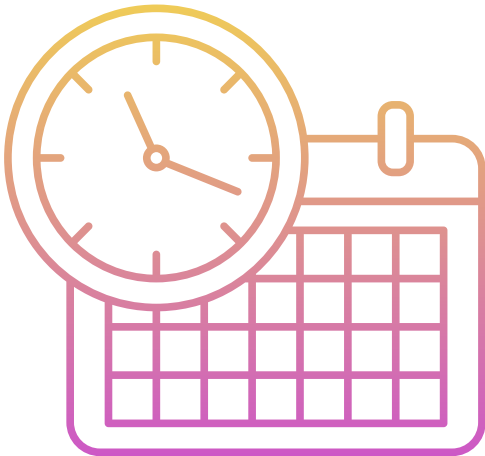
- Take 5 minutes out if you are starting to feel overwhelmed in a situation.
- Name your thoughts and feelings and help your children to do the same, these are natural and you can role model how these are managed positively.
- Take notice of the routines and diet that may affect your child's wellbeing; sleep, activity level and mood. High sugar contents prior to bedtime can cause issues.

Having a bath or shower 1 hour before bed can release sleepy hormones and reducing device time at least one hour before bed can aid sleep too.



# CATERING ASSISTANT & OTHER STAFF VACANCIES AT DEER PARK SCHOOL

We are looking for someone to join our team at Deer Park Secondary School to help prepare, cook and serve food and drink to students and staff. For more information on this and other vacancies at Deer Park please click [here](#).



## UPCOMING DATES

Date	Activity	Year Group
<b>Monday 22 May</b>	<b>Week B</b>	<b>All Years</b>
Thursday 25 May	Dragons Den Day	Year 7
Friday 26 May	HPV Recall Session – 1 <sup>st</sup> Vaccine	Year 8 (with consent)
Monday 29 May to Friday 2 June	Half Term Holiday	All Years
<b>Monday 5 June</b>	<b>Week A</b>	<b>All Years</b>
Wednesday 7 June	Hampshire v Somerset Cricket Trip	All Years





## 2023 Price List

### Day Wear

#### Purple/Silver Twin Striped Clip Tie

£6.50

#### Mid Grey V-Neck Sweatshirt Embroidered with Logo

30" - 34"	.....	£15.50
XS	.....	£16.75
S - XL	.....	£18.50

#### White Unisex Short/Long Sleeve Eco Shirts Twin Pack

From £15.00

#### Boys Black Trousers

From £17.99

#### Girls Black Trousers

From £22.99

#### SSK308 Purple Tartan Skirt

Must be Knee Length

From £25.75

#### Iron on Name Tapes

x36	.....	£4.99	x72	.....	£5.99
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### PE Wear

#### Black/Purple ZR20 PE Polo Embroidered with Logo

26/28" - 34/36"	.....	£17.50
38/40" - 46/48"	.....	£20.75

#### Black/Purple ZR50 Shorts

24/26" - 28/30"	.....	£11.95
32" - 38"	.....	£13.95

#### Black/Purple ZR15 Long Sleeve Top Embroidered with Logo

26/28" - 34/36"	.....	£18.65
38/40" - 46/48"	.....	£21.85

#### Black/Purple ZR46 Zip Jacket Embroidered with Logo

30/32" - 34/36"	.....	£25.99
38/40" - 46/48"	.....	£31.99

#### Black Football Socks

Junior	.....	£4.99
Senior	.....	£5.50

### GCSE Dance Wear

(Items are order only)

#### Black SK121 Fitted Dance T-Shirt Embroidered with Logo (Front & Back)

S - XL	.....	£11.99
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#### Black 180M Unisex Dance T-Shirt Embroidered with Logo (Front & Back)

S - XL	.....	£10.25
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#### Opening Hours

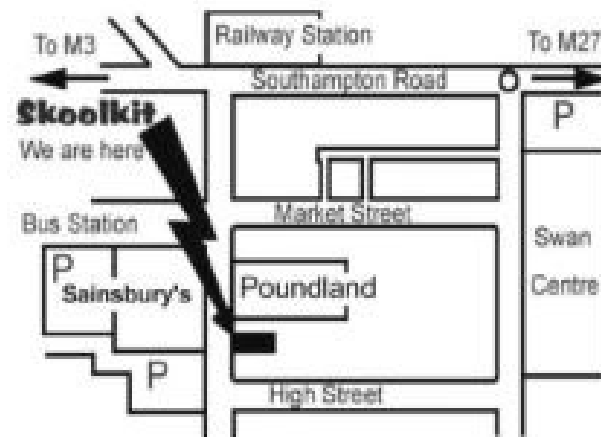
Mon – Fri 9:00 am – 5:30 pm  
Sat 9:00 am – 5:00 pm

31 Leigh Road,  
Eastleigh, SO50 9FF  
eastleigh@skoolkit.co.uk

**Skoolkit**

# Dear Parent/Carer,

You can find your child's full school uniform all year round in our [Eastleigh store](#) on [Leigh Road](#). **We advise you purchase early in the summer holidays as we get very busy.** (Please refer to our website [www.skoolkit.co.uk](http://www.skoolkit.co.uk) for store opening times.)



**ONLINE ORDERS need to be placed by:**

**WEDNESDAY 9TH AUGUST**

For delivery before the start of the 2023/24 school year

Please note that orders placed online throughout July, August & September can take up to 14 working days.

Postage charges apply, please refer to our website for costs.

Free delivery will be available with any size order placed online by using the following code when viewing your basket online.

**Saturday 22nd July – Saturday 29th July**

**Code: SUMMER2023**

PLEASE VISIT US AT:

**[WWW.SKOOKIT.CO.UK](http://WWW.SKOOKIT.CO.UK)**

[WWW.DEERPARKSECONDARY.ORG](http://WWW.DEERPARKSECONDARY.ORG)

## Get help

Citizens Advice Eastleigh is there to help you, no matter what the problem.

We've been proudly serving the people of Eastleigh for over 80 years, doing just that. We can be relied on because we're independent and totally impartial.

To speak to one of our trained advice volunteers, call:

0808 278 7862

Or if you'd prefer to see someone in person, we offer face-to-face services in the community from our venues in:

- Eastleigh
- Bursledon
- Hedge End
- Hamble

For up-to-date information on our opening times, please visit our website:

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

## Citizens Advice helps people find a way forward.

We provide free, confidential and independent advice to help people overcome their problems. We are a voice for our clients and consumers on the issues that matter to them.

We value diversity, champion equality, and challenge discrimination and harassment.

We're here for everyone.



For advice call: 0808 278 7862  
[citizensadviceeastleigh.org.uk](http://citizensadviceeastleigh.org.uk)

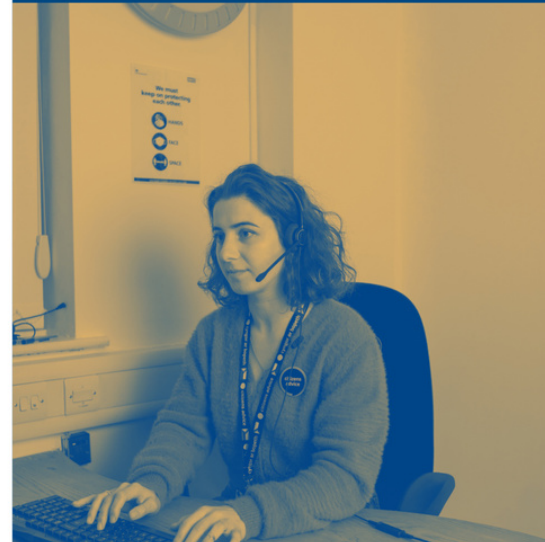


Published March 2023.

Citizens Advice is an operating name of The National Association of Citizens Advice Bureaux.  
Registered charity number 1113797.

# Citizens Advice Eastleigh

## Free, confidential advice for everyone



## We're here for you, no matter what the problem

We can all face problems that are complicated or intimidating. At Citizens Advice Eastleigh we believe that no one should have to face these problems without good quality, independent advice.

We can help with all sorts of problems and have a great team of highly trained volunteer advice workers who can assist you.

In particular, we often help with:

- Welfare benefit issues
- Money matters and debt problems
- Employment issues
- Housing worries
- Relationship and family questions
- Health and community care queries

***That's why we're here: to give you the knowledge and confidence you need to find your way forward - whoever you are and no matter what the problem***



## What we can do for you: benefits & debt

Many of our clients come to us with issues around benefits and money. Citizens Advice Eastleigh is pleased to be able to offer full casework assistance to our clients in these two vital areas of advice.

### We can:

- Assess your eligibility for benefits
- Give you guidance on what to claim and when
- Explain the qualification process for disability benefits
- Help you to apply
- Help you to challenge DWP decisions if you have grounds

And if you have money problems (e.g. unpleasant letters, rent problems, bailiffs calling) we can help.

### We can:

- Assess your situation to get a full picture of what's happening
- Work through your options with you to find the best way forward
- Help you to contact creditors if you need us to
- We can offer debt relief orders and bankruptcy
- Support you to make realistic payment plans and repayment schedules



Ask  
About  
Autism

# Share & Support for Parent Carers



Future in Mind

Come for a chat and coffee, share ideas and gain support.  
(Free parking available onsite at all venues)



## Fareham

Starts 10:30-12.30

Tuesday 6th June

Lysses House Hotel

51 High Street

PO16 7BQ

(Park through the arch)

## Basingstoke

Starts at 10.00-12.00

Thursday 8th June

Hampshire Court

RG24 8FY

(Register car reg at  
reception)

## Winchester

Starts at 10.30-12.30

Weds 14th June

Premier Inn

Winnall Manor Rd

SO23 7RT

(Register car reg at reception)



Follow us a  

[www.linktr.ee/futureinmind](http://www.linktr.ee/futureinmind)

# New Music Makers

present

## Medleys and Melodies

Saturday 3rd June 2023  
KCC Hedge End SO30 4BZ  
2:30pm and 7:00pm



[www.newmusicmakers.com](http://www.newmusicmakers.com)  
Reg.Charity: 1146455

Tickets available online:  
[ticketsource.co.uk/new-music-makers](http://ticketsource.co.uk/new-music-makers)  
or 01489 781836

Adults: £10.00  
U16s £6.00

