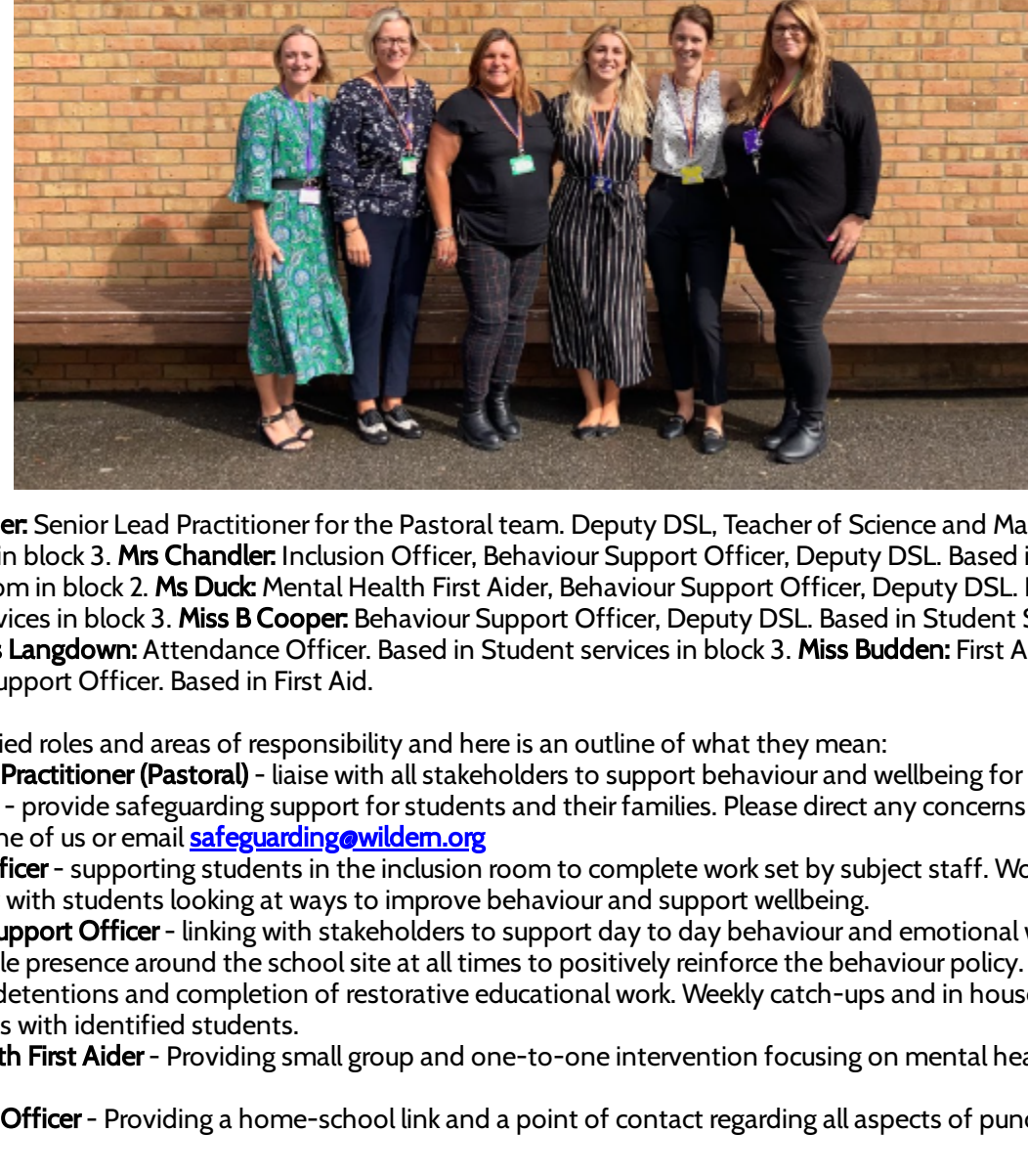


## Welcome!

Hello and welcome to this week's edition of the Wildern Weekly. I am Miss Cooper and I am one of Wildern's Pastoral Senior Lead Practitioners. I would like to take this opportunity to introduce you to the Student Services team, explain a little about each of our roles in school and share where we are primarily based. From left to right:



Miss S Cooper: Senior Lead Practitioner for the Pastoral team. Deputy DSL, Teacher of Science and Maths. Based in SLPP office in block 3. Miss Chandler: Inclusion Officer, Behaviour Support Officer, Deputy DSL. Based in the Pastoral room in block 2. Miss Gledhill: Mental Health First Aider, Behaviour Support Officer, Deputy DSL. Based in Student Services in block 3. Miss B Cooper: Behaviour Support Officer, Deputy DSL. Based in Student Services in block 3. Miss Langdown: Attendance Officer. Based in Student services in block 3. Miss Budden: First Aider, Behaviour Support Officer. Based in First Aid.

We have varied roles and areas of responsibility and here is an outline of what they mean:  
**Senior Lead Practitioner (Pastoral)** - liaise with all stakeholders to support behaviour and wellbeing for students.  
**Deputy DSL** - provide safeguarding support for students and their families. Please direct any concerns for students directly to one of us or email [safeguarding@wildern.ac.uk](mailto:safeguarding@wildern.ac.uk)  
**Inclusion Officer** - supporting students in the inclusion room to complete work set by subject staff. Working restoratively with students looking at ways to improve behaviour and support wellbeing.  
**Behaviour Support Officer** - linking with stakeholders to support day to day behaviour and emotional wellbeing. Being a visible presence around the school site at all times to positively reinforce the behaviour policy. Running punctuality detentions and completion of restorative education policy. Weekly catch-ups and in house interventions with identified students.  
**Mental Health First Aider** - Providing small group and one-to-one intervention focusing on mental health and wellbeing.  
**Attendance Officer** - Providing a home-school link and a point of contact regarding all aspects of punctuality and absence.

Between us we offer support, education and advice to students on all aspects of social and emotional wellbeing. I absolutely love being a member of such a brilliant group of people and feel very privileged to work closely with so many Wildern students and their families. Below are just some examples of the assistance and interventions that we provide.

- Informal drop in
- One to one weekly catch ups
- Small group interventions
- Mental health first aid
- Attendance support
- Referrals to outside agencies
- Behaviour support

Student Services is located at the top of block 3. We are always open between 8:45am and 3:30pm. All students are welcome to pop in for a chat at any time. Not just when they want to report an incident. The best times to drop in are Break (11:00-11:25am) Lunch (13:00-13:30pm) and after school (3:00-3:15pm).

As well as seeking support from our teachers and the pastoral team, students can access the [Wildern Wellbeing Hub](#) on our website. Here there are signposts to lots of external support as well as our [#eesupport](#) form where students can tell us they need support easily without having to find an adult.



### In this issue... \*\*see new quick links\*\*

- [Dates for your diary](#), [Communications](#), [Reminders](#)
- [Spotlight \(Anti-Bullying Week\)](#), [Keeping safe \(ENOUGH campaign\)](#)
- [Hot food menu](#), [Sports results and fixtures](#), [Extra-Curricular](#), [E-Safety](#)

### Dates for your diary

Date	Activity	Year Groups
Friday 18 November	Ski trip - dry scope skiing practice	Year 9 & 10
Monday 21 November	Week 8	All years
Tuesday 22 November	Hospitality and Catering workshop run by the Navy	Year 9
Wednesday 23 November	Trip to London Eye and Wicked	Year 9
Wednesday 23 November	Trip to Mayflower theatre	Year 10
Thursday 24 November	Sounds evening	All years
Friday 25 November	CPD day - School closed	All years
Monday 28 November	Week 9	All years
Monday 28 November	MFL practice speaking exams	Year 11
Friday 2 December	Roar Choice concert - Portsmouth Cathedral	All years
Tuesday 29 November	Certificate Evening	2022 leavers
Thursday 1 December	Christmas Dinner	All years
Friday 2 December	Trip to GCSE Science Live	Year 9 & 10
Friday 2 December	Ski trip - dry scope skiing practice	Year 9 & 10
Monday 5 December	Christmas Music Concert	All years
Thursday 8 December	Geography Trip to Sea Life Centre	Year 8
Thursday 8 December	Wink! Parents of writing (Face to face)	All years
Thursday 8 December	Wink! The effective use of Edtech to support learning (virtually)	All years
Friday 9 December	Ski trip - dry scope skiing practice	Year 9 & 10

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### Communications

**All Years**  
**Personal Best Teen Project - an opportunity for students who receive Free School Meals**  
**World Cup** We are excited about the men's football World Cup starting this Sunday. We are aware of an England match that is during the school day on Monday, however we would like to emphasise that normal lessons will take place for staff and students.

- [Year 7 & 8 Flu Vaccination info and NHS consent letter](#)
- [Years 10 Duke of Edinburgh Bronze Award info](#)
- [Year 9 How to talk to your child about WAD video \(see below\)](#)
- [Year 11 There are no letters for Year 11](#)
- [Flu Vaccination info and NHS consent letter](#)
- [Duke of Edinburgh Bronze Award info](#)

## HOW TO DISCUSS WAD WITH YOUR CHILD

Updates for Sept 2022  
Mrs Wade  
Assistant Headteacher

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### Reminders

**All Years**  
**We realise that times are hard at the moment** with higher fuel, energy and food bills as well as Christmas around the corner. If you are having difficulties please do make your child's DCPK aware so that we can support you. Tickets for the **Christmas Celebration of Dance** and the **Mask Christmas Concert** can be purchased here. **Science** Students should be taking their exercise books home for their Science self-study.  
**Year 7** **Yeast Challenge** and **Christmas Celebration of Dance** are now open. Students are required to submit a menu proposal (main course and dessert) to Miss King by 12th December. The top 10 entries will be selected to participate in the Wildern School heat on 11th January 2023. All ingredients will be supplied by Rotary.  
**BASES BANK LUNCH** are asking Wildern students and staff to donate items to the Basics food bank Appeal. These will be collected as a tutor group and brought to the Dept on specific dates. This is also a house competition with every item being worth a house point. More information can be found [here](#) and the list of urgently required and low stock items currently needed is [here](#). **Help** weeks in advance as the items you collect make a real difference to families in our local community.

**Year 7**  
**Tempest at The Globe** - ParentPay for this trip has now closed and those who were successful in securing a ticket will be sent a confirmation letter in due course.  
**Drama Club**: Due to the fantastic number of students attending Drama Club for Year 7 will be only in Week A (21st November and 5th December)

**Year 8**  
**Geography trip - Sea Life centre London Aquarium**  
**English**: Your child's English exercise books will be coming home this week. Please spend some time looking through them with your child and discussing their work in English. Thank you in advance.  
**Drama Club**: Due to the fantastic number of students attending Drama Club for Year 8 will be only in Week B (28th November and 12th December)

**Year 9**  
**English Spoken Language Assessment**  
**Geography - World Wide Magazine**  
**Year 10**  
**Geography - WorldWide Magazine**  
**IceLand April 2023** - A space has become available if your child is interested please contact [finance@wildern.org](mailto:finance@wildern.org) for more details.  
**Madhat Box Clever Workshop** - Tickets are still available to see this amazing performance and workshop in the spring term. If you are interested, please submit your payment and consent through ParentPay.  
**Science**: Self study and revision drop in is available Tuesdays 3-4pm in room 317

**Year 11**  
**Geography - WorldWide Magazine**  
**Art and Photography GCSE Coursework Deadline** Tuesday 3rd Jan 2023  
**ESPs this week**  
**Monday** - PE  
**Tuesday** - Dance or Computer Science  
**Wednesday** - English (MN) or Maths (PG)

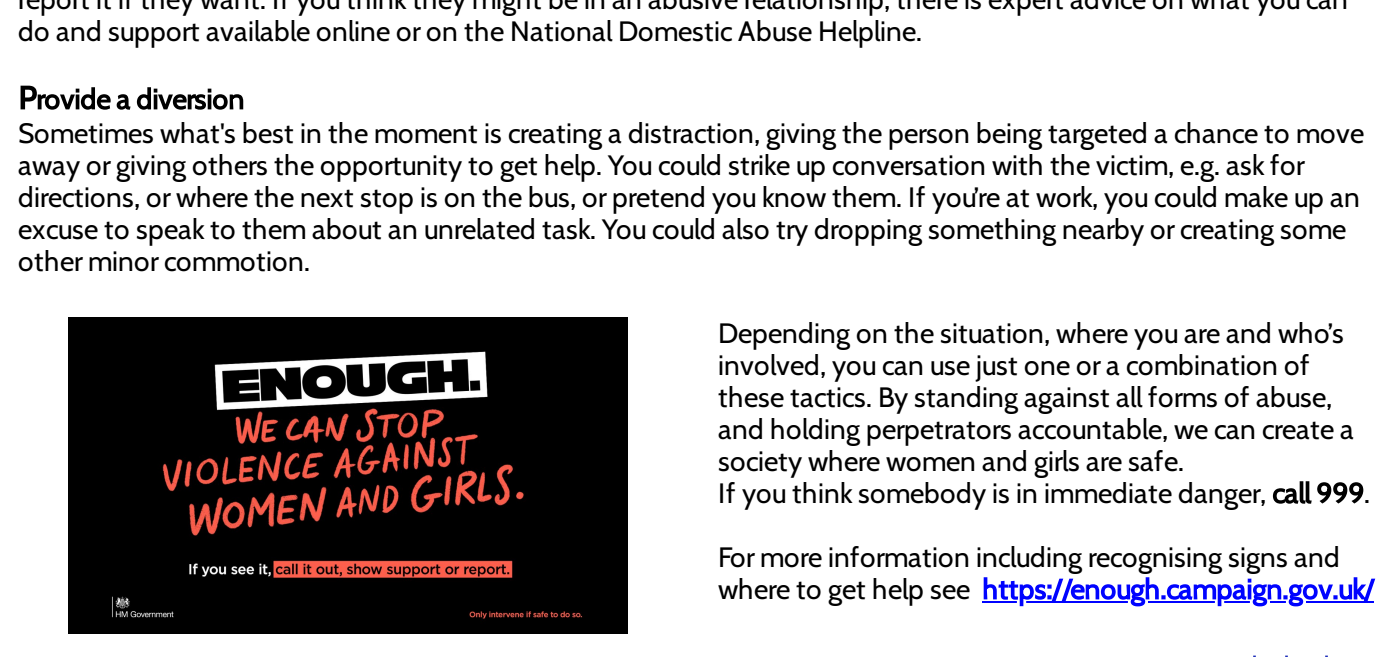
Applicants to Farnham College, below is their updated application process.  
 Students to apply for courses of interest online as normal. The face to face interviews have been temporarily suspended. Farnham College Careers Advisors will call students between 3pm - 5pm within 3 weeks of applying for an informal interview. Students will then be invited to into session(s) via email and students are to attend into session(s) as normal. If your child would like additional advice or information following their into session(s), they can book in for a chat with one of our Careers Centre Advisors by emailing [info@farnham.ac.uk](mailto:info@farnham.ac.uk) or calling 01329 815 200. Students that already have in person interviews booked will be honoured and students must attend as normal.

Science Self study and revision drop in is available Mondays and Wednesdays 3 - 4pm in room 317  
**English**: English Language and English Literature revision guides are now available to purchase. These have been produced specifically by the English Department and follow our structures and techniques for the exam. These will cost £1.50 each and can be secured via an order form from Finance.

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### Spotlight

**Anti-Bullying Week**  
 This week has been Anti-Bullying Week and we have set our students many challenges to raise awareness of this important topic. On **Monday** we had 'Odd Socks Day' where students and staff wore odd socks to school to celebrate all of our differences and what makes us unique.



As part of this we set them a challenge of seeing who could send in photos of their pets or odd socks with the winner of that competition announced on Thursday - even our school dog Rufus got in on the action! One of the major themes of the week is the importance of reaching out and on **Tuesday** students were encouraged to complete 'Reach Out' postcards, to say thank you to those who have supported them, as well as offering an opportunity to let us know that they needed some support. For you, our parents and carers there was the chance to join a Q&A session on bullying behaviours to help provide some guidance and tips on what to do should you be concerned that your child was experiencing this. **Wednesday** our children and staff complete their anti-bullying pledges and for some the chance to be part of a live lesson exploring the topic of online bullying. **Friday** provided us with an opportunity to reflect and celebrate what we have learnt this week and unveil our anti-bullying artwork in the piazza.

Assemblies have concentrated on the message to reach out and challenge bullying behaviours and have reinforced how to report things if seen. We have had a really great response so far this year in terms of reporting any incidents that occur and the use of our online reporting tools have enabled us to support students for a whole host of things they are worried about.

Whilst it is so important to have a week to focus on such an important topic, this is something that is on-going and we are continually looking to support our students with. We have newly appointed Anti-Bullying Ambassadors who applied for the role because they feel passionately about preventing bullying behaviours at Wildern School. Our initial meetings were wonderful and they are determined to work with students, staff and parents to make our school a positive experience for all. Next week they will embark on their anti-bullying training provided by the Diana Award and they will then begin their role in full. It's amazing to see our students taking responsibility for their community and another example of this is our Diversity Focus Group.

The Diversity Focus Group meets weekly in the CPD room each Monday during break 2. We always welcome new faces. If your child would like to be involved in raising awareness and being involved in making change please encourage them to come along and join us.

As parents you can support us by talking to your child about Diversity and inclusion and being mindful of any implicit biases you may have. Talking openly and positively about differences can help children better understand themselves and those around them. If they see you embrace diversity and inclusion it will empower them to engage in their world with curiosity, confidence and kindness.

There are many ways that you can promote diversity and inclusion at home. You can take active steps to ensure your child is immersed in communities and opportunities that embrace and celebrate differences. Acknowledge differences as children notice them so there is no need to pretend they do not exist. Emphasise the differences and be honest about why we are proud of their differences. Encourage your child to ask you open-ended questions and listen to them without judgement. It is okay to take your time if you need it. If you unsure how to answer your child's questions, tell them you'll think about it and set a time to talk when you are more prepared. Speak up when bias happens. Whenever your child or someone else says something prejudiced, address it in the moment.

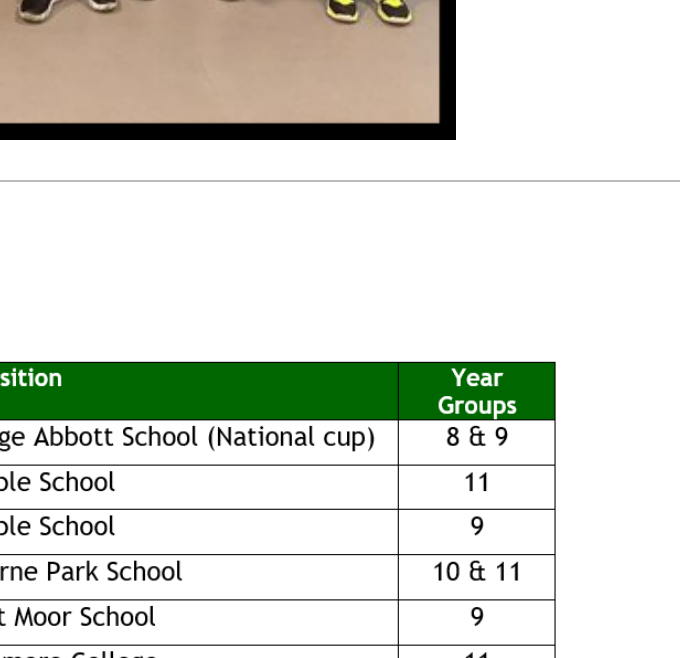
Working together as a community by openly talking about any worries or realities our young people have and encouraging them to seek knowledge by either joining the groups mentioned above or by asking staff the things they need to know will really continue to make our school a kind and safe place to be.

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### Keeping Safe

**ENOUGH. Help stop it**  
 Many of us have seen some form of abusive and harmful behaviour against women and girls, but it can be difficult to know whether to intervene. Some people worry they've maybe misread the situation and could make things worse. Some worry about putting themselves at risk. If you're unsure about whether to intervene, here are some key signs to look out for:

- Does the person look uncomfortable or upset?
- Are they trying to escape or move away?
- Do they seem frightened?
- When you make eye contact, do they respond in a way that makes you think they want help?



**How to intervene safely**  
 Intervening doesn't have to be dramatic or confrontational. Even small acts of recognition and support can help stop abuse. Here are four simple ways to help you step in safely - **Just think STOP**.

**Say something**  
 You can show your disapproval at what is going on for example, by not laughing and saying, 'I don't think that's funny. Or you could be more direct, if you feel it's safe to do so, by saying it's unacceptable and tell them to stop.

**Tell someone**  
 You could tell someone in charge, like the bar staff if you're in a pub or club, Human Resources (HR) if you're at work, or the train guard or bus driver if you're on public transport. You could also tell another member of the public or a passer-by and see if they're willing to help - working together can be a safer, more effective way to intervene. It is important to check in with the victim on who they want to tell, or if they want to call the police.

**Offer support**  
 You can ask the victim if they're OK. You could capture what's happening on your phone and ask if they want the footage to report the incident and you could offer to help report it. You could also help others already giving support. If it's someone you know, check in with them when they're alone and offer to help or support them to report it if they want. If you think they might be in an abusive relationship, there is expert advice on what you can do and support available online or on the National Domestic Abuse Helpline.

**Provide a diversion**  
 Sometimes what's best in the moment is creating a distraction, giving the person being targeted a chance to move away or giving others the opportunity to get help. You could strike up conversation with the victim, e.g. ask for directions, or where the next stop is on the bus, or pretend you know them. If you're at work, you could make up an excuse to speak to them about an unrelated task. You could also try dropping something nearby or creating some other minor commotion.

**ENOUGH. WE CAN STOP VIOLENCE AGAINST WOMEN AND GIRLS.**

For more information including recognising signs and where to get help see <https://recognisingcampaign.gov.uk/>

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### Proudly in Partnership

Parents of Wildern, when you sell your home with White & Guard, in order to support children of the community, they will make a donation to the school. We would also like to thank White & Guard for their continued support with our careers related events in school.



### Hot Food Menu

Dan and his catering team are able to adapt the majority of meals to any dietary needs including gluten free, halal and dairy free if they know in advance your child can take them by visiting the kitchen before 8:30am that day). Please talk to Dan or the catering team about any dietary needs as they are happy to help.

	Main	Grill
Monday	Pepperoni pizza & wedges or Roast vegetable pizza & wedges or Churny chilli beef stew with garlic cheesy mash	Sweet chilli mozzarella hotdog/veglog (v) with Cajun fries
Tuesday	Roast turkey with roast potatoes and vegetables	Mac N Cheese & garlic bread (v)
Wednesday	Curry of the day	Sausage & bacon dirty fries / veggie dirty fries (v)
Thursday	Curry of the day	Chicken nachos with sour cream
Friday		School Closed

\* Correct at time of printing, but may be subject to change  
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### Sporting Results

Date	Sport	Opposition	Year Groups	Result
14 November	Year 7 boys football	Oyston (National Cup)	7	5-1 win
15 November	Year 7 boys football	King's (County Cup)	7	2-0 loss
15 November	U14 basketball	Oasis Academy Mayfield	11	48-11 win
16 November	Year 9 boys football	St George's Catholic College	9	7-0 win
16 November	Year 7 boys football	Canter School	7	Friendly
30 November	Year 8 boys rugby	Canter School	10	6-1 win
17 November	U14 basketball	Bitterne Park School	9	23-30 loss

\* All fixtures correct at time of printing, but may be subject to change  
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### Sporting Fixtures

Date	Sport	Opposition	Year Groups
21 November	U14 girls football	Genroe Ashby School (National cup)	8 & 9
22 November	U16 basketball	Hamble School	11
24 November	U14 basketball	Hamble School	10
28 November	U16 girls football	Bitterne Park School	9 & 11
29 November	Year 9 boys football	Court Moor School	9
29 November	U16 basketball	Swanmore College	11
30 November	Year 8 boys rugby	Thorndon School	8
30 November	Year 9 boys football	Canter School	9
1 December	U14 basketball	Oasis Academy Schooling	9

\* All fixtures correct at time of printing, but may be subject to change  
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### Extra Curricular

**2022 Wildern School Christmas Card Competition**

**Deadline: 21st Nov 2022**

Can you design the Wildern school Christmas Card 2022?  
 The winning artist will receive a £20 Amazon Voucher.  
 Email us a jpeg or hand in your entries to Mrs Lynch in room 215 Good Luck!

**YOUNG CHEF COMPETITION**

OPEN TO ALL STUDENTS IN YEARS 7 - 10!

Criteria: Prepare a main course and dessert of your own choice and present it to the judges in front of your class.

When: Wednesday 11th January 2023

Time: 3pm - 5pm in 517

Submit your dish proposals to Miss King by Monday 12th December

All students will be invited to compete. All ingredients will be provided by Rotary.

Please see our updated clubs for the second half of the Autumn term. Focus groups are also running as well. More details can be found on our website using the button below. The library is always available to students after school as well.

**Autumn 2022 Extra Curricular Timetable**

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### E-Safety

**What Parents Need to Know about How to Combat Online Bullying**  
 Defined as "ongoing harmful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe in the digital world. It is often in anonymous forms - such as hurtful comments on a person's posts or profile, deliberately leaving them out of group chats, sharing embarrassing images or videos - so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it. In the guide, you'll find tips such as playing online games with your child, talking about your child's online life and being prepared to listen without showing any judgement or criticism.

**What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING**

KEEP THEM SAFE  
 HELP THEM  
 STAY CALM  
 REPORT IT  
 BE PREPARED TO LISTEN  
 BE PREPARED TO LISTEN  
 BE PREPARED TO LISTEN

FOR MORE INFORMATION VISIT [www.nationalonlinesafety.org](http://www.nationalonlinesafety.org)

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*Every Student Matters. Every Moment Counts*