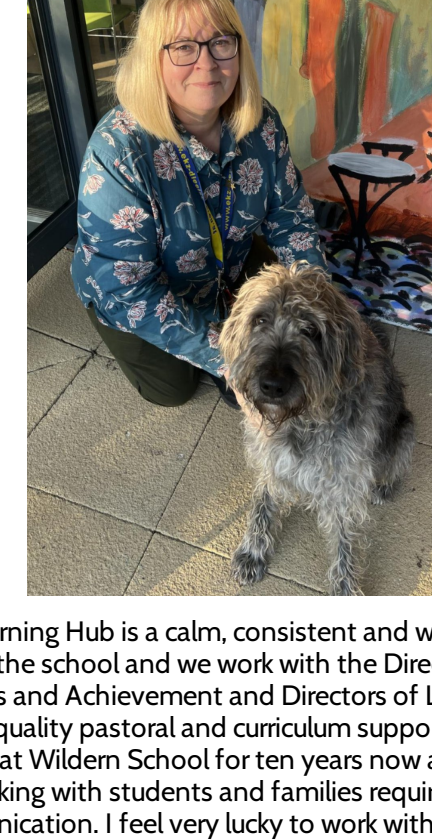


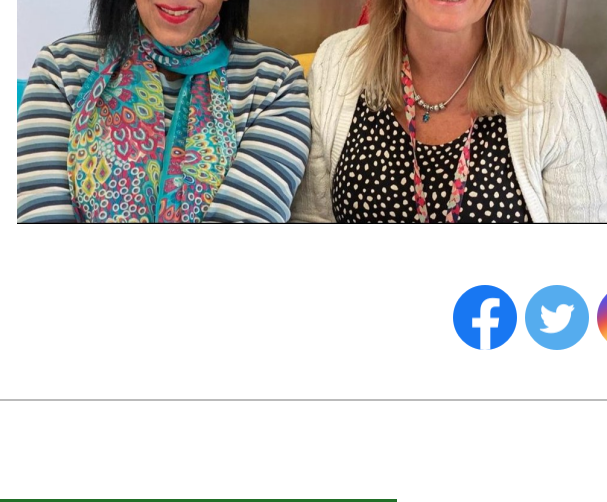
## Welcome!

Hello and welcome to this week's edition of the Wildern Weekly. I am Mrs Gilmartin and I am The Learning Hub Manager at Wildern School. My aim is to support students and give them every chance of success during their time here. Every child matters and every moment counts is our school motto and in The Learning Hub we believe every student should have the opportunity to involve themselves in school life as much as possible.



I am also an Art Teacher here at Wildern and run year nine Art Club with Mrs Lynch. We have entered work for the Murray Parish Trust and you may have seen our hare Lulu in reception. We meet every Tuesday after school so if your child is interested, please encourage them to come along.

I am supported by Mrs Exall our emotional literacy support assistant (ELSA), Monica our counsellor and Rufus the school dog.



The Learning Hub is a calm, consistent and welcoming area of the school and we work with the Directors of Progress and Achievement and Directors of Learning to enable quality pastoral and curriculum support. I have worked at Wildern School for ten years now and I would say working with students and families requires good communication. I feel very lucky to work with the students that I see and feel as a pastoral team we work hard to support our young people. Rufus loves being in school and is regularly made a fuss of when he sees students. His favourite venue is the school canteen as he gets a delicious lunch from Dan the Canteen Manager. I cannot say the word canteen now without him licking his lips!



### Quick links - In this issue...

- [Dates for your diary](#), [Communications](#), [Reminders](#)
- [Keeping safe \(Water fountains & Covid info\)](#)
- [Hot food menu](#), [Sports results and fixtures](#), [Extra-Curricular](#), [E-Safety](#)

### Dates for your diary

| Date                           | Activity   | Year Groups   |
|--------------------------------|--|---------------|
| Friday 2 December              | Trip to GCSE Science Live  | Year 9 & 10   |
| Friday 2 December              | Ski trip - dry slope skiing practice   | Year 9 & 10   |
| Monday 5 December              | Week A   | All years     |
| Monday 5 December              | Christmas Music Concert  | All years     |
| Wednesday 7 December           | Ski trip information Evening   | Year 9 & 10   |
| Thursday 8 December            | Geography Trip to Sea Life Centre  | Year 8        |
| Thursday 8 December            | WINK: Dangers of sexting (face to face)  | All years     |
| Thursday 8 December            | WINK: The effective use of Edtech to support learning (virtual)  | All years     |
| Friday 9 December              | Ski trip - dry slope skiing practice   | Year 9 & 10   |
| Monday 12 December             | Week B   | All years     |
| Monday 12 - Friday 16 December | Basics Food Bank Collection (Monday: Year 7, Tuesday: Year 11, Wednesday: Year 10, Thursday: Year 9, Friday: Year 8) | All years     |
| Tuesday 13 December            | Chair trip to Winchester Christmas market  | All years     |
| Thursday 15 December           | Flu vaccinations   | Year 7, 8 & 9 |
| Thursday 15 December           | Practice Exam results  | Year 11       |
| Thursday 15 December           | Ski trip - dry slope skiing practice   | Year 9 & 10   |
| Friday 16 December             | End of term: school finished at 1:30pm   | All years     |
| Tuesday 3 January 2023         | Start of term - Week A   | All years     |

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### Communications

**All Years**  
**Attendance** Even in these post "COVID" days it is important we focus on attendance and the impact poor attendance had on GCSE grades for Year 11 students in 2022.  
 On average, students who had an **attendance of less than 90%**, achieved **1.5 grades lower** in EVERY subject in the summer GCSE results in 2022 at Wildern than those who **attended for over 96%** of the time.  
 Even students who **attended 90-91%** of the time achieved a **whole grade lower** in EVERY subject.

Missing lessons means missing learning opportunities, valuable feedback from teachers as well as having to spend time catching up which can be challenging. If for any reason there is an unavoidable absence and your child is able to complete work they should look through each of their Google Classrooms to see the work being covered in their timetabled lessons.

**Years 7, 8 & 9**  
**Flu Vaccinations 15 December** \*\*\* Students will **not** be able to have the nasal flu vaccination unless the consent form has been completed in advance. We are seeing an increase in both students and staff suffering from viruses and the flu. Please ensure that you have completed this [online consent form](#) if you would like your child to have the flu vaccination. Further information can be found in the letters [Flu Vaccination info](#) and [NHS consent letter](#).

**Year 8**  
[Year 8 Top Gun, Maverick film trip](#)

**Year 10**  
[Year 10 WAD 1: How to discuss WAD with your child video](#) can be found [here](#)  
[Year 10 Practice exams information](#)  
[Year 10 Practice exam timetable](#)

**Year 11**  
 There are 100 letters for Year 11

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# HOW TO DISCUSS WAD WITH YOUR CHILD

## Year 10 and 11

Updated for Sept 2022  
Mrs Wade  
Assistant Headteacher

### Reminders

**All Years**  
**Tickets for the Music Christmas Concert can be purchased [here](#)**

**Cost of living:** Our message is - if we know we can help. We appreciate it may be difficult to talk about but please do feel free to contact us on [wildern@wildern.org](mailto:wildern@wildern.org).

**Christmas celebrations and end of term arrangements**

**WINK: Sexting - what it is and how to talk to your child about it (face to face)**

**\*\*Free school holiday activity clubs\*\***

**Rotary Young Chef Competition:** Last call for students in Years 7 - 10 to enter this competition on Wednesday 11th January 2023, 3pm - 5pm at Wildern School. The competition requires students to prepare a main and a dessert of their choice. All ingredients will be purchased for the competitors by Rotary. Menu ideas must be submitted to Miss King by Monday 12th December.

**Year 7 & 8**  
 There are 100 reminders for Year 7 & 8

**Year 9**  
**Geography: Iceland Trip**  
 English: Students will begin their spoken language assessments in class next week. To support the preparation and rehearsal of these speeches, Year 9 students will bring their books home from class. Parent support for students during this key part of students' GCSE study is much appreciated.  
 After Christmas students will study the Shakespeare play 'Othello' in the Spring term. We recommend that students have a copy to annotate in class and support study, with the 'Oxford Schools edition' being particularly useful.

**Year 10**  
**Duke of Edinburgh Bronze Award info**

**Year 11**  
**ESPs this week**  
 Monday - History / Geography  
 Tuesday - Spanish / German  
 Wednesday - Art / Photography  
**Business Studies information**

**Art and Photography coursework deadline:** Tuesday 3rd January 2023. Coursework is worth 60% of students final GCSE grade

**ICT Exam: Monday 9th January.** This is worth 33% of the final grade for ICT. All students have been given a copy of the Wildern revision guide and have other revision resources available on Google Classroom

**English:** After Christmas, students will return to their study of 'An Inspector Calls' by JB Priestley. If your son/daughter does not yet have a copy of this text, we would ask that this is purchased for them ahead of the start of term. After 3 days, if they feel well and do not have a high temperature, the risk of passing the infection on to others is much lower. This is because children and young people tend to be infectious to other people for less time than adults (for adults it is 5 days).

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**HAMPSHIRE Teen Project**

11 - 16 year olds | 9pm - 22nd December | 10:00 - 10:00

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

Free Hot lunch included

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

Department for Education | Hampshire | Hampshire Education | Hampshire Connections

www.personalbesteducation.com | 01794 510225

### TEEN PROJECT LOCATIONS

**BOOK NOW**

Please complete the registration form found on our website:

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

www.personalbesteducation.com | 01794 510225

Facebook: @PBE16252168 | Instagram: @PBE16252168

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### Keeping Safe

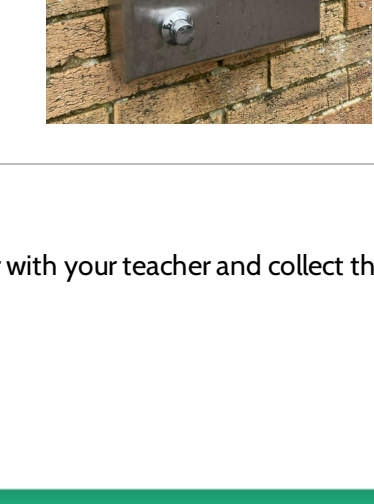
#### Living with COVID - our current recommendations

As the months get colder there are more viruses and illnesses going round. We are aware that whilst testing for covid is not routine, some people still have access to or have purchased Covid testing kits.

We are working at the moment on the Living with COVID Government guidance that has now been withdrawn as of the start of December. This gave the advice that if a child or young person has a positive COVID-19 test result, they should try to stay at home and avoid contact with other people for 3 days after the day they took the test, if they can. After 3 days, if they feel well and do not have a high temperature, the risk of passing the infection on to others is much lower. This is because children and young people tend to be infectious to other people for less time than adults (for adults it is 5 days).

#### New - Water Bottle filling fountains

We have finally had our new water bottle filling stations installed! These were originally ordered a year ago and have been placed around the school site to enable students to quickly and easily fill their bottles.



These can be found opposite the bike sheds by block 2, at the outdoor seated area by the hall/opposite the leisure centre and by the Pod by block 3. There is one more that will be installed in the coming weeks.

This was originally a suggestion of a student via the mywildern form. If your child has an idea to help us improve their school experience, please encourage them to submit it via the mywildern suggestion form on the wellbeing hub page of the school website.

#### Students open

We are always services between 8:45am and 3:30pm. Please remember to register with your teacher and collect the pink lanyard. The best times to drop in are:

- 11:10-11:25am - Breaktime
- 1:30-1:55pm - Lunchtime
- 3:00-3:15pm - After School

**WELLBEING INTERVENTIONS**

Wellbeing and your mental health is one of our priorities at Wildern School.

How can we best support you to be the 'Best Version of You'?

Mental health is how you think and feel about yourself and the world around you. Our mental health affects how we cope with everyday life situations, at work or at home.

The thoughts and feelings that we experience can affect our physical health. It is important to take care of our mental health as well as our physical health. If you are struggling with your mental health, please speak to your class teacher or the school counsellor.

**Thursday 29th November**  
**COPING WITH EVERYDAY WORRIES**

**Tuesday 15th November**  
**BREATHING TECHNIQUES TO AID RELAXATION AND FOCUS**

**Thursday 22nd November**  
**BUILDING AND MAINTAINING RELATIONSHIPS**

**Tuesday 29th November**  
**DEALING WITH EMOTIONS**

**Thursday 29th November**  
**POSITIVE USE OF THE INTERNET**

**Thursday 29th November**  
**COPING WITH EVERYDAY WORRIES**

ALL WORKSHOPS HELD AT 11:10-11:25 AM IN ROOM 312

**wellbeing drop-in**

**Tuesday Break 2**  
 Room 312  
 All Welcome!

**Come along to:**

- share worries and concerns
- **get support**
- learn that about the Japan Mission
- learn some self care strategies
- ask questions
- drop-in writing books

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### Hot Food Menu

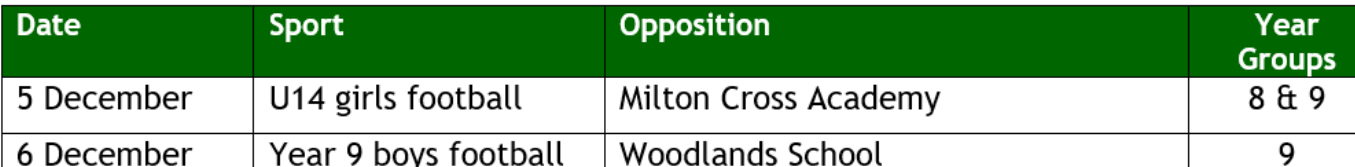
Dan and his catering team can adapt the majority of meals to any dietary needs if they know in advance (your child can speak to them by visiting the kitchen before 8:30am that day).

|           | Main  | Grill   |
|-----------|---|---|
| Monday    | Bacon & cheese turnover with fries                  | Sausage or Mexican bean roll, chips and beans (v) |
| Tuesday   | Chilli & rice with veges                            | Turkey & ham festive roll with saute potatoes     |
| Wednesday | Roast of the day with vegetables and roast potatoes | Bubble & squeak burger & Cajun fries (v)          |
| Thursday  | Curry of the day with rice and naan                 | Pepperoni/veggie pizza (v)                        |
| Friday    | Fish of the day with fries                          | Spicy chicken nachos with sour cream              |

\* correct time of sending, but may be subject to change  
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### Sporting Results

| Date        | Sport                | Opposition            | Year Groups | Result     |
|-------------|----------------------|-----------------------|-------------|------------|
| 24 November | U14 girls football   | Bitterne Park School  | 9           | 4-0 win    |
| 28 November | U14 girls football   | Hamble School         | 9           | 3-1 win    |
| 29 November | Year 9 boys football | Court Moor School     | 9           | 2-1 win    |
| 30 November | Year 8 boys rugby    | Thorndon School       | 8           | 5-2 win    |
| 30 November | Year 9 boys football | Cantell School        | 9           | 2-0 win    |
| 1 December  | U14 basketball       | Oasis Academy Sholing | 9           | 45-48 loss |



### Sporting Fixtures

| Date        | Sport                | Opposition                      | Year Groups |
|-------------|----------------------|---------------------------------|-------------|
| 5 December  | U14 girls football   | Milton Cross Academy            | 8 & 9       |
| 6 December  | Year 9 boys football | Woodlands School                | 9           |
| 6 December  | U16 basketball       | St George's Catholic College    | 10 & 11     |
| 8 December  | Cross Country        | Eastleigh & Winchester district | All years   |
| 8 December  | U14 basketball       | St George's Catholic College    | 8 & 9       |
| 8 December  | Year 7 boys football | Woodlands School (5 a side)     | 7           |
| 9 December  | U16 girls football   | Thorndon School                 | 10 & 11     |
| 13 December | U14 basketball       | Bitterne Park School            | 10 & 11     |
| 15 December | U14 basketball       | Oasis Academy Mayfield          | 8 & 9       |

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

**KS3 Cooking Club** - The December workshop (Stained glass gingerbread) will be taking place on **Thursday 8th December 3pm - 4:30pm** in 512. Students must sign up with their food teacher, prior to the date to attend.

**ROTARY YOUNG CHEF COMPETITION**

**OPEN TO ALL STUDENTS IN YEARS 7 - 10!**

**Criteria:** Prepare a main course and dessert of your own choice. Your dishes should showcase technical skill and creativity.

**When:** Wednesday 11th January 2023  
**Time:** 5pm - 5pm in 512

**Submit your dish proposal to Miss King by Monday 12th December**

10 students will be selected to compete. All ingredients will be provided by Rotary.

**Autumn 2022 Extra Curricular Timetable**

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### E-Safety

#### What Parents Need to Know about TikTok

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 the guide, you'll find tips on a number of potential risks such as age-inappropriate content, dangerous challenges and contact with strangers.

**What Parents & Carers Need to Know about TIKTOK**

13+

**MAKE USE OF THE BANNERS**

**AGE-INAPPROPRIATE CONTENT**

**IN-APP SPENDING**

**DAUGHTER CHALLENGES**

**CONTACT WITH STRANGERS**

**ENABLE EARLY PARENTING**

**DISCUSS THE DANGERS**

**MAKE OUR EXPERTS AVAILABLE**

**READ THE SIGNS**

**SHARE ACCOUNTS PRIVATE**

**LIMIT IN-APP SPENDING**

**TIKTOK NOW**

**REDUCING THE RISK**

**National Online Safety**

**#BetterPlaces**

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