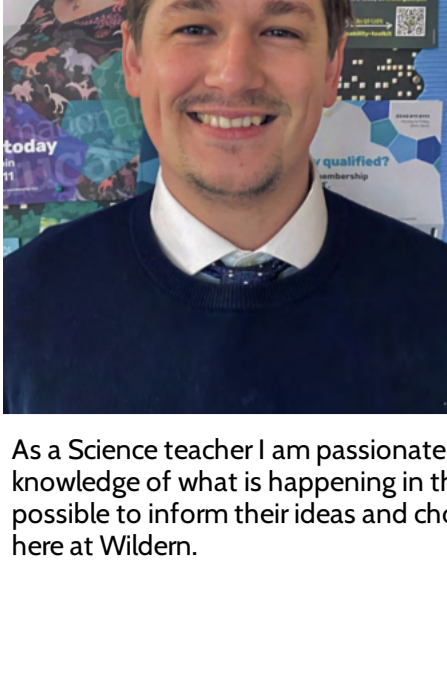


Welcome!



Hello and welcome to this week's edition of the Wildern Weekly. My name is Brett Milburn and I am the Director of Progress and Achievement for Year 11. I have already enjoyed being at Wildern for nearly 10 years and a massive highlight has been leading year 11 as Director of Progress and Achievement since they joined us in year 7.

I am always keen to share how proud I am of each individual in the year group particularly as we strive to make the most of our final time on our Wildern journey together. Our Motto throughout Wildern has been 'dream big, stay positive, work hard and enjoy the journey' and this is something that I have been passionate about following together.

Despite the obvious hurdles over these years year 11 have shown incredible determination to overcome these and still amaze me with their accomplishments, be it from extra curricular activities such as Dance Live and the school production to what they achieve in their everyday learning.

As a Science teacher I am passionate about students learning about the world around them. With so much knowledge of what is happening in the world it is really important for our young people to understand as much as possible to inform their ideas and choices. It is always a joy to be able to teach the brilliant young minds we have here at Wildern.



In this issue...

[Dates for your diary](#), [Communications](#), [Reminders](#), [90 years of Wildern](#),
[Spotlight](#) (Education for Life & Student Leadership), [Keeping safe](#) (Eating Disorders Awareness Week),
[Hot food menu](#), [Sports results & fixtures](#), [Extra-Curricular](#), [E-Safety](#)

Dates for your diary

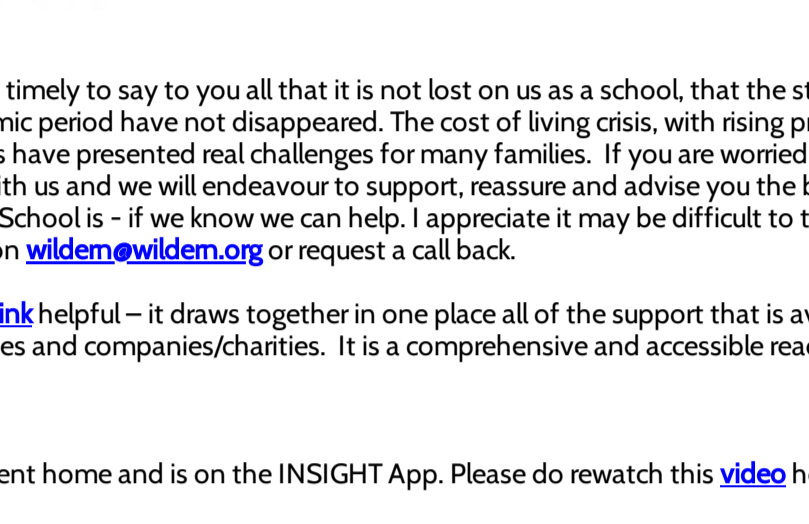
Date	Activity	Year Groups
Friday 24 February	Teenage Booster Vaccinations	Year 9
Monday 27 February	Week B	All years
Monday 27 February - Friday 3 March	MFL practice speaking exams	Year 10
Monday 27 February - Friday 10 March	Taster lessons for choosing pathways	Year 8
Thursday 2 March	School closed to year 7-9 & 11 due to strikes	All years
Friday 3 March	All Year 10 in for Box Clever Macbeth workshop	All years
Saturday 4 March	Celebrating World Book Day	Year 9, 10 & 11
Monday 6 March	Duke of Edinburgh practice walk in New Forest	Year 8 & 10
Monday 6 March	Week A	All years
Monday 6 March	Teenage booster catch up vaccinations	Year 9, 10 & 11
Wednesday 8 March	Aurora peer mentoring session (IMAC)	Year 8 & 10
Thursday 9 March	Year 9 Careers work skills day	Year 9
Friday 10 March	Year 11 Dance performance assessments	Year 11
Friday 10 March	Year 8 pathways forms sent home	Year 8
Monday 13 March	Week B	All years
Monday 13 March	Education for life theatre trip: ...and Juliet	Year 9
Wednesday 15 March - Thursday 16 March	Possible Strike days - more information to come	All years
Thursday 16 March	WINK: Stretch & challenge	All years
Friday 17 March	English Year 7 trip to The Globe	Year 7
Friday 17 March	Non-uniform day to raise money for Comic Relief	All years
Friday 17 March	National Theatre Connections performance	Year 9
Monday 20 March	Week A	All years
Monday 20 March	Year 8 pathways form completion deadline	Year 8

[back to the top](#)

Communications

All Years
Ms Oakley's letter about strike action - School will be closed to students in Year 7, 8, 9 and 11. All Year 10 students are expected to attend at the times listed in the letter. As a school, we will pay for all students to attend this workshop and so will refund any parents that have already paid for this.

90 years: We are celebrating 90 years of Wildern with a celebration of creative arts in The Berry Theatre, Thursday 30 March at 7pm. Tickets are available from [here](#)



Year 7: There are no letters for Year 7
Year 10: There are no letters for Year 10
Year 8: Geography trip to Sea Life Centre & River Thames Cruise
Year 11: Friday tutor session change from 10 March
Year 9: Science trip to Kew Botanical Gardens

[back to the top](#)

Reminders

All Years
Financial help: It seems timely to say to you all that it is not lost on us as a school, that the struggles and worries in this challenging economic period have not disappeared. The cost of living crisis, with rising prices and having been colder in recent months have presented real challenges for many families. If you are worried or facing challenges, please get in contact with us and we will endeavour to support, reassure and advise you the best we can. The message from Wildern School is - if we know we can help, I appreciate it may be difficult to talk about but please do feel free to contact us on wildern@wildern.org or request a call back.

You may also find [this link](#) helpful - it draws together in one place all of the support that is available from the Autumn Budget, agencies and companies/charities. It is a comprehensive and accessible read.

Year 7: WAD has been sent home and is on the INSIGHT App. Please do rewatch this [video](#) helping you to discuss WAD with your child

Year 8: There are no reminders for Year 8

Year 9: There are no reminders for Year 9

Year 10: Iceland April 2023 - a reminder from Ms Dixon for passports to be handed into the Finance Office by Friday 3 March.

Year 11: ESP timetable - Spring 2
 Monday 27 February: RE
 Tuesday 28 February: Design Technology or Food Preparation & Nutrition
 Wednesday 1 March: History or Geography

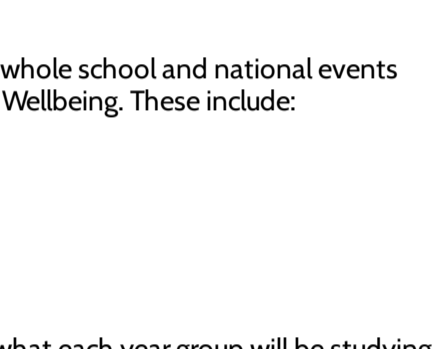
English: Year 11 continue with their weekly extended writing self study tasks to prepare them for the 40 mark questions on their English Language Papers. They will have been given their self study booklet by their class teacher in lesson this week. Please contact your child's English teacher if you would like further guidance on how to support them in completing these tasks at home. A reminder that we have an English clinic for Year 11 every Monday after school in 913.

[back to the top](#)

90 Years of Wildern

In 1953, there was an update about where students went after leaving Wildern. Here are some of the places they went on to:

Milkman, Oliver's shoe shop (see photo), Stoker Mechanic, Typist, Cowman, Builder, Bricklayer, Fireman, Army stationed in Egypt, Apprentice Mechanic, working in Frellys, RAF, working at the House of Commerce, Toronto Canada, Lyric Laundry



[back to the top](#)

Spotlight

Education for Life this half term

This half term we are revisiting the theme of 'Health and Wellbeing'.

All Year groups
 Students will be looking at a variety of whole school and national events that link into the theme of Health and Wellbeing. These include:

- Lockdown and Fire Procedures
- World Book Day
- Science Week
- Feedback

Please see below for a brief outline of what each year group will be studying in their Education for Life lessons and Tutor sessions this half term:

- Year 7: Health and Puberty**
 In this unit students will be exploring how to maintain a healthy lifestyle to ensure both physical and mental health during puberty. They will focus on the importance of eating healthily, completing regular exercise and having a good bedtime routine. Students will also explore the issue of FGM, what the law says about this and where to access help and support if required.
- Year 8: Emotional Wellbeing**
 In this unit students will explore issues surrounding self-esteem and body confidence. They will investigate what can impact their self-esteem and be provided with positive ways of boosting their self-esteem that support them in dealing with pressures from social media and their peers.
- Year 9: When I grow up - Living in the Wider World Theme**
 'When I grow up' allows students to begin thinking about careers and life choices. Students will consider what they think they need to be happy and reflect on their dreams for the future. They will also explore the costs of moving out, possible jobs and skills required, and begin thinking about how to budget their money effectively. Finally, they will explore the positives and negatives of renting and buying a house. Year 9 are completing a different theme to the rest of the school so that it links in with their Careers Skills Day in March.
- Year 10: Exploring Influence**
 Students will gain an understanding of the law surrounding drugs and alcohol, along with the different types of drugs. Students will explore the concept of addiction and where to access help and support for this as well as the effects of drugs on individuals and others. An important part of this unit focuses on managing risk and staying safe which explores influences in relation to gangs and knife crime.
- Year 11: Independence**
 This unit allows students an opportunity to explore what risk taking means and how the teenage brain affects this. It builds upon students' prior lessons about drugs and explores the law surrounding drugs including cannabis, new psychoactive substances and the most dangerous drugs. Students will explore the concept of addiction and where to access help and support for this as well as the effects of drugs on individuals and others. Students will also complete a refresher on emergency first aid as a part of this unit equipping them with a skill for life.

Student Leadership

Perfect and Head Student Applications - last week saw the closing deadline for the next Perfect cohort and Head Student team. We are excited that by the end of this term, the new team will have been interviewed and chosen and will be ready to begin their new roles after Easter! Our current team has been fantastic and we are looking forward to seeing what quality this next year group will bring to improving life at Wildern!

Transition Leaders - At Wildern we have two designated teams of students (one each from Key Stage 3 and 4) that aim to make students' transition into Wildern as smooth and positive as possible. These are led by lovely Ms Berrien and Miss Dellow. Over the next week or so, the new transition leaders who have been recently appointed will be receiving their training ready to make the upcoming Year 6s have the best transition experience and become well established here.

[back to the top](#)

Keeping Safe

Eating Disorders Awareness Week - 27 February to 5 March

It is estimated that 1.25 million people in the UK have an eating disorder. Anyone can be affected regardless of their age, gender, weight or background. 25% of people with eating disorders are male. By educating others about eating disorders we can inspire change and support sufferers and their families.

"The most important thing to know is that recovery is possible at any age with the right tools, skills, and support. With treatment, many people fully recover."

What are eating disorders?

Eating disorders are problems that affect a person's eating behaviours as well as their attitudes and feelings about food – and about their body. They affect a person's mental health and can cause serious harm to a person's physical health. Common types of eating disorders are anorexia, bulimia, binge eating, and avoidant/restrictive food intake disorder (ARFID).

What are some of the potential signs of an eating disorder?

Lips

Are they obsessive about food?

Flips

Is their behaviour changing?

Hips

Do they have a distorted beliefs about their body size?

Klips

Are they often tired or struggling to concentrate?

Nlips

Do they disappear to the toilet after meals?

Skips

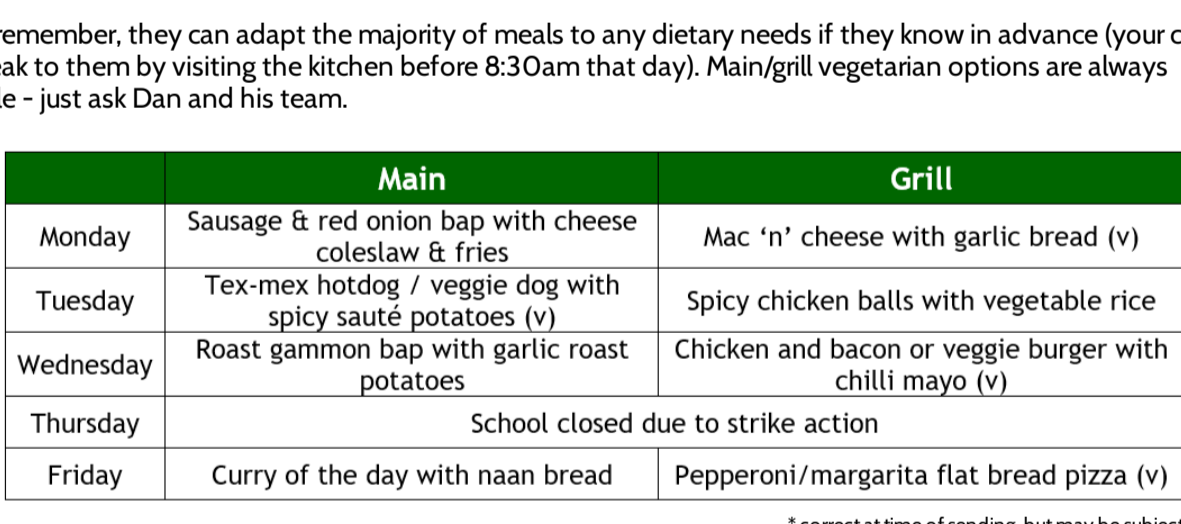
Have they started exercising excessively?

What to do if I am worried about my child?

- Talk to them about it with no judgement
- Avoid talking about their appearance even if to make a 'nice' comment
- Be aware that they may deny they have a problem and try to keep it a secret
- Go to see you GP - make notes of your main concerns to take along with you
- Get support from family, friends and school.
- Avoid discussing people's diets or weight problems.

Where can I find more information?

- [Beat Eating Disorders](#)
- [Young Minds](#)
- [Hampshire CAMHS](#)
- [NHS Advice for parents](#)



[back to the top](#)

Hot Food Menu

Please remember, they 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/veggie kitchen options are always available - just ask Dan and his team.

	Main	Grill
Monday	Sausage & red onion bap with cheese, cole slaw & fries	Mac 'n' cheese with garlic bread (v)
Tuesday	Tex-mex hotdog / veggie dog with spicy sauté potatoes (v)	Spicy chicken balls with vegetable rice
Wednesday	Roast gammon bap with garlick roast potatoes	Chicken and bacon or veggie burger with chilli mayo (v)
Thursday	School closed due to strike action	
Friday	Curry of the day with naan bread	Pepperoni/margarita flat bread pizza (v)

*Correct at time of sending, but may be subject to change [back to the top](#)

Sporting Results

Date	Sport	Opposition	Year Groups	Result
21 February	Year 10 Boys Football	Bitterne Park School	10	2-0 win
22 February	Year 8 Boys Football	Bitterne Park School	7	Cancelled
22 February	U14 Netball	Regents Park Community College The Gregg School St Anne's Catholic School	8	2-2 draw 3-1 loss 4-2 loss

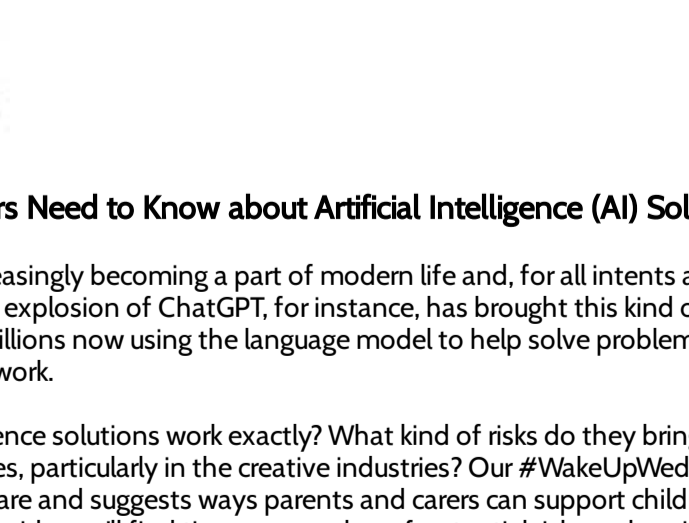


Sporting Fixtures

Date	Sport	Opposition	Year Groups
24 February	Year 9 Boys Football	Redbridge School	9
28 February	Year 8 Boys Football	Oasis Academy Mayfield	8
1 March	Year 11 Boys Football	Bitterne Park School	11

[back to the top](#)

Extra Curricular



If for any reason a club is cancelled, the library is open until 5pm Monday-Wednesday, and until 4:30pm on Fridays.

Extra Curricular Timetable Spring 2023

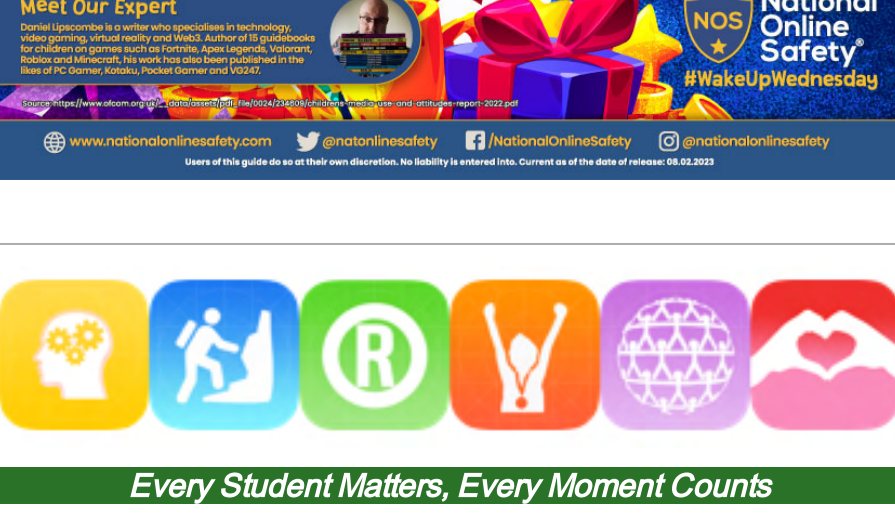
[back to the top](#)

E-Safety

What Parents and Carers Need to Know about Artificial Intelligence (AI) Solutions

Artificial intelligence is increasingly becoming a part of modern life and, for all intents and purposes, isn't something we can shy away from. The explosion of ChatGPT, for instance, has brought this kind of technology into a more purposeful context, with millions now using the language model to help solve problems, write computer code or even complete their homework.

So how do artificial intelligence solutions work exactly? What kind of risks do they bring? Will they eventually negate the need for certain job roles, particularly in the creative industries? Our #WakeUpWednesday guide this week explains what AI solutions are and suggests ways parents and carers can support children to use the technology with an open mind. In the guide you will find tips on a number of potential risks such as inaccurate information, reinforcing stereotypes and what impact the technology might have on children's creativity and problem-solving skills.



[back to the top](#)



Every Student Matters, Every Moment Counts