



Welcome!



My name is Mrs Marshall and I am the Director of Progress and Achievement for Year 9. Since joining the Pastoral team at Wildern in April 2022, I have been blown away by the kindness many of our young people show others within our school community and wider field. We understand that sometimes we do not know the bigger picture for a young person until we are made aware, so to see the resilience shown by many of our young people is inspiring.

Our Year 9 motto is "How do I want to be remembered and who do I want to become?" which we feel challenges our students into considering the future that is ahead of them; this is particularly important during the year they have begun GCSE options.

Considering the future and whatever path might be taken is extremely exciting for myself, our ADOFA for Year 9 Mr Morrison and our fantastic Year 9 tutor team. In the coming months we have Careers Day which should give students the opportunity to be curious, ask questions and perhaps consider their life direction after Wildern.

I teach Design Technology, Art and Education for Life at Wildern. I love being creative, developing new ideas and problem solving – all things my subject area allows me to do! Growing up with grandparents as tailors and seamstresses has left me with incredible memories and allowed me to develop life-long skills both at home but also at school. I am enthusiastic about current affairs and politics so I really enjoy promoting the Education for Life curriculum we have on offer for our young people and I look forward to the day we might encourage our students to step foot in Parliament to not only see positive change but make it!



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Dates for your diary

| Date | Activity | Year Groups |
|----------------------------------|--|-------------|
| Friday 3 February | Year 11 Dance practical assessment | Year 11 |
| Monday 6 February | Week 8 | All years |
| Monday 6 - Tuesday 7 February | Year 10 practice Art and Photography exams | Year 10 |
| Wednesday 8 February | Year 8 Speed networking (Careers event) | Year 8 |
| Thursday 9 February | WINK - Supporting your teenager | All years |
| Monday 13 - Friday 17 February | Half term | All years |
| Monday 20 February | Week A | All years |
| Monday 20 February | CPD day (school closed to students) | All years |
| Wednesday 22 February | Dance Level 1 | All years |
| Thursday 23 February | Soundbites evening | All years |
| Thursday 23 - Friday 24 February | Year 11 Drama presenting and performing texts practical assessment | Year 11 |
| Friday 24 February | Teenage Booster Vaccinations | Year 9 |
| Monday 27 February | Week B | All years |

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Communications

All Years
[National Apprenticeship Week and Parents Guide](#)
[WINK - Supporting your teenager - Thursday 9 February \(face to face\)](#)

Year 7 and 8
There are **no** letters for Year 7 or 8

Year 10
There are **no** letters for Year 10

Year 9
[History Trip to Battlefields](#)

Year 11
[Prepare to Perform Newsletter](#)

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Reminders

All Years
[WINK E-safety video and 3 question evaluation](#)

Year 7
Whole year photo: Please be advised if you have NOT yet placed your School Photograph order, the order closing date is Tuesday 7 February. Please visit [www.smile4school.com](#) using the passwords on the Proofcard.

Science: Did you know that you share 60% of your DNA with a strawberry? Don't believe us? Students are invited to room 303 at 3pm on Monday 6 February to find out more.

Year 8
[Pathways information letter](#)
Careers: On Wednesday 8 February, Year 8 students will be undertaking a session of 'Speed Networking' to meet and talk to a range of volunteers from the local area who are coming into the school to answer questions about their job and how they got into their chosen industry. Students will have a time limit, working in small groups, to find out as much as they can about each volunteer's career before they move on to the next one. This will take place during students' lesson time and the event is planned to support the forthcoming pathways choices.

Art club: Due to a clash with the Year 10 Art and Photography exam, there will be no art club on 7 February.

Year 9
Breakfast: As you know, breakfast is considered the most important meal of the day because it helps power us through the rest of our working day and allows us to feed our brains and body so that we can concentrate far better and feel more alert. We have noticed that a number of our young people are not making sensible breakfast choices or eating anything in fact before the school day begins. Please can we have your support in ensuring your child has some toast, cereal, fruit or a healthy alternative each morning in order to set them up for a positive day.

English: A reminder of some of the extra-curricular options open to students in English. There is a new KS4 book club that meet every Tuesday after school in the DEIT - join to read as a group and discuss enjoyable fiction texts. Also on Tuesday after school, in room 909, is Spelling Ink - our creative writing club. Students from Year 9 are especially welcome as they begin their KS4 journey - creative writing being a key component of the GCSE English Language exam.

Art club: Due to a clash with the Year 10 Art and Photography exam, there will be no art club on 7 February.

Year 10
Art or Photography exams: These will be a 5 hour exam on EITHER 6 OR 7 February - please check details on Google Classroom. Students register at their exam room until their tutors.

English: Box Clever's presentation of **Macbeth** - Tickets are still available to see this fantastic production and workshop. If you are interested, please pay the £5 entrance fee through Parent Pay.

Year 11
[Leavers hoodie letter and order form](#)
[Yearbook letter](#)

Whole year photo: Please be advised if you have NOT yet placed your School Photograph order, the order closing date is Tuesday 7 February. Please visit [www.smile4school.com](#) using the passwords on the Proofcard.

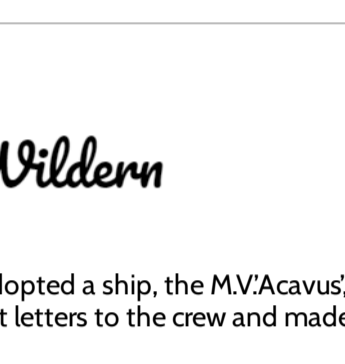
ESP timetable - Spring 1
Monday 6 February: History or Geography
Tuesday 7 February: IT
Wednesday 8 February: Science (MN) or English (PO)

Science: MN Population ESP on Wednesday 8 February. Invitations will be going out this week if your child is expected to attend. For all other Year 11 students, there is a drop in with the Science team every Monday and Tuesday in room 317.

English: PO Population ESP on Wednesday 8 February. Invitations will be going out this week if your child is expected to attend. For all other Year 11 students, there is a drop in with the English team every Monday after school in Room 913.

English Language and Literature revision guides remain available for £1.50 each. Please ask your child to collect a form from Finance to purchase these.

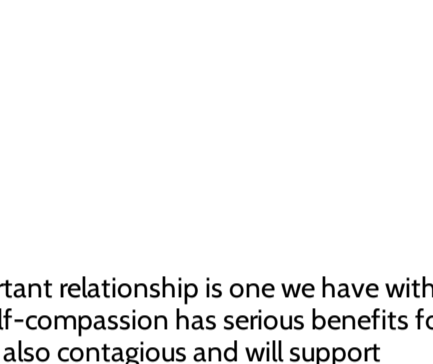
Careers: Fareham College are inviting students to visit their Careers Advisors for application support or to progress their application if they have not already had their telephone interview. Students can drop in to the Careers Centre at our Bishopscote Road Campus on 15th and 16th February between 9am - 4pm.



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90 Years of Wildern

Between 1936 and 1952, Wildern School adopted a ship, the MVA 'Cavus', which was a tanker. Students and staff sent letters to the crew and made visits to the ship.



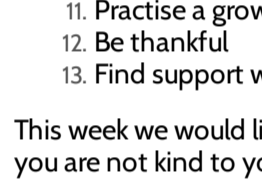
In 1950-51, students went on the first school trip to Paris for a week. The main points that the students remembered were the French cider, coffee and pastisseries.

Oh how times have changed... with our school trips travelling further to places such as America and Iceland and definitely without the alcohol!

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Spotlight

February is Kindness month - Be kind to yourself!



We often forget that THE most important relationship is one we have with ourselves. Prioritising self-care and self-compassion has serious benefits for both physical and mental health. It is also contagious and will support those around you.

Your important role as a caregiver is challenging and ongoing.

So, how can you support your child in growing their sense of positive self?

1. Focus on feelings - normalise feelings big and small
2. Use loving self-talk - smile at yourself, offer yourself a compliment
3. Listen to your inner voice - self-trust is powerful
4. Nurture self-compassion - ask yourself how you might support a friend in this situation
5. Name and share strengths
6. Practice forgiveness
7. Create a music playlist
8. Commit to self-care - get enough sleep, take care of yourself
9. Name one thing you love about yourself each day
10. Celebrate trying new things
11. Practice a growth mindset
12. Be thankful
13. Find support when you need it

This week we would like students to focus on being kind to themselves. Afterall, how can you be kind to others, if you are not kind to yourself? The Anti Bullying Ambassadors will invite students to share...

- ♥ A positive comment about yourself
- ♥ Something that makes you feel happy and calm

Here are the links to electronic copies of these useful resources which your child may wish to try this week.

- [Mindful Colouring](#)
- [My Jar of Self-Care](#)



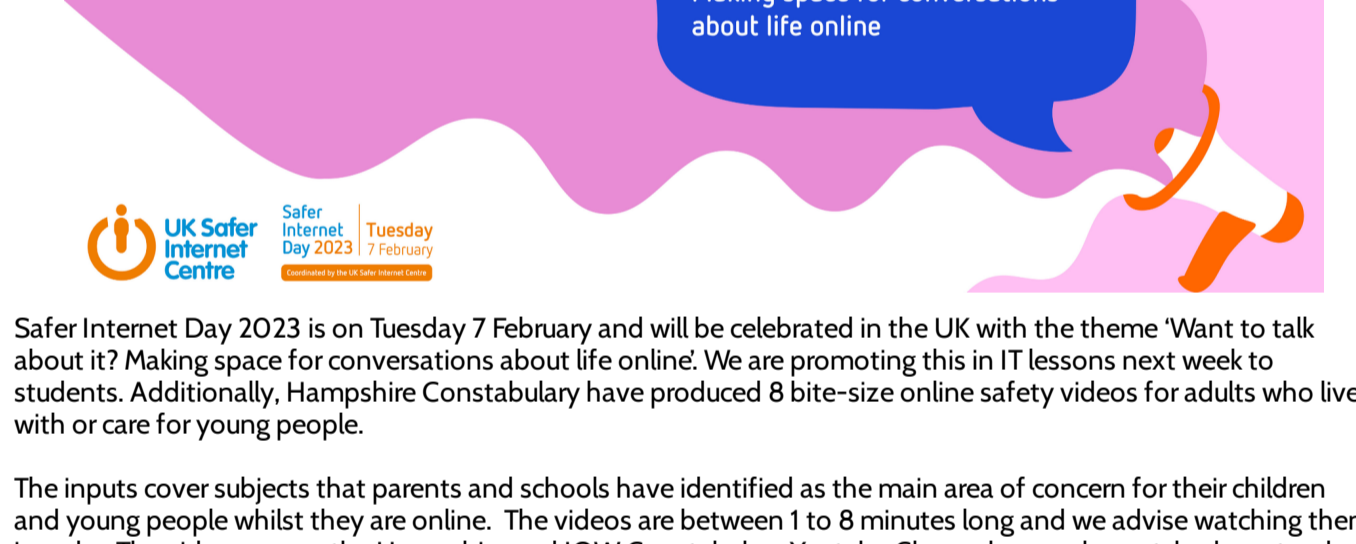
If your child needs support at any time please encourage them to click on the [#findsupport](#) link on the Wildern Wellbeing Hub, on the Wildern website, and complete the google form.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|--|---|---|---|
| Monday 6 February 2023 1. Self-care - Create a self-care plan for the week ahead. Consider what you need to feel happy and healthy. 2. Gratitude - Write down 5 things you are grateful for. 3. Kindness - Perform a random act of kindness for someone else. 4. Forgiveness - Write a letter of forgiveness to someone who has wronged you. 5. Self-reflection - Reflect on your strengths and weaknesses. 6. Goal setting - Set 3 goals for the week ahead. 7. Journaling - Write in a journal about your thoughts and feelings. 8. Reading - Read a book for pleasure. 9. Exercise - Engage in physical activity. 10. Relaxation - Spend time relaxing and doing nothing. 11. Connection - Spend time with loved ones. 12. Gratitude - Write down 5 things you are grateful for. 13. Kindness - Perform a random act of kindness for someone else. 14. Forgiveness - Write a letter of forgiveness to someone who has wronged you. 15. Self-reflection - Reflect on your strengths and weaknesses. 16. 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Consider what you need to feel happy and healthy. 2. Gratitude - Write down 5 things you are grateful for. 3. Kindness - Perform a random act of kindness for someone else. 4. Forgiveness - Write a letter of forgiveness to someone who has wronged you. 5. Self-reflection - Reflect on your strengths and weaknesses. 6. Goal setting - Set 3 goals for the week ahead. 7. Journaling - Write in a journal about your thoughts and feelings. 8. Reading - Read a book for pleasure. 9. Exercise - Engage in physical activity. 10. Relaxation - Spend time relaxing and doing nothing. 11. Connection - Spend time with loved ones. 12. Gratitude - Write down 5 things you are grateful for. 13. Kindness - Perform a random act of kindness for someone else. 14. Forgiveness - Write a letter of forgiveness to someone who has wronged you. 15. Self-reflection - Reflect on your strengths and weaknesses. 16. Goal setting - Set 3 goals for the week ahead. 17. 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Keeping Safe

Safer Internet Day - Tuesday 7 February 2023



Safer Internet Day 2023 is on Tuesday 7 February and will be celebrated in the UK with the theme 'Want to talk about it? Making space for conversations about life online'. We are promoting this in IT lessons next week to students. Additionally, Hampshire Constabulary have produced 8 bite-size online safety videos for adults who live with or care for young people.

The inputs cover subjects that parents and schools have identified as the main area of concern for their children and young people whilst they are online. The videos are between 1 to 8 minutes long and we advise watching them in order. The videos are on the Hampshire and IOW Constabulary Youtube Channel so can be watched on stand alone computer and mobile devices.

- 1) Introduction
- 2) How do you keep your children safe online?
- 3) A balanced view
- 4) CEOP & Values
- 5) Apps, games and social media
- 6) Cyberbullying
- 7) Nude and sexting
- 8) Curious conversations

For further information and support, please find below a list of resources and videos mentioned in the inputs.

NSPCC - Report Remove | NSPCC
Childline - Sexting and sending nudes | Childline
Safeline - Safeline - Hampshire Police's free education resource programme for schools, colleges and partners in Hampshire and the Isle of Wight
Parental Controls - Parental Controls & Privacy Settings Guides - Internet Matters
Appropriate ages - Common Sense Media: Age-Based Media Reviews for Families
Information about online exploitation - CEOP Education (thinkuknow.co.uk)



Snapchat



We have seen a recent increase in the number of incidents we are dealing with which have included the use of snapchat, either whilst not being thoughtful or intending to be unkind in the use of the social media platform.

Snapchat is a photo- and video-sharing app through which users can chat with friends via text or audio. Images and videos can be shared with specific friends, or as a 'story' (documenting the previous 24 hours) which is visible to a person's entire friend list. Snapchat usage rose significantly during the lockdown periods, with many young people utilising it to stay connected with their peers. The app continues to develop features to engage an even larger audience and emulate current trends, rivaling platforms such as TikTok and Instagram.

If your child uses Snapchat, please talk to them about how they are using it and steps they can take to ensure that they are being kind and thoughtful at all times.

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Hot Food Menu

Next week is South American Week!

Dan has designed a taste sensational tour of South America for students to try lots of new dishes, flavours and expand their horizons.

Please remember, they can adapt the majority of any dietary needs that they know in advance (your child can speak to them by visiting the kitchen before 8.30am that day). Main/grill vegetarian options are always available - just ask Dan and his team.

| | Main | Grill |
|-----------|---|--|
| Monday | Salchipapas Sausage/veggie sausage, with fries, mustard, spicy ketchup (v) | Cachorro Quente Beef/veggie hot dog with peppers and onions (v) |
| Tuesday | Roast chicken with peas, onions and saffron rice Escondidinho | X-Tudo Beef sausage or veggie burger with tomato, lettuce, coleslaw and fries (v) |
| Wednesday | Spiced beef stew with peppers with garlic and sweet potato mash Picadillo | Jambalaya Cajun chicken and chorizo with saffron rice |
| Thursday | Brazilian beef chilli with sweetcorn and spicy wedges Cochinita Pibil | Salgado Pizza Pico de gallo, mozzarella tomatoes and pickles (v) |
| Friday | Slow roast pork with BBQ spices and nachos | Chimichurri chicken Chilli and oregano chicken with spicy fries |

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

Sporting Results

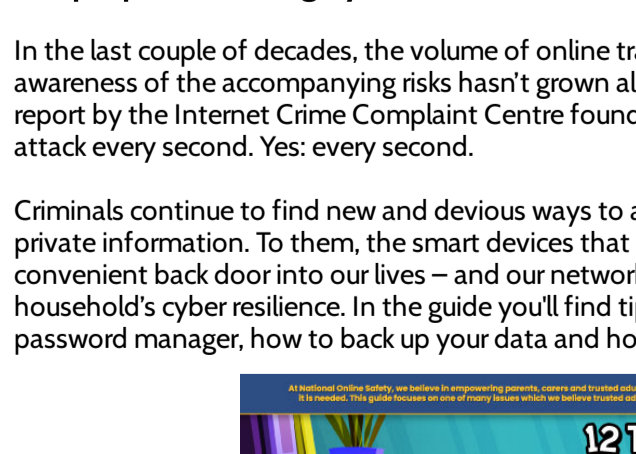
| Date | Sport | Opposition | Year Groups | Result |
|------------|----------------------|------------------------------|-------------|------------|
| 30 January | Year 7 Boys Football | Oasis Academy Sholing | 7 | 2-2 win |
| 30 January | U13 Girls Football | St George's Catholic College | 7 & 8 | 2-2 draw |
| 31 January | U16 Basketball | Woodlands College | 10 & 11 | 23-29 loss |
| 31 January | U14 Netball | St George's Catholic College | 7 & 8 | 4-3 win |
| | | Oasis Academy Mayfield | | 6-1 win |
| | | Bitterne Park | | 1-4 loss |
| 2 February | U14 Hockey | Ryde Academy | 9 | 1-0 loss |
| | | Ramsay School | | 6-0 loss |
| | | Portsmouth Grammar School | | 1-3 loss |
| | | Alton School | | 2-1 win |

Sporting Fixtures

| Date | Sport | Opposition | Year Groups |
|------------|-----------------------|---------------------------|-------------|
| 6 February | Year 10 Boys Football | Medina School | 10 |
| 6 February | Year 7 Boys Football | Oasis Academy Mayfield | 7 |
| 7 February | Year 9 Boys Football | Callithorpe Park School | 9 |
| 7 February | U13 Hockey | Southampton Sports Centre | 8 |

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Extra Curricular



KS3 Cooking Club - February workshop (American Pancakes for Valentines Day - 8/2/23 - 3pm-4pm) sign up is now open. Further details on the students' Food Google Classroom.

[Extra Curricular Timetable Spring 2023](#)

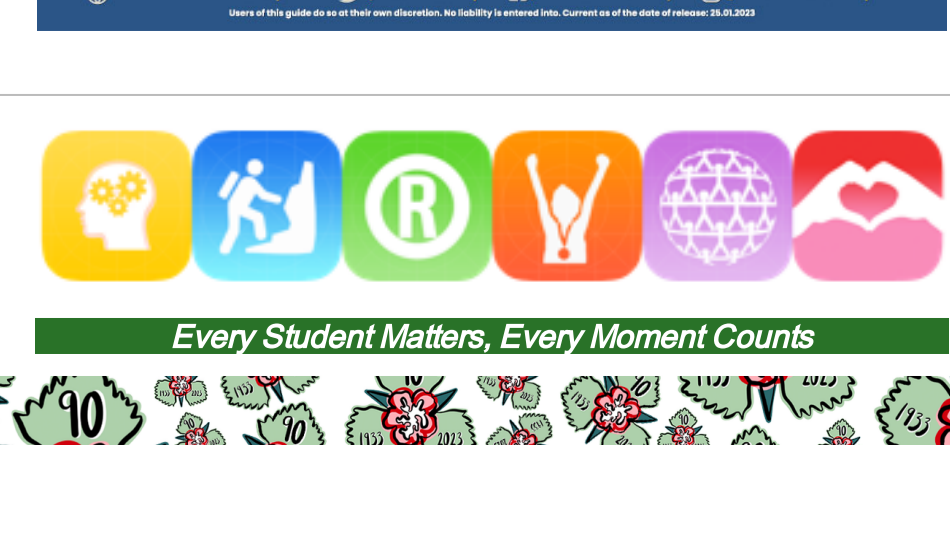
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E-Safety

2 Top Tips for Building Cyber Resilience at Home

In the last couple of decades, the volume of online traffic has increased exponentially – but, by and large, people's awareness of the accompanying risks hasn't grown along with it. To illustrate the scale of the issue, consider this: a report by the Internet Crime Complaint Centre found that, in the US during 2020, there was a successful cyber-attack every second. Yes: every second.

Criminals continue to find new and devious ways to attempt to hijack our online transactions and harvest our private information. To them, the smart devices that many of us now use as standard at home are simply a convenient back door into our lives – and our networks. Check out our guide for advice on beefing up your household's cyber resilience. In the guide you'll find tips on a number of potential risks such as how to use a password manager, how to back up your data and how to check for breaches.



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