Wildern Weekly

Friday 6 January 2023

Welcome! Happy New Year! I hope the holiday passed illness free and you were able

to take advantage of some rest and recuperation alongside your Christmas

Parent Bulletin

some eye opening titbits!

festivities. As you may know this year is our 90th birthday; we are hoping to celebrate

this birthday across the year and to start the year we have launched our new logo. It was 90 years ago in April that a new, local school for secondary students was opened. It was to take students from its two neighbouring villages,

Botley and West End, as well as from Curdridge. The school was designed to take up to 370 students aged 11-14 years with room for growth as the total number in the school system at this time was 340! The school was to have specialised science, cookery and woodwork classes as well as have nine general purpose classrooms but with spending cuts, one of these did not happen! Nothing changes!

Below is the plan of the new school, you may recognise the school as Shamblehurst as that is where we were first situated before moving into a new school adjacent to Shamblehurst in 1963 which is where we have remained! We would love to gather together memories, stories and photos of Wildern School from our wider community. If you have photos or anecdotes of your time at Wildern we would love to see / hear these. You can email these to 90thbirthday@wildem.org.

Over the course of this year we will be giving you an insight into life at Wildern across all 90 years - there are certainly



Dales for your diary

Year 9 & 10 Future Chef Competition

Duke of Edinburgh practice walk

Activity

Week B

ICT: iMedia exam

Year group school photos

Monday 9 January Monday 9 January Thursday 12 January

Saturday 7 January

	Thursday 12 January	Year 10 Parents' evening	Year 10	
	Monday 16 January	Week A	All years	
	Tuesday 17 January	Year 11 English RAP Parents info evening	Year 11	
		(invitational event)		
	Wednesday 18 January	Dragon's Den day (careers event)	Year 7	
	Thursday 19 January	KS4 Acoustic Night	Year 9, 10 & 11	
	Thursday 19 January	WINK: Pathways (virtual)	Year 8	
	Monday 23 January	Week B	All years	
	Monday 23 January -	Year 10 practice exams	Year 10	
	Wednesday 1 February			
	Wednesday 25 January	Year 11 Drama showcase	Year 11	
	Thursday 26 January	WINK evening: E-safety	All years	
	Thursday 26 - Friday 27	Year 11 Food & Nutrition practical assessment	Year 11	
	January			
0				
	Communications			
s				

Piercings: It would seem that a number of students have had nose piercings for Christmas. These are not allowed in school unless arranged with the Director of Progress and Achievement, if your child has a piercing other than in the

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Year Groups

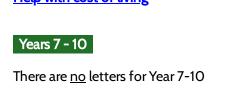
Year 9 & 10

Year 9 & 10

Year 7 & 11

All years

Year 11



Year 11

incredibly wet out at the moment and the rain looks set to stay. Socks: there is a slight trend at the moment where bright fluffy socks are being worn over tights, please could you ensure that your children are wearing the correct uniform to school.

ears, it should be removed for school.

Uniform: Please can all parents ensure that students are wearing coats and school jumpers into school please. It is

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Year 7

Parents' evening information Year 10 Practice exams information

Art and Photography practice exams: 6 & 7 February 2023 Animal Care students: please make sure that the Parent Pay consent is completed by Tuesday 10 January

from finance.

Year 11

Year 10 Practice exam timetable

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

Art and Photography GCSE exam papers were handed to students this week on Tuesday - these were also shared via Google classroom - Students have the spring term to prepare prior to the 10 hour art or photography exam that

Science Past Papers - Please can you make sure that you have paid £6 for the past papers which are being used as

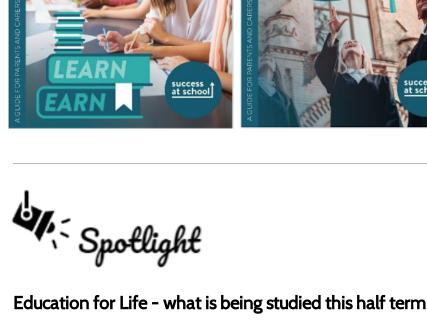
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each. These contain the Wildern-specific approaches and guidance to consolidate what your son/daughter has been learning in class, as well as a variety of past papers for revision. These can be purchased by collecting a form

Access your FREE university and apprenticeships guides for parents and bonus STEM guide now by clicking the The Wildem website careers page has also been updated to include local Labour Market Information, a Career Comparison tool, the guides above and information on writing a personal statement.





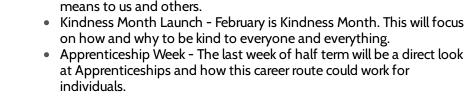






Saving the world

with STEM



Year 8: Setting Goals and Pathways

thinking about the various subjects there are on offer.

Keeping Safe

DAY 2

DAY 6

Ask a friend or family member how their day was. Listen carefully to their answers.

Ways to improve wellbeing

M DAY 1

GRATITUDE:

Write down three things that you are thankful for in your life.

World'.

All Year groups

already have.

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: Living in the Wider World This topic encourages students to think about their futures and develops any ideas that they might have had already. Themes will include looking at Careers and the Future, different transition points in someone's life and how

Year 9: Health and Wellbeing In this unit, students will explore health and wellbeing, including an awareness of teenage cancer and looking after your emotional wellbeing. Students will be looking at a number of examples of positive coping strategies to support practical taught by an accredited member of staff to award students a first aid certificate.

these can be affected by external influences and taking account of personal qualities and skills that students

This topic is to develop thoughts towards next year and making sure that Pathways choices selected are the best suited to every individual. Topics include thinking about exploring careers, making decisions about Key Stage 4 and

around them. They will explore two rights in detail - the right to vote and the right to life. The unit will allow students to explore the concept of voting in terms of how a general election works, how people make decisions on how to vote, along with issues surrounding voter turnout and apathy. For the right to life, students will explore the punishment of criminals with a focus on the death penalty and ethical arguments surrounding this. back to the top

DAY 21 Do something that makes you feel good, such as having a bath, watching a film or walking the dog. www.theparentsguideto.co.uk

Making study interesting

2023

January

Happier

SUNDAY

forward to this year

Say positive things to the people you meet today

MONDAY

Make time today to do something kind for yourself

How to help your teenager with their studies

to improve study techniques. Read through some of these articles to get some helpful tips and ideas. The Parents' Guide to: <u>Teaching your teen to revise well</u> Five proven strategies to helping your teen with revision Creating a revision timetable

TUESDAY

As a parents, you can't revise for your teenager, but there are plenty of ways you can support them in practical ways

WEDNESDAY

THURSDAY

FRIDAY

still and just breathe

different rou today and s

Go to bed in

good time and allow yourself to recharge

(E) many people you can smile at today and get to

U14 Netball

U14 Basketball

U16 Basketball

U14 Basketball

10 January

12 January

16 January

19 January

* correct at time of sending, but may be subject to change Sporting Fixtures Date Sport Opposition Year Groups Year 7 Boys Football 9 January Shoreham Academy 7 U16 Basketball Weston Secondary School 10 & 11 10 January

Extra Curricular Please see our updated clubs timetable for the Spring term. This includes focus groups which are running as part of our student leadership programme. More details can be found on our website using the button below. The library is always available to students after school as well.

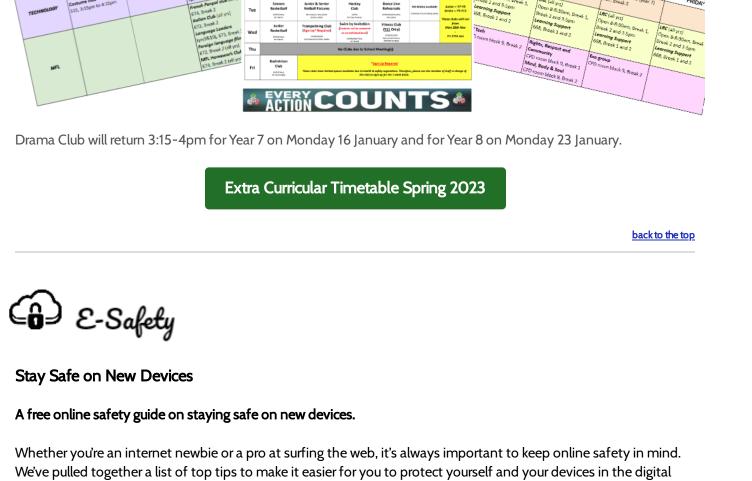
Central league event against various

schools, held at Redbridge School

Weston Secondary School

Oasis Academy Sholing

Swanmore College



world - helping you steer clear of hazards like misleading information and vicious viruses. There's never a bad time to refresh your internet safety knowledge, but it's an especially smart thing to do before you start using any shiny

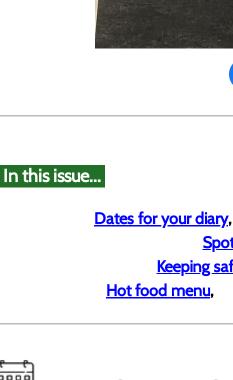
In the guide, you'll find tips such as double-checking your news sources, taking breaks from being online and not

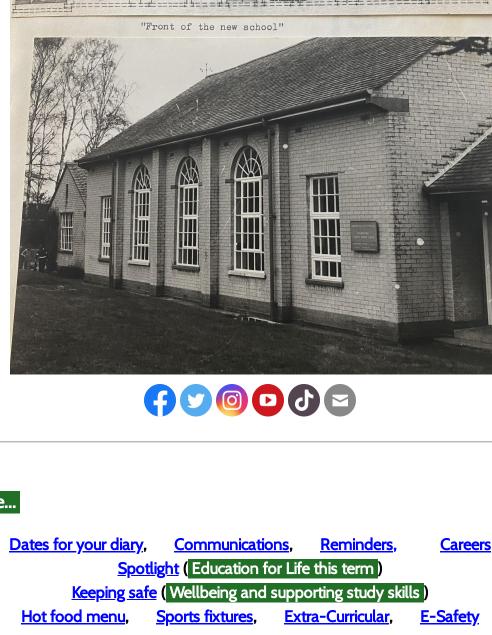


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Every Student Matters, Every Moment Counts





Date Friday 6 January

All Years Help with cost of living

Ofqual letter to students <u>Prepare to Perform Newsletter</u> Extra Support Programme (ESP) information

Reminders All Years

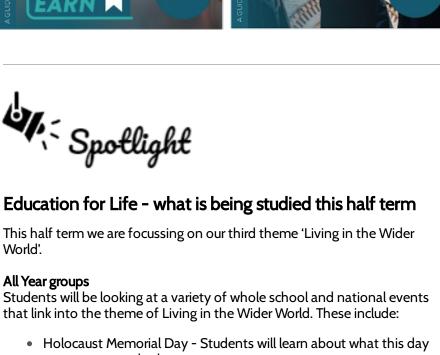
There are <u>no</u> reminders for Year 8 and 9 Year 10

ESP timetable - Spring 1 Monday 9 January : Drama Tuesday 10 January: RE or Media Wednesday 11 January: Music or French

self study, as this exam practice is invaluable as part of revision.

will take place in May - this is worth 40% of students final GCSE grade. English: A reminder that Year 11 revision guides for Language and Literature are still available to purchase for £1.50







their wellbeing. They will also be looking at self determination in relation to the issue of Euthanasia, along with religious arguments for & against. This unit also includes a series of lessons on first aid that includes both theory and During this unit students will be exploring money issues that they are likely to come across over the next few years, such as understanding their first payslip, how to budget for things like driving lessons and holidays, and explore the positives and negatives of getting a loan. Year 11: Human Rights In this unit students will explore what Human Rights are and how they can be applied to ethical issues in the world

daily tasks to improve wellbeing Try one activity a day at home or in school to improve your physical and mental health

DAY 4

DAY 8

Spend fifteen minutes drawing and sketching ideas that pop into your head.

DAY 5

DAY 9

Eat three pieces of fruit and veg in one meal.

□ DAY 10

Follow this routine (x3):

Tasks 1-25

SATURDAY

earn somethin. new and share it with others

Eat healthy food which really nourishe you today

something new to get out of your comfort zone

people about things they've enjoyed recently

7 & 8

8 & 9

10 & 9

8 & 9

Spring 2023

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Do a chore in the hous without being asked e.g. cleaning your room or washing the dishes. 25 star jumps 10 lunges (each leg) 5 sit-ups EXERCISE: EXERCISE:
Being active is not only
great for your physical
health, but it can also
cause chemical change
in your brain, which help
to improve mood and □ DAY 14 □ DAY 11 DAY 12 □ DAY 13 □ DAY 15 Give yourself a tech free evening and turn off all your devices at least three hours before bed. Do something nice or helpful for someone that means a lot to you. Have a night off from using social media. to improve mood and reduce stress. F 0 💟 🗗 RELATIONSHIPS: Maintaining good and healthy relationships can help build a sense of be-longing and self worth and provide opportunities to share positive experiences. □ DAY 20 □ DAY 16 DAY 17 □ DAY 18 DAY 19 Get creative in the kitchen and cook or bake a meal or treat fo Spend at least thirty minutes outdoors in the fresh air and nature. Avoid any artificial food flavourings and sugar for 24 hours. Try some gentle exercises, such as yoga or pilaties. Aim to walk 10 000 steps today. □ DAY 22 □ DAY 23 ☐ DAY 24 □ DAY 25 Write down five things that you want to achieve by the end of the week. Leave a positive note for a family member to find in your house. Watch a TED talk or short documentary on a topic that interests you.

DAY 3

DAY 7

Drink six glasses of water throughout the day.

Go for a walk or run before breakfast, lunch or dinner.

ACTION FOR HAPPINESS Happier · **Kinder** · **Together** back to the top 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 vegetarian options are always available - just ask Dan and his team. Main Grill Veggie meatball with pasta and tomato Monday Mac 'n' cheese with garlic bread (v) sauce (v) Pepperoni/veggie pizza with Spicy roast chicken thighs with Cajun Tuesday fries and sour cream potato wedges (v) Honey and chilli chicken curry, with Sausage and bacon topped jackets Wednesday naan and rice with spring onions and mozzarella Tex-Mex messy burger or veggie burger Thursday Curry of the day with fries (v) Fish of the day Friday Bacon and cheese flatties



new devices!

sharing personal information.