

Welcome!

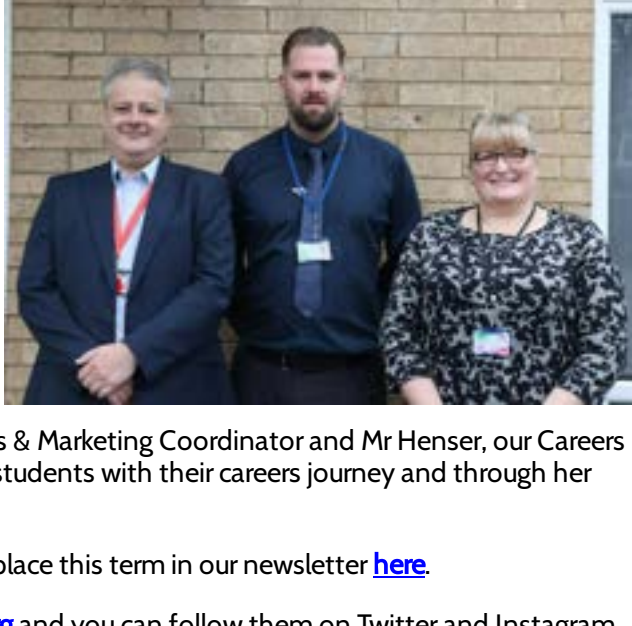
Hello and welcome to this week's edition of the Wildern Weekly. My name is Mr Fenner and I oversee our Careers provision, here at Wildern School.

A young person's career is their pathway through learning and work. All young people need a planned programme of activities to help them make 14-19 choices that are right for them and to be able to manage their careers throughout their lives. Schools have a statutory duty to provide careers education in Years 7-11 and to give students access to careers information and guidance.

Here at Wildern School we are committed to providing a planned programme of tailored careers education for all students in Years 7-11 and information and guidance is given through Education for Life lessons, tutor sessions and other curriculum activities.

We endeavour to follow the National Framework for Careers Information, Advice and Guidance and base our careers guidance around the eight 'Catsby' benchmarks with Benchmark 1 being all encompassing of our programme. These are:

1. A stable careers programme
2. Learning from career and labour market information
3. Addressing the needs of each pupil
4. Linking Curriculum learning to careers
5. Encounters with employers and employees
6. Experiences of workplaces
7. Encounters with further and higher education
8. Personal guidance



I am lucky enough to work with Mrs O'Leary who is our Careers & Marketing Coordinator and Mr Hense, our Careers Adviser. Mrs O'Leary is passionate about supporting Wildern students with their careers journey and through her role has developed strong links within the local community.

You can read more about the careers events that have taken place this term in our newsletter [here](#).

The Careers Team are contactable through careers@wildern.org and you can follow them on Twitter and Instagram @WildernCareers and on YouTube.



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

- Dates for your diary, Communications, Reminders
- Spotlight (Top tips for communicating with teenagers)
- Student Leadership
- Keeping safe (Strep A, cold weather, flu vaccinations)
- Hot food menu, Sports results and fixtures, Extra-Curricular, E-Safety

Dates for your diary

Date	Activity	Year Groups
Friday 9 December	Ski trip - dry slope skiing practice	Year 9 & 10
Monday 12 December	Week 8	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	Choir 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
Friday 6 January	Year 8 & 10 Future Chef Competition	Year 8 & 10
Saturday 7 January	Duke of Edinburgh practice walk	Year 9 & 10
Monday 9 January	Week 8	All years
Monday 9 January	ICT - Media exam	Year 11
Thursday 12 January	Year group school photos	Year 7 & 11
Thursday 12 January	Year 10 Parents' evening	Year 10

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Communications

All Years
Mrs Oakley - End of term letter

Year 7
Year 7 timetable changes from January
Trip: Natural History Museum & London Eye

Year 10
Year 10 timetable changes from January
Parents' evening information

Year 8
Year 8 timetable changes from January

Year 9
Year 9 timetable changes from January

Year 11
Prepare to perform newsletter
Year 11 timetable changes from January

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Reminders

All Years
Edtech WINK - this is a virtual wink on the use of Google Classroom and chromebooks in learning Edtech WINK - please complete this [short \(3 question\) evaluation](#) to help us plan for future parent information events

Year 7
 There are no reminders for Year 7

Year 8
Year 8 Top Gun, Maverick film opportunity

Year 9
English: Students are currently undergoing their spoken language assessments in class. Parent support for students during this key part of the GCSE study is much appreciated. Ways you can do this are to ask your child to rehearse their speech in front of you and give them some feedback. 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
Year 10 Practice exams information
Year 10 WAD 1: How to discuss WAD with your child video can be found [here](#)

English - Macbeth Box Clever Theatre visit (Spring '23) We still have tickets available for this fantastic performance and workshop that will take place in school. More information is [here](#).

Year 11
ESPs this week
Monday - Performing Arts
Tuesday - ICT
Wednesday - Drama
Thursday - French

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

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Spotlight

5 Top tips for communicating with teenagers

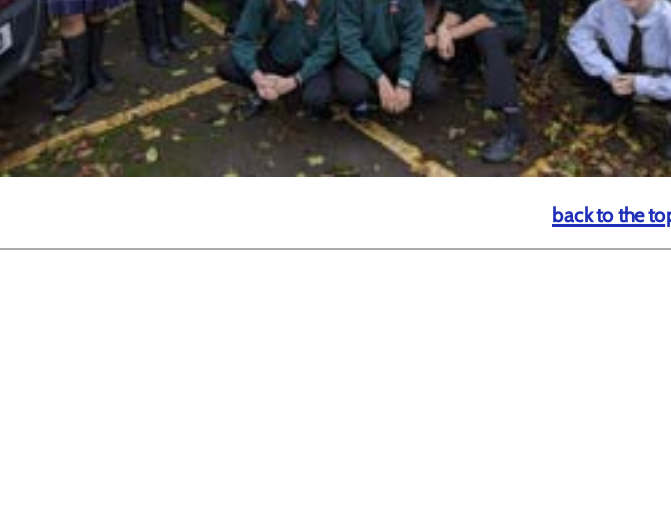
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Student Leadership

Equality and Rights - On 29th November, 7 of our wonderful student leaders represented Wildern and joined students from Deer Park School at the regional EARA meeting. EARA stands for equality and rights Advocates.

The meeting brought together 9 schools from across the region to discuss and share ideas about how well their schools are promoting equality and inclusivity, and dealing with issues of inequality, mistreatment and bullying particularly around race, transgenderism, sexuality, sexism, disability and religion.

This was a great opportunity for students to use their voice, share their insights and find ways to make our school a better place.



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Keeping Safe

Streptococcal Group A Information (Strep A)

You may have seen information in the media about the high number of Group A Streptococcus (GAS) infections this year, compared to previous years. This situation is affecting the whole of the country, including our local area. Group A streptococcus can cause infections such as a sore throat, scarlet fever, as well as infections of the skin and soft tissues.

Since Wednesday we have been informed that 7 students have been confirmed as suffering from a Strep A infection. [Here](#) is further guidance from Hampshire County Council that they have asked all schools to send out. It gives advice and guidance for everyone.

At school, we will resume hand sanitising at the start and end of every lesson and once more we will ensure that rooms are well-ventilated with windows and doors being opened. With these measures in places, students have been told that if they are cold they can wear their coats in classrooms.

Cold weather

With very low temperatures forecast next week we are encouraging students to dress warmly, remembering their coats, hats, gloves and scarves. Students will be allowed to wear their coats in classrooms due to the additional ventilation in place following Strep A guidance. Students are also encouraged to wear 'skins' or base layers under their pe kit to help keep warm. However, please do not send your child to school with a hot water bottle as this is a health and safety concern.

Nasal Flu Vaccinations - Thursday 15 December - Year 7, 8 & 9

We are seeing an increase in both students and staff suffering from viruses and the flu but students will not be able to have the nasal flu vaccination next week unless the consent form has been completed in advance.

If you haven't already completed the consent form, this needs to be completed by the end of this week using this link [the online consent form](#) and the school code SH136654. The original letters sent out about this are [here](#) and [here](#).

COPING AT CHRISTMAS

Christmas can be tough. That's why it's important to know there's always someone you can talk to.

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Hot Food Menu

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).

This week there will be a choice of grab and go meals in the main canteen including pasta, jacket potatoes, paninis, baguettes, wraps and salads. The festive menu below will be available in the hall every day, with each year group having the opportunity to visit the festive food fair. See below for more details.

Break	Lunch
Mini mixed platter - chicken wing, mozzarella dipper, nachos, chicken gooligan & dips (£2)	Pig-in-blanket hotdog with mozzarella or smoked cheese
Sausage & bacon brioche bap & Applewood cheese (£2)	Vegetarian option available (£2.50)
Dirty fries with spicy chilli, jalapeno & sour cream (£1.50)	Slow roast pork in toasted sourdough roll & apple sauce (£2.50)
Warm pastries with biscoff or chocolate sauce (£1.50)	Roast turkey with mini Yorkshire, roast potatoes & gravy (£2.50)
	Smoked bacon, stuffing and Applewood wrap, roast potatoes & gravy (£2.50)
	Sweet/cake table (prices vary)

* correct time of sending, but may be subject to change

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Sporting Results

Date	Sport	Opposition	Year Groups	Result
5 December	U14 girls football	Milton Cross Academy	8 & 9	1-0 win
6 December	Year 9 boys football	Woodlands Community College	9	postponed
6 December	U16 basketball	St George's Catholic College	10 & 11	83-34 loss
8 December	Cross Country	Eastleigh & Winchester district	All years	5 qualified
8 December	U14 basketball	St George's Catholic College	8 & 9	45-9 loss
8 December	Year 7 boys football	Woodlands Community College (5 a side)	7	1 draw 1 loss

Sporting Fixtures

Date	Sport	Opposition	Year Groups
9 December	U16 girls football	Thornden School	10 & 11
13 December	Year 9 boys football	Woodlands Community College	9
13 December	U16 basketball	Bitterne Park School	10 & 11
15 December	U14 basketball	Oasis Academy Mayfield	8 & 9

*all fixtures correct time of sending, but may be subject to change

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Extra Curricular

Autumn 2022 Extra Curricular Timetable

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E-Safety

What Parents Need to Know about Social Media & Mental Health

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down a rabbit hole that isn't beneficial to our wellbeing. As platforms grapple with managing 'legal' but harmful content, lives are being impacted - sometimes to tragic effect. We might be daunted by the scale of their tech giants and their content which enthralls young people, but we can still help children to be mindful of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

In the guide, you'll find tips such as how to hide content, setting daily limits and discussing what children have seen online. This links with the work Year 7-10 have completed in the hall with Mr Knight recently.

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