



## DIARY DATES

May 12 <sup>th</sup>		Year 7 Virtual Non-Core Parents Evening
May 5 <sup>th</sup> – June 17 <sup>th</sup>		GCSE Exams
May 16 <sup>th</sup> and 17 <sup>th</sup>		Duke of Edinburgh Bronze Walks
May 22 <sup>nd</sup>		Last day of half term
May 22 <sup>nd</sup> -24 <sup>th</sup>		Duke of Edinburgh – Silver Expedition
1 <sup>st</sup> June		First day of last half term
2 <sup>nd</sup> June	5.00-6.00pm	Year 8 Germany Trip Parents Information Evening
June 25 <sup>th</sup>		Leavers Assembly and Prom
July 1 <sup>st</sup>		Key Stage 4 Awards Evening
July 7 <sup>th</sup>		Key Stage 3 Awards Evening
July 11 <sup>th</sup>	2.00-5.00pm	Wyvern@FairOak60 Celebration

### Assemblies w/b 11/05/26 CARE – HT Safeguarding Assemblies

**KEY COLLEGE DATES** – [click here for a list of the key college dates for 2025-2026](#)

Dear Parents and Carers,

This is mental health awareness week in the UK, when we think about children’s wellbeing. Discussions about this topic tend to focus on healthy eating, sleep, and learning and of course these things are important— but our bodies also produce natural chemicals that help us feel happy, calm, motivated, and connected. These chemicals are often called the “happy hormones,” and together they are sometimes referred to as DOSE:

- Dopamine
- Oxytocin
- Serotonin
- Endorphins

Understanding how these work can lead to positive habits that support children’s mental health and emotional wellbeing.

#### Dopamine – The Motivation Chemical

Dopamine is linked to feelings of achievement, motivation, and reward. We all experience dopamine when we accomplish something, learn a new skill, or complete a task we are proud of. There are many everyday things that students can do to increase their dopamine levels: exercise and sport, creative hobbies, music and art, reading, spending time outdoors, learning new skills, positive friendships, laughter and family connection and achieving personal goals.

#### Oxytocin – The Connection Chemical

Oxytocin is often called the “love hormone” because it helps us feel connected, safe, and cared for. Positive relationships are incredibly important for students’ emotional wellbeing. Oxytocin can be encouraged through: hugs and physical affection; spending quality family time together, acts of kindness, playing, laughing, and talking together

#### Serotonin – The Mood Stabiliser

Serotonin helps regulate mood, sleep, and overall feelings of wellbeing. Time outdoors, movement, and positive experiences can all support healthy serotonin levels. So can: regular exercise and outdoor play. healthy eating and good sleep routines; exposure to sunlight and fresh air; encouraging gratitude and positive reflection. Something as simple as a family walk or time in nature can help children feel calmer and more balanced.

## Endorphins – The Feel-Good Chemical

Endorphins are released during physical activity, laughter, and fun. They help reduce stress and increase feelings of happiness. Students naturally boost endorphins when they: run, dance, jump, or play sports; laugh with friends and family; listen to music or sing; enjoy creative activities

## Small Everyday Habits Matter

Supporting these “happy hormones” does not require anything expensive or complicated. Many of the most effective strategies are simple everyday moments: sharing meals together; playing outside; offering praise and encouragement; laughing as a family; spending time with loved ones; encouraging rest and balance

Sometimes, the smallest daily routines can create the biggest boost to wellbeing

With best wishes  
Mr Rule

## COMMUNITY NEWS

**Phoenix Junior Netball Club**  
Do you have a child/children looking to start playing Netball?  
Do you have a child/children who are looking to improve their netball skills?  
**WE ARE RUNNING TRAINING SESSIONS FOR CHILDREN AGED 5-16 (ALL ABILITIES)**  
5.45-6.45pm Every Thursday (Term Time only)  
£5 per session (Pay as you go)  
Wyvern College, Botley Road, Fair Oak SO50 7AN  
TO EXPRESS YOUR CHILD'S INTEREST, PLEASE CONTACT GEM ON:  
07958224907  
phoenixjnnetball@outlook.com  
*Come and join the Phoenix family!*

**Phoenix Junior Netball Club**  
**STARTING 7TH MAY**  
PHOENIX NETBALL CLUB ARE NOW RUNNING  
**ADULT TRAINING SESSIONS**  
THURSDAY EVENINGS 5.45-7PM (TERM TIME ONLY)  
WYVERN COLLEGE, BOTLEY ROAD, FAIR OAK SO50 7AN  
**£5 PAY AS YOU GO**  
DO YOU HAVE A BASIC KNOWLEDGE OF NETBALL AND WANT TO IMPROVE?  
DO YOU WANT TO LEARN TO PLAY NETBALL?  
DO YOU WANT TO GET FITTER?  
**COME ALONG AND GIVE IT A TRY!**  
CONTACT phoenixjnnetball@outlook.com OR MESSAGE 07958224907

**Bishop's Waltham Photographic Society**  
**Junior & Youth Photographic Competitions**  
For ages up to 11 years and 12-16 years  
**WIN AMAZON VOUCHERS! :**  
**How to Enter**  
Email 1 Photo to: competition@bishopswalthamphotosociety.co.uk  
by midnight on Sunday 23rd August 2026.  
The email should contain your name & age, title of the image and the contact details of a parent/guardian.  
Direct link with QR code.

## Vacancies

We have a number of vacancies advertised on our website

For more information go to [Recruitment - Wyvern College - Think Grow Care](#)

135106  
131692  
123450  
133301  
135880

## CAREERS NEWS

### UNIFROG WEBINARS

#### Psychology taster: how does cannabis affect the brain?

Students

Virtual

What does research say about how cannabis affects the brain and behaviour? In this session with Norwich University of the Arts, we'll explore the psychology of drug use, including common myths about cannabis and how it impacts developing brains. You'll examine how misinformation about cannabis spreads, especially on social media, and learn how scientists use evidence to study risks, behaviour, and decision-making.

Thu 14 May 18:30-19:15



#### Finance taster: why do investors make irrational decisions?

Students



Virtual

Are financial decisions always logical? In this session with the University of Bath, you'll explore how psychology shapes the way people invest. You'll examine ideas like risk and return, and discover how biases, emotions, and mental shortcuts influence decision-making. Using real-world examples, see why markets don't always behave as expected, and how behavioural finance challenges traditional economic theory.

Mon 18 May 16:30-17:15

### YOUR OPINION MATTERS - QUICK SURVEY ABOUT FURTHER EDUCATION

Dear Parents/Carers,

We've been asked to share a short survey from South Hampshire College Group (SHCG) about what matters to you when supporting your child/young person with choices about where to study after school. They are also keen to hear your thoughts on adult learning opportunities to ensure they are meeting local needs.

The survey takes approximately 8-10 minutes, and all responses are completely confidential and anonymous.

Parent/Carer survey

link: <https://www.smartsurvey.co.uk/t/SHCGParentCarerSurvey/>

All views are welcome – whether you've heard of SHCG or not.

Thank you for taking the time to contribute.

Kind Regards

Mrs Gough

**THE FUTURE SKILLS PROGRAMME: CAREERS IN STEM**

Explore STEM careers in four key pathways during May half term!

For Yr 9 & Yr 10/SS and S4

Industrial Cadets EDT Pathways to Industry

**What is involved?**

- A comprehensive experience delivered virtually in May.
- Live Q&A sessions with STEM professionals in Net Zero futures, Digital AI futures, Health and Life Sciences, Engineering & Infrastructure and Manufacturing futures.
- CK, applications and interview support.
- Interactive panel Q&A sessions with universities & apprentices.
- Learn how to succeed in the workplace, including how to ask questions, network and write professional emails.
- Achieve the Bronze Industrial Cadet Award.

**Dates**

- 20 hours of study to complete flexibly over 4 days in May.
- Tuesday 26th - Friday 29th May.

**Cost/Funding**

- £50 (bursaries available, click here for bursary criteria and availability).

**How to register or find out more**

To register, please visit our website [here](#) or scan the QR code!

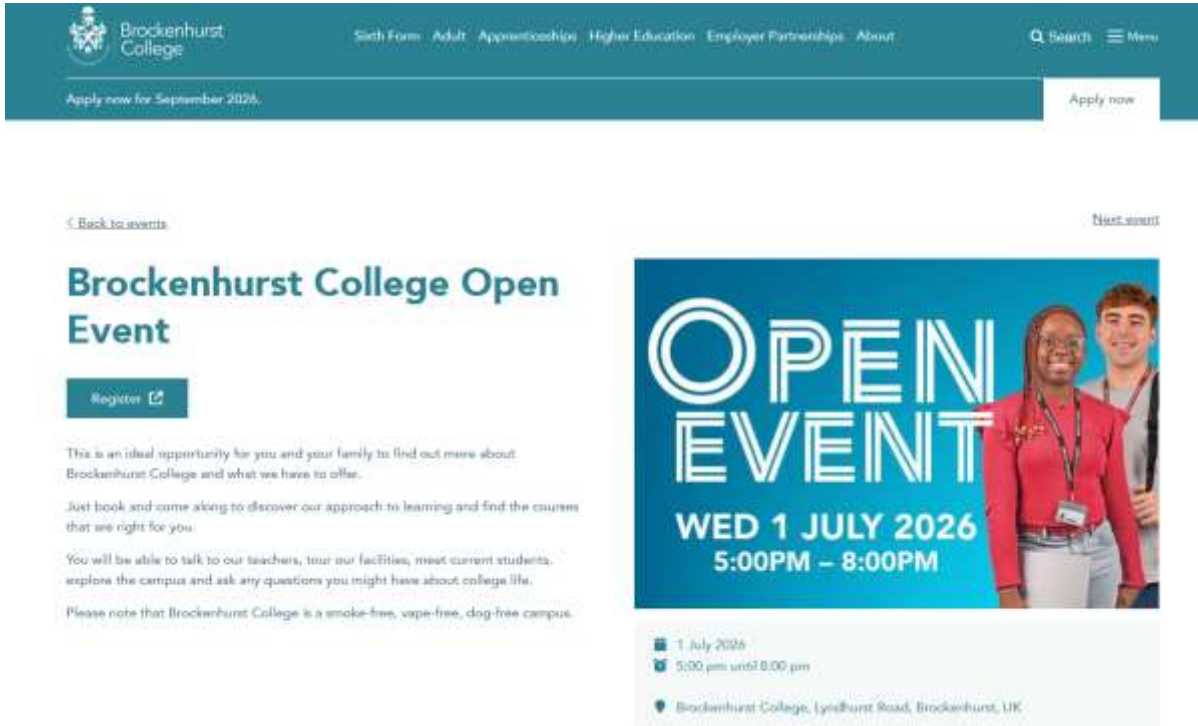
**The Future Skills Programme: Careers in STEM**

The Future Skills Programme: Careers in STEM is a comprehensive experience delivered virtually in February and May half term. Students can explore STEM careers in four key pathways and see how they can develop and document their skills for both successful applications and how to succeed in the workplace.

[Click here for more details](#)

## SETA APPRENTICESHIPS

[Current vacancies can be found by clicking here.](#)



The screenshot shows the Brockenhurst College website. At the top, there is a navigation bar with links for Sixth Form, Adult, Apprenticeships, Higher Education, Employer Partnerships, and About. A search bar and a menu icon are also present. Below the navigation bar, there is a banner for the September 2026 application period with an 'Apply now' button. The main content area features a 'Back to events' link, the event title 'Brockenhurst College Open Event', and a 'Register' button. The text describes the event as an opportunity for families to learn about the college and its offerings. A large image shows two students in front of a blue background with the text 'OPEN EVENT WED 1 JULY 2026 5:00PM - 8:00PM'. Below the image, the event details are listed: 1 July 2026, 5:00 pm until 8:00 pm, and the location: Brockenhurst College, Lyndhurst Road, Brockenhurst, UK.

## NHS Visit

University Hospital Allied Health Professions (AHPs) visited our Year 10 Health & Social Care students this morning.

Zoe Oram who is the Education Lead and Frank Cheng 3<sup>rd</sup> year Physiotherapy Student at University of Southampton prepared a great workshop this morning looking at careers in the NHS.



## WELLBEING, SAFETY & SUPPORT

### Online Safety Newsletter - May

[Please click here for the latest edition of our Online Safety Newsletter](#)

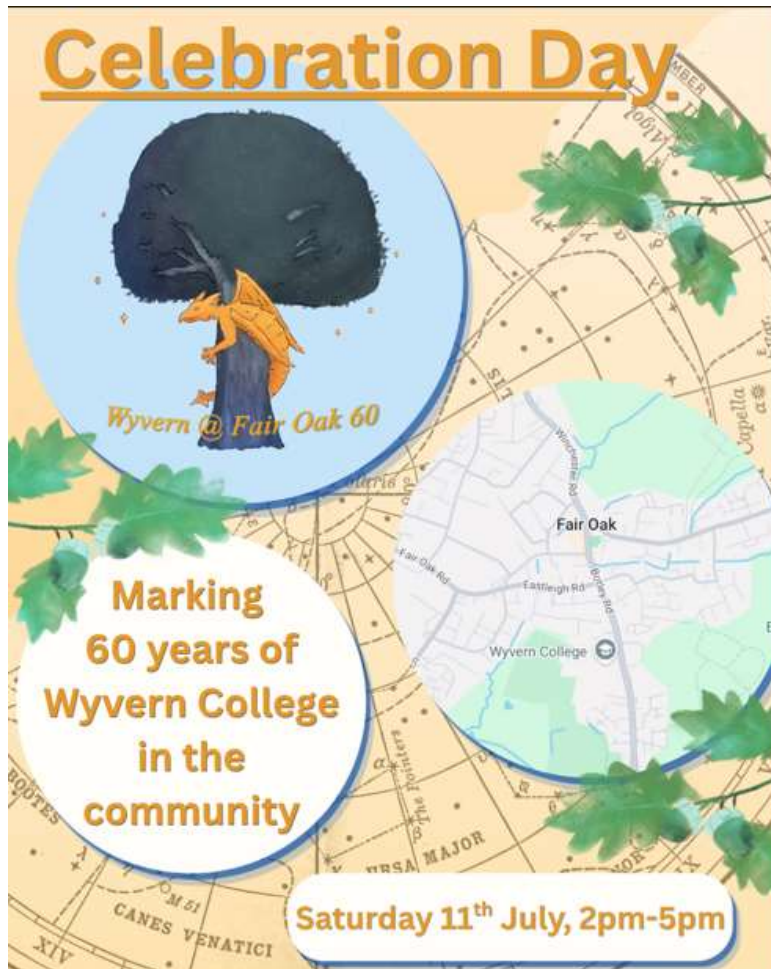
## HISTORY CLUB – COLLECTING MEMORIES OF WYVERN

Last Friday the History Club welcomed former pupils from across the decades to the college. After a tour of the school, it was up to the library for refreshments and a look through some of the archive brought out for the day. Our club members collected memories of Wyvern past, and they will be using these for their exhibition on July 11<sup>th</sup> as part of our celebration of 60 years in Fair Oak.

We are still wanting to hear from former students and staff about their recollections so please get in contact – or encourage those you know with us via

[d.tyler@wyvern.hants.sch.uk](mailto:d.tyler@wyvern.hants.sch.uk)

And please come along to our celebration Saturday July 11<sup>th</sup> 2-5pm – where we will have the exhibition, lots of materials from the archive, entertainment, refreshments and the unveiling of a special artwork to mark the anniversary.



## **BLACK COUNTRY VISIT FOR YEAR 7**

**Black Country Living Museum – payment deadline extended until Monday at 10.00am.**

[Click here for the letter about this trip](#)

**The sign-up form for music lessons for the next academic year is now showing in your ParentMail account.**

**If you have any queries, please contact the music department.**

## **YEAR 8 NOTICES**

**The sign-up form for music lessons for the next academic year is now showing in your ParentMail account.**

**If you have any queries, please contact the music department.**

Year 8 Team

## **YEAR 9 NOTICES**

**The sign-up form for music lessons for the next academic year is now showing in your ParentMail account.**

**If you have any queries, please contact the music department.**

Year 9 Pastoral Team

## **YEAR 10 NOTICES**

**The sign-up form for music lessons for the next academic year is now showing in your ParentMail account.**

**If you have any queries, please contact the music department.**

### **Geography Students - Trip to Swanage**

[Please click here for the letter about the GCSE trip to Swanage.](#)

## **YEAR 10 TRAIL EXAMS**

Trial exams taking place in June and that the timetable has been published on the school website. This is the link to it [Year-10-Trial-Exams-June-2026.pdf](#)

## **YEAR 11 NOTICES**

We are incredibly proud of how well our students are conducting themselves during the exam period. They are entering exam venues calmly and sensibly, showing maturity and respect for the process, and their positive attitude has been evident throughout. Their focus and determination are a real credit to them and to our school community.

As we continue through this busy period, we would also like to thank families for their continued support and to make a small request: when you are clearing out unwanted Year 11 uniform items, we would greatly appreciate any donations of uniform, PE kits, revision guides, and scientific calculators. If you pop these into reception when they are no longer needed, we would be very grateful for them.

Year 11 Team

**PERIOD 6 SESSIONS**

[Click here for the latest timetable for Period 6 revision sessions.](#)