



Thursday 15th May 2025

Issue NUMBER 31 2024-2025

## DIARY DATES

Friday 16<sup>th</sup> May 4.00-6.00 pm  
Saturday 17<sup>th</sup> May 10.00-11.30 am  
Tuesday 20<sup>th</sup> May 3.15-4.15 pm  
Wednesday 21<sup>st</sup> May 4.00-5.30 pm  
22<sup>nd</sup>-23<sup>rd</sup> May Break 2  
**26<sup>th</sup> – 30<sup>th</sup> May**  
Saturday 31<sup>st</sup> May 9.00-10.30 am  
Tuesday 3<sup>rd</sup> June 3.15-4.10 pm  
Wednesday 4<sup>th</sup> June  
Thursday 5<sup>th</sup> June  
6<sup>th</sup> – 7<sup>th</sup> June  
6<sup>th</sup> – 8<sup>th</sup> June  
Saturday 7<sup>th</sup> June 9.00-10.30 am  
**Monday 9<sup>th</sup> June 3.15-4.15 pm TBC**  
Monday 9<sup>th</sup> June 5.30-6.30 pm

9<sup>th</sup> & 13<sup>th</sup> June  
**Monday 9<sup>th</sup> June**  
Wednesday 11<sup>th</sup> June  
Friday 13<sup>th</sup> June  
Saturday 14<sup>th</sup> June  
Tuesday 17<sup>th</sup> June  
Thursday 19<sup>th</sup> June  
Friday 20<sup>th</sup> June

Monday 23<sup>rd</sup> June

Tuesday 24<sup>th</sup> June

**Thursday 26<sup>th</sup> June**

**Friday 27<sup>th</sup> June**

Thursday 3<sup>rd</sup> July  
Friday 4<sup>th</sup> July

5<sup>th</sup> July – 7<sup>th</sup> July  
**6<sup>th</sup> July-7<sup>th</sup> July**  
Tuesday 8<sup>th</sup> July

9<sup>th</sup> July – 11<sup>th</sup> July  
**Friday 18<sup>th</sup> July**

## CHANGE FROM LAST

9.00-10.30 am

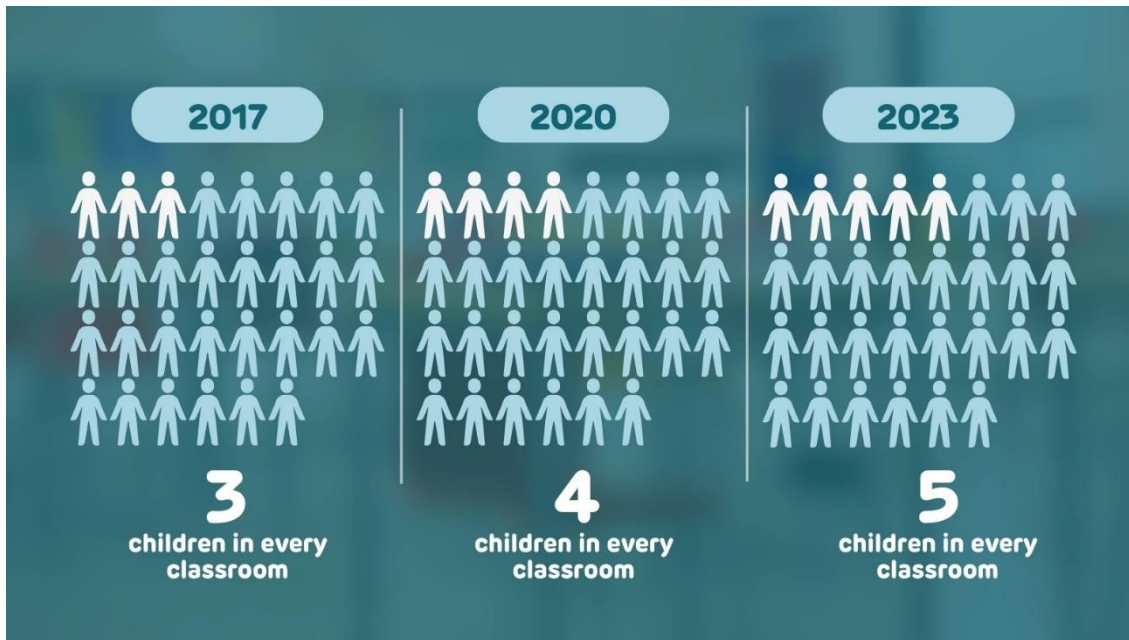
## CORRECTION FROM LAST

Year 11 Revision Series – PE  
DofE Bronze New Forest  
Year 11 Revision Series – Science  
Year 11 Revision Series – Geography  
Year 11 Revision Series – Science  
Operation Sceptre visit  
Save the Bees Bake Sale  
**Year 11 Summer Half Term Holiday**  
Year 11 Revision Series – Science  
Year 10 Itchen College - taster day  
Year 11 Revision Series - History  
Year 10 Swanage Field Trip  
DofE Bronze Practice Expedition  
DofE Silver Practice Expedition  
Year 11 Revision Series - Science  
**Year 11 Revision Series - Geography**  
Year 9 & 10 Battlefield Information Meeting for Parents  
HPV Vaccinations  
**Year 10 Geography Trip - Swanage**  
Year 7 - Black Country Trip  
Athletic Championships – Winchester.  
Year 11 Revision Series - Science  
Year 9 Geography Urban Field Trip - Portsmouth  
School Athletic Championships Year 7-10  
Paulton's Park Year 7 & 9  
GCSE exams finish  
Year 10 Peter Symonds - taster day  
Field events this week for Sports Day  
Paulton's Park Year 8 & 10  
GCSE exams finish  
**Years 7, 8, 9 & 10 LATE START 10.30**  
Year 11 Leavers Assembly  
College Prom 2025  
**INSET DAY – College closed for students**  
Year 10 Barton Peveril taster day  
Year 10 Itchen College - taster day  
Year 9 Student Youth Voice Conference - Winchester  
DofE Silver Final Expedition  
**DofE Bronze Final Expedition**  
New Intake Day  
Sports Day  
Year 9 & 10 Battlefields Trip  
Condensed day  
**COLLEGE CLOSURES FOR SUMMER HOLIDAYS FOR ALL STUDENTS**

**ASSEMBLIES FOR THE COMING WEEK:** All Years – Pastoral Leader assemblies. Year 10 Exam Assembly.

Dear parents and Carers,

May is mental health awareness month, a time for us to improve our understanding of mental health and openly discuss it to remove the stigma attached to it. The big question is why the number of children and adults with poor mental health has increased so massively in the last 15 years. NHS England's annual Mental Health and Young People survey shows that one in five children suffer poor mental health, equivalent to five children in each classroom.



Mental health is affected by many different factors. A reason for the increase in this problem is that people have stopped living lifestyles that produce the happiness DOSE chemicals (dopamine, oxytocin, serotonin and endorphins). A lot of research has been done into these and this week I would like to share the research on dopamine and the implications it has for us all who parent and teach children. I'll then do the same for oxytocin, serotonin and endorphins in the next couple of newsletters. Dopamine affects how motivated we are and how well we can concentrate or focus on things. High levels bring motivation, determination, and the capacity to concentrate and focus. With low dopamine, everything seems too much trouble or effort; people will feel demotivated and distracted. Over time, low dopamine levels can cause low mood and depression, which are mental health conditions that affect everyday life. Amongst those behaviours which cause dopamine levels to increase suddenly (to spike) and then to decrease really suddenly (to crash) are:

1. Junk food
2. Alcohol and drugs
3. Smoking and vaping
4. Pornography
5. Social media
6. Online shopping.

These behaviours bring a sudden feeling of pleasure as dopamine levels suddenly increase. But this is really quick and is followed by a crash just a short time afterwards. This is what makes these activities addictive. After people have had a rush of dopamine and then had the crash that follows, they need to get another dopamine rush so they do the activity again. When people frequently rush and crash their dopamine levels in this way, they end up feeling depressed, with low mood and lacking motivation to do anything except the activity they are addicted to. With low dopamine, life seems really boring, hard work and pointless. People feel like they just can't be bothered, especially with things that need them to show effort and concentration for (like learning).

Activities which cause an increase in dopamine gradually, without crashes can, if done regularly, make people feel happy, determined, motivated and able to concentrate. Most of these activities require effort, such as:

1. Physical exercise like running, cycling, dancing, swimming or going to the gym
2. Playing a musical instrument
3. Painting, colouring or drawing
4. Creative writing
5. Coding or problem solving
6. Reading and listening to podcasts
7. Crafting or practical activities; making things
8. Studying or learning a new skill

If we want young people to have good mental health, we need them to do these types of activities on a regular basis... the things that more children were doing more of when we did not have the widespread mental health problems we see today.

With best wishes  
Mr Rule

### **Mental Health Awareness Week - Looking after yourself as a parent or carer**

If you're supporting a young person who's struggling, it's easy to put their needs first – and forget to look after yourself.

But your wellbeing matters too. When you're overwhelmed, stressed or exhausted, it's much harder to be there for the people who need you.

This Mental Health Awareness Week, we're also reminding you: it's okay to take a step back and focus on you. We've put together some simple, practical tips to help you look after your own mental health – whether that's finding shared activities, 5 mins for you, or doing something creative.

[Parents' Guide to Looking After Your Mental Health | YoungMinds](#)

### **COLLEGE CULTURE**

#### **HOUSE POINTS AS OF 15/05/25**



131792



126151



124347



125747



123828



## COMMUNITY NEWS

# MAY HALF-TERM HOLIDAY CAMP!

Ofsted Registered Childcare  
Indoor & Outdoor Facilities  
Wyvern College  
Fair Oak, Eastleigh SO50 7AN  
**4 DAY MULTI-SPORTS CAMP**  
Tuesday 27th – Friday 30th May  
8:30-9am Drop Off - 4pm/5pm Collection

**PRICES**  
8:30-9am-4pm £28 per Day  
8:30-9am-5pm £32 per Day

**WHAT TO EXPECT**  
Athletics / Archery / Basketball  
Cricket / Competitions / Dance  
Dodgeball / Football / Gymnastics  
Invasion Games / Tag Games  
Table Tennis / Tennis & More!

**BOOK & PAY ONLINE**  
[www.iconsportscoaching.co.uk](http://www.iconsportscoaching.co.uk)  
Email [info@iconsportscoaching.co.uk](mailto:info@iconsportscoaching.co.uk)  
or call Steve on 07415 888851

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**ICON**  
SPORTS COACHING

**AGES 4-12**

CHILDCARE VOUCHERS ACCEPTED

## PROFESSIONAL FOOTBALL COACHING SESSIONS

**FREE TASTER SESSIONS AVAILABLE!**

**MONDAY FOOTBALL DEVELOPMENT CENTRE**  
5:30pm-6:45pm U7-U14 Boys & Girls  
5:30pm-6:45pm U7-U10 Goalkeeper Coaching  
All Weather Pitch, Wyvern College, Fair Oak, SO50 7AN  
£46 Per Month Standing Order or £15 Pay Online & Play

**WEDNESDAY FOOTBALL CENTRE OF EXCELLENCE**  
U7-U10 Boys & Girls 5:30pm-6.45pm  
U11-U13 Boys & Girls 6:45pm-8:pm  
U10-U14 Goalkeeper Coaching 6:45pm-8pm  
AWP, Wyvern College, Fair Oak, SO50 7AN  
£46 Per Month Standing Order

**SATURDAY MINI WYVERN ICONS**  
"Our aim is to develop all of our MINI ICONS to enjoy their football and progress them into Teams at Wyvern FC"  
4-10 Year Olds 8:45am-10am £10 Pay Online & Play  
Sports Hall/AWP Wyvern College, Fair Oak, SO50 7AN  
"MINI-ICONS run EVERY SATURDAY all year round!"

**WE HOST AWESOME ICON BIRTHDAY PARTIES TOO!**

**TO SIGN UP FOR ANY OF THE ABOVE SESSIONS**  
Register Online: [www.iconsportscoaching.co.uk](http://www.iconsportscoaching.co.uk)  
or contact Steve on 07415 888851

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ICON Sports Coaching  
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Wyvern College



## SOUTHAMPTON UNIVERSITY - ENIGMA STUDY

Is your child aged between 11-15 with a diagnosis of autism?

The ENIGMA study is looking for adolescents aged 11-15 with a diagnosis of autism to help find out how the environment of an autistic adolescent can affect their mental health.

We know that autistic adolescents sometimes have mental health difficulties such as anxiety or low mood. We want to study the lives of autistic young people to try and understand why these difficulties might happen. If you and your child wish to be involved, we will ask you and your child to attend the University of Southampton 5 times to complete some tasks, and we will ask your child to wear a small sensor for a few days that measures their heart rate and breathing while they go about their life.

We will also ask your child to download an app on their phone (or on your phone) that asks questions about their mood, how they are feeling, and what they do in their free time.

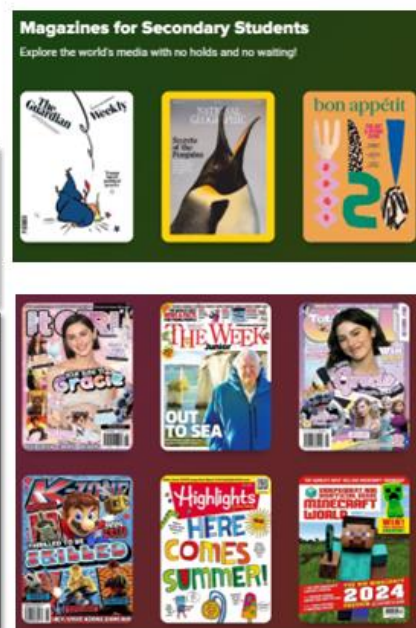
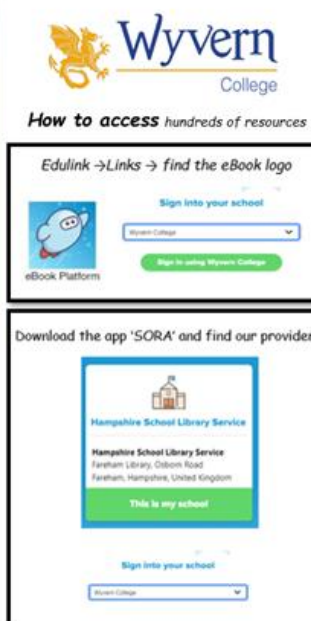
Participants will receive £30 in vouchers for each visit in addition to £25 travel/lunch reimbursements per visit. If you are interested in taking part, or would like more information about the study, please get in touch: Telephone: 07586552762 Email: [enigmastudy@soton.ac.uk](mailto:enigmastudy@soton.ac.uk)

[Click here for further details.](#)

## JUNIOR PHOTO COMPETITION

Bishop Waltham Photo Society are holding a junior photo competition. There are two categories, up to 11 year and 12-16 years. [Please click here to find out how to enter.](#)

## LIBRARY NEWS



## SPORTING NEWS

### Year 9 District Basketball Final

This game was against Wildren School and took place at Solent Kestrels on Wednesday the 7<sup>th</sup> of May

The boys put in a great performance against a good side in the district final. There were a few moments when it looked like it could have gone either way, with Wyvern scoring the first points and keeping it close. At one stage the score was tied at 20-20 but toward the end of the 2nd quarter, Wildern pulled away with a 6 point lead.

We put in a good performance, with all players making a great effort, but we could not find the run of points needed to get us back in the game. The final score was 53-41 to Wildern, but this was a great experience for the boys and we look forward to seeing how they get on next year. Well done to Jacob, Jasper, Harry, Preston, Xande, Dan, Dan, Bryce, Rory, George, Joe and Mr Kimber.



## GENERAL NOTICES

### DRIVING IN THE IMMEDIATE VICINITY OF THE CAMPUS

We have recently had several reports of unsafe and potentially dangerous driving in and around the Campus and the immediate neighbourhood.

This has involved vehicles using the local roads including the main Botley road as drop off areas. Cars have been stopping with very little warning and not showing awareness for other road users. This puts both other vehicles and pedestrians in danger as well as any passengers for your cars.

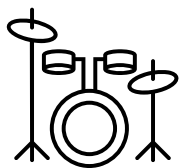
Please observe all highway code methods of safe driving, parking and drop off. Dangerous or unsafe actions will be reported to the local Police.

Please be aware of all road users in and around the campus areas.





Thank you for your understanding



### LEARN TO DRUM

If you are interested in learning the drums please see the video attached from our HMS drum teacher, Mr Strugnell. We have space for new applicants for drum lessons in September and the application form for lessons will be available on parentmail this term. [HMS Drum Kit Video Lesson - Mr Strugnell](#)

### KOOTH FREE SEMINAR

Please click below for details of a free webinar from Kooth, "How Parents and Carers can keep young people safe online" [Helping young people stay safe on smartphones and online](#)

### CAMHS Parents and Carers Events

[Click here to find out about upcoming sessions](#) giving parents the opportunity to come in and talk to CAMHS clinicians, ask questions and access resources.

**INSIGHT INTO AUTISM – Free Parent Workshop Thursday 5th June 2025 10.00am – 2.00pm Shepherds Down School, Compton** This workshop will provide you with an insight into autism and how it affects your child. Our aim is to provide you with a range of practical strategies to support your child in the home environment. [Click here for more details and how to book.](#)

### ONLINE SAFETY NEWSLETTER

[Click here for the latest edition of our Online Safety Newsletter.](#)

# JUNIOR LIBRARY CLUB

FAIR OAK COMMUNITY LIBRARY ARE KEEN TO RECRUIT MORE JUNIOR AMBASSADORS WHO CAN REPRESENT THE LIBRARY AND HELP US ENCOURAGE YOUNG PEOPLE TO ENJOY BOOKS!

YOUR ENTHUSIASM WILL BE IMPORTANT SO COME ALONG TO THE LIBRARY AT SUMMERLANDS RD ON THURSDAY 22ND MAY AT 3.15!

REFRESHMENTS SERVED!



# EMPOWERED

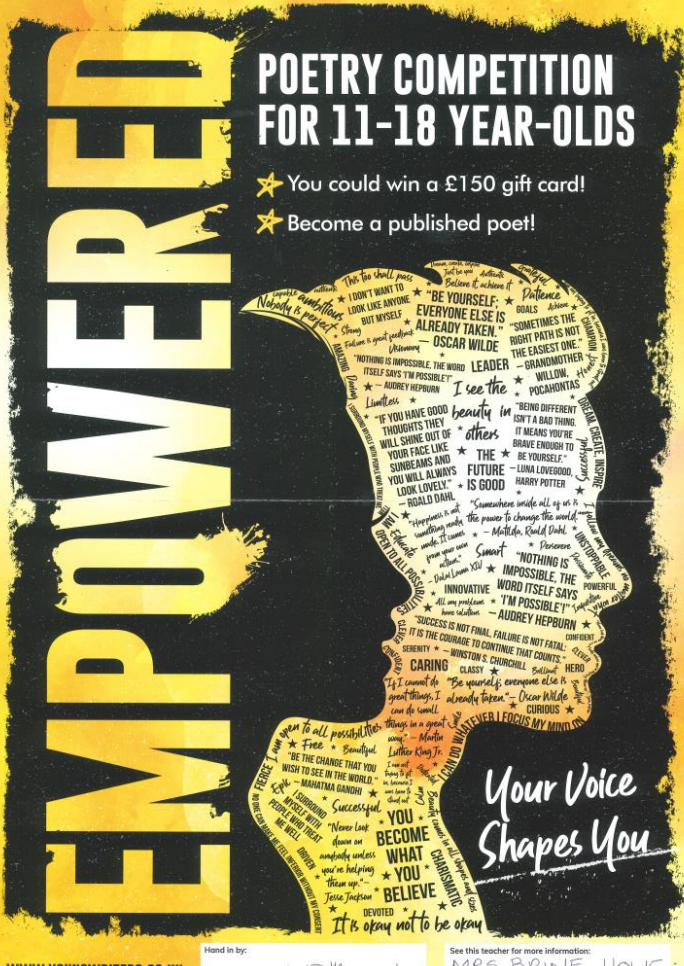
## POETRY COMPETITION FOR 11-18 YEAR-OLDS

- ★ You could win a £150 gift card!
- ★ Become a published poet!

*Your Voice Shapes You*

Hand in by: MONDAY 19<sup>TH</sup> MAY

See this teacher for more information: MRS BRINE-HOWE (H)



## CAREERS NEWS

### JUNIOR CHEF PROGRAMME – APPLICATIONS OPEN

We would like to inform you of our exciting 6-week programme that we are running within our Hospitality and Catering department at Eastleigh College.

Hospitality and Catering is one of the fastest growing, exciting and ever-changing industries providing many different job opportunities. The Junior Chef Programme is designed for years 9, 10 and 11 to give them an insight into the professional cookery experience within the Hospitality and Catering industry

[Please click here to learn more and how to apply.](#)

### PETER SYMONDS OPEN EVENINGS

Open Evenings will be 2 and 3 July 5:30 - 8:30pm. Booking will be available on the website from the beginning of June.



### RICHARD TAUNTON SIXTH FORM COLLEGE OPEN EVENING

[Please click here for details of upcoming opportunities to visit the college.](#)

### SETA Apprenticeship News

[Click here to access the SETA Engineering Apprenticeship Vacancy Bulletin](#)

There are currently 15 [LIVE VACANCIES on SETAs website.](#)

#### Engineering Vacancies

Remember to advise anyone interested in a career in engineering to keep an eye on the SETA [apprenticeship vacancies](#) page on our website, and signpost interested young people there too. Don't forget to have a look at the [Govt Apprenticeship Website](#) as nearly 95% of all apprenticeship adverts (whatever the sector) will appear there.

### UNIFROG SEMINARS

#### The power of an economics degree: where could it take you?

##### Virtual

Economics is about so much more than how money works – and can open more doors than you might expect. Presented by a leading academic from the University of Southampton, this webinar takes you through a range of career options, from roles you might expect such as accountant and tax advisor, to unexpected careers in sectors like business and politics.

Monday 19 May @ 16:30 UK time - 45 mins - [sign up](#)



## Becoming a doctor

### Virtual

Developing both your professional and personal skills is key to being a great doctor – and improving the health of the population. The University of Southampton trains its doctors to become people who patients want to see and who colleagues want to work with. Join this webinar to find out more about why these skills are so important, and how the university enables its students to become doctors who put patient care front and centre.

Tuesday 20 May @ 16:30 UK time - 45 mins - [sign up](#)



## YEAR 7 NOTICES

### Payment for Practical Work in Design Technology – KS3

[Click here for a letter from the Technology Department regarding payment contributions toward KS3 practical work in Design & Technology.](#)

Charity month is in full swing and began with an assembly focusing on what is charity, thinking about others before ourselves, being grateful for what we have and why we would give to charity. We explored the various ways we could help people and discussed why even in our local community there was a need for food banks, for clothes donations and for the recycling of unwanted and outgrown toys and games. We zoomed in on our chosen charity - the Blue Cross and looked at the type of work they do and how the money that we have raised so far could have potentially been spent. I was incredibly impressed by the maturity of the group, with their empathy for others and their enthusiasm towards their fundraising plans. Please continue to support and encourage their endeavours and dig deep in your pockets to buy the slightly soggy cakes or to pay for the half-washed car!

On a completely different note.....we have had a number of cases of head lice reported to us linked to both genders. Please can I ask that parents check their children's hair and treat accordingly. We are also still having issues with pupils being ill equipped for lessons - please can I ask that over the weekend pencil cases are refilled and restocked as staff do not have an endless supply of pens and pencils to give out.

Hopefully this beautiful weather is here to stay so please can you send your child in with a water bottle to make sure that they are hydrated throughout the day.

Enjoy the sunshine!

Mrs Taylor-Watson  
Year 7 Team

## YEAR 8 NOTICES

No notices this week.

## YEAR 9 NOTICES

### For Year 9 Food and Nutrition Students

[Click here for a letter from the Technology Department regarding payment contributions for Food and Nutrition additional resources.](#)

### For Year 9 Design Technology Students

[Click here for a letter from the Technology Department regarding payment contributions for Design Technology additional resources.](#)



## YEAR 10 NOTICES

As we move towards the end of June we would like to bring to your attention the Year 10 trial exam timetable which you can find here: <T:\4 Exams\EXAMS OFFICER\2024-25\Trial Exams\3. June 2025\Planning & Timetables\Trial Exams June 2025 - Timetable.pdf>. Students will get to experience exams as they will happen in year 11 which will give them valuable insight into the GCSE exams next year. Teachers will be talking about the exams and revision for the trial exams so please encourage students to ask if they have any questions or concerns.

## YEAR 11 NOTICES

No notices this week.

