

Thursday 22nd May 2025

DIARY DATES

Issue NUMBER 32 2024-2025

26 th – 30 th May Saturday 31 st May Tuesday 3 rd June Wednesday 4 th June Thursday 5 th June 6 th – 7 th June 6 th – 8 th June	9.00-10.30 am 315-4.10 pm	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
Saturday 7 th June Monday 9 th June Monday 9 th June	9.00-10.30 am 3.15-4.15 pm TBC 5.30-6.30 pm	Year 11 Revision Series - Science Year 11 Revision Series - Geography Year 9 & 10 Battlefield Information Meeting for Parents
9 th & 13 th June Monday 9 th June Wednesday 11 th June Friday 13 th June Saturday 14 th June	9.00-10.30 am	HPV Vaccinations Year 10 Geography Trip - Swanage Year 7 - Black Country Trip Athletic Championships – Winchester. Year 11 Revision Series - Science
Tuesday 17 th June Thursday 19 th June Friday 20 th June		Year 9 Geography Urban Field Trip - Portsmouth School Athletic Championships Year 7-10 Paulton's Park Year 7 & 9 GCSE exams finish
Monday 23 rd June		Year 10 Peter Symonds - taster day Field events this week for Sports Day
Tuesday 24 th June		Paulton's Park Year 8 & 10 GCSE exams finish
Thursday 26 th June		Years 7, 8, 9 & 10 LATE START 10.30 Year 11 Leavers Assembly College Prom 2025
Friday 27 th June		INSET DAY – College closed for students Year 10 Barton Peveril taster day
Thursday 3 rd July Friday 4 th July		Year 10 Itchen College - taster day Year 9 Student Youth Voice Conference - Winchester
5 th July – 7 th July 6 th July-7th July Tuesday 8 th July		DofE Silver Final Expedition DofE Bronze Final Expedition New Intake Day Sports Day
9 th July – 11 th July Friday 18th July	12.30	Year 9 & 10 Battlefields Trip COLLEGE CLOSES FOR SUMMER HOLIDAYS FOR ALL STUDENTS
Start of Year 25-26	See item below	

ASSEMBLIES FOR THE COMING WEEK: All Years - House Assemblies

Dear parents and Carers,

As we move into the peak of the GCSE exam season, I want to take a moment to acknowledge and celebrate the incredible resilience and determination our Year 11 students have shown so far. Their focus, maturity, and commitment to their studies has been truly inspiring – and we are incredibly proud of them.

Despite the pressures of exams, our students continue to rise to the challenge with strength and purpose. They have shown us what it means to stay driven and positive, and we have no doubt that their hard work will pay off in the coming weeks. They certainly have modelled to the Year 10 students what hard work and dedication looks like as they begin to start their mock exams in a couple of weeks. A huge thank you also goes out to you – our families – for the support and encouragement you've provided at home. It makes all the difference.

A reminder that our revision and booster programme remains fully active throughout the exam period. These sessions are a vital opportunity for students to clarify key topics, ask questions, and consolidate their learning in a calm, focused environment. Staff are going above and beyond to offer extra support before school, at lunch, after school, and even during weekends in some cases. Please continue encouraging your child to attend these sessions – they are tailored to needs.

Last week I explained the importance of dopamine for good mental health and this week I would like to do the same for the second "happy hormone": serotonin. This affects moods, energy levels, emotions and the nervous system. Serotonin controls your mood. When serotonin is at normal levels, you feel more focused, emotionally stable, happier and calmer.

If your child's serotonin levels are low, they will feel nervous, anxious, tired, have low energy levels and a low mood. They will struggle to sleep. People with depression or anxiety usually have low levels of serotonin (for depression it's usually around half of normal levels) and the medicines their doctors give them to treat their depression or anxiety are designed to increase serotonin in their body. The other main symptoms of low serotonin are frequent worry, lack of self-confidence, self-critical, strong feelings of guilt, cravings for sugary and salty foods, obsessive behaviours, addictions and difficulty sleeping.

The amount of sunlight your child gets will also affect how much serotonin their body makes. This is reason why people feel happier and have more energy on a sunny day and why more people have a low mood in the darker, winter months when the days are shorter (there is less sunlight) and when they spend more time indoors because it's colder... When your child's body exercises, it also produces serotonin. With regular exercise, they will maintain high levels of serotonin and the key is to exercise for at least thirty minutes three times a week. Exercise like running, cycling, swimming, going to the gym, dancing and fast walking all count. You can boost your child's serotonin with foods such as oats, salmon, pineapple, nuts, seeds, leafy greens, eggs, dark chocolate, chicken/turkey and soya.

With best wishes Mr Rule

START OF YEAR 2024-2025

We can now confirm the start of Autumn term 2025-2026 with be Monday the 1st of September 2025. The first two days will be INSET days – with <u>Year 7 students starting on the Wednesday 3rd of September and all other years starting on the Thursday the 4th of September.</u>

COMMUNITY NEWS



SHAKESPEARE SPECIAL OFFER

We have been offered an opportunity to buy discounted tickets for an Open air production of A Midsummers Night's' dream at The Kings school Allington Lane

We are very grateful to be offered this opportunity.

Pupils and staff of Wyvern can get a 10% discount on ticket price for the open air production of A Midsummer Night's Dream, which is hopefully going to be a great night.

The discount code AMSND-WYVERN, which can be applied as a coupon at the checkout. Tickets can be purchased from <u>our online shop at this link</u>.

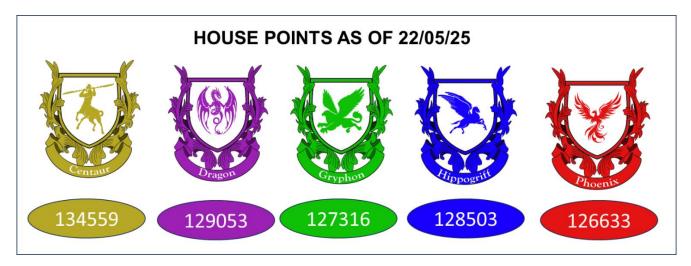
JUNIOR PHOTO COMPETITION

Bishop Waltham Photo Society are holding a junior photo competition. There are two categories, up to 11 year and 12-16 years. <u>Please click here to find out how to enter</u>.

LIBRARY NEWS



COLLEGE CULTURE



GENERAL NOTICES

DRIVING IN THE IMMEDIATE VICINITY OF THE CAMPUS - CUTTING THE FUMES

Much progress has been made over the past year to improve site safety and security. This has made a great deal of difference to all campus users and has made the campus a safe and pleasant place to move around.

One aspect that we are noticing more frequently now, is that when vehicles are accessing the site and waiting to collect children of all ages at different times of the day, the vehicles engines are often left running. Whilst this might be convenient for the vehicle users it is creating necessary noise and pollution on our campus. We therefore would ask that if you are authorised to drive on site or use the site for a legitimate reason, vehicle engines are switched off once you are stationary and parked in a safe place.

Thank you for your cooperation

FABRIC WANTED

The art department are looking for donations of fabric, plain or patterned. This can come in both forms of unwanted fabric from clothes and scrapes from crafts etc.

Please drop this into reception or alternatively, if you are passing A1 you can pop it into the art department.

We are still taking wool donations too.

A big thank you for your support in advance.



INSTRUMENT AND VOCAL TUITION

The application forms for instrumental and vocal tuition for next year are now available to complete via Parentmail. Any current students wishing to continue with music lessons next year must complete the form. We are also taking applications for new students to sign up for lessons. If you have any questions, please email Miss Wood in the music department.



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. <u>HMS Drum Kit</u> <u>Video Lesson - Mr Strugnell</u>

KOOTH FREE SEMINAR

Please click below for details of a free webinar from Kooth, "How Parents and Carers can keep young people safe online" <u>Helping young people stay safe on smartphones and online</u>

CAMHS Parents and Carers Events

<u>Click here to find out about upcoming sessions</u> giving parents the opportunity to come in and talk to CAMHS clinicians, ask questions and access resources.

SOUTHAMPTON NEURODIVERSITY HUB

The Southampton Neurodiversity Connections hub is located in Bitterne and is a base for multiple services supporting neurodivergent people of all ages in the Southampton area. <u>Click here to find out more</u>.

INSIGHT INTO AUTISM – Free Parent Workshop Thursday 5th June 2025 10.00am – 2.00pm Shepherds Down School,



Please come and talk to Mrs Weaver in Learning Support for more information. **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. <u>Click here for more details and how to book.</u>

ONLINE SAFETY NEWSLETTER

Click here for the latest edition of our Online Safety Newsletter.

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.

Click here for a flyer for a parental workshop for any young person struggling with Emotionally Based

<u>School/College Absence</u> (EBSA/EBCA). The young person doesn't have to be intending to come to Richard Taunton Sixth Form College. The College is just hosting the event. EBSA/EBCA is increasingly become a challenge for us as educational providers and families often have limited sources for advice and guidance and a forum to share views and queries.

The QR code on the flyer will take families to the brief booking form on https://bit.ly/4jUO7bl

SOUTHAMPTON UNIVESITY OPEN DAYS

Click here for more details.

SETA Apprenticeship News

There are currently 15 LIVE VACANCIES on SETAs website.

UNIFROG SEMINARS

Please see below for this week's unifrog events:

Inside the mRNA vaccines: science that saves lives Virtual

This webinar will break down the cutting-edge science behind mRNA. You'll join Dr Aikaterini Gatsiou from Lancaster University, who'll explain the vaccines' potential to revolutionise medicine, from treating diseases like cancer to advancing future healthcare. You'll also discover how mRNA vaccines work and why they became a turning point in the fight against COVID-19. Perfect for anyone interested in STEM, biotechnology, or the future of medicine! Monday 2 June @ 16:30 UK time - 45 mins - <u>sign up</u> or <u>Share</u>

Neuroscience taster: how does the nervous system work? Virtual

Join Dr Sana Hannan from Lancaster University to discover the organisation and function of the nervous system. You'll examine how it enables communication between the brain, spinal cord, and different parts of the body. You'll learn about the central and peripheral nervous systems, their key structures, and their roles in processing and transmitting information. And finally, you'll find out how sensory input, motor output, and higher-order cognitive functions interact in everyday functioning.

Monday 2 June @ 17:30 UK time - 45 mins - sign up

YEAR 7 NOTICES

GERMANY TRIP

<u>Please click here for a letter</u> containing details of an exciting trip to Germany for current year 7 students studying German.

We have the intention of running a trip to France for pupils in the current year 7 who are learning French at a later date.

Payment for Practical Work in Design Technology – KS3

<u>Click here for a letter from the Technology Department regarding payment contributions toward KS3 practical</u> work in Design & Technology.

What a great week Year 7 have had - I could not be more proud of them!

We began the week with our Praise breakfast celebrating the pupils who have achieved, to date, the best PRIDe scores. Pupils were treated to hot chocolate with cream, pastries, cereal bars, fresh fruit, pancakes and fruit juice. The buzz at breakfast time was lovely and it was a real pleasure to start the week in such a positive and celebratory manner. Well done to the following pupils:

Alba, Ryley, Maggie, Phoebe, Indie, Theo, Anna, Daniel, Ruri, Phoebe, Elodie, Charlie, Alexa, Siena, Autumn, Emily, Niamh, Amelia, Poppy, Rosa, Archie, Charlotte, Sam, Frederick, Abby, Fin McC, Mouadh, Grace, Freya, and Olivia





More to celebrate as we welcome and induct Isla into the P3 club. Isla entered the Spirited Arts competition by designing and producing an amazing video. The judges were so impressed with her entry that it has been sent off to the national competition. Fingers crossed and we all wish Isla luck!

More awesome news - this time from our fundraising endeavours. The fabulous bakers and bracelet makers of tutor group D1 held a sale this week and raised just over £100 to add to our fundraising pot. A great effort from all involved and a really positive example that should inspire others to follow in their footsteps. Please keep encouraging and supporting your children with their fundraising efforts - we would love to receive any photographs of their exploits!

On a completely separate note, we have been made aware that a number of Year 7 have been sharing their Edulink passwords with each other and with pupils from other schools. This is complete breach of our ICT Acceptable Use Agreement and does leave them and, the school, vulnerable to potential cyber issues. Please can I ask you to talk this through with your child (the agreement is on page 19 of the logbook) and that if they have shared details, that they change their passwords immediately.

Thank you as always for your continued support

Year 7 Team

YEAR 8 NOTICES

No notices this week.

YEAR 9 NOTICES

For Year 9 Food and Nutrition Students

<u>Click here for a letter from the Technology Department regarding payment contributions for Food and Nutrition</u> additional resources.

For Year 9 Design Technology Students

<u>Click here for a letter from the Technology Department regarding payment contributions for Design Technology</u> 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: <u>Trial-Exams-June-2025-Timetable.pdf</u> 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.

