



Thursday 9th October 2025

Issue NUMBER 6 2025-2026

DIARY DATES

October 10th		Mental Health Awareness Day
October 14th		Year 10 iMedia Careers & Esports Event
October 15 th	8.30-8.55am	College Talk Year 11 - Army and Navy
	6.30-7.30pm	Year 11 Info Evening for Parents– English/Maths/ Science
October 16 th & 24th		Nasal Flu Vaccinations ALL YEARS
October 22nd	8.30-8.55am	College Talk Year 11 - CEMAST
October 24th		Non-Uniform Day
		College closes for Autumn Half Term Holiday
		College re-opens for second half of autumn term.
November 3rd		House Games in PE
November 3 rd -8th		
November 6th	6:30- 7.30pm	Year 11 Revision evening - parents/students
November 8 th & 9th		D of E Bronze Marwell Walks
November 9 th	10.00- 11.30am	Remembrance Event at Fair Oak
November 11th	11.00-11.15	College Remembrance Event
November 19th	8.55-9.55	Hampshire Book Awards Winners Webinar
November 20th	4.00-7.00pm	Year 9 Virtual Parents Evening
November 24 th		INSET DAY
November 25 th - December 5th		Year 11 Trial Exams
December 6th		DofE Silver Practice Walk
December 16 th & 17th	6.30pm	Christmas Concert
December 19th		College closes for Christmas Holidays

Assemblies w/b 13/10/25: THINK Assemblies – Freedom to Speak, Freedom to Listen

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

Dear Parents and carers

Tomorrow is World Mental Health Day. So, this week we reflect on the importance of good mental health and how we can achieve it. Research by the charity MIND found that 1 in 4 people - 25% will experience a mental health problem of some kind each year in England and that 1 in 6 adults experience a mental health issue in any given week in England. 1 in 5 secondary school students - 20% - suffer poor mental health each year. The research shows that children will often struggle with anxiety, depression, burn out, trauma, loneliness, self-hate and feelings of anger, guilt or shame that they struggle to manage.

For good physical health, the NHS recommends 5 portions of fresh fruit or vegetables every day to get the nutrients our bodies need to be healthy, but the NHS also recommends that we do 5 activities to get the “happy hormones” that we need for good mental health: dopamine, endorphins serotonin and oxytocin. Students in years 8-11 have had assemblies on these 4 chemicals and how they can help prevent poor mental health and how they can be part of the response to tackling mental health problems.

Dopamine, the “feel good hormone”, plays a significant role in helping students feel motivated, determined, concentrate and focus. Serotonin regulates mood, sleep, energy, emotions and the nervous system. Endorphins are mood booster and pain killers, reducing anxiety, worry and nervousness and helping students feel relaxed, confident and calmer. Oxytocin promotes feelings of trust, empathy, compassion and connection to others. When students make healthy lifestyle choices, their bodies will produce the 4 happy hormones, and it is the NHS’s five “winning ways to wellbeing” that define what this healthy lifestyle is:

WINNING WAYS TO WELLBEING



Our advice to students therefore is to: exercise, socialise, meditate, eat well, sleep, go outside into the daylight, breathe deeply, laugh, help people, perform music, be creative, spend time on hobbies and interests, learn new things, be active.

Many people ask why mental health problems were so rare, so unheard of, in children for decades and then why, in the last 15 years we have seen so many mental health problems in young people. There are lots of reasons for that and of course one is that there was a stigma to talking about mental health. But one of the main reasons is that children had different lifestyles then than they do now. The activities they did more of back then, which children do a lot less of now, actually make the body produce the 4 happy hormones that create good mental health.

In the last couple of newsletters I have shared with you details of the extra-curricular and super-curricular activities that we offer at Wyvern, which provide the opportunity for students to do things that will involve them in activities that boost the 4 happy hormones.

With best wishes
Mr Rule

PARENT TRUSTEE RECRUITMENT

We have vacancies for 2 Parent Trustees that we want to fill this term. The aim is to have our new trustees join us, if they are able, for the Full Trustee Board Meeting on Monday 8th December 2025.

As a parent governor or trustee, your role is:

- To bring a parental perspective to the issues discussed – you're not there to speak 'on behalf' of the parent body
- No different from other governors or trustees

Parents are elected to the board, not appointed (unless there are fewer candidates than vacancies). All parents are eligible to stand, and all are entitled to vote, should we have more than two candidates stand for the vacancies.

Timetable for Parent Trustee Recruitment

- **Information Meeting** - Monday 13th October 6pm-6.45pm (see below)
- **Applications** to be received by Friday 24th October.
- **Parent Ballot** (if needed) will take place Thursday 6th November to 12.00 on Monday 24th November.
- **Votes will be counted** on the afternoon of Monday 24th November and candidates contacted.
- **Result** announced on Thursday 27th November via the parent newsletter.
- Monday 8th December- successful candidates to be invited to attend their first **Full Trustee Board**.

Before considering whether to apply we would urge all those interested to:

- Join trustees for an informal **trustee information evening 6-6.45pm on Monday 13th October**. Please contact clerk@wyvern.hants.sch.uk to let us know you want to come along and get more details. We look forward to meeting with anyone interested in this important and challenging opportunity.
- **Read through Trustee Recruitment Information** - you will find this and other important documents on the Trust Governance page of our web site along with the application form.

If you have any questions, please email clerk@wyvern.hants.sch.uk

COMMUNITY NEWS

Fair Oak Community Library

Fair Oak Community Library are advertising a book that they are trying to create based on local students work.

This could be a great opportunity for creative students to get involved with the community through writing a poem or story (max 500 words), painting, or drawing.

Submissions accepted from children aged 5-16, with entries accepted until the 14th October 2025.

Email hello@fairoakcommunitylibrary.org for more information and/or submissions.

FAIR OAK COMMUNITY LIBRARY

CALLING ALL YOUNG WRITERS & ARTISTS AGE 5-16!

WRITE A MAX-500 WORD STORY OR POEM **OR DRAW A PICTURE OR PAINTING**

ENTRIES IN BY 14TH OCTOBER 2025

GIFT VOUCHERS AS PRIZES TO THE TOP 3!

SUBMIT TO THE LIBRARY OR EMAIL AT HELLO@FAIROAKCOMMUNITYLIBRARY.ORG

Get your creative work **PUBLISHED** in an actual book!

1 week left to submit your entries

Waterstones Whiteley presents

Meet the Author

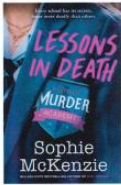
with

Sophie McKenzie

Waterstones Whiteley are delighted to welcome the million-copy-selling, multi-award-winning Sophie McKenzie, the author of the phenomenally successful *Girl Missing*.

Sophie will be talking about writing for children and young adults and, in particular, will be introducing us to her new book *Lessons in Death*, the first in her new series *Murder Academy*.

There will be the opportunity to ask Sophie questions and to get your books signed.



Wednesday 15th October 2025
5:00pm – 6:00pm

Ticket Price: £10
(Includes a copy of her new paperback '*Lessons in Death*')

For tickets or more information ask in store or phone/email: 01329 761969 | farehamwhiteley@waterstones.com



Undergraduate Experience Day:
EASTLEIGH

Hosted in partnership with The Point

 Sunday 9 November 2025

 9:30am - 2pm

 The Point, SO50 9DE

Book your place:
nscd.ac.uk/experience-day

the **point**
EASTLEIGH

LEVERHULME
TRUST



**THE FOUNTAIN
PANTRY**

Need a Helping Hand?

Visit The Fountain Pantry at

The Fountain Cafe, Shorts Road

EVERY THURSDAY 10AM TO 12PM AND EVERY

3RD SATURDAY OF THE MONTH 10AM TO 1PM

For £6 a week you can choose a selection of food, including fresh fruit and vegetables, meat and store cupboard essentials, which will be worth on average

Sign up here

£15.



Bring your own bag for life



@thefountainpantry

or visit: www.fairoak-pc.gov.uk/fountain-pantry/



CAREERS NEWS

UNIFROG EVENTS

Inspire students at every stage of their application journey at our virtual university fair on **Tuesday 14 October**.

Students will:

- **Meet 32 top UK universities** including Durham University, University of Aberdeen, and University of Exeter
- **Get advice on researching and applying to university** at live sessions led by university representatives

The fair is **free for all students** and ideal for Y10-13 / S4-6, making it easy for you to get students across year groups to connect with a diverse range of universities. There's also **a session for parents and carers** about supporting university applications. (14 Oct, 4 - 6.30pm). [Click here for the sign-up page](#).



New for Y11 / S4: Personalised apprenticeship opportunities

Talent pool is now available for students in Y11 / S4! Using information, they've already provided on Unifrog, like their favourite subjects and careers, students can **receive personalised opportunities from employers** including Warburtons, Deloitte, and the BBC.

[Join our webinar to see how it works](#) (15 Oct, 3.30pm)

Students in Y12-13 / S5-6 can also join Talent pool to receive personalised opportunities from employers and universities.



Discover our new course, 'Write your personal statement like a boss', perfect for students who are applying to university this year but don't know where to start, think they have nothing to say, or just want to make their personal statement stand out! Students will:

🔍 Learn exactly **what to include**, and how to write with clarity and confidence

👤🏠 Get **expert guidance** on answering each key question

included in the new format for personal statements

💡 Walk away with a **step-by-step plan** for their own personal statement

> [Click here to share the course with students](#)

APPLICATIONS FOR BARTON PEVERIL

[Please click here for information for Year 11 parents from Barton College.](#)

This is a friendly reminder that our **applications are open** and the deadline to apply is **Friday 13th February 2026**. We ask that you continue to support your students' progression and support them to ensure they put their application in as soon as they can.

We have attached a Personal Statement Guide that you can share with your students and parents/guardians. Please note that our personal statement section of the application is different: we ask students to focus on answering **three questions**. The guide provides tips for responding to these questions effectively.

If you wish to arrange an application workshop on this side of term, please do not hesitate to reach out. We will continue to monitor application numbers from your school.

- [For more information.](#)
- [Application link.](#)

FUTURES FOR ALL HALF TERM WORK EXPERIENCE

[Click here for details of these virtual work sessions held during the week beginning 27th October.](#)

WELLBEING, SAFETY & SUPPORT

Spotlight UK, Free Play Sessions



Monkey Bizness

Friday 10th October- 6:15pm - 8:15pm -
234 Empress Rd, Southampton SO14 0JW

FREE SPACES FOR YEARS R-6



Please book via email - activities@spotlightuk.org

For more information visit the events calendar on our website
www.spotlightuk.org Reg Charity 1129258



Monkey Bizness

Thursday 9th October- 6:15pm - 8:15pm -
Unit 1, Frater Gate Business Park, Aerodrome
Rd, Gosport PO13 0GW

FREE SPACES FOR YEARS R-6



Please book via email - activities@spotlightuk.org

For more information visit the events calendar on our website
www.spotlightuk.org Reg Charity 1129258

**Celebrating
kinship families,
love and community**

This week is Kinship Care Week (6-12 October), a national week of awareness, recognition, and celebration of kinship families across England and Wales.



This week shines a light on the vital role of kinship carers, those raising a child of a family member or a friend, who provide over 141,000 children in England and Wales with loving and stable homes. This includes grandparents, aunts, uncles, siblings, and family friends - who step up in extraordinary ways to keep children connected to their families, roots and communities.

To mark the occasion Wyvern hosted its first ever Kinship Care Café at the Fountain Café, offering a chance for kinship carers and their children to come together to celebrate the conversations, the friendships, and the shared understanding from being in the same boat.

Further support is available for those in a Kinship care arrangement, you can join the national network of over 15,000 kinship carers and their supporters - for support and connection: <https://kinship.org.uk/support-and-advice/join-our-community/> or find this online via your preferred social media platform at the links below:

Facebook: @kinshipcarecharity

Instagram: @kinship_charity
LinkedIn: @Kinship
X: @kinshipcharity

NASAL FLU VACCINATIONS

Your child's annual Nasal Flu Vaccination is now due. The vaccine helps protect against flu, which can be a serious or life-threatening illness. The vaccine will help your child to build up immunity which means your child will be better able to fight off flu.

Click the link below for the electronic form and information about the vaccine. Access to the form will close two working days prior to the session.

School Code: **SH138184**

Session date: **Thursday 16th and Friday 24th October 2025**

Year Group: **Year 7 – 11**

Link to website: [Flu Vaccination Electronic Form](#)

The nasal flu vaccine contains products derived from pigs (porcine gelatine). To opt for the porcine gelatine free inactive flu injection, select NO to the nasal flu immunisation and you will be given further options. More information for parents is available from [Annual Nasal Flu Vaccination Programme - Hampshire - Parents: Health for Kids](#) and www.nhs.uk/child-flu.

Alternatively, if you decide you **do not** wish your child to receive the vaccine against flu, please complete the form to record your decision. This will enable us to update your child's immunisation record.

From the NHS School Age Immunisation Service

YOUNG AUTISTIC EXPERTS PANEL



Last Tuesday, the 30th of October, Wyvern students attend the Autistic Young Experts Panel. Our SENCO Mrs Weaver accompanied our representative Reuben and Chloe. It was a lovely event that Osborne school has obtained charity funding to start. All Winchester and Eastleigh schools were invited to join in. The idea is that this is the first meeting, and they will continue to meet either half termly or termly. The panel seeks to give young autistic people a voice in identifying strategies that might be of benefit to all autistic student in their schools.

Online Safety Newsletter

[Please click here for our October 2025 edition of the online safety newsletter:](#)

SWIMMING SPORTING SUCCESS!

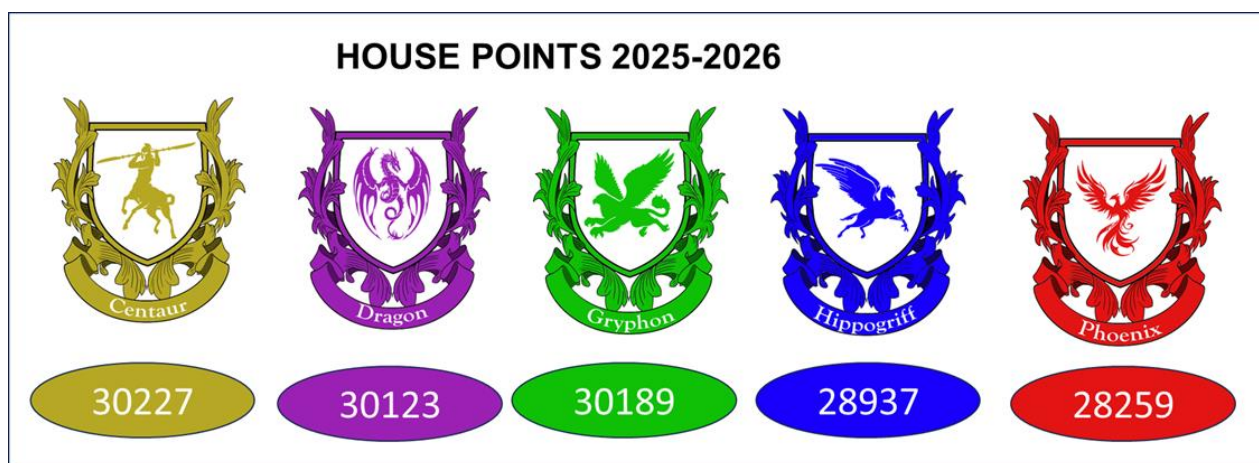
Our swimmers did a fantastic job at the Hampshire Swimming Gala held at Winchester Leisure Centre on Thursday 2nd October. With Year 7/8's coming in 3rd place, receiving a bronze medal in the Mixed Freestyle Relay. Followed by the Year 9/10's coming 3rd place receiving a bronze medal as well for the Mixed Freestyle Relay. It was great to see so much talent from our students and excellent courage and determination to compete against other schools and colleges.

Well done to Freya, Niamh, Indie, Seth (all in year 7 & 8), Emily, Bobby, Ben, Jack, Rowan (all in Years 9 & 10), Amelie, Tilly, Isabella, and Louise (all in Year 11).



COLLEGE VISITS AND TRIP GUIDELINES FOR PARENTS AND STUDENTS 2025-26 STUDENT

Participation in educational visits and trips forms an integral part of a student's experience of the taught curriculum and opportunities to enhance cultural, sporting and educational activities during their time at Wyvern. [Please click here for our update guidelines for the expected trips this year and the selection criteria we will apply.](#)



YEAR 7 NOTICES

Voluntary contribution request from the Art Department.

Please see the link to the letter attached for information.

[Year-7-Contribution.pdf](#)

Voluntary contribution request from the Design and Technology Department.

Please see the link to the letter attached for information.

[KS3-donation-letter.pdf](#)

YEAR 8 NOTICES

Voluntary contribution request from the Art Department.

Please see the link to the letter attached for information.

[Year-8-Contribution.pdf](#)

YEAR 9 NOTICES

Voluntary contribution request from the Art Department.

Please see the link to the letter attached for information.

[Year-9-Contribution.pdf](#)

Voluntary contribution request from the Food and Nutrition Department.

Please see the link to the letter attached for information.

[Ks4-donation-letter-Food-Preparation-and-Nutrition.pdf](#)

Voluntary contribution request from the Design and Technology Department.

Please see the link to the letter attached for information.

[Ks4-donation-letter-Design-Technology.pdf](#)

YEAR 10 NOTICES

Voluntary contribution request from the Art Department.

Please see the link to the letter attached for information.

[Year-10-Contribution.pdf](#)

Celebration Breakfast, PRIDE Reports & Careers Presentations

This week we have hosted a wonderful breakfast for the students in Year 10 (and Year 9) who have achieved the top scores in the (soon to be published to parents) PRIDE reports. It is always a delight to be able to recognise the achievements of those students who consistently aspire to, and reach, such significant scores for effort, attainment and behaviour. PRIDE Reports will be in parents' inboxes as we speak. If there are any queries about these, please make contact via your child's tutor (or subject teachers).

We have also had careers presentations this week from Sparsholt College and SETA, who offer courses and apprenticeships to students at the end of Year 11. It is important that Year 10 student aware of the options available to them when they leave, so we will be hosting a number of these presentations which students can sign up to on EduLink in the Clubs section.

Mr Street
Year 10 Pastoral Leader

YEAR 11 NOTICES

Our next key event for Year 11 Parents is the English, Maths and Science Information on Wednesday 15th October.

I highly recommend this to all parents to get a better understanding of the GCSE courses being studied in the core subjects and how you can support your child at home.

I can see we already have a number of parents who have signed up on Edulink and I look forward to seeing you next week.

If you would like to attend, please sign up via Clubs in Edulink.