



Dibden Park SCHOOL

Dibden Park Newsletter

Message from the Head Teacher – Matthew Robinson

I am extremely proud of all that our school has achieved in the first 6 months that it has been open. The school has grown rapidly in terms of the numbers of students and of the numbers of staff. I am very fortunate to have been able to grow a staff team that is so experienced and knowledgeable and all truly live out of vision of the school every day - The BEST education for every child.

As the photos and memories in the rest of the newsletter show, we have had a wonderful Spring term and there have been some real highlights to be proud of.

As always, please get in touch if there is anything at all the school staff can do to support yourselves or your children further.

Kind regards,

Matthew



Term Dates

End of Spring Term
28.03.24

Return to school
15.04.24

Bank Holiday
06.05.24

Mental Health Day—Wear
Green
16.05.24

May Half Term
27.05.24—31.05.24

Inset Day
03.06.24

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English

Dibden Park's Reading Skills

We have introduced reading skills to support our reading learning. These skills help us to understand what we are reading and themes in different things we read.

I have attached them below. You can encourage your child to discuss what they are reading with you. Remember that these skills can also be used with films and TV shows as they are all a form of stories!

QUESTION

- 📖 I wonder.....
- 📖 How come....?
- 📖 Why...?
- 📖 I'm confused because...
- 📖 What if...?
- 📖 I don't understand, but I think it means...

Visualize & sense

- 📖 In my mind, I picture....
- 📖 I can see....
- 📖 I can sense that....
- 📖 I can imagine....
- 📖 I can feel that...
- 📖 The character feels...

Note literary devices

- 📖 This object symbolises...
- 📖 This figurative language means...
- 📖 The author's purpose here is to...
- 📖 The author is using...to...

EVALUATE

- 📖 I agree with.... because....
- 📖 I don't think.... because...
- 📖 This is the author's best argument because...
- 📖 This is the most important part of the story because...
- 📖 This character is because...

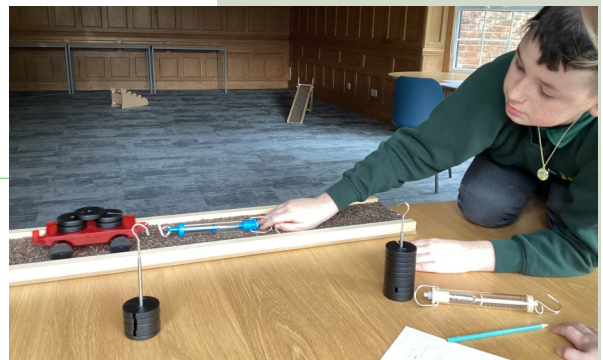
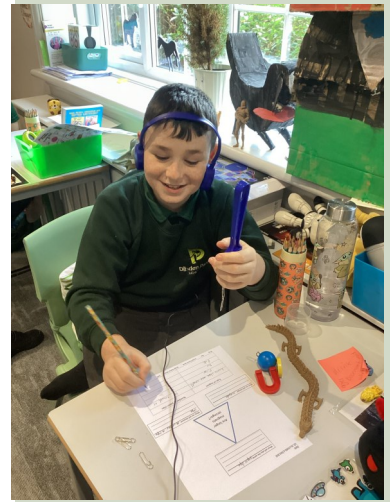
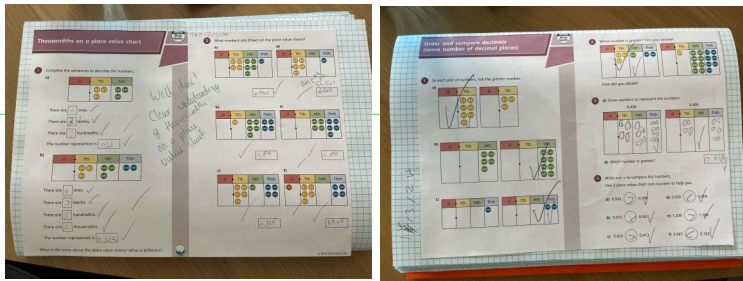
INFER & PREDICT

- 📖 I think...
- 📖 Maybe this means...
- 📖 I'm guessing...
- 📖 This allows me to assume that...
- 📖 I predict...because....

Math's and Science

In Maths this term, the students have been learning about fractions and decimals. Here is an example of how well our Minstead class have been working on this!

In Science, the students have been working on magnets and forces. The students have been using different surfaces to measure the force needed to move different weights.



Lyndhurst

Lyndhurst have had a great term working hard in all their lessons. For English, they have been learning about the Great Fire Of London. They have made accounts on what they think life would have been like and also wrote diary entries. This concluded in them burning them on the fire in Outdoor Learning!



Art

In art the secondary students during Japanese cultural week explored the arts and crafts of Japan making origami sculptures, applying colour to Manga style pictures and create cherry blossom painting.

To linked in with world book day students have been creating Book Nooks focusing on construction, painting, cutting and drawing skills.



Humanities

In Humanities, the students have been studying Asia.

History– The students have been learning about the Ming Dynasty

R.E– The students have been studying Buddhism

Geography- The students have been learning about how the geographical Climate affects Asia's development.



Outdoor Learning

This term, the students have spent their time helping put together the bushcraft area. It has come along amazingly and the pupils really enjoy spending their outdoor learning sessions in the bushcraft area making fires, toasting marshmallows and making hot chocolate.

The students have also been taking part in offsite activities. Archery was a hit this term!



Enrichment Clubs

Enrichment clubs this term have been a hit with the pupils!

We have a range of clubs including: Gardening, Football, Gym/boxing, Yoga, Duolingo, Lego, Performing Arts and the gym. The Pupils have enjoyed having this time at the end of each day to do something they enjoy!



World Book Day



All the pupils and staff took part in world book day on Thursday 7th March.

Everyone got together to take a whole school photo of them dressed as a book character.

Can you find Wally?

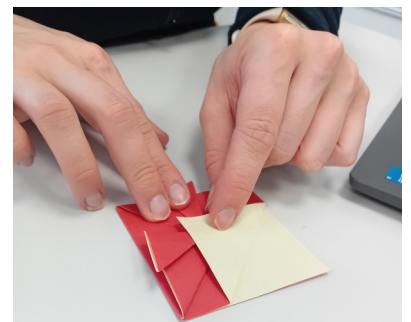


Japan Week

For Japan week, the students took part in a number of Japanese based activities.

The students made origami in Art and Sushi and Japanese pancakes in cookery.

In bushcraft this week the students have been cooking noodles on the fire that they have made themselves.



Red Nose Day

For Red Nose Day 2024, the students and staff took part in a range of different activities to raise money for charity. Staff and students came to school in their pyjamas which everyone really enjoyed! There was a cake sale to raise money for charity which some of the students even took part in making.

There was also a 100km bike ride which everyone played a part in.

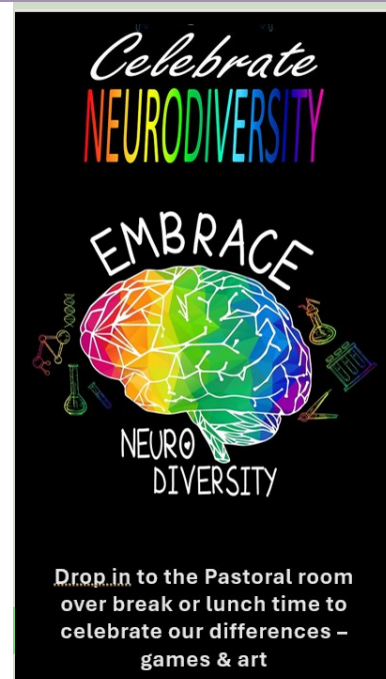
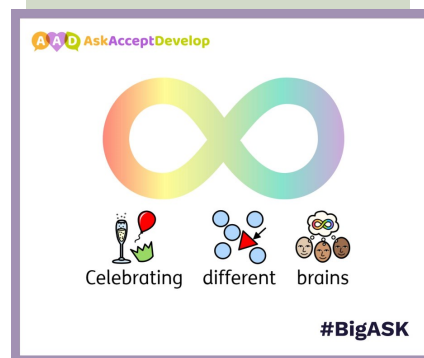
As a school, we managed to raise an amazing £142!



Neurodiversity Week

The week of 18th March, was Neurodiversity week. We took the opportunity to remind the students why it is important for everyone to be different and the importance of respecting everyone's differences.

The pastoral team had a 'drop in' session during lunch and break times for the pupils to come in and play some games, spend time with students they wouldn't usually and to celebrate being different!



Healthy Internet Use



MENTAL HEALTH FOUNDATION: TALKING TO YOUR CHILDREN ABOUT HEALTHY INTERNET USE

Children are increasingly connecting with the world through digital media. With technology constantly changing, it can be hard knowing how to keep your children safe and healthy online. **What you can do** is help minimise the negative impact on your child, while encouraging healthy internet use to maximise the benefits. Some useful tips are:



1. Remember the internet isn't all bad

In fact, research shows there are many benefits to young people going online. From connecting with friends and relatives to following piano lessons or researching homework, it provides a wealth of opportunities for education and enrichment. Find out what your children are using and focus on positives.



2. An internet ban is rarely helpful

This is almost impossible when access is so widely available. It is also likely to be counter-productive, encouraging secretive rather than open use as well as denying the many benefits the internet has to offer.



3. Be age-appropriate

All the suggestions below need to be age-adapted. Young children usually like attention from you and don't own their own device, whereas teenagers may find it intrusive and stick to their own screens. Balance respecting their desire for privacy with letting them know you're there for them to talk to. With younger children, also use your device's parental controls. Whatever their age, agree any restrictions together.



4. Keep talking

Being open to discuss things in an age-appropriate way is key to helping them stay safe. It means your children can come to you if they are worried about their online activity or something they have seen, and vice versa.



5. Use the internet alongside your child

When you go online with your child it encourages social rather than isolated use and provides opportunities to discuss staying safe online. Show a respectful interest in what they are doing, even if they want to use the internet independently.



6. Promote good sleep habits

Encourage everyone to turn off their screens at least 1 hour before bedtime. Leave phones, laptops etc. out of the bedroom and buy a separate alarm clock to wake up to. Don't forget it helps to lead by example!

MENTAL HEALTH FOUNDATION: TALKING TO YOUR CHILDREN ABOUT HEALTHY INTERNET USE

Useful links

Guides on talking to your children and setting up parental controls:
<https://www.nsc.org.uk/preventing-abusekeeping-children-safe/online-safety/>

Normal sexual behaviour in children from 0-16 years:
<https://www.nsc.org.uk/preventing-abusekeeping-children-safe/healthy-sexual-behaviour-children-young-people/>

Practical tips to share with your child about staying safe: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/600015/Social_Media_Guidance_LBCCC6_Final_MHFC716.pdf.pdf

Tips, advice and resources to help children and young people stay safe. Resources are available for children, parents, carers and professionals.

<https://www.childnet.org.uk/>
<https://www.childnet.com/>

News, guides and research for 'digital families'
<https://parentzone.org.uk/>

Advice on protecting your child online and what to do if you are concerned. Resources are available for children, parents, carers and professionals.
<https://www.childnet.com/>

Articles and regular newsletters about apps and online services your children may be using:
www.cet.seesaw.org.uk

A toolkit for using digital technology to improve children's mental health, including benefits and pitfalls:
<http://dyspraxia.com/toolkit/>

MENTAL HEALTH FOUNDATION: TALKING TO YOUR CHILDREN ABOUT HEALTHY INTERNET USE



7. Encourage active rather than passive use

Being actively involved in doing things, such as creating or responding to Facebook posts, can have a positive impact on wellbeing. Passive use – like scrolling without interacting – can lower wellbeing and life satisfaction.



8. Break the 'filter bubbles'

Online companies use algorithms to show you things similar to what you've seen before, reinforcing current interests rather than suggesting new topics. Teach your child how to interrupt these by searching new areas or questions of interest.



9. Talk to your child about body image

It can be difficult for children (and adults!) to distinguish between what's a healthy body image and what's not. Try to normalise diversity – we all come in different shapes and sizes, there isn't one ideal body shape, and beauty comes in many different forms, not just airbrushed or filtered 'perfection'. For example, if you watch a program together you can point out things that are unrealistic.



10. Promote healthy sexual attitudes

Difficult though it is to speak to your child about sex, it's important they don't get all their information from the internet as this can lead to distorted expectations. If you see something obviously unrealistic, make sure they know it!



11. Look out for warning signs

If you notice a change in your child's behaviour, like spending lots more time alone in their room, avoiding friends, or a shift in their mood, speak to them about your concerns. Make sure you both know what help is out there (on- and off-line) and seek advice from your school or GP if you need extra support.

Our children learn how to use technology from us, even if they use it for different things. Often what we do affects them more than what we say, so if this list is a challenge to your own habits take the opportunity to decide to make your own use healthier as well. You will both benefit and avoid future arguments too!

TIP—Trauma Informed Practice

The Two Hands Approach *Therapeutic and Collaborative*

One Hand:
Provides warmth
and nurture –
*Connection and
Co-Regulation*



Second Hand:
Provides structure
and boundaries –
Co-Reflection

Any parents / career's who would like more information around Trauma Informed Practice please contact the school . TIP parent/ career workshop coming soon!



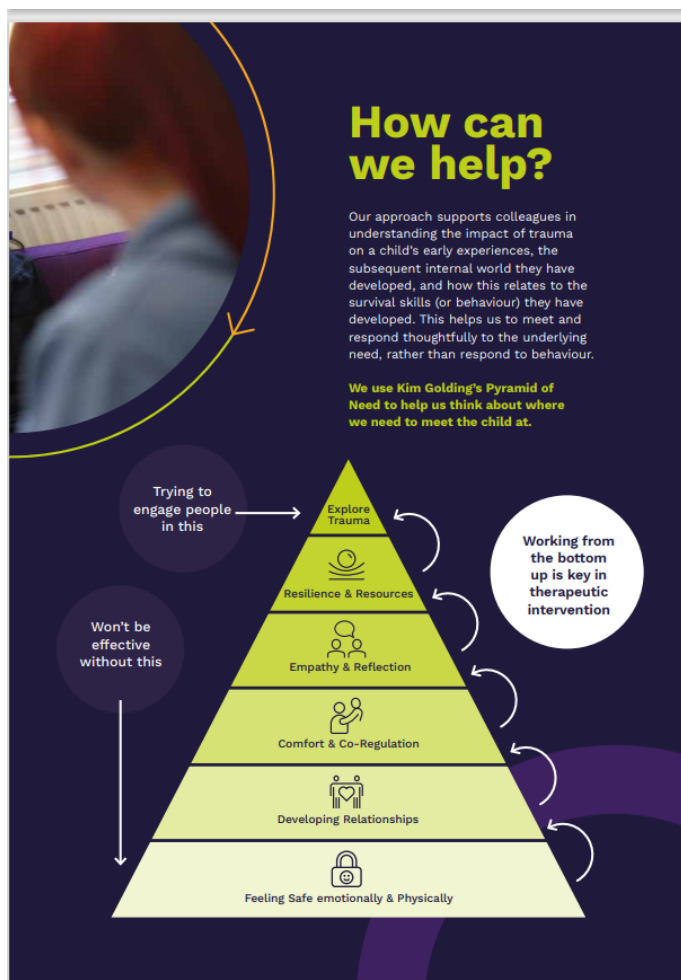
At Dibden Park School our team of staff are all trained in Trauma Informed Practise to support all our students with a nurturing and safe boundaries.

Trauma Informed Practise is embedded within our school by using the 3 C's

Connect— Reaching out to our young people to make them feel “seen” and kept in mind.

Co-Regulate— Develop and support a sense of safety in the young person and the environment.

Co- Reflect— Support with therapeutic boundaries to develop safe and effective ways of being.



Local Holiday Clubs

FREE CONNECT 4 FAMILIES

EASTER

NEW FOREST YOUTH
WEDNESDAY 3RD APRIL 2024

LUNCH PROVIDED

BOOK NOW TO AVOID DISAPPOINTMENT BY VISITING
[HTTPS://WWW.TICKETSOURCE.CO.UK/RCS/T-QJGJNJN](https://www.ticketsource.co.uk/RCS/T-QJGJNJN)



ANIMAL ENCOUNTERS
10:00AM-2:00PM

LIMITED



FREE CONNECT 4 FAMILIES

youth EASTER

2-5 APRIL / 8-12 APRIL

LUNCH CINEMA BOWLING TNT SPORTS
MINI GOLF IRONSIGHT YOUTH OPTIONS

ANIMAL ENCOUNTERS

For youths born on or between 01/09/2006 to 31/08/2012. Children must be accompanied by a parent or carer and in receipt of free school meals, have a SEN/EHCP plan or be an Afghanistan/Ukrainian Refugee

BOOK NOW TO AVOID DISAPPOINTMENT BY VISITING
WWW.TICKETSOURCE.CO.UK/RCS

LIMITED



Easter Holiday clubs

Welcome To Fawley youth club service.
Easter half term Holiday club.
we can offer you the park and sports
With 2 options of food supplied by Wendys Cafe and the waterside community fund.

10:30 till 12:30
Thursday 4th Monday 8th Thursday and 11th April 2024

Amy Andrew
youthworker@fawley-pc.gov.uk
07849282350

Amy Andrew
youthworker@fawley-pc.gov.uk

Please be aware if your bringing your own lunch Nut free.



FREE CONNECT 4 FAMILIES

EASTER

NEW FOREST YOUTH
FRIDAY 5TH APRIL 2024

LUNCH PROVIDED

BOOK NOW TO AVOID DISAPPOINTMENT BY VISITING
[HTTPS://WWW.TICKETSOURCE.CO.UK/RCS/T-MOALOJJ](https://www.ticketsource.co.uk/RCS/T-MOALOJJ)



NINJA WARROIR
10:00AM-2:00PM

LIMITED



CONNECT 4 FAMILIES

Laser Tag

IRONSIGHT

<https://www.ticketsource.co.uk/racs/t-yamnazx>

New Forest

10 April 2024 | 10:00 AM




CONNECT 4 FAMILIES

APRIL 12 NEW FOREST

EASTER

YOUTH OPTIONS
10am-2pm

Lunch Included

<https://www.ticketsource.co.uk/racs/t-lnajdy>

Shelter Building
Woodland Games
Wilderness Cooking Skills




We would like to welcome to Dibden Park our new Clinical Psychologist Anton with the rest of the clinical team coming soon!