



## Dibden Park Newsletter

### Message from the Head Teacher – Jess Wrigley

It's been a busy start to 2025 for Dibden Park School. We have covered so much in the past few months, I hope you enjoy reading about it in the newsletter. We have also now confirmed the term dates for 2025-2026, including the 2 week break in the Autumn term, please keep an eye out for the letter in your inbox.

This term we've had students taking part in a ghost hunt, the fire service visited, we took part in World Book Day and raised an incredible £75.97 for Red Nose Day as well as many other events. We also held our first parent/carers meetings, giving you a chance to get feedback from your child's teachers/tutors and we then sent you a mid-year progress report.

We are finishing the term with some Easter linked activities this week, and we hope your children enjoy the good weather and the tasks we have planned. We wish you all a restful break, we know the change in routine can be hard for students. The summer term starts on Tuesday 22nd April, and we have lots of exciting things planned already.



### Term Dates

- ◆ Return to school after  
Easter — Tuesday 22nd  
April 2025
- ◆ May half term — 26th May  
2025 for 1 week
- ◆ Inset Day — 2nd June  
2025
- ◆ Last day of the summer  
term — Tuesday 22nd July  
2025

### Dibden Park School

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A Main Road

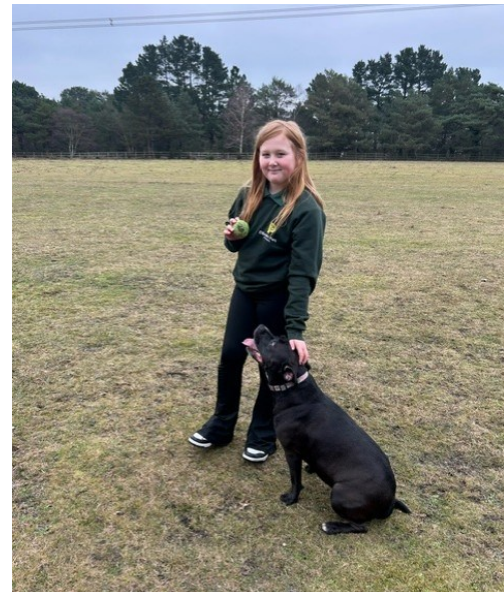
Dibden

Southampton

SO45 5TD

W <https://www.dibdenparkschool.co.uk>

# Primary



Lyndhurst, Brockenhurst and Hythe classes have worked extremely hard this term within their learning. They have completed a range of English & Maths tasks to challenge their understanding and working together to solve problems.

In Science they enjoyed a range of investigations looking at force and are now exploring electricity circuits.

They have enjoyed their Roman art looking at mosaics and making their own roman soldiers and shields.





## Food Tech

In cookery this term, the theme for food has been 'Italian recipes' The students have enjoyed cooking up some delicious meals and learning the skills that come alongside making these dishes. Safe to say, all the food made went down a treat!



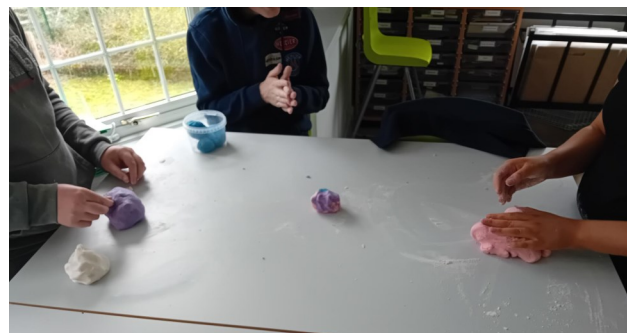
## DT





## Pastoral

The Pastoral team have been supporting students with life skills sessions this term. Students have had to budget and shop for items to cook themselves lunch. Other students have also continued with their tea and coffee trolley around school. Students have also been making play dough, cloud dough and slime this term. Students have also been learning about “how their bodies change when going through puberty.” The Pastoral team have been supporting students with the school’s free period products, which is accessible to all students.



## Horse Riding



As an extra-curricular activity this term, two of our students have had the amazing opportunity to go horse riding at Ford Farm. This has been something they have thoroughly enjoyed and it’s great to see them try something new that widens their interests!

# Football

As you all know, football is a very popular sport here at Dibden Park. Here is a great picture of students from all across the school joining in, showing great teamwork and resilience. Some of the secondary students have been running a football training session for the younger students in Primary.



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## World Book Day

World book day this year was a great success. The students and staff enjoyed coming into school dressed up as different characters from a book of their choice.



# Red Nose Day

Dibden Park raised a WHOPPING £75 this year for Red Nose Day. There were a number of activities on the day such as a cake sale, obstacle course, team games and more!



## Easter Week Activities

Students have taken part in Easter activities this week, including egg decorating, Easter bunny making, Easter card making, Easter Egg hunt, Easter quiz and a lovely visit from Em's Friendly Farm.



# Student Council

School council have continued to work together this term to come up with new and exciting fund raising ideas. This will be to raise money for new outdoor play equipment and resources for the school.

Dibden Park is now working together with another school in Waterloooville called Jubilee School. Their school council visited Dibden Park where our students spent time giving their school a tour and sharing their ideas and thoughts from their school council meeting.



# Safeguarding

NSPCC Need-to-know

## Who can I talk to?

All parents can feel stressed or unsure from time to time, or just need someone to talk to. But don't worry, there are lots of places where you can get different kinds of help. We've put together a list of some of the different places you might find helpful, and you could also talk to your **GP, health visitor** or your child's **school nurse**.

### Parenting advice

**Family Lives** provides help and support on all aspects of parenting and family life, and runs Parentline. **0808 800 2222**  
[familylives.org.uk](http://familylives.org.uk)  
**Parentline Scotland (Children 1st)**  
**0800 028 2233**  
[children1st.org.uk](http://children1st.org.uk)

**Parentline NI**  
(Northern Ireland)  
**0808 8020 400**  
[ni-nl.org.uk/parentline-ni](http://ni-nl.org.uk/parentline-ni)

**Family information services in Wales** provide information, support and guidance on all aspects of children and young people's services. Search: [gov.wales/children-families](http://gov.wales/children-families)

**Parenting. Give it time** is a website developed by the Welsh government offering practical parenting information, tips and activities. [giveittime.gov.wales](http://giveittime.gov.wales)

**Cry-sis** provide help for parents of excessively crying, sleepless or demanding babies. Lines are open seven days a week, 9am-10pm. **08453 226609**  
[cry-sis.org.uk](http://cry-sis.org.uk)

**ParentClub Scotland** is the Scottish Government's advice hub for parents in Scotland. [parentclub.scot](http://parentclub.scot)

**Citizens Advice** can advise on things like employment, housing and income issues which can cause stress in families. [citizensadvice.org.uk](http://citizensadvice.org.uk)

## We're here for you, every day of the year

If you have any questions or worries, feel free to get in touch with us.

Our trained experts at the NSPCC helpline can listen to any worries you have about looking after your child, or any tough decisions you're facing. Reading this guide may have also made you think about other children. Contact us if you're worried about any aspect of their safety, and we can help.

Call **0808 800 5000**  
Email [help@nspcc.org.uk](mailto:help@nspcc.org.uk)  
Or talk to us online at [nspcc.org.uk/help](http://nspcc.org.uk/help)

NSPCC Need-to-know

## Keeping your cool

It's important to find ways to relieve your stress and manage if you're feeling upset or angry. Lots of things, not only children's behaviour, can make us feel stressed – from family relationships to managing a work-life balance, health, housing, poverty, unemployment and much more. You want to be the best parent you can, but being stressed is stressful!



Positive parenting

When stress takes over, it can make you lose your temper and say or do things you later regret. You might find yourself saying something hurtful or smacking your child. Living in a stressful home can also impact on your child's feelings and healthy development. But you can avoid this by managing stress and anger.

### Accept support

This may be from your family, a friend or by using online forums. Knowing that there are other parents in the same situation can be a great encouragement.

### Make time for yourself

This may involve doing things like exercising or listening to music. It can be as simple as a long soak in the bath, watching a film or going for a walk. If you live with a partner, agree a way to make sure you both get time off.

### Get help

This is a positive step to take and not a sign of weakness. If you're feeling stressed and anxious all the time, seek some outside advice. A range of difficulties may get in the way of being a parent and it's important to get help. Talk to your GP or health visitor, or call the NSPCC helpline on **0808 800 5000**

### Be as prepared as possible

Parenting can of course be stressful at certain times, so consider ways of dealing with this in advance. For example, if your child gets bored and irritable on long journeys, or waiting for things like doctor's appointments, take a couple of books or activities to keep them busy.

### Don't overlook success

If you have coped well with something difficult, be proud of what you've achieved. Celebrate your children's successes too.

### Look after yourself

Being a parent or carer is so important. While it's common to feel less needed as children get older, or to feel more like a taxi driver or cleaner, you are the person your child will look to for help. Finding time for yourself is something you shouldn't overlook or feel guilty about. It may take planning but having a break can help you to be the best parent you can be.

# TIP—Trauma Informed Practice



## What is Complex Developmental Trauma?

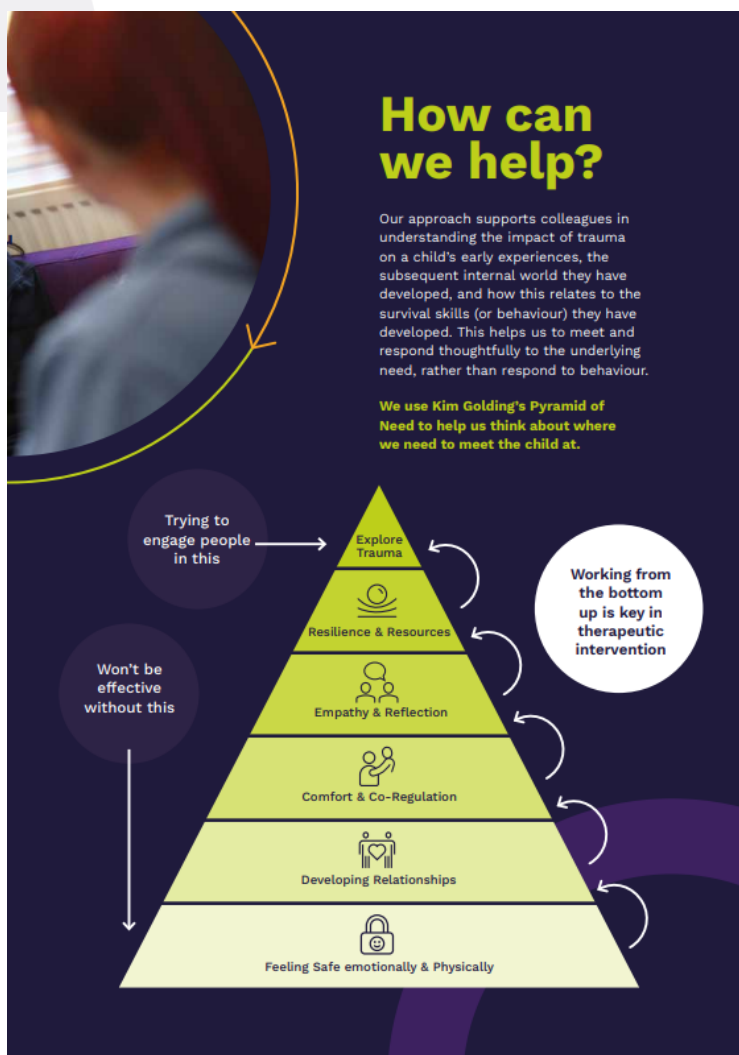
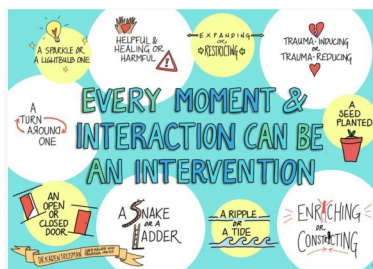
Young people with lived experience of early developmental trauma have experienced a number of traumatic experiences in early relationships and a lack of protection in their early lives. This creates a barrier in developing trust in others and young people develop survival skills to keep themselves safe.

## The Impact of Trauma on Young People

Developmental trauma impacts a young person's psyche on a number of levels, including on a relational, emotional and behavioural level, negatively impacting self-concept and body biology. Young people might develop survival skills that push others away as they have learnt they must survive and cope on their own. Some young people may feel emotions faster and more intensely, and struggle to re-regulate. The trauma therefore impacts others closest to the young person.

## The Impact upon You

For colleagues who come into their career to help others, it can be very frustrating to feel blocked from developing relationships. It requires huge persistence in developing positive and meaningful relationships with those with lived experience of trauma. Young people may also be drawn to re-enacting their early trauma subconsciously. We recognise the challenges this can bring, and a big part of our approach is colleague well-being. We embed reflective practice groups within teams and services to provide protected time to press the pause button together. This enables us to recognise some of these complex relational processes in the endeavour of developing and protecting a responsive, reflective and positive culture. We also work to embed the Healthy Mind Platter (Dan Siegel) to support well-being.



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

Trauma Informed Practice 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



### HYTHE EASTER EGG HUNT

RAISING MONEY FOR  
HYTHE ALIVE

VISIT US AT HYTHE LIBRARY ON  
**THURSDAY 17TH APRIL**

TICKETED AT INTERVALS FROM  
**10AM – 1PM**

**£3 PER TICKET**  
CASH ONLY

**EVERY COMPLETED HUNT  
RECEIVES A BOXED EASTER EGG**

BUY TICKETS AT TOYS AHOY  
AND MEEPLE PLAY CAFE

\*LIMITED TICKETS AVAILABLE\*



### ST GEORGE'S HALL, CALSHOT HOLIDAY CLUB

New to St George's Hall, we will be running a Holiday club on Wednesdays during half term. This is a FREE event for all ages and families, and will include:

- craft workshops
- free hot lunch
- indoor & outdoor activities

10:30 – 12:30

For more info, email [Amy.andrew@fawley-pc.gov.uk](mailto:Amy.andrew@fawley-pc.gov.uk)



## Easter at Sunnyfields

18th & 19th April  
10am - 4pm

EASTER EGG TRAIL  
CHILDRENS ACTIVITIES  
CRAFT MARKET  
FACE PAINTING  
AND A STUNNING FARM SHOP AND CAFE WHICH IF YOU HAVEN'T YET VISITED YOU ARE DEFINITELY MISSING OUT!

THERE IS SOMETHING FOR EVERYONE SO WE HOPE YOU CAN JOIN US...

JACOB'S GUTTER LANE, TOTTON, SO40 9FX

SHOULD YOU WISH TO TRADE AT THIS EVENT CONTACT US  
BY EMAIL AT -  
[TITCHFIELDCEVENTS@GMAIL.COM](mailto:TITCHFIELDCEVENTS@GMAIL.COM)  
BROUGHT TO YOU BY TCB EVENTS