



## Dibden Park Newsletter

### Message from the Head Teacher – Jess Wrigley

Dear Parents, Guardians and Carers.

What a busy term it has been! There have been so many notable events this term which I shall comment upon. The Transition Days, where pupils from other schools visited us for the afternoon was a resounding success. We look forward to welcoming these new members of our community to Dibden Park in September.

I was immensely proud to witness the amazing School Fundraiser in which we invited all members of our community to join us for food and to visit the stalls that were set up by our students in all year groups. Thanks must go to Elliot and Beaulieu tutor group for their sterling efforts on the BBQ. The involvement of our pupils and their enjoyment were plain to see as they showed their guests and family members around the site. We managed to raise a grand total of over £ 1000 to support our school. A particular thanks to Paige who coordinated this wonderful event for us and the feedback we received from our guests was incredibly positive indeed.

Our Sports day was a great success. George, Rhiannon, Craig, and Lauren led the children through a wonderful morning of activities. The competitive nature of our young people (and our staff!) led to good competition and close results. This was a well organised and fun day, well attended by students and staff. Thank you to those staff and students that took part.

We have run a variety of trips and visits towards the end of the Summer Term. Children from both Primary and Secondary went on their end of year reward trip to Paul-ton's Park, Thorpe Park and Splashdown. These trips were an enormous success - thank you to everyone involved.

We are incredibly proud of our Year 11 students who sat their exams at Jubilee School at the end of this term. Our students often have periods of time where they miss schooling before they joined us; it is a great testament to our Year 11 students who sat Public Examinations. We look forward to seeing their results and we all wish our Year 11 students the very best in their life journey after Dibden Park School.

I would also like to take this opportunity to say a huge thank you to every one of my staff team at Dibden Park School. I am always amazed at the absolute kindness, commitment and resilience shown again this term as you work tirelessly with our young people, helping them to make correct choices, build friendships and support their learning.

Finally, I wish all our students, families, carers, and guardians a happy and safe Summer Holiday. We look forward to welcoming you back in September for a new academic year. Please stay safe and enjoy your well-earned break!

Very Best Wishes

Jess Wrigley  
Headteacher

### Term Dates

Last day of summer term:  
Wednesday 23rd July 2025

First day back after summer:  
Wednesday 3rd September  
2025

Half Term:  
Monday 20th October—  
Friday 31st October 2025

End of Term:  
Friday 19th December 2025

Inset day:  
Monday 1st September  
2025  
Tuesday 2nd September  
2025

## Dibden Park School

T 02380 177958

E [info@dibdenparkschool.co.uk](mailto:info@dibdenparkschool.co.uk)

A Main Road

Dibden

Southampton

SO45 5TD

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



# Dibden Park Fundraiser

*All students and staff worked extremely hard to organise a school fund raiser day. Each tutor group came up with a stall idea and created their own poster for their stall.*

*Student stalls consisted of penalty shoot out game, BBQ, cake stall, glitter tattoo stall, tin can ally game, Pull the ribbon game, Tombola, Doughnut game, Mocktail stall, vegetable stall and the famous Splat the teacher game.*

*Students showed great team work in their tutors to run their stalls throughout the event.*

*New students and their families were also invited to attend which was a great opportunity to showcase our school.*

*Thank you to everyone who came along for the day. The school was able to raise an incredible £ 1000.34 to go towards new equipment for the school.*

One new families feedback

*"We attended the school fete with my daughter and grandson (he joins you in September) and just wanted to say how much we enjoyed it.*

*In particular I purchased a bag of veg (potatoes, carrots and a cabbage) and I just wanted to tell the students who nurture the veg that it all cooked a treat and we thoroughly enjoyed it - it was so tasty. They have done a marvellous job.*

*Thank you all for making ourselves feel so welcome."*



# Football

Our school football team went to do a training session at Goals in Millbrook. All students then took part in a friendly match with the staff joining in too.



# Primary

The Primary team have welcomed new Teachers Lottie, Josh and Shan this term.

The students have enjoyed some trips offsite this term including Moors Valley, crabbing at Lepe beach and their end of term trip to Paultons Park.



# Wakey Wakey ARTS

An art company called Wakey Wakey ARTS came into Dibden Park to help support students create an art project to redesign the main reception area. Wakey Wakey ARTS is a company who support young people with well being products, providing meaningful engagement. With a range of art forms, young people will learn, make, watch, share and teach within the arts, giving them the chance to explore their creativity and to form an opinion of themselves and the world around them.

Students engaged well at designing their own special and unique fish to add to our school's under water theme.

Some of our students across the school, then went on a trip to Southampton Art Gallery. Here the students got to explore the art work and learn about the different materials used. Then the students took part in a clay workshop, making their own clay model heads.

Wakey Wakey ARTS are coming back to help create co-regulation spaces for the students!



# Strawberry Picking

Students from across the school all went on trips to Lymington Strawberry picking fields, to pick their own strawberries.

Students then returned back to school to make their own strawberry jam in food technology.

Some lovely freshly made strawberry jam went home to share with family and friends.



# End Of Term Trips

Secondary students had the choice from visiting Paultons Park, Thorpe Park or Splashdown for their end of term trip.

All students had a great time going on lots of the different rides and water slides at the different attractions.

A lovely way to end the term!





# TIP—Trauma Informed Practice

## WHAT WE SAY

A shift from traditional language to a trauma-informed description of vulnerable individuals can create...

...compassion instead of blame; hope instead of hopelessness and connection rather than disconnection

WHAT WE SAY... "UNACCEPTABLE BEHAVIOUR"	INSTEAD TRY... "Understandable Behaviour"	WHAT WE SAY... "ATTENTION SEEKING"	INSTEAD TRY... "Attachment Seeking"
WHAT WE SAY... "DISMISSIVE"	INSTEAD TRY... "Flight Survival Mode"	WHAT WE SAY... "WITHDRAWN"	INSTEAD TRY... "Moving into collapse survival mode"
WHAT WE SAY... "DEFIANT"	INSTEAD TRY... "Fight survival mode, coping with threat"	WHAT WE SAY... "RUDE"	INSTEAD TRY... "Self-Protective"
WHAT WE SAY... "AGGRESSIVE"	INSTEAD TRY... "Terrified and in fight survival mode"	WHAT WE SAY... "NOT ENGAGING"	INSTEAD TRY... "Doesn't feel safe yet"



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



*"Words make worlds, the way we talk to our children become their inner voice" - Peggy O'Mara*



## WOUNDING WORDS: A PERSPECTIVE CHANGE

What if, behind the wounding words, what is really being said is how much hurt someone is feeling?

What if sometimes the words that hurt, wound and confuse are actually a vehicle to getting unbearable feelings out; a way to discharge everything that is being held in the body?

What if you are the only person on earth who can bear this torrential release of feelings? What if there is no other person who the speaker of these words can take this risk with, for fear of being rejected?

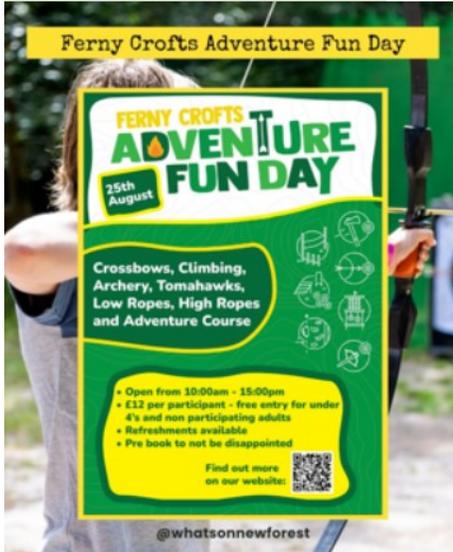
Imagine for a moment that the words simply don't matter. Connect with the possibility that this is simply an outpouring of intolerable feelings; how would that change a wounding conversation for you?

If wounding words can be understood as simply the way that feelings flood out of the body, we might sometimes be better able to respond from a place of empathy with the feelings, rather than defence against the words.

Remember, it's not personal. The words are not about you, they are about past people and feelings that are being spoken in the here and now. To protect yourself and your young person, try these mantras:

- "I hear you, and I'm still here."
- "I hear you, and I still love you."
- "This will pass, and we will be OK."
- "You can be angry, and still love me."
- "I can be hurt, and still love you."

# Local Holiday Clubs



Sign up at your local library

## HYTHE PIRATE DAY

SAT 27TH JULY 10AM-4PM  
HYTHE VILLAGE CENTRE

- FANCY DRESS PARADE  
10AM FROM HYTHE MARINA TO VILLAGE CENTRE
- SEA SHANTIES & MUSIC
- FOOD & MARKET
- TREASURE HUNT  
£2.50 FROM OUTSIDE HYTHE LIBRARY
- GAMES & CRAFTS

HYTHE ALIVE

## TRY SOMETHING NEW THIS SUMMER

### EASTLEIGH ACTIVE

AGES 5-16 YEARS

PRICE £3.50

Monday 28 July - Friday 22 August

<b>Aerial Hoop</b> Wednesdays (20 July, 6 & 20 August) 12-16yrs 4.30pm-5.15pm Dynamic Aerial Academy	<b>DanceActive</b> Wednesday 30 July & 13 August 5-11yrs 11am-12pm The Point, Eastleigh Wednesday 6 & 20 August 12-16yrs 11am-12pm The Point, Eastleigh	<b>Fishing</b> Monday 4 August 11-16yrs 9am-10am 11-16yrs 10.30am-11.30am 11-16yrs 12pm-1pm 11-16yrs 2pm-3pm 11-16yrs 3.30pm-4.30pm Lakeside Country Park	<b>Golf</b> Tuesdays & Thursdays 5-11yrs 12pm-1pm 12-16yrs 1.30pm-2.20pm East Horton Golf Club	<b>Olympic Weightlifting</b> Thursday 7 August 8-12yrs 4.15pm-5.15pm Lakeside Country Park Thursday 22 August 8-12yrs 1pm-2pm 13-16yrs 2pm-3pm Lakeside Country Park
<b>AquaRun</b> Wednesday 6 & 20 August 5-16yrs 2pm-3pm Hamble Sports Complex	<b>Dodgeball</b> Thursday 21 July 8-11yrs 2pm-3pm Hamble Sports Complex Thursday 7 August 12-16yrs 2pm-3pm Botley Centre HUCA (outside)	<b>Free Swimming</b> Monday - Friday 5-16yrs 3pm-3.45pm Places Leisure Eastleigh	<b>Junior Gym</b> Fridays 11-16yrs 1pm-2pm Wildern Leisure Centre	<b>Tennis</b> Wednesdays Monday 22 July 8-11yrs 10am-11am 8-11yrs 11am-12pm Wymern College Tuesday 27 July & 3 August 5-10yrs 4pm-5pm 11-16yrs 5pm-6pm The Hub, Eastleigh Monday 11 August & 18 August 5-10yrs 2pm-3pm 11-16yrs 3pm-4pm Burlesdon Recreation Ground
<b>Badminton</b> Tuesdays 8-11yrs 6pm-7pm 12-16yrs 7pm-8pm Wymern College	<b>CrossFit</b> Mondays 11-16yrs 2pm-4pm CrossFit Southampton, Eastleigh	<b>Football</b> Monday 28 July 5-7yrs 10am-11am 8-11yrs 11am-12pm The Hub, Eastleigh Monday 4 August 8-11yrs 10am-11am 12-16yrs 11am-12pm Places Leisure Eastleigh	<b>Martial Arts</b> Mondays 7-12yrs 4.30pm-5.30pm 13-16yrs 4pm-7pm Pavilion on the Park (Outside)	<b>Sailing</b> Monday 4 August Tuesday 5 August Wednesday 6 August Thursday 7 August Friday 8 August Hamble River Sailing Club
<b>Cycles4All</b> Fridays Families 1.30pm-2.30pm Pavilion on the Park	<b>Fencing</b> Tuesday 5 & 19 August 5-8yrs 3.30pm-4.30pm Boorley Green Community Centre Tuesday 5 & 19 August 9-12yrs 4.30pm-5.30pm Boorley Green Community Centre	<b>Netball</b> Monday 11 August 5-7yrs 10am-11am 8-11yrs 11am-12pm The Hub, Eastleigh Monday 18 August 8-11yrs 10am-11am 12-16yrs 11am-12pm Wildern Leisure Centre	<b>Nerf Battles</b> 6-8yrs 10.30am-11.30am 9-13yrs 11.45am-12.45pm Thursday 21 July Station Road Recreation Ground Thursday 7 August Boorley Green Grass Pitches Thursday 14 August Greta Park, Hedge End Thursday 21 August Fryern Recreation Ground	<b>Street Basketball</b> Friday 1 August 8-12yrs 1pm-2pm 8-12yrs 2pm-3pm Moorgreen Recreation Ground Friday 8 August 8-12yrs 1pm-2pm 13-16yrs 2pm-3pm Hillingbury Recreation Ground

Yoga  
 Thursday 31 July & 14 August  
 12-16yrs 10am-11am  
 The Point, Eastleigh

DON'T MISS OUT - BOOK TODAY:  
[EASTLEIGH.GOV.UK/EASTLEIGHACTIVE](http://EASTLEIGH.GOV.UK/EASTLEIGHACTIVE)

\*£1 for those in receipt of qualifying benefits. Activities may be subject to change.

EASTLEIGH BOROUGH COUNCIL SportWorks