



DIARY DATES

Date	Time	Event
Friday 11 th October		Year 11 Apprenticeship presentation
Monday 14 th October		Year 9 Rugby Festival
Tuesday 15 th October	6.30-7.30pm	Year 11 Information Evening
Tuesday 15 th October		Hampshire Book Awards Presentation
Friday 25 th October		Hampshire Music Choir Conference
		Last day of half term

Dear parents and carers,

Today is World Mental Health Day and this week in assemblies we have been talking to students about the lifestyle choices they can make to promote their own good mental health. We have reminded them that while the advice of “5 portions of fruit and veg a day” helps with physical health, the 5 following experiences can lead to good mental health.

FIVE WAYS TO WELLBEING

- GIVE**
Your time, your words, your presence
- BE ACTIVE**
DO WHAT YOU CAN. ENJOY WHAT YOU DO. MOVE YOUR MOOD
- KEEP LEARNING**
EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF
- CONNECT**
TALK & LISTEN, BE THERE, FEEL CONNECTED
- TAKE NOTICE**
REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

INTRODUCE THESE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

Mental Health Foundation OF NEW ZEALAND
mauri tu, mauri ora

With years 7 and 8 we have focused on the “give” and the “connect” sections and taught them the concept of Ubuntu, a South African philosophy. Ubuntu is the idea that you can only be fully human and enjoy life to the full by having connections and good relations with all those you come into contact with: not just the people we like (our friends) but everyone. Ubuntu means You can’t be human by yourself, but only by sharing your life with others and sharing in their lives too. *Oomootoo ingarmootoo ingabantoo* translates as “You are a person through other people.”

As you will know the school motto is Think, Grow, care and the “Grow” bit is all about students being happy and fulfilled individuals. This can only happen if students fulfil the “Care” bit – by connecting and serving others through friendship and teamwork. Students have been reminded that they have the power to affect people’s mental health for the better or worse by the way they treat them.

On a more practical note, I would like to share with you some of the best resources I have seen on supporting good mental health. They are free and produced by the Mental Health Foundation and can be found here: [Publications | Mental Health Foundation](#). There are concise and very useful guides on the following: how to manage anxiety and fear; how to manage and reduce stress; how to sleep better; looking after your mental

health through exercise; looking after your mental health through mindfulness. These are well worth a quick look now so you know where support is should you or a family member need it.

We have been pleased to connect with lots of you at our recent parental events: the Year 11 parents' evening on Tuesday, the year 9 and 10 PE Information Evening and the Year 6 admission tours (we know some of you have younger children joining us in September). We have further parental events in the weeks ahead: Year 11 information evening for English, Maths and Science, Year 9 parents' evening and revision evening.

Thank you to those of you who attend these events; we hope they help you learn how to support your child's education.

With best wishes
Mr Rule
Wyvern College Headteacher

COLLEGE VACANCIES

- Our website is updated regularly with current vacancies within Wyvern: [Click here to find out more.](#)

COMMUNITY NOTICES

- **Together We Make Eastleigh**

You may have spotted the 'Together We Make Eastleigh' posters around Eastleigh or over social media channels. If you haven't already completed the survey, there's still time. It closes next week! Don't miss your chance to share your thoughts and help shape the future of Eastleigh town centre. The survey is for any Residents, Students, Visitors, or Local business owners.

Please complete by 20th October Survey link:






www.togetherwemakeeastleigh.co.uk. An accessible version of the survey is available upon request - email UKSPF@eastleigh.gov.uk

- **Christmas Lantern Parade** – an early heads up about this event taking place in early December. [Click here for details.](#)



COLLEGE CULTURE NEWS

HOUSE POINTS UPDATE – AS OF 10/10/24

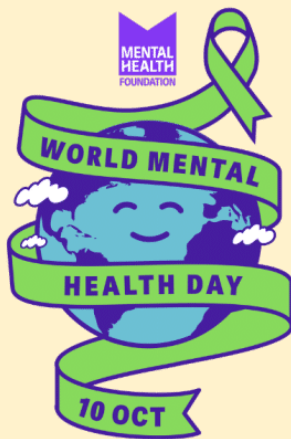
				
24411	25235	22220	24226	22413



We ran some House Games this week – which included Spacehopper Races!
Full round up to follow.....

WORLD MENTAL HEALTH DAY

The college has been marking the day by staff showing support by dressing in yellow while students gave their thoughts on how they can support others and who they can talk to if they are struggling with their own Mental Health. These thoughts will be displayed on the Wellbeing Noticeboard.



GENERAL COLLEGE NOTICES

Charity Prom Dress [Click here for details of this charity event taking place later this month in aid of St Wilfred's Hospice.](#)

Autism Workshop

[Click here for details of an autism workshop](#) being held at Shepherds Down School on the 21st November 2024.

Lost Property Plea

We have had several students misplacing / losing their items, particularly PE bags. Most students have lost 'black drawstring PE bags', and they do not believe the items are named. Please can we reiterate the importance of naming all items, even though your child may discourage you from doing so and encouraging your child to take care of their belongings.

We also have PE kits that are in reception that do not have names or any identifiable markings that are not yet claimed. If you think your child's item might be amongst them, please ask them to visit reception.

Hampshire Music Service - Music Production Enrichment Day

A promotional poster for a music production workshop. The background is blue with a pattern of small white dots. It features several photos of children playing musical instruments like keyboards and iPads. The text is centered and includes the event title, date, time, location, and a 'REGISTER NOW!' button. A small URL is at the bottom.

MUSIC PRODUCTION
THURSDAY 31ST OCTOBER
DJ & iPad Production Workshop
9am-3:30pm
Suitable for children in year 5.6.7 and 8
The Kings School, Fair Oak

Learn how to create songs from scratch! Learn how to record, mix, and edit music, using iPads and how to perform live music with DJ and keyboard controllers. All equipment provided.

REGISTER NOW!

WWW.HANTSMUSICHUB.ORG.UK/HOLIDAY-ACTIVITIES/

Learn how to create songs from scratch! Learn how to record, mix, and edit music, using iPads and how to perform live music with DJ and keyboard controllers. All equipment provided.

The workshop is suitable for children in years 5, 6, 7 and 8.

Below is a video about Music Production.

<https://www.youtube.com/watch?v=REZwgHiGrls>

If you would like to come along, please sign up using the following link: [Music Production Enrichment Day - 31 October 2024](#)

For more information: [Holiday Activities - Hampshire Music Education Hub \(hantsmusichub.org.uk\)](#) Cost: £35

WELL DONE

Congratulations to the Year 9 Boys Football Team

They had a tough fixture away to Hounslow School in the Hampshire cup yesterday. They went 1-0 up in the first 10 minutes which was a great start to the game. Half time finished at 1-1 as Hounslow got a goal back making it a tight game.

Was a well fought game between the two sides that stayed 1-1 at full time, so we went to penalties. There were some great penalties taken by the boys a superb save by our Goalkeeper Emil meant we won the shootout 4-3, getting us through to the next round in the Hampshire cup!

Well done to all the boys who played, everyone put in great performances

We go again soon!

Mr Kimber

Great Achievements

Congratulations to

- Lois in Year 9 who achieved Grade 6 Piano performance and Grade 8 Music theory this summer.
- Ollie in Year 8 who has just gained his PADI (Professional Association of Diving Instructors) qualification.
- Our 8W1 class that have written to and *received a letter* from Bridget Phillipson, the Secretary of State for Education.

We will be hearing more about these stories in the next issue of thisTerm@Wyvern – due out in December.

TESCO STRONGER STARTS



From the first week in October, to the middle of January 2025, local Tesco stores will be running the 'Stronger Starts' blue token vote, with Wyvern College Learning Support department hoping to fundraise some money to improve the sensory environment that is currently in use; we hope to enhance the environment with new furniture, sensory lights, soft furnishings, and other aids that will support to provide a calm and relaxing

environment. The area will help to improve alertness, levels of concentration, calmness and general awareness, whilst providing a supportive setting so the students can manage their day whilst in the school environment.

In order to support Wyvern, please ensure when shopping in one of the local Tesco stores, that you pop a little blue token in the Wyvern box each time you shop. During the three month period that the fundraising project is running, the winner could win up to £1500, which will make a huge difference to the students that access the Learning Support department.

The following shops are where Wyvern has a voting box:

- Eastleigh The Swan Centre
- Ashdown Chandlers Ford Express
- Fair Oak Express
- Valley Park Express
- Twyford Road Express795
- Bishopstoke Express

[Home - \(tescostrongerstarts.org.uk\)](http://tescostrongerstarts.org.uk)

CAREERS NEWS

Marine Careers Evening – 7th November at Lymington Sailing Club

[Click here for more details of this exciting evening for Year 9 upward.](#)

Mrs Gough
Careers Leader

YEAR 7 NOTICES

Another cracking week for Year 7 as we continue to top the charts for highest number of achievement points across the school. Topping the leaderboard once again is Jemima (7C1), closely followed by Niamh (7P2) with Alfie (7G1) maintaining his solid third place.

Activity Day was a real success, and it was lovely seeing the pupils in their house colours working together on the various activities throughout the day. They were working on team building and problem solving during their ABL session, challenging their brains during the extracurricular and topical quiz, having fun and building friendships during the Task Master challenges, working collaboratively and sensitively during the anti-bullying session and being thoughtful and creative during the time capsule work. As I dropped into the sessions I was struck by the enthusiasm, the determination, the smiles on faces and the noise! Pupils were really keen to show me the drama scenes that they had been performing, the free-standing towers that they had created and the bullying charters that they were drawing up. All in all, a great time was had by all - even if the tutors now need a well-deserved lie down!

Thank you for your continued support of the school with regards to maintaining our high standards of uniform, attendance, and behaviour expectations. Having those supportive conversations at home is really helpful to us and is sending a very clear message to all pupils that school and parents are working together.

Mrs Taylor-Watson
Year 7 Pastoral Leader

YEAR 8 NOTICES

No notices for this week

YEAR 9 NOTICES

No notices this week

YEAR 10 NOTICES

Hello – a few items for this week:

- We are looking to recruit literacy and numeracy ambassadors – this will be a great opportunity to support the younger years and we hope lots of Year 10 students will volunteer.
- We expect Year 10 to adhere to the highest standards of uniform – including footwear. Please can you help us keep up the standard.
- Please can you remember to sign your child's logbook each week.
- Congratulations to 10C2 who have topped the house point total for the week.

Thanks for your support.

Year 10 Pastoral Team.

YEAR 11 NOTICES

Year 11 Information Evening

We have planned an information evening on Tuesday 15th October from 6.30pm – 7.30pm which we hope may be of interest to you.

At this event we aim to:

- Map out the academic year, sharing key milestone dates for assessments, reports etc.
- Share information around Post 16 options and college providers in particular.
- Give parents information on the core subjects of English, Maths and Science and strategies for parents / carers to support students beyond the classroom.

If you would like to attend this event to be held in the main hall, please sign up via Edulink.

This event is for parents / carers only.

Mrs Gough will be available from 6.00 – 6.30pm in the foyer on the 15th of October to answer any queries you might have about Post 16 issues prior to the presentations.

Mr Stocks
Senior Deputy Head

Exam News

As we approach Mock exam preparation, we wanted to make you aware of some key information regarding this.

Firstly, the timetable for these exams is now published on our website and on the noticeboard on Edulink. As we get closer to the time all students will receive personalised timetables through their Edulink account.

Secondly, there are also important documents that are provided by JCQ (Joint Council for Qualifications) every year that all students need to be aware of if they are taking examinations in this academic year. The documents are all saved on the website. Miss McKenna will be sending a separate communication to all students to make them aware of these documents, but please can you also highlight these for viewing at home.

All information is on the website in the following section [Exams and Revision - Wyvern College - Think Grow Care](#)

Mr Merriman
Year 10 Pastoral Leader

