

Celebrating Denefield Friday 9 December 2022





It has been another busy and exciting week at Denefield, full of learning and joy. As usual, I have spent a proportion of my week visiting lessons, and once more have been impressed with the quality of teaching and focus of students. Many Year 11 students have been involved in PPE or mock exams this week, either producing stunning pieces of work in Art, or practising and polishing their spoken French, German or Spanish. The bulk of the PPE exams for both Year 11 and Year 13 take place immediately after Christmas, so I wish them well with their preparations.

Speaking, or writing, of Christmas, the main occasion for joy this week was the stunning Christmas concert that took place on Thursday. Mrs Idowu and Miss Nicholl crafted an event that was both moving and fun, with students from Year 7 through to Year 13 performing a mixture of both drama and music. There were so many highlights, including the

shortest and best version of Dickens' Christmas Carol that I have yet seen, plenty of excellent solo and ensemble singing, some fantastic bands including both the Year 8 band and the Year 10 GCSE group band, and some amazing solo and duet instrumental performances. Many of the students involved in the concert are also involved in other extra-curricular activities, including the Duke of Edinburgh Award and the Combined Cadet Force, while several are trophy winners from the girls' football team. In many ways these students are the lifeblood of the school and with this combination of confidence, hard work and a willingness to give to others they are sure to go far in life.

A reminder that students break up for Christmas at 12.40pm on Friday 16 December, and return on Tuesday 3 January at 9.28am for a 9.30am start.

With best wishes

Mr E Towill MA (Oxon), Headteacher

Included in this edition...



Diary dates – academic year 2022 – 2023

Wednesday 14 December and Thursday 15 December 2022

Student Christmas lunch

Thursday 15 December 2022

Sixth Form parents evening online 4.00pm to 8.00pm

Friday 16 December 2022

End of term – students finish at 12.40pm

Tuesday 3 January 2023

Students return to school 9.28am for 9.30am registration



History

This week's curriculum update is from our History department

	What have the students been studying recently?	What will the students be studying next?
Year 7	The students have been studying King John and why he had to sign the Magna Carta, 1215.	Year 7 will go on to study the ground breaking, legacy making Tudors.
Year 8	Year 8 have been studying slavery and the emergence of the Civil Rights Movement in America.	In term 3, Year 8 will go on to look at South Africa and the Apartheid system and the resistance against it.
Year 9	Year 9 have studied WWII from the militarist perspective such as the Battle of Britain. The year 9s are currently studying the Holocaust.	The Year 9s will continue their study of the Holocaust.
Year 10	Year 10 are the midst of studying Whitechapel in terms of its environment and the connection to the Jack the Ripper murders.	Year 10 will move on to Anglo-Saxon and Norman England.
Year 11	Year 11 have just completed their studies of the Civil Rights Movement, 1954-75 and currently preparing for their PPE in the new year.	After the PPE, Year 11 will investigate the Vietnam War.
Year 12	Year 12 are currently studying two major topics. One of their units focuses on 20th century America. They are currently studying minority rights groups and their fight for equality.	In terms of USA, Year 12 will go on to study the role of women, immigration and culture. For Apartheid in South Africa, Year 12 are about to start looking at how and why anti-apartheid movements radicalised in the 1960s.
Year 13	Year 13s are currently reading different historians and their opinions of the origins of the Holocaust. For the examined units, students have been studying Poverty and Public Health, c1780-1939.	In the new year, Year 13 will start writing their coursework relating to the origins of the Holocaust and which opinion they agree with. Year 13s will be revising for their upcoming PPEs, which cover units from Year 12 and Year 13.



Our History teachers have been asked if they could go back in time, where and when would they go and why:

Mr Wheeler – I am torn between 1920s Berlin and Henry VIII's court. I am fascinated by the power games during Henry VIII's reign. I wonder how close Hilary Mantel was with her depiction of Thomas Cromwell. I have read that 1920s Berlin was a liberal, lively city which flourished during the Weimar era.

Miss Plumpton – Although I would love to meet Mary I and ask her so many questions about her time as the first Queen regnant of England, it would be incredible to go to Medieval Baghdad and see for myself the ideas and technologies that were being developed, while England was in the 'Dark Ages'.

Mr Peacock – I would love to visit Italy at the time of its unification in the 1860s to meet Garibaldi (not the biscuit maker...). I'd love to see the birth of a nation state based on military and political turmoil with the Prussians and French. Shame it's not possible.

Mr Taylor – Although I am fascinated by ancient civilizations, I think I would love to visit America at the time of the 'founding fathers'; to witness the struggle of the 18th century colonists in their day-to-day lives in the 'New World' as they sought to gain independence from the British.



Mental Health update

Advent is upon us, the festive season is nearly here and the days are getting cold and dark. However that doesn't mean that we need to feel gloomy. At Denefield we have been working hard to look after everybody's mental health.

Our Sixth Form mental health First Aiders have started work with their first mentees, they will be going out into some of our feeder primary schools next term to promote positive mental health with KS2 children. If you're not sure who the MHFAs are we will soon have a board in the Humanities block with all the information on it.

Meanwhile, in tutor time and Success for Life, we have been focusing on promoting the use of The Wellbeing Hub.

All parents/carers should now have received an email with an access code for The Wellbeing Hub and you should be able to access the parent part of the site, which contains a wealth of information and resources to help you to help your child and look after yourself.

We have been asking students what they think about The Wellbeing Hub and these are some of the responses:

I like how they you can see videos of problems of other people, and how they improve and get help I found it helpful how any question you had can be answered and you can go onto the website whenever you need help or support

I really enjoyed the friendships section. I have found the best groups to belong in are with people who have the same interests as me. I can see my friends all like football like me and we all play football and train together. I know to be kind to others.

I like how this app showed me what is good and what is bad. I learnt some facts I never knew You can get loads of information from the wellbeing hub

I like the section about top tips because it seems quite useful.

I found out that there is lots of different ways of well-being and that well-being doesn't mean always being happy but it's how you are coping and dealing with your feelings. It is okay to be sad as long as you aren't sad all the time.

I've found it useful to now know that I have the well-being hub to use

I find the a-z of well-being very interesting

It helps you to stop anxiety and it stops you from doing anything that could harm you

I like the career advice that is available on the website

One thing I enjoyed and immediately started looking at on the app was the LGBTQIA+ section. I learnt a couple new terms I hadn't known and as someone who is a part of the community, I thoroughly enjoyed looking through it.

It found it interesting that you have to sleep for 8-10 hours a day

Interesting if you want to know information about advice or anything you're worried about

I found it interesting that there is so many things mentally wellbeing covered from sports and yoga to emotions and sleep patterns

Please look out for your access details, log on and give it a go.

Advent

One of the best bits of Advent can be Advent calendars and these days there is a huge choice, from picture advent calendars to ones containing cheese and toiletries. We have put together our own Wellness Advent Calendar, which students may be doing in tutor times during Advent. If you'd like to get your day off to a positive start feel free to give some of the activities a go:

<p>Mon 28 Nov</p> <p>Winter joy</p> <p>It's the festivities! What inspires you during this time of year? Let's write them down.</p>	<p>Tues 29 Nov</p> <p>3,4,5 Breathing</p> <p>Breathe in for 3 seconds Hold for 4 seconds Breathe out for 5 seconds</p> <p>Repeat a few times, as long as it feels comfortable, to encourage your body to move into a more relaxed</p>	<p>Weds 30 Nov</p> <p>Cloud spotting</p> <p>Take time outside for mindfulness. Look up to the sky and notice the different shapes in the clouds.</p>	<p>Thurs 1 Dec</p> <p>The tales of...</p> <p>Get creative and draw a book cover with a picture and a title that best describes you.</p>	<p>Fri 2 Dec</p> <p>Holiday puzzle</p> <p>Create a class puzzle and show what the holidays mean to you. What words and colours come to mind?</p>
<p>Mon 5 Dec</p> <p>Become a dreamer</p> <p>Encourage your pupils to dream. Sharing our ambitions is the first step to making it happen.</p>	<p>Tues 6 Dec</p> <p>Breathe</p> <p>Take time to sit quietly and notice your breath.</p> <p>Close your eyes. Relax in the moment.</p>	<p>Weds 7 Dec</p> <p>The kind-hearted</p> <p>Engage in a small act of kindness. It could be a thoughtful gesture, praise, or simply a smile.</p>	<p>Thurs 8 Dec</p> <p>Christmas Carols</p> <p>Choose a classroom song! Put the lyrics on the screen and have a good old sing-along together.</p>	<p>Fri 9 Dec</p> <p>Hot potato</p> <p>Sit in a circle and pass a potato or a small ball to one another. Share one positive thing from the week.</p>
<p>Mon 12 Dec</p> <p>Things in common</p> <p>In small groups, identify the things everyone has in common. It can be anything except you go to school!</p>	<p>Tues 13 Dec</p> <p>Think of three things you are grateful for.</p> <p>Try to do this every day.</p>	<p>Weds 14 Dec</p> <p>It's been another tough year, but in small groups, discuss some of your favourite moments.</p>	<p>Thurs 15 Dec</p> <p>21 Spread kindness.</p> <p>Share a smile</p>	<p>Fri 16 Dec</p> <p>Santa's sigh</p> <p>At the end of term, set aside time to relax. Let out a long sigh. Stretch. You've done it.</p>

How do our students feel?

In October we surveyed students about how they were feeling and the good news is that the majority of our students feel happy and supported at school. We are going to be doing some follow up work with groups of students from all year groups to find out more about how they feel and how they would like Denefield to support them even more.

Mrs Netton – Head of Languages, Business and Travel and Senior Mental Health Lead



Christmas lunch

Christmas lunch will be served in the canteen on Wednesday 14 and Thursday 15 December 2022. Please see below for the full menu. There is no need to book. Regular lunch items will also be available on both days.

Celebrate Christmas



HARRISON
food with thought

Denefield Christmas Lunches 14 and 15 December

Roast turkey, served with sausage meat & sage and onion stuffing, pigs in blankets, cranberry sauce and a rich gravy

Spiced butternut squash, feta cheese & red onion & chilli marmalade tart, served with tomato & rosemary sauce

Roast potatoes
Roasted root vegetables
Brussel Sprouts
£4.25

Christmas pudding with custard sauce £1.00
or
Chocolate & orange mousse £1.00
or
Fresh fruit salad £1.00



Extra-curricular

Please see below details of our extra-curricular activities which take place during lunch times and after school.

Lunchtime		When	Room	Years
Monday				
Learn a language		12.20pm to 1.00pm	A301	All
Ukulele club		12.20pm to 1.00pm	M117	All
Tuesday				
Choir		12.20pm to 1.00pm	M118	Years 8 to 13
KS3 Maths Boost		12.20pm to 1.00pm	A104	KS3
Pride Club		12.30pm to 1.00pm	A201	All
Wednesday				
Enterprise		12.20pm to 1.00pm	A304	All
Fashion		12.20pm to 1.00pm	M106	All
Thursday				
Choir – Year 7		12.20pm to 1.00pm	M118	Year 7
DofE drop in		12.20pm to 1.00pm	M119	Year 9, 10, 11
Gardening		12.20pm to 1.00pm		All
3D printing		12.20pm to 1.00pm	M106	All
KS4 Maths Boost		12.20pm to 1.00pm	A104	KS4
Friday				
Chess Club		12.20pm to 1.00pm	A204	All
Feminism Club		12.20pm to 1.00pm	A201	All

After School		When	Room	Years
Monday				
Manga		3.00pm to 4.00pm	Library	All
Tuesday				
Baking club		3.00pm to 4.30pm	P206	All
Books		3.00pm to 4.00pm	Library	All
Boxing		3.00pm to 4.00pm	PE	All
DT		3.00pm to 4.00pm	M106	All
Wednesday				
Denefield Discusses Podcast		3.00pm to 4.00pm	A206	All
Warhammer		3.00pm to 4.00pm	Library	All
Thursday				
Board games		3.00pm to 4.00pm	Library	All
CCF		3.00pm to 4.45pm	Pangbourne College	Year 10 and 11
Architecture		3.00pm to 4.00pm	Art studio	All
Friday				
Aim high		3.00pm to 4.00pm	A203	All
Greenpower		3.00pm to 4.00pm	M106	All



PE Extra-curricular

After School PE		When	Where	Years
Monday				
No PE clubs/activities				
Tuesday				
Girls Football		3.15pm to 4.15pm	3G Pitch	All
KS4 Basketball		3.15pm to 4.15pm	Sports hall	Year 10 and 11
Wednesday				
Girls Netball		3.15pm to 4.15pm	Courts	Year 8 and 9
Girls Netball		3.15pm to 4.15pm	Courts	Year 10 and 11
Football		3.15pm to 4.15pm	3G Pitch	Year 10 and 11
GCSE Badminton		3.15pm to 4.15pm	Sports hall	Year 10 and 11
Thursday				
Netball		3.15pm to 4.15pm	Courts	Year 7
Badminton		3.15pm to 4.15pm	Sports hall	All
Football		3.15pm to 4.15pm	3G Pitch	Year 7 and 8
Football		3.15pm to 4.15pm	3G Pitch	Year 9
Friday				
No PE clubs/activities				

Berkshire Maestros





PARENT NEWSLETTER

DECEMBER 2022

Welcome to our parent newsletter, in this issue we are very excited to share details of our upcoming events and information!

BLACK FRIDAY DEAL - A PERFECT CHRISTMAS GIFT!

Buy one term, get one term FREE on all Music Centre ensembles *Terms and conditions apply (see below)

Please email admissions@berkshiremaestros.org.uk to claim this offer, be quick - valid until Friday 9th December 5pm

1. Not applicable to current ensemble memberships
2. Can be used by existing Berkshire Maestros members for an additional ensemble
3. Subject to availability - exclusions may apply



This could make a perfect Christmas gift and we will be glad to create a digital gift certificate for you to print at home!

THE RETURN OF OUR FREE HAVE A GO EVENINGS!

A fantastic event for children and families to try as many different instruments as they'd like and to chat to our teachers at our music centres. No appointment necessary! Sign up within 24 hours of the event taking place to get 10% off your first term of lessons. Feel free to share this with family and friends, we can't wait to see you there!

Newbury: Tuesday 13th December 4.30pm-6.30pm at Newbury Music Centre, St Bartholomew's School, Andover Road, Newbury, RG14 6JP

Reading: Tuesday 28th March 5pm-7pm at Reading Music Centre, Stoneham Court, 100 Cockney Hill, Tilehurst, Reading, RG30 4EZ



MINI MAESTROS

Our nurturing, sociable music classes from birth to age seven, in a range of local communities, and with classes throughout the week, there really is something for everyone. Want to try a free taster session? then please email admissions@berkshiremaestros.org.uk. We also run a SEND session on Thursday mornings at our Reading Music Centre for children ages 1 - 5 with additional needs and your first term is free! Please head over to our website for more details.





THE MUSIC LOUNGE ACTIVITIES

We're excited for the return of our Music Lounge activities! It will be a 10-week programme running from January to March 2023 at The Music Lounge, Waterside Centre, Waldegrave Place, Northbrook Street, Newbury RG14 1DS and to book please see button at the bottom of this email. [Click here to book](#)

Activity	Days and Times	Description	Total Cost
Learn how to play Electric Guitar	<p>Wednesdays 4.15pm – 5.00pm Age 8 to 12</p> <p>Wednesdays 5.10pm – 5.55pm Age 13 to 17</p>	This student led session will teach you how to hold and play the electric guitar. We will then teach you how to play your favourite riffs and songs	£60
Musical Theatre Choir	Thursdays 4.45pm – 6.15pm Age 8 to 13	This weekly Musical Theatre class will include acting, singing and dancing. Be part of creating and working towards your own performance at the end of term. No experience needed just a love of the musicals, singing & dancing!	£80
Mixmakers Music Production	Fridays 5.30pm – 6.30pm Age 11 to 18	Want to know how your favourite bands record their songs, or how the pros produce beats for your fave rappers and MCs? With Mixmakers, we will go behind the scenes of the top studios to see how it's done. You'll collaborate with other new producers to sculpt sounds, intertwine instruments and perfect performances into your first finished track!	£70
Band Rehearsal Space	Currently available on Mondays and Tuesdays	The Music Lounge is a safe, supervised space for young people to rehearse. The area is set with keyboard, drum kit, mic & amps for bands, groups and singers to collaborate. This is not a session that is taught or led but there will be someone on hand to assist with tech.	£10 per hour



HELP WITH FEES

We understand that the last year has put strain on most families' finances, and music lessons can become more challenging to afford.

We have a number of options to help lighten this load - either take a look at the information on our [website](#) or email finance@berkshiremaestros.org.uk for a confidential chat.

And for pupils in West Berkshire, the Greenham Trust offers a bursary of £60 towards music lessons, that can be used towards existing lessons or to take up a new instrument.

DONATE

Give the gift of music, if you would like to donate to Berkshire Maestros to help us to help others then please visit our website and click Support Us/Donate in top right corner to see the different options available. We have also set up a FUTURE40 fund! We're raising money to fund free places to help students start or continue their musical journey with us. Text 5FUTURE for £5 donation, 10FUTURE for £10 donation or 20FUTURE for £20 donation to 70450 Your support is much appreciated.

We hope you have found this newsletter useful and have enjoyed reading about our exciting opportunities we have upcoming.

If you have any feedback for us please email marketing@berkshiremaestros.org.uk

- we would love to hear from you!



West Berks Strep A guidance



Tel: 0344 225 3861
Email: SE.AcuteResponse@ukhsa.gov.uk
www.gov.uk/guidance

8th December 2022

Dear Parents / Carers

Re: Increase in scarlet fever

We are writing to inform you of a recent national increase in notifications of scarlet fever to the UK Health Security Agency (UKHSA), above seasonal expected levels. We would like to take this opportunity to remind you of the signs, symptoms and the actions to be taken if you think that you or your child might have scarlet fever.

Signs and symptoms of scarlet fever

Scarlet fever is a common childhood infection caused by *Streptococcus pyogenes*, or group A *Streptococcus* (GAS). It is not usually serious, but should be treated with antibiotics to reduce the risk of complications (such as pneumonia) and spread to others. The early symptoms of scarlet fever include sore throat, headache, fever, nausea and vomiting. After 12 to 48 hours, the characteristic red, pinhead rash develops, typically first appearing on the chest and stomach, then rapidly spreading to other parts of the body, and giving the skin a sandpaper-like texture. The scarlet rash may be harder to spot on darker skin, although the 'sandpaper' feel should be present. Patients typically have flushed cheeks and be pale around the mouth. This may be accompanied by a bright red 'strawberry' tongue.

If you think you, or your child, might have scarlet fever:

- contact your GP or NHS 111 as soon as possible
- make sure that you or your child take(s) the full course of any antibiotics if prescribed. Although you or your child will feel better soon after starting the course of antibiotics, you must complete the course to ensure that you do not carry the bacteria in your throat after you have recovered
- stay at home, away from nursery, school or work until at least 24 hours after starting the antibiotic treatment, to avoid spreading the infection

You can help stop the spread of infection through frequent hand washing and by not sharing eating utensils, clothes, bedding and towels. All contaminated tissues should be disposed of immediately.

Contacts of scarlet fever cases (including siblings or household members) who are well and do not have symptoms do not require antibiotics and can attend school/work. They should seek treatment if they develop symptoms.

Invasive Group A Strep (iGAS)

The same bacteria which cause scarlet fever can also cause a range of other types of infection such as skin infections (impetigo) and sore throat. In very rare cases, the bacteria

can get into the bloodstream and cause an illness called invasive group A strep (iGAS). Whilst still very uncommon, there has been an increase in iGAS cases this year, particularly in children under 10 years old. It is very rare for children with scarlet fever to develop iGAS infection.

As a parent, you should trust your own judgement.

Contact NHS 111 or your GP if:

- your child is getting worse
- your child is feeding or eating much less than normal
- your child has had a dry nappy for 12 hours or more or shows other signs of dehydration
- your baby is under 3 months and has a temperature of 38C, or is older than 3 months and has a temperature of 39C or higher
- your baby feels hotter than usual when you touch their back or chest, or feels sweaty
- your child is very tired or irritable

Call 999 or go to A&E if:

- your child is having difficulty breathing – you may notice grunting noises or their tummy sucking under their ribs
- there are pauses when your child breathes
- your child's skin, tongue or lips are blue
- your child is floppy and will not wake up or stay awake

Stop the spread

During periods of high numbers of scarlet fever, there may also be an increase in outbreaks in schools, nurseries and other childcare settings. We work in conjunction with these settings and you may receive further advice from the setting in the event of an outbreak. Children and adults with suspected scarlet fever should stay off nursery / school / work until **24 hours** after the start of appropriate antibiotic treatment. Good hygiene practice such as hand washing remains the most important step in preventing and controlling spread of infection.

Yours sincerely

South East Region Health Protection Team
UK Health Security Agency

Resources and links

[NHS – Scarlet Fever](#)
[Scarlet fever: symptoms, diagnosis and treatment](#)
[Hand hygiene resources for schools](#)