

## Celebrating Denefield Friday 28 April 2023





Each year in April and May, Denefield students and staff hold roadshows in local primary schools. This week it was the turn of Long Lane, Purley and Pangbourne. Five Year 7 students (Maya, Maya again, Samuel, Lucy and Louis), and two Year 12 students (Frankie and Alex) spoke eloquently and articulately about what Denefield offers. Pride of place went to many of our extra-curricular activities. These start to take centre stage as we move towards the summer months. On Monday our Greenpower electric racing car teams competed at Goodwood and will compete again on Sunday. These days are long, intense and extremely exciting. Our Year 9 and 10 students are starting to prepare for their Duke of Edinburgh expeditions later in the year. It is now only a few short weeks until the Sports Tour to Barcelona, while preparations for the Year 7 residential to Kingswood in July are also nearing completion. All we need now is improved weather.



We had hoped to open our fields to all students a break and lunch times but have had to delay this owing to waterlogged conditions. I am very much hoping this is simply a case of April showers, and that by the time we return in May next week we will be surrounded by glorious sunshine.

Wishing you the best of weekends

Mr E Towill MA (Oxon), Headteacher

Included in this edition...



Diary dates - academic year 2022 - 2023	
Monday 1 May 2023	Bank Holiday
Tuesday 2 May 2023	Planned Industrial Action
Friday 5 May to Friday 12 May 2023	Year 10 PPEs
Monday 8 May 2023	Bank Holiday



## PE

This week's curriculum update is from our PE department

### Sports this term

This term in PE we are hoping for more sunshine as we move onto our summer sports. In core lessons we are practicing map work through orienteering, developing our fielding and batting in cricket ready for fixtures and training our budding Olympians in athletics across all events including shot put, discus, javelin, long jump, triple jump, high jump and track events.

### Fixtures

Our under 16s athletics squad will be competing at Palmer Park stadium this term for Reading district, other year groups will also be competing in the Combined and West Berkshire Championships- we are excited to showcase the talent that Denefield students have to offer and give our students the opportunity to fulfil their potential as young athletes.

Year 11 boys played fantastic football throughout the league and have brought home the cup for Denefield for the under 16's!

A big congratulations to the under 14's girls netball team who were unbeaten all season until they recently placed second in the finals of the league!

### Sports Tour

Our staff and students are looking forward to the upcoming sports tour in May half term where 100 students are taking a trip to sunny Barcelona. A mixture of footballers and netballers are excited to travel to train and compete in a foreign country, not forgetting our planned visit to the water park!

### GCSE PE, Health and Social Care, BTEC Sport

Year 10 GCSE PE are currently completing fitness tests in preparation for the development of their coursework. This is worth 10% of their overall grade and is about assessing their own performance, and suggesting plans for improvements over a six-week period.

Since the start of the academic year, Year 10 Health and Social Care students have been learning about the development of individuals and how particular aspects such as their physical, intellectual, emotional and social development grows and changes as we move from infants all the way to older adults. They are also looking at what might affect an individual's development such as how friendships build trust and allow individual to have a strong social life of which they can then use to interact easier with people as they grow and move through school and work. They are now working hard on their first set of assignments. These assignments ask students to look at the life events of a pair of individuals and explain how they are, or are not, coping, the support that is available to them and how other factors in their lives could be having an impact.

In Year 10 BTEC, we have been learning about barriers to participating in sport and exercise and how these barriers can be reduced to increase participation. We have also been learning about different types of clothing and equipment used in different sports and how they are specialised and adapted. Finally we have been learning about the components and purpose of a warm up before exercise and designing our own warm ups for specific sports. Students have also been taking on a coaching role as they learn how to deliver warm ups to a group of participants. As deadlines approach, coursework has begun where students are being tested on the application of this knowledge to real life situations.



Below are some written work from students in BTEC Sport and Health and Social Care for you to have a look at!

Condition	How it affects the individual	Possible impact on growth and development
Cardiovascular Disease ✓	Involves the heart and blood vessels. It may cause breathlessness and pain. It may cause a stroke or heart attack. <i>leading to loss of stamina and fitness</i>	<ul style="list-style-type: none"> <li>not being able to take part in physical exercise &amp; vigorous sports</li> <li>Worry/anxiety about the illness.</li> <li>Reduced opportunities to travel and/or socialise.</li> </ul>
Obesity	Obesity describes someone with an unhealthy weight. It affects mobility and puts strain on the heart and other organs	<ul style="list-style-type: none"> <li>Loss of stamina, fitness, coordination.</li> <li>Lack of self-esteem caused by poor self-image, discrimination, or bullying.</li> <li>not being able to travel due to weight, affect socialisation</li> </ul>
Type 2 Diabetes ✓	The level of sugar in the blood is too high. This increases the risk of conditions of the eyes and heart	<ul style="list-style-type: none"> <li>Worry/anxiety affecting thought and concentration.</li> <li>low self-image</li> <li>affecting socialisation</li> </ul>

### Mental ill health

Anyone can experience mental ill health. It affects the way a person feels about themselves and how they interact with others.

Individuals experiencing mental ill health will have high levels of stress, causing anxiety.

Stress can be positive (challenge) and help you to respond well to situations, however, stress can also become negative (overwhelming) and, when it does, it may impact on growth and development.

Anxiety may cause:

- lack of motivation ✓, such as, not doing any exercise, hobbies or interests
- difficulty in coping in school ✓ situations
- missed school, college, or work
- low self-esteem
- making poor life choices ✓, such as alcohol or substance misuse
- loss of sleep, tiredness
- inability to make good decisions ✓


### True or False

Sensory impairment describes the impairment of one of the senses: sight, hearing, smell, touch or taste. **T** ✓

Sensory impairments are only present from birth. **False**, can be presented later on. ✓

Sensory impairments are known to cause feelings of isolation and depression, which can then affect relationships. **T** ✓

Other senses can become stronger when one is impaired but this does not help with confidence. **False**, helps with confidence ✓



Friday 13<sup>th</sup> January

## INFORMAL SUPPORT TO COPE WITH CHANGE

WALT - Look at the ways we can get support from our family, friends, neighbours and partners.

Silent and solo - Complete sheet

Extension - List ways in how these individuals above could offer us support during difficult changes

### True or false - رښتيا يا غلط

**Reassurance**

A friend or family member with more life experience can help reassure another person that they will be able to cope with their new life. **True** ✓

يو ملګری یا د کورنۍ غړی چې د ژوند تجربه یې زیاته وي، کولای شي د بل شخص په داسه مرسته وکړي چې نوی به وکولای شي د خپل نوی ژوند سره مقابله وکړي.

Reassurance does not build confidence - داسه ترلاسه کول باور نه جوړوي - **False** ✓

**Encouragement**

People are often open to change - خلک اکثره وخت د بدلون لپاره پړانښتي وي - **True** ✓

Someone can be easily encouraged to change if there is someone else supporting them. **True** ✓

يو څوک په اسانۍ سره بدلون ته هڅول کېدای شي که چېرې يو بل څوک د دوی ملاتړ کوي.

### Advice

Friends and family are generally the people who know an individual best. They are a good source of advice because they will:

- know the person's background ✓
- understand the person's needs
- recognise when the person is not handling coping ✓
- suggest ways to overcome difficulties
- suggest when the person would benefit from former help.

### Security

Partners, family and friends provide individuals with a sense of security. Support from people who are trusted is more likely to give individuals the advice <sup>strength</sup> to cope with lifechanging events.

### Someone to talk to

Often, partners, friends neighbours and family are there to talk to.

Talking is important, as it helps people to share ✓ their emotions.

Talking through worries helps people to:

- come to terms ✓ with events
- find ways to cope ✓.

### Practical help

Some life events may mean that individuals cannot continue with their normal way of life.

Help may be given through:

- supporting domestic ✓ tasks, such as shopping for a neighbour
- providing child care ✓ so that a friend can attend a health appointment
- helping with chores ✓
- transport ✓

Practical help is important to help people overcome difficulties. But, if individuals are to come to terms with change, it is also important that they are encouraged to:

- do as much for themselves ✓ as possible
- make their own choices ✓





**Denefield**  
Success for life

# Celebrating our curriculum...



What is a warm-up?  
Walk: To be able to explore what a warm-up is and why it is important

A warm-up is actions that makes the muscles more pliability and increases heart rate and body temperature.

A period or act of preparation for a match, performance, or exercise session, involving gentle exercise or practise.

Silent and solo:

Give examples of the following for a year 9 rugby warm up:

Pulse raiser	Mobiliser	Preparation stretches
Jog on the spot	wind mill with arms	Lunges
Laps around pitch	open the gates	calf stretches

Explain why you have chosen each exercise:

I have chosen these pulse raisers

because they increase body temperature and muscle pliability. This will reduce injury as muscles are suitable for physical activity

I have chosen these mobilisers because

they warm up the arms for catching the ball. Open the gates increases the movement in the legs for running without pulling a muscle.

I have chosen these preparation stretches because

they prepare the muscles that the players are going to use during the match for running and balance.

Why you need warm-ups

- increased temperature within the body to make the muscles more pliable
- Mentally prepare for the sport or physical activity
- increases ~~pliability~~ heart rate

## Barriers to participation

**Travel** - doesn't own a car, however, uses a train to commute. Disadvantages: can only get to places with stations so 4 miles is not far.

**Personal** - has little confidence, struggles to sleep, low level of fitness

**Cost** - has a lot of disposable income (resource)

**Time** - works from 6am - 6pm

**Age** - 38 years old

**Access** - She lives in a small town, travel

## Paragraph 1:

2x type of sports; physical activity and outdoor activities

team sport or individual

benefits of each x2

provision of sport

advantages + disadvantages of provision

Netball is a great sport for Emily to take part in, as it is a teamwork sport. This allows her to improve her fitness but also make more friends. This is voluntary meaning funding is the money you pay put straight back into the club. Activities provided by volunteers who have a common interest in sport. Advantages: it is cheap, other people and moderate exercise. Disadvantages: doesn't get enough funding.

Going to the gym is a great physical activity for Emily to take part in. Although it is an individual sport she will still meet people. This is a private sector and is organised by people wanting to make a profit. Advantages: has access to equipment, facility, working in your own speed. Disadvantages: cost money, could cause injury.

Running is a great outdoor activity. This allows her to improve fitness levels but could also run with others. Public sector and is great as it is free for everyone. Provided by government/councils. Advantages: outside, reduces stress. Disadvantages: equipment/choosing running.

## Paragraph 2

type of participation

Age (18-19) 38 what could happen if she doesn't

limiting disabilities eg. visual impairment/hearing or disability

Government guidelines

Frequency + intensity

Physical/mental and social needs

## Paragraph 3

barriers to participation

Cost, access, time, personal

## Paragraph 4

Overcoming barriers



## Diversity and Inclusivity at Denefield

Our equity, diversity and inclusivity group was formed two years ago, comprising a diverse group of staff, to help focus the school better on a broad range of issues that affect our school community. While we used the voice of our students extensively through surveys and student voice sessions, it became clear that what we really needed to do to make progress was to invite students to take the lead.

Since October last year, a committed and passionate group of students, supported by staff, have met with a genuine and sustained focus on matters of diversity and ethnicity. Our aim was firstly to ensure there is a safe forum to discuss and express the lived experiences of students of colour, secondly to educate students and staff and eradicate all forms of racism or unconscious bias, and thirdly to empower our students to become vocal and visible role models for all. This group is on a journey, and it has only really just begun. They spent the first term just listening and finding commonality as well as differences to celebrate among one another. The confident and courageous voices of these students has been a truly educational experience for all the staff who are working with them.

Other projects they have been involved include planning and delivering staff training for all our staff, working with a diversity expert on setting personal boundaries and emotional wellbeing, providing curriculum content based on their own experience and expertise and, only last week, members of the group met with our canteen and business managers to discuss food requirements for our Muslim students. And, of course, they have big and exciting plans for the future.

As our courageous and articulate group grows in numbers and ambition, our aim is to see a growth in student leadership, an increasingly respectful and tolerant student body and a place where students of every ethnicity, background and culture feel at home.





## The Wellbeing Hub



Coming Up in The Wellbeing Hub this Week, May 1st ...

May's Theme: Managing Challenging Behaviour

**Video: Why children resort to challenging behaviour & how to set boundaries by Alicia Drummond.** This will be found on the homepage of The Wellbeing Hub

**Join our expert-led Q&A session online and ask any question you need. Register at the Home Page of The Wellbeing Hub for Tuesday May 2nd at 1:00pm you can email the question in if you would rather not speak on the live Zoom Call.**

For more Challenging Behaviour support go to our **Complete Parenting Teens Course, Lesson 9 Teens and boundaries** and in the **Parenting 2-12's Course, Lesson 4 Boundaries.**

For more specific support, knowledge and advice use our new comprehensive search bar to find what you may be looking for.

## Library news

Book Club takes place on Tuesdays in the library after school from 3.00 to 4.00pm. All students are invited, and newcomers are very welcome. This term we are focussing on the Carnegie Book Awards; this book award is perfect for older students in Years 8 and above, or more mature readers. We must read as many of the seven shortlisted titles as possible and will be discussing and judging them based on our opinions of the themes, characters, language, and structure. In June we will hopefully be attending the Carnegie Conference at Kennet School which is a fantastic opportunity for students to spend the day sharing their love of books with others from local schools. The day is structured around creating exciting presentations to persuade others to vote for their favourite book from the shortlist and in the past have included drama performances, sculpture building and puppetry.

If anyone is interested in joining book club, please speak to Mrs Fogarty, your librarian, and come along on Tuesdays after school!





## Extra-curricular

Please see below details of our extra-curricular activities which take place during lunch times and after school. Details can also be found [here](#) on our website.

Lunchtime		When	Room	Years
<b>Monday</b>				
Learn a language		12.20pm to 1.00pm	A301	All
Ukulele club		12.20pm to 1.00pm	M117	All
<b>Tuesday</b>				
3D printing Years 7 & 8		12.20pm to 1.00pm	M106	All
Choir		12.20pm to 1.00pm	M118	Years 8 to 13
KS3 Maths Boost		12.20pm to 1.00pm	A104	KS3
KS4 & KS5 Debate Club		12.20pm to 1.00pm	A204	KS4 & KS5
Pride Club		12.30pm to 1.00pm	A201	All
<b>Wednesday</b>				
Enterprise		12.20pm to 1.00pm	A304	All
Fashion		12.20pm to 1.00pm	M106	All
<b>Thursday</b>				
3D printing – Years 9 to 11		12.20pm to 1.00pm	M106	All
<a href="#">DofE</a> drop in		12.20pm to 1.00pm	M119	Year 9, 10, 11
KS4 Maths Boost		12.20pm to 1.00pm	A104	KS4
<b>Friday</b>				
Chess Club		12.20pm to 1.00pm	A204	All
Feminism Club		12.20pm to 1.00pm	A201	All

After School		When	Room	Years
<b>Monday</b>				
Manga		3.00pm to 4.00pm	Library	All
<b>Tuesday</b>				
Baking		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
<b>Wednesday</b>				
Warhammer		3.00pm to 4.00pm	Library	All
<b>Thursday</b>				
Architecture		3.00pm to 4.00pm	Art studio	All
Board games		3.00pm to 4.00pm	Library	All
CCF		3.45pm to 6.00pm	<a href="#">Pangbourne College</a>	Year 10 and 11
Science Crest award		3.15pm to 4.15pm	P205	All
<b>Friday</b>				
Aim high		3.00pm to 4.00pm	A203	All
<a href="#">Greenpower</a>		3.00pm to 4.00pm	M106	All





## PE Extra-curricular

After School PE		When	Where	Years
<b>Monday</b>				
No PE clubs/activities				
<b>Tuesday</b>				
<u>Rounders</u>		3.15pm to 4.15pm	Field	All
<b>Wednesday</b>				
Athletics		3.15pm to 4.15pm	Field	All
<b>Thursday</b>				
Cricket		3.15pm to 4.15pm	Field	All
<b>Friday</b>				
No PE clubs/activities				

## Year 8 and 9 Immunisations

To make you aware that the Year 8 and 9 immunisations that were planned for Tuesday 2 May have been postponed. These will now take place on 4 July 2023, further information will be sent regarding this.



## Berkshire Youth

**Waterside Centre**  
Berkshire Youth

### BoxWise course

**Thursdays**  
**Term Time**

**For young people in secondary**  
**school years 7 to 11**

**Cost: Free**

**Come and learn new skills as part of**  
**our BoxWise course**

**5pm - 6.15pm**

For more information and to book online, please visit:

**<https://widget.eola.co/rh365>**

Waterside Centre, Waldegrave Place,  
31 Northbrook Street, Newbury, RG14 1DS

Waterside@berkshireyouth.co.uk  
01635 018500

**Waterside Centre**  
Berkshire Youth

### Women & Girls

### Boxing

**Wednesdays Term Time**

**For adults & young people**  
**minimum age 12**

**Cost: Free**

**Come and learn new skills and**  
**improve fitness**

**5.30pm-6.30pm**

For more information and to book online, please visit:

**<https://widget.eola.co/rh365>**

In partnership with



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**Waterside Centre**  
Berkshire Youth

## YOUTH CLIMBING

## ACTIVITIES



**TO BOOK ONLINE PLEASE VISIT**  
**[HTTPS://WIDGET.EOLA.CO/RH365](https://widget.eola.co/rh365)**

**Waterside Centre**  
Berkshire Youth

## YOUTH PADDLING

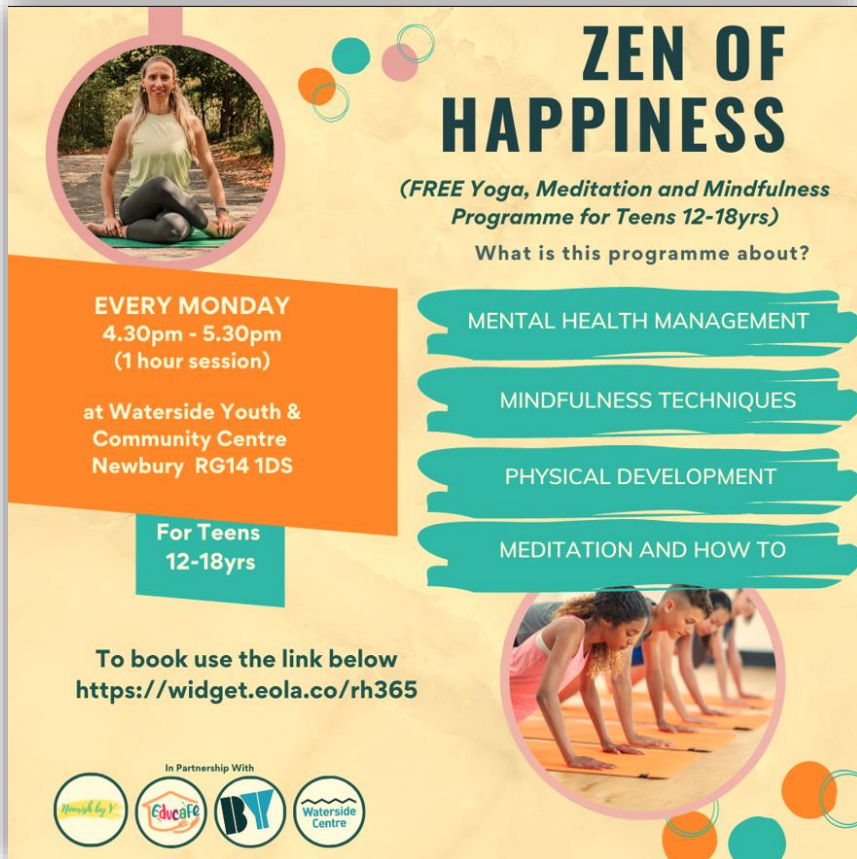
## ACTIVITIES



**TO BOOK ONLINE PLEASE VISIT**  
**[HTTPS://WIDGET.EOLA.CO/RH365](https://widget.eola.co/rh365)**



## Berkshire Youth



### ZEN OF HAPPINESS

*(FREE Yoga, Meditation and Mindfulness Programme for Teens 12-18yrs)*

What is this programme about?

- MENTAL HEALTH MANAGEMENT
- MINDFULNESS TECHNIQUES
- PHYSICAL DEVELOPMENT
- MEDITATION AND HOW TO

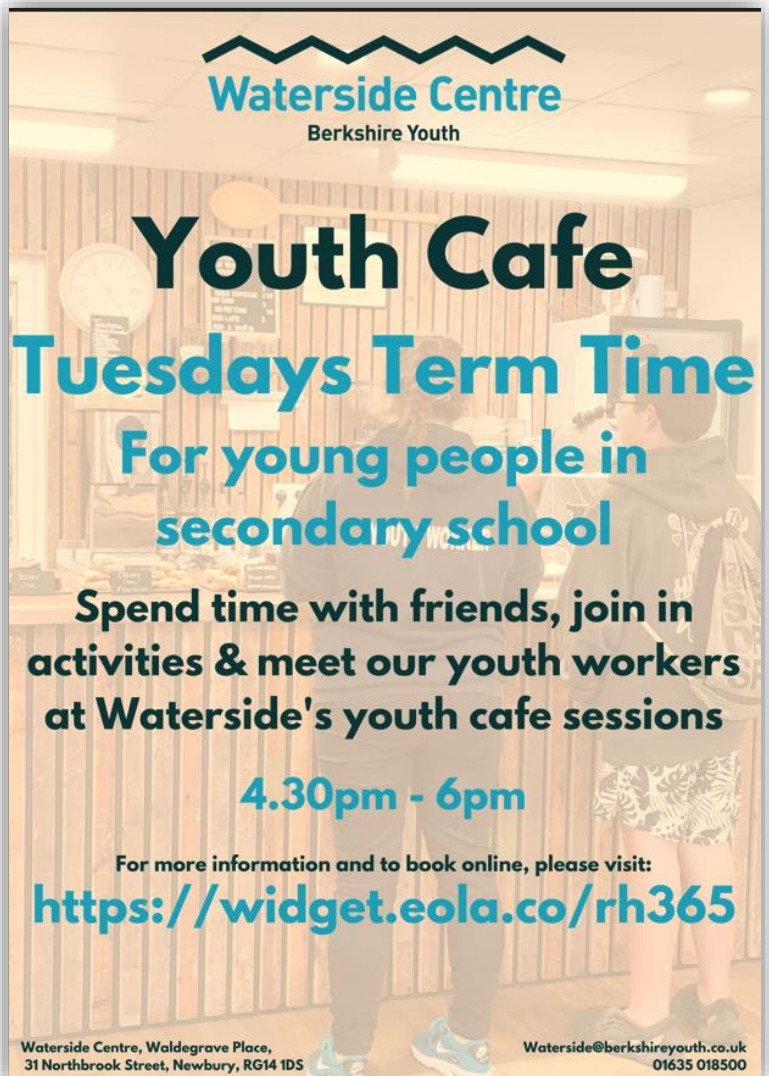

**EVERY MONDAY**  
4.30pm - 5.30pm  
(1 hour session)

at Waterside Youth & Community Centre  
Newbury RG14 1DS

**For Teens 12-18yrs**

To book use the link below  
<https://widget.eola.co/rh365>

In Partnership With



**Waterside Centre**  
Berkshire Youth

## Youth Cafe

### Tuesdays Term Time

For young people in secondary school

Spend time with friends, join in activities & meet our youth workers at Waterside's youth cafe sessions

**4.30pm - 6pm**

For more information and to book online, please visit:  
<https://widget.eola.co/rh365>

Waterside Centre, Waldegrave Place,  
31 Northbrook Street, Newbury, RG14 1DS

Waterside@berkshireyouth.co.uk  
01635 018500



## Tilehurst Parish Council



# KICKS SESSIONS!



Bored? Need something to do after school? Why not come and join us for FREE kicks football sessions after school?

Tilehurst Parish Council in partnership with Berkshire Youth & Reading FC Community Trust are offering sporting sessions at Cotswold Sports Centre!

Join by booking, using the QR code below.



**Who:** Suitable for year 7 - year 9

**Days:** Thursday 20th April - Thursday 20th July 2023  
\*No session 1st June as half term\*



**What:** Football Activities

**Times:** Thursdays 4:00pm - 5:00pm  
\*The sessions are term time only\*

**Any questions, please contact:** [jessica.kirby@berkshireyouth.co.uk](mailto:jessica.kirby@berkshireyouth.co.uk)  
**To book a space, scan the QR code:**

