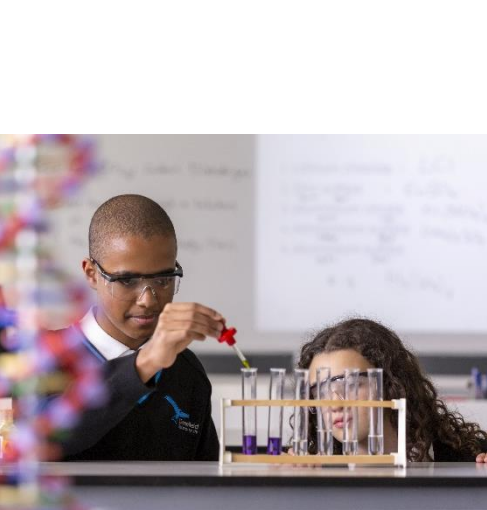


Celebrating Denefield Friday 19 May 2023



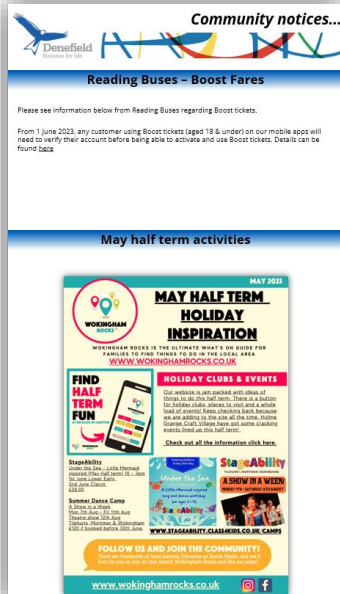
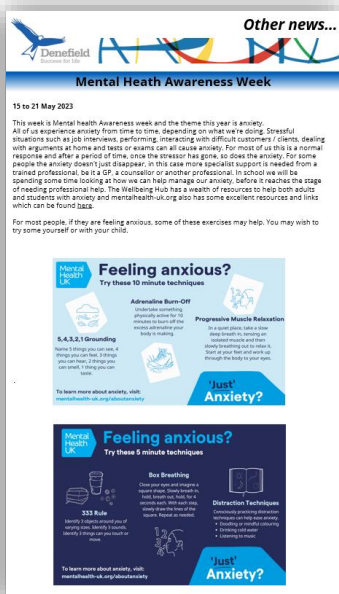
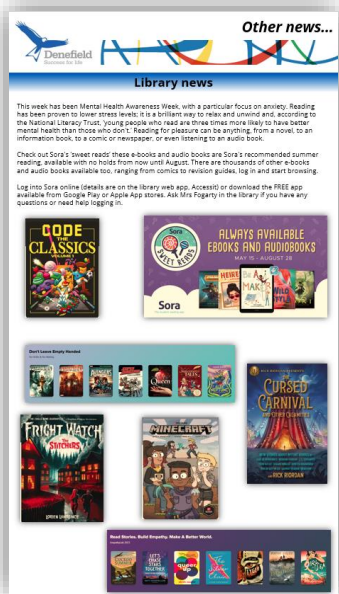
This week, three important things happened. Firstly, for the first time in 2023 it feels, the sun has come out and the field is open at breaks and lunchtimes. Long may this continue! Secondly, Year 11 and Year 13 have begun their main examinations – continued good luck to all those students. Thirdly, on Tuesday 16 May, 40 students joined me in the library for the school's first Student Leadership Conference. They worked in teams of five, taken from across all year groups (apart from Years 11 and 13) and each team analysed an area of the school that they wanted to improve. Some students focused on having different tutor time activities and more house competitions. Others worked on how the school can better reward and recognise students, while some groups concentrated on how the school can support student mental health or on improve opportunities for students before school, at break times or lunchtimes. The ideas that students produced were ambitious and inventive. From September 2023 the school will have a regular School Council, which will refine these ideas and help turn them into concrete plans.



With best wishes for what promises to be a sunny weekend

Mr E Towill MA (Oxon), Headteacher

Included in this edition...



Diary dates – academic year 2022 – 2023	
Monday 15 May 2023 to Thursday 29 June 2023	GCSE and A-Level examinations
Thursday 25 May 2023	Year 7 online parents evening
Sunday 28 May 2023 to Thursday 1 June 2023	Sports Tour
Monday 29 May 2023 to Friday 2 June 2023	May half term
Monday 5 June 2023	Students return to school



Swimming success

On Sunday 14 May, Nina M in Year 8 competed in the South East regional swimming championships held in Winchester. Going into the championships she was ranked 29th out of 40 for the 50m freestyle. She won her heat in a time of 29.48s which got her a place in the finals. She swam the finals and came 8th in a time of 29.46s. In the swim England rankings, this puts Nina's time as the 50th fastest under 13 year-old in the country. Well done Nina, this is a fantastic achievement! Keep up the great work.



The Wellbeing Hub



Coming Up in The Wellbeing Hub this Week, May 22nd ...

May's Theme: Managing Challenging Behaviour

Top Tips: Managing risk taking behaviours by Alicia Drummond, Founder and Therapist of the Wellbeing Hub.

Find it in The Resource Section under Top Tips.

Bonus Webinar coming up soon: Strengths-based Parenting, Tuesday 6th June, 6:30pm with Helen Day, Teacher, Facilitator, Coach, and Researcher.

Register at The Wellbeing Hub on the Events Page (all Webinars are free to attend).

For more specific support, knowledge and advice please use our new comprehensive search bar to find what you may be looking for. Click the Full Overview button for options to filter within any topic.

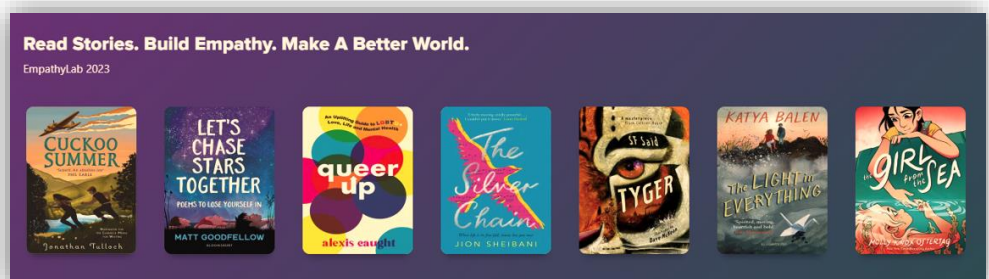
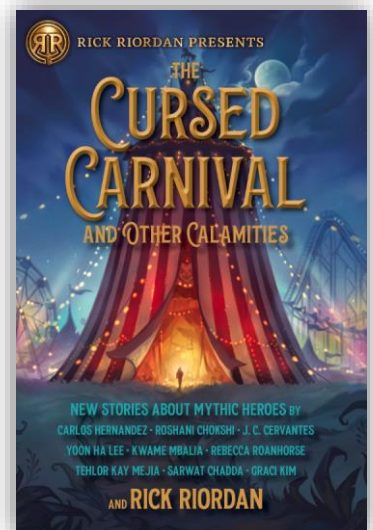
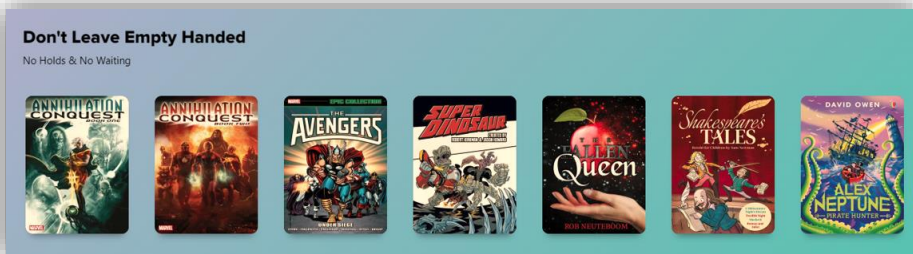
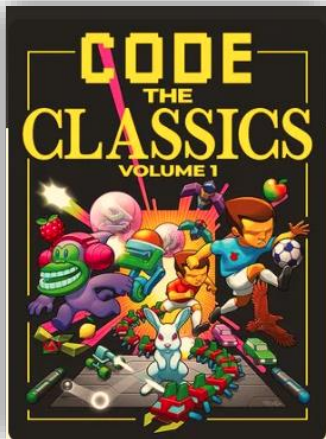


Library news

This week has been Mental Health Awareness Week, with a particular focus on anxiety. Reading has been proven to lower stress levels; it is a brilliant way to relax and unwind and, according to the National Literacy Trust, 'young people who read are three times more likely to have better mental health than those who don't.' Reading for pleasure can be anything, from a novel, to an information book, to a comic or newspaper, or even listening to an audio book.

Check out Sora's 'sweet reads' these e-books and audio books are Sora's recommended summer reading, available with no holds from now until August. There are thousands of other e-books and audio books available too, ranging from comics to revision guides, log in and start browsing.

Log into Sora online (details are on the library web app, Accessit) or download the FREE app available from Google Play or Apple App stores. Ask Mrs Fogarty in the library if you have any questions or need help logging in.



Mental Health Awareness Week

15 to 21 May 2023

This week is Mental health Awareness week and the theme this year is anxiety. All of us experience anxiety from time to time, depending on what we're doing. Stressful situations such as job interviews, performing, interacting with difficult customers / clients, dealing with arguments at home and tests or exams can all cause anxiety. For most of us this is a normal response and after a period of time, once the stressor has gone, so does the anxiety. For some people the anxiety doesn't just disappear, in this case more specialist support is needed from a trained professional, be it a GP, a counsellor or another professional. In school we will be spending some time looking at how we can help manage our anxiety, before it reaches the stage of needing professional help. The Wellbeing Hub has a wealth of resources to help both adults and students with anxiety and [mentalhealth-uk.org](https://www.mentalhealth-uk.org) also has some excellent resources and links which can be found [here](#).

For most people, if they are feeling anxious, some of these exercises may help. You may wish to try some yourself or with your child.



Feeling anxious?

Try these 10 minute techniques



5,4,3,2,1 Grounding

Name 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, 1 thing you can taste.



Adrenaline Burn-Off

Undertake something physically active for 10 minutes to burn off the excess adrenaline your body is making.



Progressive Muscle Relaxation

In a quiet place, take a slow deep breath in, tensing an isolated muscle and then slowly breathing out to relax it. Start at your feet and work up through the body to your eyes.

To learn more about anxiety, visit:
[mentalhealth-uk.org/aboutanxiety](https://www.mentalhealth-uk.org/aboutanxiety)

'Just' Anxiety?



Feeling anxious?

Try these 5 minute techniques



333 Rule

Identify 3 objects around you of varying sizes. Identify 3 sounds. Identify 3 things you can touch or move.



Box Breathing

Close your eyes and imagine a square shape. Slowly breath in, hold, breath out, hold, for 4 seconds each. With each step, slowly draw the lines of the square. Repeat as needed.



Distraction Techniques

Consciously practicing distraction techniques can help ease anxiety.

- Doodling or mindful colouring
- Drinking cold water
- Listening to music

To learn more about anxiety, visit:
[mentalhealth-uk.org/aboutanxiety](https://www.mentalhealth-uk.org/aboutanxiety)

'Just' Anxiety?



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
Monday				
Learn a language		12.20pm to 1.00pm	A301	All
Ukulele club		12.20pm to 1.00pm	M117	All
Tuesday				
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
Wednesday				
Enterprise		12.20pm to 1.00pm	A304	All
Fashion		12.20pm to 1.00pm	M106	All
Thursday				
3D printing – Years 9 to 11		12.20pm to 1.00pm	M106	All
DofE drop in		12.20pm to 1.00pm	M119	Year 9, 10, 11
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		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				
Warhammer		3.00pm to 4.00pm	Library	All
Thursday				
Architecture		3.00pm to 4.00pm	Art studio	All
Board games		3.00pm to 4.00pm	Library	All
CCF		3.45pm to 6.00pm	Pangbourne College	Year 10 and 11
Science Crest award		3.15pm to 4.15pm	P205	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				
<u>Rounders</u>		3.15pm to 4.15pm	Field	All
Wednesday				
Athletics		3.15pm to 4.15pm	Field	All
Thursday				
Cricket		3.15pm to 4.15pm	Field	All
Friday				
No PE clubs/activities				

School uniform

The following information has been received from Price & Buckland regarding school uniform deliveries



Price & Buckland
SCHOOLWEAR SINCE 1959

As you are aware, we currently deliver parent orders into school on the 2nd and 4th Monday of each month. However we suggest going forward, you let parents know that their orders will be available to collect on the 2nd and 4th Wednesday of each month.

This is to allow for any orders which may be delayed due to circumstances beyond our control. We will still aim to get the deliveries to you by the Monday. However if this is not possible, they should be with you by Tuesday ready for collection on the Wednesday.

Reading Buses – Boost Fares

Please see information below from Reading Buses regarding Boost tickets.

From 1 June 2023, any customer using Boost tickets (aged 18 & under) on our mobile apps will need to verify their account before being able to activate and use Boost tickets. Details can be found [here](#)

May half term activities



WOKINGHAM ROCKS™

MAY 2023

MAY HALF TERM **HOLIDAY** **INSPIRATION**

WOKINGHAM ROCKS IS THE ULTIMATE WHAT'S ON GUIDE FOR FAMILIES TO FIND THINGS TO DO IN THE LOCAL AREA
WWW.WOKINGHAMROCKS.CO.UK

FIND HALF TERM FUN
AT THE CLICK OF A BUTTON



HOLIDAY CLUBS & EVENTS

Our website is jam packed with ideas of things to do this half term. There is a button for holiday clubs, places to visit and a whole load of events! Keep checking back because we are adding to the site all the time. Holme Grange Craft Village have got some cracking events lined up this half term!

[Check out all the information click here.](#)

StageAbility
Under the Sea - Little Mermaid inspired (May Half term) 10 - 3pm
1st June Lower Early
2nd June Clacot
£28.00

Summer Dance Camp
A Show in a Week
Mon 7th Aug - Fri 11th Aug
Theatre show 12th Aug
Tilehursts, Mortimer & Wokingham
£120 if booked before 30th June.



Booking deadline Friday 26th May

StageAbility
TILEHURST | MORTIMER | WOKINGHAM

A SHOW IN A WEEK!
MONDAY 7TH - SATURDAY 12TH AUGUST



WWW.STAGEABILITY.CLASS4KIDS.CO.UK/CAMPS

FOLLOW US AND JOIN THE COMMUNITY!
There are thousands of local parents following us Social Media, and we'd love for you to join in! Just search Wokingham Rocks and like our page!

www.wokinghamrocks.co.uk

