

## Headteacher's Bulletin – 15 May 2026

Dear Parent/Carer,

I hope this bulletin finds you well. We have reached the end of the penultimate week of this half term, and it has been as jam packed as ever.

### Finalists in four categories at 2026 MK Education Awards

We are delighted to announce that we have secured four nominations for the 2026 MK Education Awards which are being held on Friday 19<sup>th</sup> June. We have been



nominated in two of the whole school categories – ‘Secondary School of the Year’ & ‘Wellbeing’ and two of our outstanding members of staff have been nominated in the individual categories - ‘Lifetime Achievement’ for Mrs Rowe from our Humanities Faculty and ‘Unsung Hero’ for Mr Stott, our DT Teacher and Outdoor Education Leader. The MK Education Awards recognise



the wealth of talented people within the MK Education sector who devote themselves to providing an outstanding learning experience for the young people of Milton Keynes. For Denbigh to be finalists in four categories including the ‘Secondary School of the Year’ award, demonstrates the depth of teaching talent we have at our school.

### DofE Bronze Qualifying Expedition

Congratulations to our Year 9s on a fantastic Bronze Duke of Edinburgh Expedition last weekend. They walked to Salcey Forest from Emberton & then back again, showing off their navigation, camping &



cooking skills! The sun shone for them on Saturday for a perfect walking day with some more challenging conditions on the Sunday. Well done to them all!

### Staff & Students House Free Throw Basketball Competition

Newton House claimed the win in our Staff House Free-Throw Showdown! There were lots of laughs and great shots and a challenge was laid down to the students who had their own competition - can you beat the teachers? Brunel claimed the win in the student competition with over 60 students representing their Houses in a fantastic competition with great sportsmanship on show, as all the Houses cheered each other on. Over the two showdowns - staff and students - the teachers came out on top! But it was very close - well done to everyone who took part!









### Pasta machine

Our DT Department are looking for unwanted pasta machines for cookery lessons. If you are de-cluttering your cupboards and would like to donate a pasta machine in good condition then we would be most grateful.

### Fuelling for Exam Success – Nutrition Tips

Our caterers have created a guide to share top tips to help students understand how to fuel themselves ahead of studying and sitting exams.

**BRAIN BOOSTING FOODS FOR EXAM SEASON**

- FISH** Omega-3s for Brain Power! 
- YOGHURT** Steady Energy, Sharp Thinking 
- BANANAS** Natural Serotonin! 
- EGGS** For Memory & Focus 
- DRINK UP** Brain Boosting Hydration 
- DON'T FORGET TO GET YOUR FREE PORRIDGE FROM THE SCHOOL RESTAURANT** Fibre Powered Brain Fuel! 

## CHUMS

Please see the attached poster for the remaining upcoming CHUMS online wellbeing workshops available this summer term. On the 29th June from 4–6pm there will be a Resilience Workshops for secondary school students which explores emotional wellbeing, anxiety, and ways to build resilience.

If you are interested, please register via the CHUMS website using the workshop referral option.



**CHUMS**  
YOUNG PEOPLE & PARENT/CAREER WORKSHOPS

Our online workshops are designed as a starting point for families with children who have low level difficulties. These are one-off 2-hour sessions conducted virtually via Microsoft teams. Please note these workshops do not support moderate/severe difficulties and will not address risky behaviours (self-harm, suicidal ideations).

**PARENT ANXIETY WORKSHOP**  
23/4/26 @ 9:30AM - 11:30AM  
(For parents of young people aged 8 - 11 years old)  
One off workshop exploring emotional development in children, emotional regulation, psychoeducation around anxiety and anxiety management strategies.

**11+ ANXIETY WORKSHOP**  
27/4/26 @ 4PM - 6PM  
(For young people aged 11+, parents also welcome to attend)  
This single psychoeducation session explores emotional development in children, emotional regulation, and focuses on anxiety and anxiety management strategies.

**EXAM STRESS WORKSHOP**  
29/4/26 @ 4PM - 6PM  
(For young people aged 13+ and parents)  
One off workshop which equips teenagers with an understanding of exam stress, strategies for managing exam stress, revision tips and self-care. The workshop also offers potential tips for supporting their adolescent's exam stress.

**BEHAVIOUR WORKSHOP**  
16/6/26 @ 9:30AM - 11:30AM  
(For parents of young people aged 8-11 years old)  
A one-off workshop that covers the following topic: Emotional development in children, emotional regulation, common behaviour difficulties and strategies to promote positive behaviours.

**SELF ESTEEM WORKSHOPS**

**TEENAGE SELF-ESTEEM**  
7/5/26 @ 4PM - 6PM  
(For young people aged 13+, parents also welcome to attend)  
One off workshop which equips teenagers with an understanding of self-esteem and tools to build confidence through thought challenging, relaxation and activities to celebrate strengths and successes. Workshop also offers potential tips for building self-esteem in adolescence.

**PARENT SELF-ESTEEM**  
2/6/26 @ 9:30AM - 11:30AM  
(For parents of children aged 8 - 12 years old)  
One off workshop which equips parents with an understanding of self-esteem and ways to promote high self-esteem through parenting style and collaborative activities to try at home with their young person.

**RESILIENCY WORKSHOPS**

**PRIMARY**  
23/6/26 @ 9:30AM - 11:30AM  
(For parents of children aged 8 - 11 years old)  
This single session explores relevant child development including and provides psychoeducation on mental health vs mental health problems, emotional regulation, anxiety and low mood. You will leave with a greater understanding of your child's needs and armed with strategies to build their resilience.

**SECONDARY**  
29/6/26 @ 4PM - 6PM  
(For young people aged 12 - 16 years, parents also welcome to attend)  
One off Workshop that Explores the following topics: mental health vs mental health problems, emotional regulation, psychoeducation on anxiety and low mood, strategies for relaxation with strategies to build their resilience.

**SUPPORTING SCHOOL TRANSITIONS**

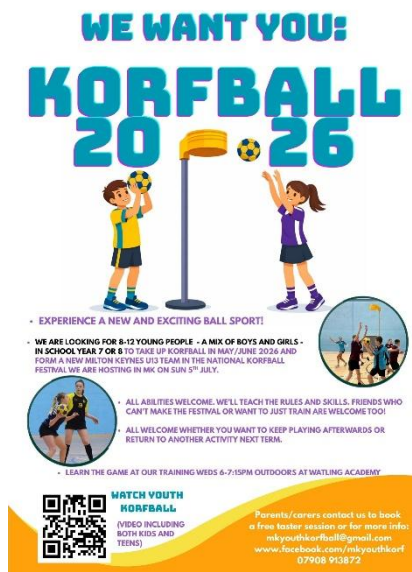
**PRIMARY**  
30/6/25 @ 9:30AM - 11:30AM  
27/8/25 @ 10AM - 12PM  
(For parents of children aged aged 8 - 10 years old)  
We offer three single session workshops, so that you are ready to go when the new school year begins, whether that is starting a new class, year group or school. These workshops provide psychoeducation to learn about the research behind supporting healthy transitions and you will learn evidence-based strategies to help children start the school year with confidence.

**SECONDARY**  
14/7/25 @ 4PM - 6PM  
19/8/25 @ 2PM - 4PM  
(For young people aged 11+, parents also welcome to attend)

To register for any of our workshops, please fill in the standard referral form in the 'Any other relevant information' section, state that the referral is for a workshop and include the workshop date.  
<https://chums.uk.com/emotional-wellbeing-service/workshops>

## Word of the week

The final word of the week this half term is incessant, meaning never stopping, especially in an annoying or unpleasant way. For example, the region endured weeks of incessant rain.



**WE WANT YOU!**  
**KORFBALL 2026**

• EXPERIENCE A NEW AND EXCITING BALL SPORT!

• WE ARE LOOKING FOR 8-12 YOUNG PEOPLE - A MIX OF BOYS AND GIRLS - IN SCHOOL YEAR 7 OR 8 TO TAKE UP KORFBALL IN MAY/JUNE 2026 AND FORM A NEW MILTON KEYNES U13 TEAM IN THE NATIONAL KORFBALL FESTIVAL WE ARE HOSTING IN MK ON SUN 5<sup>TH</sup> JULY.

• ALL ABILITIES WELCOME, WE'LL TEACH THE RULES AND SKILLS. FRIENDS WHO CAN'T MAKE THE FESTIVAL OR WANT TO JUST TRAIN ARE WELCOME TOO!

• ALL WELCOME WHETHER YOU WANT TO KEEP PLAYING AFTERSWARDS OR RETURN TO ANOTHER ACTIVITY NEXT TERM.

• LEARN THE GAME AT OUR TRAINING WEDS 6-7:15PM OUTDOORS AT WATLING ACADEMY

**WATCH YOUTH KORFBALL**  
VIDEO INCLUDING BOTH KIDS AND TEENS

Parents/careers contact us to book a free taster session or for more info:  
[mk.youthkorfball@gmail.com](mailto:mk.youthkorfball@gmail.com)  
[www.facebook.com/mkyouthkorfball](http://www.facebook.com/mkyouthkorfball)  
07908 913872

## Korfball

Please see the attached poster for MK Youth Korfball who are looking for news players for a new Milton Keynes U13 team , with training sessions running throughout May and June and the chance to take part in a national korfball festival in July. No prior experience is needed, as all abilities are welcome and coaching will be provided to teach the rules and develop skills.

**Coming up next week**

All week - year 7 and 8 exams continue

Wednesday 20th - Year 10 subject consultation evening

Thursday 21st May - To Kill a Mockingbird Trip

Friday 22nd May - DofE silver Expedition

Friday 22nd May - School closes for half term

We are looking forward to opening our doors this evening for the House Council and Denbigh Association Games Night. Tickets can be purchased on ParentMail until 4pm.

Have a great weekend.

Kind regards,

Mr Steed  
Headteacher