

Weekly Newsletter

Friday 8th November 2024



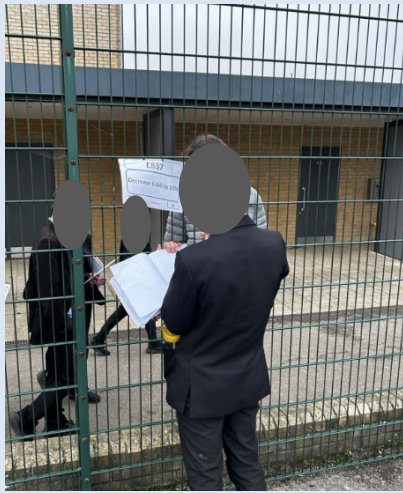
Back with a bang!

Term has started off strong with Outdoor Classroom Day!

Outdoor Classroom Day is a global movement to inspire and celebrate outdoor learning. On Thursday 7th, thousands of schools including us here at Warblington took their learning outside. It's more than just one day, acting as a catalyst to inspire students to spend more time outdoors.



The **Science Department** paced out the scale of the solar system, while Year 11 were busy measuring the speed of sound and the **Maths Department** were busy on a maths treasure hunt!



GCSE Geography Fieldwork

To celebrate Outdoor Classroom Day and as part of the GCSE compulsory fieldwork, Year 10 visited Commercial Road and Gunwharf Quays.

They undertook a range of fieldwork techniques, including pedestrian and traffic counts, questionnaires and environmental surveys.



Mr Strzelec & Mr Crowe

Rehearsals in full swing!

Robin Hood rehearsals are well underway and students are working hard at perfecting their craft. We are really looking forward to show days and can't wait for you to see it.

Tickets will be on sale from the end of November. Watch this space!



Mrs L Whiteley-Fuller

Blazers

We have almost run out of spare blazers that we use for a variety of purposes; lending to students who have lost/forgotten theirs, loaning to new students who are joining the school while they get settled, trading for those who have outgrown theirs.

Could you please have a look at home to see if you have acquired an extra blazer or have an old one that you have out grown and bring it into school?

This also applies to any other items of school uniform that might be in good enough order for us to use.

Any donations to reception please, thank you!



Year 7 Match Report

Another fantastic show from the Year 7 football team today as they took on two matches, first against Havant and then against TPS (The Petersfield School).

The team showcased determination, skill and great sportsmanship throughout both games.

Match 1: Warblington vs Havant

Havant came out strong and took an early lead after Zack made two fantastic saves, only to be beaten on the rebound. Despite this, Warblington kept their heads held high and fought back. Ethan equalised with a brilliant shot that lifted the team's spirits. Warblington weren't finished yet; thanks to excellent teamwork and on-field movement, Ethan struck again to put us ahead. The game ended 2-1 to Warblington—a well-deserved victory showing resilience and team effort.

Match 2 Two: Warblington vs TPS

TPS, looking to bounce back from a previous loss to Havant, brought energy and skill to their match against Warblington. They were quick to take the lead at 1-0 and maintained pressure with some solid play. Warblington defended fiercely, keeping TPS at bay for a time, but TPS managed to break through again, making it 2-0.

After some substitutions and fresh legs on the pitch, Warblington gained momentum. Tyler scored a fantastic goal, set up by a perfect through ball from Franklin, bringing the score to 2-1 and injecting excitement into the game. Unfortunately, as fatigue set in, TPS capitalised and managed to extend their lead, ending the match at 4-1.

Despite the result, I'm incredibly proud of the team's progress and effort. Their determination and ability to compete in both matches were impressive, and I look forward to seeing them in action next week. Well done to everyone for their hard work and Teamwork.



Mr Knight

Arbor - Trips

We are using Arbor to consent for trips and visits, which includes sports matches.

It is a really quick and easy process. It is essential we receive consent, without this your child cannot attend visits.

We are unable to accept verbal consent. Please use the help pages if you are unsure

[Signing my child up for a Trip on the Parent Portal or the Parent App – Arbor Help Centre](#)



Warblington Sports Council

After their successful application, we can now announce the new Warblington Sports Council!

We hope you join us on congratulating the students and look forward to what they achieve!

Year 7

Tyler W

Diego B

Year 8

Austin M

Connor K

Rosie S

Year 9

Ella B

Esme F

Bonnie H

Rosie T

Ollie A

Josh T

Year 10

Aimee J

Olivia R

Lily P

Nolan B



Nasal Flu Vaccination

Earlier this week, an email was sent to all parents and carers regarding the nasal flu immunisation. Please click the link below to give permission for your child to receive the nasal flu immunisation in school.

If you do not wish for your child to receive the immunisation in school, please complete the online form to record your decision.

Access to the form will close at 10am two working days prior to the session.

School Code: SH116475

Session date: 03/12/2024

Year Group: 7 - 11

Link to website: [Nasal Flu Vaccination Programme : Hampshire Healthy Families](#)

Students, a great website to help with all things health including the flu jab, starting school and a host of other subjects, visit: [Health For Teens | Everything you wanted to know about health](#)

Christmas Card Competition 2024

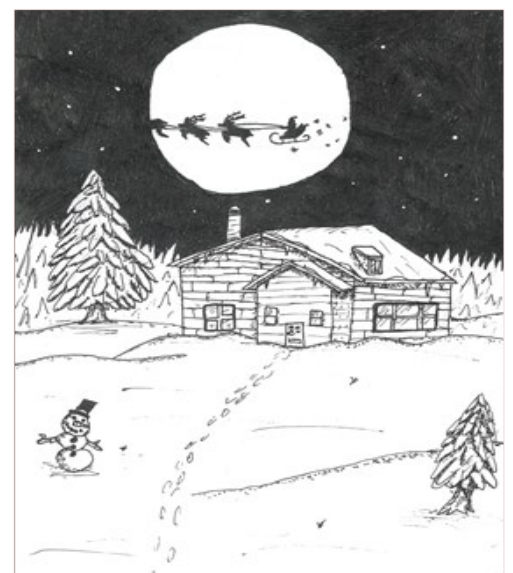
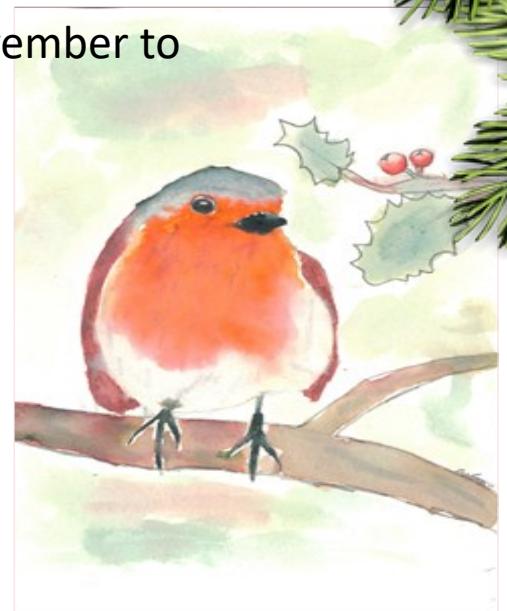
It is the return of our annual Christmas Card Design Competition!

Last year we had over a 100 entries, with three card designs being published and sold at the Christmas Craft Fayre.

This competition is open to any student, your designs can be digital or physical.

Designs must be handed in by Monday 25th November to
Mr Chate

Good luck and get creative!



Remembrance Day 11.11.24

On Monday, as a school we will be observing the 2 minutes silence at 11am. There will be a few changes to the usual timetable, which are detailed below.

Poppies are available in reception for a donation.

Monday 11th November:

- Whole School Virtual Assembly (8:35)
- Key Stage 3 Break 10:30 - 10:50
- 10:50 - KS3 return to period 2
- 10:55 - all student assembly at the back of the Sports Hall
- 11:00 - 2 minutes silence
- 11:02 - All return to classrooms
- 11:05 - KS4 break (until 11:25)
- 11:25 - Period 3 begins

Upcoming Events 2024/2025

Monday 11 th November 24	Remembrance Day
Monday 11 th November 24	Bebras National Computing Challenge begins in computing lessons (Years 7-9)
Tuesday 12 th November 24	Year 10 Virtual Parents Evening
2 nd 23 rd November & 14 th December 24	School production rehearsals
17 th November 24	Sports Council Ice Hockey Trip
19 th November 24	Portsmouth University Maths Lecture Trip
27 th November 24	KS4 Information Evening
28 th November 24	GCSE (Class of 2024) Presentation Evening
29 th November 24	INSET Day – School Closed to students
30 th November 24	Christmas Fair
2 nd December 24	Year 11 GCSE Practical Exams Commence (PE, PA)
2 nd December 24	Year 11 PPE Exams Commence (Art, Textiles, Photography)
6 th December 24	Year 10 & 11 RE visit to Southampton
13 th December 24	Dress Rehearsal for School Production (Full cast off timetable)
16 th & 17 th December 24	School Production
18 th December 24	KS3 Christmas lunch & Christmas Jumper Day
19 th December 24	KS4 Christmas lunch & Christmas Jumper Day
Christmas break Monday 23 rd December 2024 – Friday 3 rd January 2025	
7 th January 2024	Year 11 PPE's Commence



Geographers of the Week

Year 7 - Lucy C

Year 8 - Freya-Mai D

Year 9 - Charlie A

Year 10 E1 - Kim M & Elle-Mae O

Year 10 E2 - Farin S

Year 11 E1 - Kacie D

Year 11 E2 - Leyla S



Well done for this weeks effort in lessons!

Mr. Crowe & the Geography Department



Computing Students of the Week!

The Computing Department would like to give a massive shout out to following students:

Year 7: **Leo H**

Year 8: **Peter S**

Year 9: **Leon B**

Year 10: **Max D**

Year 11: **Emma S**

Well done and keep up the hard work and effort in Computing!



PE Star of the Week

Harley H



Harley continues to role model positive behaviours in PE. He has a mature approach in his VCERT lessons and is taking his studies very seriously. We are so proud of Harley giving up his time after school to officiate 3 Year 7 football fixtures confidently and accurately.

Well done, PE Department



eSports Club weekly shout out!

This week's champion is:

Conan S

ICT & Computing Department



eSports Club weekly Round Up

This term in eSports club we are playing Mario Kart. The current eSports tournament standings are:



KS3 Maths Star of the Week

Georgia M



Always on task and pushing herself to complete the Thinking Hard activities

KS4 Maths Star of the Week

Freddie M

Excellent effort in your PPE's and for settling into your new class so well!

The Maths Department



This Weeks House Points ranking



Place	Points this week	House
1st	6423	Norris
2nd	5072	Paxton
3rd	4758	Mitchell
4th	4699	Stowe



Year 7 Tutor Stars

We are celebrating the successes of Year 7 with Tutor Stars of the week!

We want to recognise their achievements in attendance, their attitude to learning, extra-curricular involvement and behaviour to name just a few. Every week we will post the Year 7 Tutor Stars in the Newsletter.

This weeks Stars:

- * **7MI/KRK - Lottie B - always working beautifully and independently!**
- * **7MT/SSR - Archer M - For being so on the ball this week!**
- * **7NO/FPL - Alex P - Always cheerful and positive!**
- * **7SO/JBD - Sophie F - Always so kind and lovely!**
- * **7PA/MPR - Issy E - Being so kind and helping Mrs Griffin on the computer!**
- * **7PX/MGY - Luka B - for high scores in Numeracy Ninjas!**
- * **7ST/MWA - Franklin T - Great results in Numeracy Ninjas!**



Our Tassomai Heroes for last week!

Year 7	Year 8	Year 9	Year 10	Year 11
Joshua G	Trinity B	Ramesse T	Maxwell D	Amelia T
Emily K	Harry H	George M	Miley P	Lilly L-R
Joshua N	Apple W	Leila S	Charlie S	Daisy T
Catherine Y	Rosie S	Ethan P	Farin S	Abigail C
Aiden-Jay N	Lily S	Max H	Liam C	Tyler H

Word of the Week

How can you use this weeks Word of the Week?

Word of the Week 8

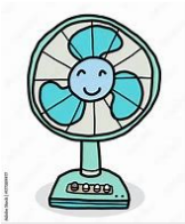


oscillate

[os-uh-leyt]
verb

To swing or move to and fro.

e.g. Seriously upset, he oscillated between sentiment and disgust.



Synonyms see-saw – wobble - turn



“The best way to predict your future is TO CREATE it.”
Abraham Lincoln

Year 11



	Monday	Tuesday	Wednesday	Thursday	Friday
Week A	History Geography Catering		Spanish French	Computer science Art Photography Textiles RE	Performing Arts PE
Week B	Math		English	Science	



Stepping up to grab the keys to unlock your success



“The best way to predict your future is TO CREATE it.”
Abraham Lincoln

Year 10



	Monday	Tuesday	Wednesday	Thursday	Friday
Week A	Math		English	Science	
Week B	History Geography Catering		Spanish French	Computer science Art Photography Textiles RE Business Studies	Performing Arts PE



Stepping up to grab the keys to unlock your success





Warblington School Weekly Menu 2024-2025

Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of Breakfast Snacks Pastries, Rolls, Fruit or Yoghurts	A selection of Breakfast Snacks Pastries, Rolls, Fruit or Yoghurts	A selection of Breakfast Snacks Pastries, Rolls, Fruit or Yoghurts	A selection of Breakfast Snacks Pastries, Rolls, Fruit or Yoghurts	A selection of Breakfast Snacks Pastries, Rolls, Fruit or Yoghurts
Break	Double Cheese Bagel (V) or Cheese & Ham Bagel	Vegetable Spring Rolls (V) or Duck Spring Rolls	Cheesy Tortillas (V) or Loaded Tortillas	Vegan Roll (V) or Sausage Roll	Vegan Quorn Dog (V) or Hot Dog
Main Counter	Italian Pasta Bar	American Burger Bar	Home Comforts Traditional Home Cooked	Indian Curry House	Neo Pizza Authentic Fresh Pizza
Counter Option 1	Vegetable Bolognese (V) or	Falafel & Spinach Burger (V) or	Vegetable Quorn Sausages (V) or	Vegan Vegetable Korma (V) or	Margherita Pizza (V) or
Counter Option 2	Beef Bolognese served with Penne Pasta	Breaded Chicken Burger served in a soft Brioche Bun	Cumberland Sausages served with a rich gravy	Chicken Korma Served with Rice	Pepperoni Pizza Served with Salad
Sides	House Salad Garlic Bread	House Salad & Slaw Skinny Fries	Peas/Beans Creamy Mashed Potato	Naan Bread Poppadum's	Beans Potato Wedges
Side Counter	Vegan Quorn Goujons (V) or Chicken Goujons	Penne Tomato Pasta (V) or Macaroni Cheese (V)	Penne Tomato Pasta (V) or Macaroni Cheese (V)	Penne Tomato Pasta (V) or Macaroni Cheese (V)	Penne Tomato Pasta (V) or Macaroni Cheese (V)
Cold Deli & Snack Shack	A selection of filled Sandwiches, Wraps, Paninis or Baguettes with An assortment of Grab & Go Drinks/Snacks	A selection of filled Sandwiches, Wraps, Paninis or Baguettes with An assortment of Grab & Go Drinks/Snacks	A selection of filled Sandwiches, Wraps, Paninis or Baguettes with An assortment of Grab & Go Drinks/Snacks	A selection of filled Sandwiches, Wraps, Paninis or Baguettes with An assortment of Grab & Go Drinks/Snacks	A selection of filled Sandwiches, Wraps, Paninis or Baguettes with An assortment of Grab & Go Drinks/Snacks
Dessert	A selection of Grab & Go Cakes	A selection of Grab & Go Cakes	A selection of Grab & Go Cakes	A selection of Grab & Go Cakes	A selection of Grab & Go Cakes

Dietary Information: Whenever possible we endeavour to meet all nutritional and dietary requirements of our students set out within the government guidelines, Sometimes our dishes may contain ingredients that could cause an allergic reaction, should you have any dietary or allergen information requests regarding any of our dishes please speak to a member of the catering team before ordering.



Warblington School Catering

Meal Deal

Meal deal is to include:

Sandwich, Wrap, Baguette or Panni
Bagel, Spring Rolls, Pizza, Sausage
Roll or Hot Dog

Any item from above with

Popchips

Cookie/ Fruit Pot

Wicked/ Jaffa Bar

Drink

Dietary Information
Whenever possible we endeavour to meet all nutritional and dietary requirements of our students set out within the government guidelines. Sometimes our dishes may contain ingredients that could cause an allergic reaction, should you have any dietary or allergen information requests regarding any of our dishes please speak to a member of the Catering Team. Thank you.

Warblington School Catering Team

Sandwiches, Baguettes & Wrap Prices

Standard Sandwich **£1.60**

Panini **£1.60**

Wrap **£1.60**

Baguette **£2.10**

Dietary Information
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**WARBLINGTON
BREAKFAST**

*A selection of Breakfast Snacks
Pastries, Rolls
Fruit or Yoghurts*

Sausage/ Bacon Bap	£0.95
Bacon & Cheese Bap	£1.05
Fruit Pot	£0.65
Granola Yoghurt	£1.65
Pain au Chocolat	£0.95
Cinnamon Swirl	£0.95
Croissant	£0.95
Flapjack	£0.55

Prices and items subject to change. Correct at the time of publication September 2024



Christmas Fair



Dear All

On Saturday 30 November the school will be holding its annual Christmas Craft Fair with all profits going to the Year 11 Prom.

The students will be holding a bottle tombola and we are looking for donations of all types of bottles. They need to be in date and unopened and either in a plastic or glass bottle.

So if you have any shampoo, handwash, bottles of pop, bottles of wine, washing up liquid, hot chilli sauce! etc. that you would like to donate please leave them at school Reception.

We will also be holding a Christmas Raffle and if you or you know of anyone who would like to donate that would be greatly appreciated.



Finally – the week prior to the Fair we will be asking for donations of cakes for the Café which will be run by Kim and Year 11 students.

Many thanks for your support

Hilary

On behalf of the Year 11 Prom Committee



Warblington School

CHRISTMAS FAIR

SATURDAY 30 NOVEMBER

11am~2pm

*A variety of stalls selling homemade Christmas gifts,
sweet treats and refreshments.*

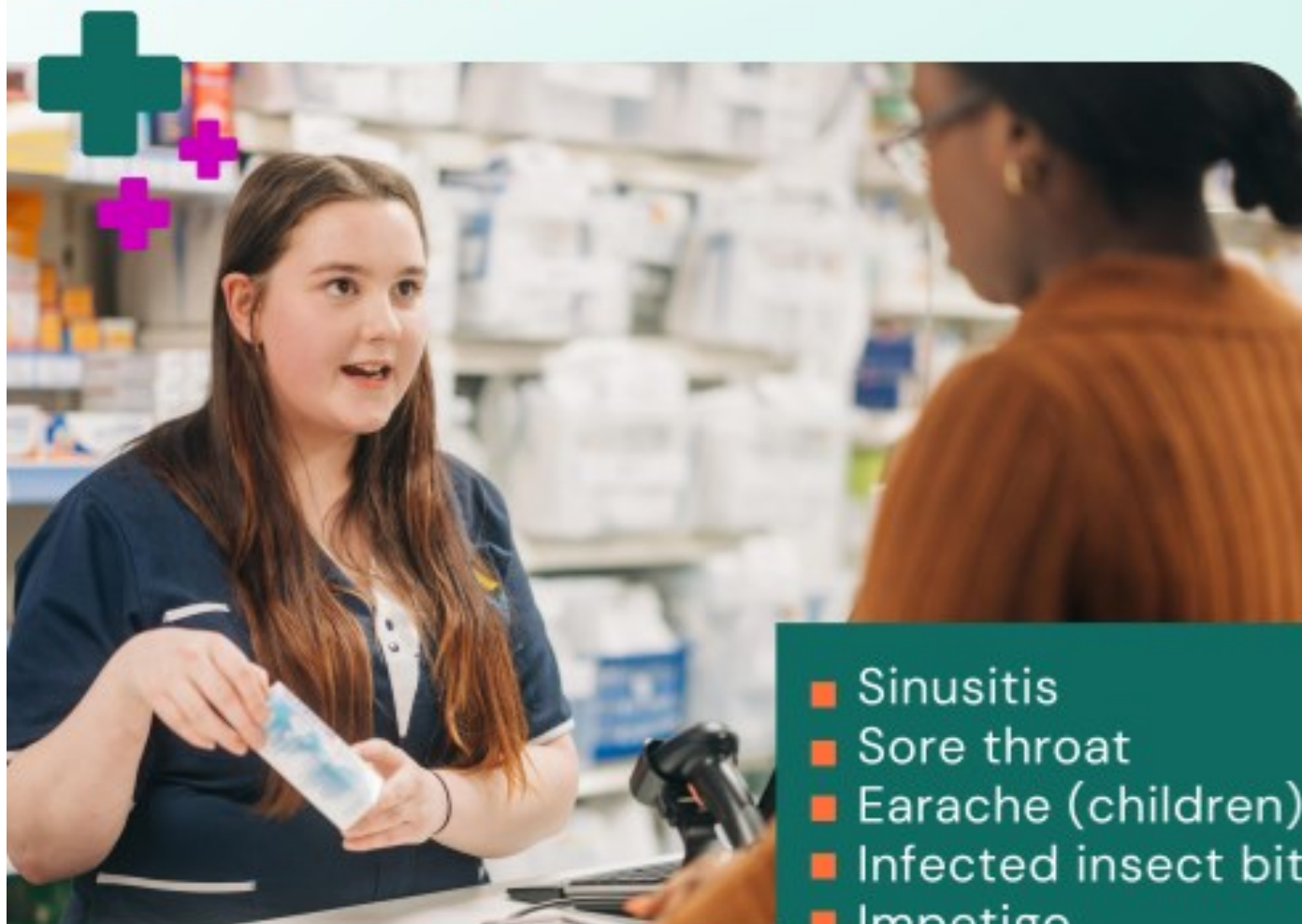
If you are interested in holding a stall please contact
Hilary, h.parry@warblingtonschool.co.uk or call 023
92475 480



Warblington School Southleigh Road, Havant P09 2RR



Most pharmacies can help you with **seven common conditions** without needing a GP appointment



- Sinusitis
- Sore throat
- Earache (children)
- Infected insect bite
- Impetigo
- Shingles
- Urinary tract infection (women)



Ask your pharmacy for more information about this free* NHS service

**Visit your
Pharmacy First!**

*NHS prescription charge rules apply where a medicine is supplied



10 Top Tips for Parents and Educators ENCOURAGING CHILDREN TO CHOOSE RESPECT

Sometimes, differences between children can escalate into bullying, potentially impacting their mental health in a way that can persist into adulthood. While it's natural to disagree sometimes, teaching children the importance of respect is essential – especially in difficult situations. This guide provides strategies for encouraging considerate behaviour, even during a dispute, to foster a kinder, more inclusive environment for everyone.

1 LEAD BY EXAMPLE

As adults, we play a crucial role in modelling respectful behaviour for children: they observe and learn from our actions every day. Be mindful of the way you interact with others in front of children. Keep in mind that you should always approach others with an attitude of mutual respect, even if you disagree with them. Demonstrating this behaviour can influence young people and help them to handle their own conflicts in a healthy way.

2 AGREE TO DISAGREE

Make sure children know that it's fine to have differing opinions – and that disagreeing with someone doesn't mean you can't get along or respect each other's point of view. Help them understand that sometimes we can 'agree to disagree'. Using active listening skills when doing this can also help to build empathy and understanding of others.

3 PROMOTE ACTIVE LISTENING

Teach children about the importance of active listening: that is, making a genuine effort to listen to the other person's perspective without interrupting, before responding in a way that shows you understand their viewpoint, even (or perhaps especially) if you disagree with it. This makes people feel respected and allows for a better comprehension of their point of view, which in turn can make it easier for you to communicate your own opinions to them.

4 ENCOURAGE THE USE OF "I" STATEMENTS

If a child finds themselves in a disagreement with someone, it can be useful to encourage them to use "I" statements during the discussion. Framing their thoughts and feelings using statements like "I feel ..." or "I think ..." can help them avoid an accusatory tone and encourages them to take responsibility for their own emotions.

5 FOCUS ON BEHAVIOUR, NOT CHARACTER

When disagreements happen, encourage children to focus on critiquing and addressing the specific actions or behaviours that caused this upset, rather than attacking the person's character. For example, "I didn't like how you interrupted me" is better than "You're so rude". This can help children avoid hurting someone's feelings, which is likely to inflame the situation.

6 STAY CALM AND TAKE BREAKS

It's perfectly normal to feel upset during a disagreement – especially if it's getting heated. Remind children that if they feel overwhelmed, they should try to take deep breaths or even go for a short break to help them stay composed. If a conversation becomes too intense, remind them it's OK to suggest continuing it later or in a different setting. This can prevent things getting out of hand, allowing cooler heads to prevail.

7 START CONVERSATIONS ABOUT RESPECT

Talk openly to children about what respect means – to you and to them. Discuss how they might show respect to each other, to friends, to strangers and even to people we might disagree with. You could use examples of considerate or inconsiderate behaviour in books, films or TV to open discussions about the importance of giving others due regard.

8 SEEK COMMON GROUND

When a disagreement has occurred between children, they may find it hard to move past it. You can support them in finding a more positive way forward by helping identify areas of agreement or common ground with the other party. This can help to build bridges between differing opinions and foster a more cooperative atmosphere, as well as preventing those involved from demonising each another.

9 AVOID MAKING THINGS PERSONAL

It's important that we make it clear to children they must avoid name-calling, swearing or derogatory remarks in a disagreement with others. Respectful language sets a positive tone and helps keep the conversation productive. Reminding children to stay calm and take breaks – as mentioned previously – can help them avoid getting too emotional and saying or doing something hurtful.

10 REFLECT AND LEARN

After a child has had a disagreement, encourage them to reflect on the experience and think about what they can learn from it. What did they handle well? How might they improve their communication skills to handle conflicts more effectively in the future? You could use role play, writing and drawing pictures, or hypothetical examples to further develop their skills in showing respect during a disagreement.

Meet Our Expert

The Anti-Bullying Alliance (ABA) co-ordinate Anti-Bullying Week each year. ABA is a unique coalition of organisations and individuals, working together to achieve their vision to stop bullying and create safer environments in which children and young people can live, grow, play and learn. They welcome membership from any organisation or individual that supports this vision and support a free network of thousands of schools and colleges.



Source: See full reference list on guide page at:

10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday

The National College



**Are you thinking
about a career in
Accountancy?**

Come and chat to us!

CAREERS EVENT

Saturday 25th January 2025

10:00am-1:00pm

**1 The Briars, Waterberry Drive
Waterlooville, Hampshire
PO7 7YH**

Accounting | Book-Keeping | Payroll | Business Advisory

[heelanassociates.co.uk/careers](https://www.heelanassociates.co.uk/careers)

Further details and registration can be found here: <https://www.eventbrite.com/e/careers-event-tickets-1076486743829?aff=oddtcreator>

**HEELAN
ASSOCIATES**
Traditional Values Modern Thinking



T: 02392 240040

E: info@heelanassociates.co.uk

Join a brand-new **GIRLS FOOTBALL** **ACADEMY**

- Open to girls in Year 11 or in their first year of college (aged 16 -18)
- Receive a full-time education and football development program
- Compete for the Academy Team in the National Youth Football League

Join our Academy Program to elevate your football skills and academic potential. With guidance from experienced coaches and tutors, you'll train with dedicated players and explore pathways to higher education, scholarships, apprenticeships, and employment. Plus, our partnership with girls' and women's teams ensures continuous football development, helping you reach your full potential on and off the field!

If you are interested or would like more information, please email the following details to steve.rutter@afcportchester.co.uk

- Full name
- Date of birth
- Contact details (phone and email)
- Football team you play for (if applicable)
- Current school or college

