

MESSAGE FROM THE PRINCIPAL

Dear parents and carers

Welcome back after the Easter break. The summer term has begun, which means that our attention very much turns to external examinations and preparing for next academic year.

With this in mind, I wanted to share some exciting work the students, staff and governors have undertaken. Welland Park Academy is all about family and working together to achieve or succeed. Therefore, I challenged our students and school-community to develop a set of core values that define us as a diverse family school.

As a school, we came up with the four values that we *all* believe is needed to constitute success both at Welland Park Academy and the journey beyond.

In The Welland Park Family,

We Respect

Persevere

Achieve...with kindness



All students have had assemblies this week based around the launch of our core values to Persevere, Achieve, Respect and show Kindness. You will start to see our values and words being used in our social media posts, letters home and eventually as part of our rewards system next academic year.

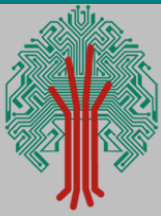
Students in KS3 will be able to access a new student leadership and character education programme, called the Welland Park Way, which will be based around our core values. The activities will be varied and can be done in school, during extra-curricular activities or outside of school. Students will develop skills, qualities and experiences that are essential for their future.

Students in KS4 will be expected and encouraged to demonstrate these core values in their daily lives through their revision, extracurricular activities and preparation for their GCSE examinations and life beyond WPA.

We would expect all members of the school community, including students, staff and governors, to embrace and embody these values throughout their time here and beyond. As ever, your support and commitment with all school matters is essential, and I hope that you will continue to support the school as we look to move forward.

I hope that you have a lovely weekend.

Pete Leatherland—Principal



UPCOMING FUNDRAISING EVENTS

NOBODY PUTS BABY IN THE CORNER!!!

This movie night is open to anyone—students, staff, friends, family etc so do please share the details.

Tickets are available from the front office or you can pay on the door.

You may bring your own refreshments.

An absolute classic of a film.

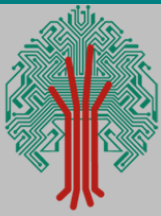


DO YOU HAVE A SWEET TOOTH AND ENJOY QUIZZES AND BINGO???

If the answer is yes then this is the event for you.

Bring your own drink and an appetite for sweet things. There will be a large range of desserts to choose from.

Put the date in your diary!



Welland Park Academy Lunch & Deli Menu Week commencing 15th April 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Concept	Indian	Eastern	Best of British	Asian	Fish Friday
Option 1	Chicken Tikka Masala	Chicken Shawarma	Roast Gammon & Yorkshire pudding	Chinese Chicken Wrap	Battered Fish
Option 2	Vada Pav Bhaji	Spicy Falafel Flatbread	Root Vegetable & bean stew	Vegetable Pad Thai Noodles	Spicy Bean Burger
Sides	Yellow Rice / Kachumber	Spicy Rice / Pickled Red cabbage	Roast potatoes / cauliflower cheese & gravy	Firecracker Rice / Sweet Chilli Sticky Greens	Chips / Beans
Authentic Italian	Authentic Italian Pizza and Pasta Bar				
Hot Deli	Authentic Italian Pizza and Pasta Bar	Tuna Melt Panini Jacket & Topping	Cheese & Onion Panini Jacket & Topping	Roasted Veg Panini Jacket & Topping	Cheese Panini Jacket & Topping



Leicestershire Local Offer Special Educational Needs and Disabilities Roadshow

Monday 13th May 2024
10.00am – 1.00pm
Congregational Church,
Market Harborough, LE16 7JD

Come along and find out about Local SEND services and support

The Roadshow brings together information and services which support families of children and young people with special educational needs and disabilities (SEND) all in one place. A chance to meet and chat with representatives from Leicestershire County Council and its partners.

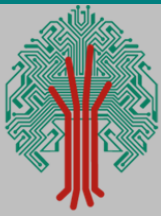
Please book your FREE tickets via
https://leicestershirecc-self.achieveservice.com/en/service/Local_Offer_SEND_Roadshows_2024

Scan here
to book tickets



To find out more about the SEND Local Offer in Leicestershire please visit
www.leics.gov.uk/send





South Leicestershire School Sports Partnership
Health | Wellbeing | School Sport | PE | Physical Activity

Body Image

NEWSLETTER

APRIL 2024

WHAT DOES BODY IMAGE MEAN?

Body image is a term that can be used to describe how we think and feel about our bodies, positively, negatively or both. Body image can relate to a person's body size or shape, height, skin colour, appearance, physical disabilities or differences.

A negative body image can influence a child or young person in many different ways. This can include:

- Lower self-esteem
- Lower levels in confidence
- Increased anxiety
- Depression or low mood
- Social isolation or withdrawal
- Self-harming or restricted eating

Source: Mental Health Foundation



Did you know?

Research has shown that for young children, attitudes about body shape and size may start as early as three or four years old.

Source: Mental Health Foundation



MENTALLY HEALTHY SCHOOLS

For further information & support, visit the **Mentally Healthy schools** website [here!](#)

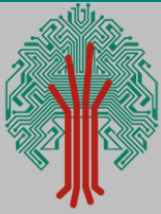
POOR BODY IMAGE- SPOT THE SIGNS!

It is normal for children and young people to compare themselves to others, especially as they get older. However there are signs to be aware of which could indicate that they have an unhealthy view of their body, which is negatively affecting how they feel about themselves. This could include;

- Feeling overly worried about how they look.
- Wanting to cover up parts of their body.
- Not wanting to change for PE or take part.
- Refusing types of food because 'it makes me fat'.
- Changes in mood.
- Control of eating.
- Changes in their social functioning or interaction.

Source: Mentally Healthy Schools

IF YOU'RE WORRIED, **YOUNG MINDS** HAS LOTS OF ADVICE **HERE!**



EATING DISORDERS

In some cases, a negative body image can lead to an eating disorder. Disordered eating can present in different ways;

- Severely limiting the amount of food eaten
- Eating very large quantities of food at once
- Making yourself sick after eating and/or by misusing laxatives
- Fasting
- Undertaking excessive exercise
- Or a combination of behaviours



Did you know?

More than a third of British teenagers (35%) have stopped eating at some point or restricted their diets due to worrying about their body image.

Source: Mental Health Foundation



ADVICE & SUPPORT

If you are concerned that your child may be showing signs that they have an eating disorder, there is lots of help and support available.

Key April dates

- World Autism Awareness day-8th
- Earth day- 22nd
- Stress Awareness month



The NHS has tips and advice, alongside helplines and services available to you for support [here](#)



The Beat Eating disorders has support and advice including Beat's learning platforms for those supporting a loved one with an eating disorder. Find out more [here](#)

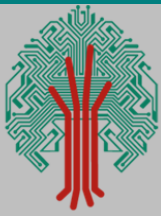


YoungMinds have a series of real stories of young people that have recovered from Eating Disorders. Check them out [here](#)



LET'S GET SOCIAL





PROM 2024

Time is flying by and it is now only 84 days to the Year 11 Prom.

We like to ensure that there are drinks on hand throughout the evening so we are starting to collect cans of drink and bottles of water.

If you can donate any please drop them into front reception.



We are also looking for donations of sunglasses.

If you have any old pairs lying around please can we have them?