

MESSAGE FROM THE PRINCIPAL

Dear Parents and Carers

I would like to thank you and our students for the support and generosity you have shown this week in supporting Odd Sock Day and Children in Need. I fully understand the pressures these events can pose on families, so I thank you for your contributions.

Hopefully you have noticed in recent weeks, and you will continue to notice moving forward, a significant increase in the amount of information being shared within this newsletter. We have been challenged to look at the way we communicate with our parents, with the intention of streamlining our information through specific sources. Therefore, you should start to notice that less generic information is being sent to you directly and instead being shared by the weekly newsletter, the school website or our social media accounts. You will however, still receive information specific to a year group, or specific to your children directly via Edulink or SchoolComms. We really value your feedback on such matters, so if you would like to share your thoughts or opinions, please do not hesitate to get in touch with us.

With that in mind, we are contacting both students and parents/carers for their feedback on the school over the next few weeks. We use this information to review what we are doing at Welland Park Academy and, more importantly how we can make things better for our students. Therefore it's really important to us that you take the time to share your opinions and suggestions with us. I am very keen to impress on our students that the school is not the buildings but the students and community who belong to it, therefore it's vital we know your thoughts and feelings about your school. This is the link for the survey. Please copy and paste into your browser <https://forms.office.com/e/nXCszCDabs>

Finally, I would like to end this week's message congratulating the Year 11s on their attitude and application towards the Year 11 Mock Exams. A week into the Mocks, the students have been certainly living up to the Welland Park Academy expectations. They have continued to show and demonstrate an excellent level of maturity during a very difficult and emotionally challenging time. I know from personal experience having a teenager in the house about to go through Mock Exams, the pressures and trauma examinations can produce. So well done Year 11 and keep it up!

Yours faithfully

Pete Leatherland





Anti bullying Week 13th—17th November 2023



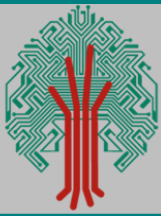
What a fabulous week!

Many thanks to all the staff and students who have supported the activities for **Anti-bullying Week** and for **Children in Need**—from 'Odd Socks' to 'Decorating a Door'. As a school, we feel that it is very important to remind ourselves about the importance of kindness and having respect for each other. This Anti-Bullying Week we have come together to have discussions about what bullying means to us, how banter can turn into something more hurtful, and what we can do to stop bullying.

I would like to give special thanks to **Emily Hall, Willow Freer, Anna Stuart, Emily Thurston and Meghan Hall**, who delivered fabulous assemblies this week – What a team!

Huge thanks also to the students and staff who supported our Children in Need non-uniform day. We raised £766.41





Stress Awareness

NEWSLETTER

NOVEMBER 2023

WHAT IS STRESS?

Stress is a common feeling we get when we feel under pressure. A small amount can be good and motivates us to meet our goals. But too much stress, when things feel out of control, can impact our mood, our well-being and our relationships with people around us.

Ref: The Children's Society



Did you know?

Stress is controlled by your nervous system. When we are faced with danger, our central nervous systems switch into "fight or flight" mode. Our heart rates increase, blood vessels become narrower, and we become more mentally alert.



SIGNS & SYMPTOMS OF STRESS!

You might feel;

- Irritable, aggressive, impatient or wound up
- Over-burdened
- Anxious, nervous or afraid
- Racing thoughts that you can't switch off
- Unable to enjoy yourself
- Depressed
- Uninterested in life
- Like you've lost your sense of humour
- A sense of dread
- Worried about your health
- Neglected or lonely



Mind, the mental health charity, has lots of tips and support on managing stress and building resilience, including looking after your mental wellbeing.

FIND OUT MORE [HERE](#)

TIPS TO MANAGE STRESS



Recognise triggers: begin to track times where you have felt stressed and look for patterns in how you reacted. What was happening when you felt stressed? What did you think/feel/do just before you felt stressed?

Awareness: once you are aware of difficulties that are likely to make you feel stressed you can take steps to prevent stress or deal with it quickly.

Self-care: Be kind to yourself - stress is a human experience. Try to connect with friends and talk about how you are feeling.

Exercise, relaxation and meditation: some people find that exercise and activities such as meditation, breathing exercises and deep muscle relaxation are helpful.

Eat well and sleep: the better rested you are, the more able you are to cope with pressure.

Professional Help: if you are finding it difficult to cope, consider meeting with someone trained to help - this might include your GP or a therapist. Ref: The Children's Society

Key November dates

- National Stress Awareness day- 1st
- Anti-Bullying Week -13-17th
- World Kindness Day- 13th
- Self Care Week- 13th-19th
- Road Safety Week (Brake) - 19th-25th

COSMIC YOGA HAVE LOTS OF FAB MINDFULNESS VIDEOS, CHECK THEM OUT [HERE!](#)

ANTI-BULLYING WEEK

Anti-Bullying Week 2023 will take place from Monday 13th - Friday 17th November.

The theme is Make A Noise About Bullying. You will find everything you need to help make a noise to stop bullying this Anti-Bullying Week [here](#)



LET'S GET SOCIAL



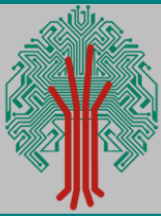
Highlight: Terry's Team Making a Difference

We're excited to share a quick update on Terry's Team, our Tuesday initiative working with a small group of boys. The program focuses on woodworking and practical skills alongside team and confidence building.

Every Tuesday, the boys gather for hands-on sessions, learning woodworking skills with experienced mentors. The program goes beyond tools and projects, including team-building exercises to promote collaboration and effective communication.

Terry's Team is making a noticeable impact, not only in developing craftsmanship but also in fostering a cohesive and empowered group. This initiative reflects our commitment to providing well-rounded education, helping these boys grow into capable individuals with valuable life skills.

Stay tuned for more updates as Terry's Team continues to make a positive impact on these young minds.



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Concept	American	Asian	Best of British	Authentic Italian	
Option 1	American Cheeseburger with burger sauce	Chinese Hot Chicken Wrap	Roast Pork & Stuffing	Lasagne	Teacher training day
Option 2	Classic Mac n Cheese with Crispy onions	Kung Po Chicken "Style" strips	Veggie Bangers	Leek & Mushroom Risotto	
Sides	Wedges Slaw	Noodles Chilli Corn on the Cob	Smokey Roasties Honey Carrots	Garlic bread Green Salad	
Authentic Italian	Authentic Italian Pizza and Pasta Bar				
Hot Deli	Cheese & Tomato Panini Jacket & Topping	Tuna Melt Panini Jacket & Topping	Cheese & Onion Panini Jacket & Topping	Roasted Veg Panini Jacket & Topping	



SUMO

TOURNAMENT

COME AND WATCH THE SUMO'S BATTLE IT OUT ON STAGE.
OCTAGONAL HALL - £1 ENTRY

MONDAY 27TH NOVEMBER 2023 - 12.30PM

ONCE ALL SEATS ARE TAKEN, WE WILL CLOSE THE DOORS

Christmas Shopping Evening

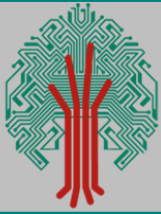
Wednesday 29th November 6pm - 9pm

- Gifts
- Crafts
- Raffle
- Mulled Wine
- Games
- Tombola
- Refreshments
- Presents

£1 ENTRY

WELLAND PARK ACADEMY
OCTAGONAL HALL

Made with PosterMyWall.com



EXTRA CURRICULAR PE TIMETABLE

			Location	Teachers in charge*
Monday 20 Nov 2023				
12:25-13:00	Badminton	KS3 Boys	Sports Hall 2	Mr Blades*
12:30-13:00	Basketball	Boys-U13A	Sports Hall 2	Miss C Gray*
12:30-13:00	Basketball	Boys-U12A	Sports Hall 2	Miss C Gray*
15:20-16:20	Football	Girls-U14A	Field	Miss Chapman*
15:25-16:30	Netball	Girls-U12A	Astro	Mrs Jones*
Tuesday 21 Nov 2023				
12:25-13:00	Football	Boys-U12A	Field	Mr Blades*
15:20-16:30	Basketball	Girls-U16A	Sports Hall	Miss C Gray*
15:20-16:30	Basketball	Girls-U14A	Sports Hall	Miss C Gray*
15:20-16:30	Basketball	Girls-U15A	Sports Hall	Miss C Gray*
15:25-16:25	Hockey	Girls-U12A	Astro	Mrs C Burdon*
Wednesday 22 Nov 2023				
12:25-13:00	Table Tennis	U16 Table Tennis	Sports Hall 2	Miss C Gray*
12:30-13:00	Basketball	Girls-U12A	Sports Hall	Miss C Gray*
12:30-13:00	Basketball	Girls-U13A	Sports Hall	Miss C Gray*
15:20-16:20	Football	Girls-U12A	Field	Miss Chapman*
15:20-16:30	Basketball	Boys-U15A	Sports Hall 2	Miss C Gray*
15:20-16:30	Basketball	Boys-U16A	Sports Hall 2	Miss C Gray*
Thursday 23 Nov 2023				
15:20-16:30	Basketball	Boys-U14A	Sports Hall 2	Miss C Gray*
15:25-16:30	Hockey	Girls-U13A	Astro	Mrs C Burdon*
15:25-16:30	Hockey	Girls-U14A	Astro	Mrs C Burdon*

FIXTURES

Sport	Team	Opposition	Venue	Teacher I/C	Transport	Meet Time	Start Time	Return Time
Monday 20 Nov 2023								
Basketball	Boys-U15A	Lutterworth High School	H	Miss C Gray		15:20	15:30	17:00
Basketball	Boys-U13A	Lutterworth High School	H	Miss C Gray		15:20	15:30	17:00
Tuesday 21 Nov 2023								
Rugby Union	Boys-U15A	Bishop Stopford School	A	Mr Button	Minibus	13:45	14:45	16:30
Wednesday 22 Nov 2023								
Netball	Girls-U16B	Lutterworth High School	H	Mrs Jones		15:20	16:00	17:00
Swimming	Mixed-KS4	South Leicestershire Gala	N	Mrs Burdon	Minibus	15:00	16:00	17:30
Thursday 23 Nov 2023								
Rugby Union	Boys-U16A	Leicester Grammar School Trust	A	Mr Button	Minibus	15:20	16:30	18:30
Table Tennis	U16 Table Tennis	TL U16 Boys County Table Tennis Finals	N	Miss McSparron	Minibus	14:50	15:45	18:45

WEEKLY SPORTS RESULTS

Basketball					
Time/Date	Team	Venue	Opponent	Result	Type
14:00 Fri 10 Nov 23	Boys-U13A	Away	Loughborough Grammar School	Lost : 17 - 68	
16:00 Wed 15 Nov 23	Girls-U14A	Neutral	Year 9 South Leicestershire Basketball Tournament	Won : 34 - 0	Tournament

Football					
Time/Date	Team	Venue	Opponent	Result	Type
14:50 Mon 13 Nov 23	Girls-U14A	Neutral	Lutterworth College	Lost : 0-12	ESFA Rd 3

Hockey					
Time/Date	Team	Venue	Opponent	Result	Type
10:30 Wed 15 Nov 23	Girls-U16A	Neutral	King Henry V111	Lost : 0-3	Regional Finals
14:30 Wed 15 Nov 23	Girls-U16A	tbc	Moreton Hall	Lost : 0-2	Regional Finals
14:30 Wed 15 Nov 23	Girls-U16A	tbc	Nottingham Girls' High School	Lost : 0-3	Regional Finals

Netball						
Time/Date	Team	Venue	Opponent	Result	Type	Report
15:30 Thu 16 Nov 23	Girls-U16A	Home	Lutterworth High School	Lost : 11 - 28		MVP(s) Ella MOFFATT
15:30 Thu 16 Nov 23	Girls-U15A	Home	Lutterworth High School	Won : 15 - 13		MVP(s) Mia KIRKE
15:30 Thu 16 Nov 23	Girls-U14A	Home	Lutterworth High School	Lost : 7 - 30		MVP(s) Kayleigh Maxine CREIGHTON

Rugby Union						
Time/Date	Team	Venue	Opponent	Result	Type	Report
14:30 Thu 16 Nov 23	Boys-U16A	Neutral	Robert Smyth Academy	Won : 41 - 12	Friendly	MVP(s) Jack CHESTER

Tries:
OBAZEE, BLYTH, DALL'OGGIO, PARRY, CHESTER, WILLIAMSON, WILLIAMSON
Cons:
BLYTH, BLYTH, BLYTH



Warning ZONE...
LIFE SKILLS CENTRE

Scan me!

Help teach children to learn how to keep themselves safe!

VOLUNTEER WITH US
WE NEED YOU!

NEED EXPERIENCE IN A WORK ENVIRONMENT?
WANT TO ENHANCE YOUR C.V.?

GOT SOME SPARE TIME?

DANGER!

We need volunteers of all ages (16+) and experience to join our team

Warning Zone teaches valuable life skills to children to support them to make better choices, spot dangers, assess risks to help them to stay safe.

Why not pop in, have a look around and find out more!

To organise a visit: contact us @ volunteer@warningzone.org.uk or 0116 2629739
warningzone.org.uk

Duke of Edinburgh Award Registration of Interest

At Welland Park, we offer the bronze DofE award to students in Year 9 and the silver DofE award to students in Year 10. Please see a short clip link here: <https://www.youtube.com/watch?v=yN7wTcxK408>

The DofE award is an opportunity to discover new interests and talents, a tool to develop essential skills for life and work and a recognised mark of achievement; respected by employers. The award has 4 sections. Volunteering, Physical, Skills and Expedition. Further information about the DofE award(s) can be found on the website: <https://www.dofe.org/do/what/>

The cost of the bronze award is approximately £165*
The cost of the silver award is approximately £295*
* Depending on student numbers, the final cost may change.

If your child is interested in completing the DofE award, please complete the relevant Microsoft Form

Bronze (Yr 9 only): <https://forms.office.com/e/LzBVp62dH1>

Silver (Yr 10 only): <https://forms.office.com/e/4EN01pCbG5>