



MESSAGE FROM THE PRINCIPAL

Dear parents and carers

Another successful week of GCSE examinations. The Year 11s are attending targeted revision sessions between exams alongside a short pre-exam jam beforehand to give out some last minute tips and settle any nerves. They are all being very positive and behaving impeccably.

Many of you are aware that Mr Towers, our Finance and Operations Director,, secured some funding through Active Together/Leicestershire and Rutland Sport to encourage youngsters to swim. Since December 2023 he has been taking up to 48 students to the Leisure Centre each



week, some of whom were unable to swim at all at the start. This week one of those students managed to swim a full length which is amazing. We also had a communication from a company called S2E, an organisation we work with

when we are looking to make alterations to our site. They were inspired by the efforts of Mr Towers and contacted Active Together regarding their hardship fund. S2E are now an approved sponsor who will be supporting young people and coaches in Leicestershire.

Thursday 16th May 2024 was Mental Health Awareness Day. Many of our students and staff wore something green to raise awareness of mental health and the problems faced by those living with mental illness. Mrs Clipston's shoes were fabulous!

Have a great weekend.

Pete Leatherland, Principal





Welland Park Academy Lunch & Deli Menu Week commencing 20th May 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Concept	American	Asian	Best of British	Italian	Fish Friday
Option 1	Hot dog & onions	Hot Chinese Chicken Wrap	Roast Pork & stuffing	Beef Lasagne	Battered fish
Option 2	Veggie Burger	Kung Po Vegetable Noodles	Cauliflower Cheese Bake	Leek & Mushroom Risotto	Vegetarian Sausages
Sides	Hand cut wedges/Sweetcorn	Firecracker Rice / Broccoli	Potatoes / honey roasted vegetables & gravy	Garlic Bread / Green salad	Chips / Baked 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



NCA
National Crime Agency



Education from
the National
Crime Agency

Globally, there has been a large increase in reports of children and young people being forced into paying money or meeting another financial demand (such as purchasing a pre-paid gift card) after an offender has threatened to release nudes or semi-nudes of them. This is financially motivated sexual extortion, a type of online blackmail often referred to in the media as 'sextortion'.¹ It is a form of child sexual abuse.

Financially motivated sexual extortion is usually carried out by organised crime groups (OCGs) based overseas who are typically motivated by money. These groups target all ages and genders however, a large proportion of cases have involved male victims aged 14-18.

Here is what you need to know as education professionals to recognise the signs of this form of abuse, understand how to respond, and increase awareness and help seeking behaviours amongst children and young people.

Please copy and paste this link into your browser to read the full article.

<https://www.nasuwat.org.uk/static/1f7f46bb-8ad1-4a45-841e287f55cc166f/NCA-Financially-Motivated-Sexual-Extortion-Alert-England.pdf>



What Parents & Educators Need to Know about SCHOOL AVOIDANCE

Emotionally Based School Avoidance is a term used to refer to reduced attendance or non-attendance at school by a child or young person. It's often rooted in emotional, mental health or wellbeing issues. The rate of children who miss school more than 10% of the time in England has more than doubled since before the pandemic: rising from 10.9% in 2018-19, to 22.3% in 2022-23.

UNDERSTANDING SCHOOL AVOIDANCE

REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include complaining of a tummy ache, headache, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

IMPACT OF SCHOOL AVOIDANCE

LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity which is making them anxious – increasing their desire to stay at home.

Advice for Parents & Educators

WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and limited time on screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

MANAGING OVERWHELMING FEELINGS

While there may be times you feel frustrated or angry, try to stay calm; acknowledge the child's worries, listen and discuss a range of coping strategies together to help them face the discomfort and overwhelming feelings. These could include mindfulness, deep breathing or going for a walk and practice the strategies in less overwhelming situations first.

REDUCE STIMULATING ACTIVITIES AT HOME

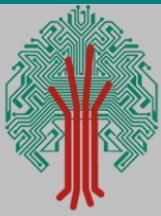
If a child is avoiding school, reduce their access to more stimulating activities (such as watching television, playing games and spending time with friends) during school hours, where possible. This reduces the potential for the child having rewarding experiences at home, which could be interpreted as a positive aspect of avoiding school.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



The
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Newsletter Issue 32



Enstruct: BTEC Level 1 Construction Provision in Leicester

Having achieved 100% attendance whilst showing a willingness to assist others, coupled with a great work ethic and the respect he shows every at Enstruct, Ruud Hubbers has won the Blue Steel Boot competition for excellence.

To put this in context, out of 3000+ young people at Enstruct, only Ruud and 4 others attained the level to achieve this award.

In addition to becoming competent at carpentry, painting and decorating, Ruud has show a real flare in bricklaying and we are extremely proud of him.

We wish him well for the future.

Citizenship Update- Summer Term

We'd like to start by saying a huge thankyou to Market Harborough Building Society, who generously funded a number of sessions on finance and employability skills for our Year 10 students. The talks were delivered by WizeUp Financial Education and covered topics such as taxes, understanding payslips and interview technique. This followed on from two successful sessions for Year 11 on student finance and budgeting earlier in the year. Elsewhere in school, Year 7 students have been studying issues in our community, such as discrimination and how to build a better society. Year 8 have been learning about Human Rights and Year 9 have been studying finance. This is all part of creating independent learners who are prepared to make an active contribution to our community.





**The Children and Young People's (CYP)
Mental Health Triage & Navigation
Service for LLR**

DHU Healthcare
Anstey Frith Building
County Hall
Leicester Road
Glenfield
Leicester
LE3 8HD

0300 1000 409

dhupatient-experience@nhs.net



How did we do?

Please send any comments or suggestions either by scanning the QR code or email us at dhupatient-experience@nhs.net or call the Patient Experience Team on 0300 1000 404 option 2, 9am-5pm Monday - Friday if you prefer to have a chat about this.

Leaflets and other information are available on request in other formats (for example, large print, easy read, Braille or audio version) and languages. We also have access to translating and interpreting services.

dhuhealthcare.com



MYSELF REFERRAL

LEICESTER, LEICESTERSHIRE & RUTLAND



**Free, Safe and Confidential
mental health support is
available**

**Take control of your mental health
journey and get support today!**

MySelfReferral-LLR.nhs.uk

What is the Children & Young People's (CYP) Mental Health Triage & Navigation Service?

CYP Mental Health Triage and Navigation is a service that helps young people in Leicester, Leicestershire & Rutland access the right non urgent mental health services for their needs.

What is mental health?

It is how we feel. We all have mental health all of the time, some days good, some days not so good. Everyone can feel a bit down sometimes, and although most of the time we can get the help we need from friends and family, sometimes we need a bit more support. This is where our service can help.

How do I get help?

If you think you or your child or young person could benefit from support with mental health, please either:

1. Visit MySelfReferral-LLR.nhs.uk

If you have mental health concern you can find information and self-refer by visiting the MySelfReferral-LLR.nhs.uk website (except neurodevelopmental disorders, eating disorders or substance misuse. Please contact your GP Surgery to make an appointment to discuss these conditions).

2. Contact your GP

Your GP can make a referral into our service if this is right for your needs. A referral gives us the information we need to help us decide what kind of service would be most helpful to you.

How do I get help if it's urgent?

If you or your child or young person have taken an overdose or are in imminent danger of physical harm, attend A&E or call 999.

Contact the 24/7 Mental Health Central Access Point (CAP) on **0800 800 3302** for urgent help. The CAP is not an emergency service.



What information will you share?

This is a confidential service provided by DHU Healthcare. We will normally only share your information if we refer you to CAMHS or the Early Intervention Service to make sure they have the right information to help them understand your needs. We will also let your GP or the person who referred you to our service know what we recommend for you.

What happens next?

If we need to, we will get in touch with you by phone to find out more and discuss options. We will try to avoid this so you don't have to tell your story to different people.

We don't meet people face to face. Once we've decided which service we think best meets your needs, you'll get a letter from our service to let you know.

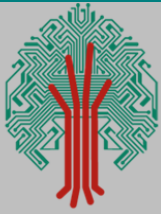
This could be a referral to an NHS service, or we might tell you how you can access other types of help, such as free online counselling or through a voluntary organisation such as ADHD Solutions. No one service is 'better' than another - they all provide support for different needs. We try hard to find the best service for you.

What can I do while I am waiting to hear from you

We want to make sure you get the help you need, as fast as possible. There is information and free resources on our MySelfReferral-LLR.nhs.uk website that might help while you wait.

Will I always get a referral to CAMHS?

No. Our services will consider a range of services available to find the best service to meet your needs.



MOBILE PHONE USE AND MEDICATION

Can we please remind parents that, as per the school policy, students are not allowed to use their mobile phones at any point during the school day unless they are authorised to do so by a member of staff.

We are seeing an increase in incidences of students receiving messages from family and vice versa during the school day.

If any urgent messages need relaying to a student, please contact the front office. Similarly, Academy staff will contact you if your youngster is unwell—students should not be contacting home directly.

As hay fever season starts please do drop anti-histamines into the front office if your child may need them.

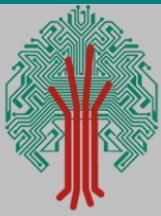


HYDRATE HYDRATE

We are hopeful that the warmer weather will continue so can we please ask that youngsters do have a water bottle in their school bag.

This is necessary when using the water fountains we have in school





PROM 2024

**Time is flying by and it is now only
49 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?**



BOWLS' BIG WEEKEND 2024

Official Partner  **AVIVA**

24-27 MAY

**HAVE A
GO FOR
FREE**

EVENT DATE & TIME:

Saturday 25th May 10am-1pm

Sunday 26th May 2pm-4pm

CLUB:

Little Bowden Bowling Club

CLUB ADDRESS:

Kettering Road
Little Bowden,
Market Harborough,
Leicestershire.
LE16 8AN

CONTACT DETAILS:

info@littlebowdenbc.org



Sign up now
to get involved



BowlsBigWeekend.com

@bowlsengland    #bowlsbigweekend



AVIVA
Principal Partner