

MESSAGE FROM THE PRINCIPAL

Dear Parents and Carers

It seems very odd writing to you on a Thursday, however I am sure that you are all aware tomorrow, Friday 23rd November is a staff inset day. This means that the school is closed to all students, so please do not send your child to school tomorrow.

I would like to remind all Year 9 parents, that Tuesday 28th November is our virtual Progress Evening. You should have received details in order for you to book appointments. If you have not done so yet, please log in to Edulink and you will see the event there.

I would also like to remind parents and carers of the who to contact page on our website - [Contact Us | Welland Park Academy](#). Parents and carers can find out who they can contact about the issues or concerns they may have. Often the form tutor, or subject teacher is the first point of contact for varying issues.

I'm sure that many of you have seen our social media pages highlighting the events we've been involved with this week. Monday saw a number of Year 7s take a trip down south to visit the Warner Bros. Studios The Making of Harry Potter. I'm assured that the students (and staff) loved the tour and the live wand skills demonstration. Our Year 10s continued their PSHCE Citizenship programme with a visit from Leicestershire Police who came and delivered an amazing, interactive session about drug awareness. I know that the students found the goggles activity most entertaining!

Our Year 11s completed their Mock Exams this week. They have been absolutely amazing. Our invigilators have commented that they have been the best mock examination year group they have ever seen. Well done Year 11.

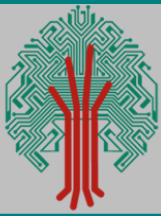
Finally, I would like to take this opportunity to remind students and families about our start time. All students need to be on site by 8.40am and should be in full school uniform. Full details of our uniform policy can be found on our website.

I hope that you have a lovely weekend.

Yours faithfully

Pete Leatherland





Welland Park Academy Lunch & Deli Menu Week commencing 27th November 2023					
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Concept	Indian	Tex Mex	Best of British	Asian	Fun Friday
Option 1	Chicken Tikka Masala	Chilli Con Carne	Red Onion Sticky Sausages	Salt & Chilli Chicken	Chicken Nuggets
Option 2	Vada Pav Bhaji	Mixed Bean Chilli	Veggie Bangers	Thai Green Vegetable Curry	KFC cauliflower wings
Sides	Yellow Rice Kachumber	Cajun Wedges Red Slaw	Cheesy Chive Mash & Peas	Firecracker Rice Greens	Chips & Beans
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	Cheese 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

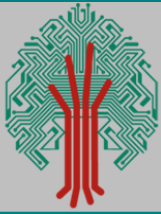
Wednesday 29th November 6pm - 9pm

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

£1 ENTRY

WELLAND PARK ACADEMY
OCTAGONAL HALL

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GCSE POETRY LIVE!

I am delighted to inform you that the English Department is organising a trip to GCSE Poetry Live! in Northampton on Tuesday 6th February 2024.

At this event students will have the opportunity to hear poets reading and discussing their work from the anthology that all students have to study. The poets will also respond to students' questions and discuss how poems connect to and influence other poems. A highly experienced Chief Examiner will deal with skills vital for GCSE success, and there will also be a session on tackling unseen poetry.

We feel this would be an excellent source of revision and altogether an invaluable experience for our Y11 students.

The total cost of the trip is £28 per pupil, which must be paid in full by Friday 15th December 2023. As we were only able to obtain 47 tickets for this event, they will be sold on a first come first served basis.

The Academy's preferred method of payment is via Parent Pay, our online system. If you do not have login details for Parent Pay, please contact the school office.

It is a full day and students will arrive back at the school at around 4-pm.

Kind regards

Mrs N Holloway

English Department

**WELLAND PARK
ACADEMY**

Winter Concert

**THURSDAY 30TH
NOVEMBER**

Octagonal
Hall 7pm

Refreshments, served by the Prom
Committee, will be available from
6.15pm in the Octagonal Hall.

FREE TICKETS AVAILABLE FROM RESOURCES

**THANK
YOU**

WELLAND PARK ACADEMY

for raising a fantastic

£766.41

The money you have raised will be used
to help change the lives of children and
young people facing disadvantage in
communities across the UK.

**BBC
CHILDREN
IN NEED**

BBC Children in Need has not verified the above fundraising. This is not a receipt.
© BBC 2007 Reg. charity England & Wales no. 802052 and Scotland no. SC039557.



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so entrals young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

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Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.





PRIVATE

FOSTERING

INFORMATION FOR PARENTS AND CARERS



Is your child living with someone who isn't a close relative? Or are you caring for someone else's child and you're not their close relative? Is this a private arrangement?

If so, this could be considered a private fostering arrangement.

If you don't tell your local children's social care service about the child's living arrangements you will be breaking the law, and you could be putting their safety and well-being at risk.

Get in touch

If you live in Leicestershire Please email childrensduty@leics.gov.uk or call the First Response Team on **0116 305 0005**



If you live in Rutland Please email childrensreferrals@rutland.gov.uk or call **01572 758407**



If you live in Leicester City Please call the Duty and Advice Team on **0116 454 1004** or email das.team@leicester.gov.uk



Leicester
Safeguarding
Children Partnership Board
WORKING TOGETHER
TO KEEP CHILDREN SAFE

