



## MESSAGE FROM THE PRINCIPAL

Dear Parents / Carers,

We draw our half term 4 to a close finishing a busy week.

We have hugely appreciated the input of Hastings Direct who have provided mentors and a venue for many Year 9 and 10 students to work on the Future Ready programme. This rigorous wellbeing programme facilitates guided reflection and development of strategies to support our young people with their mental health and learning plans. Later this year we welcome Graham Moore back to school, an international wellbeing guru who will work with all our current Year 10 as part of preparation for the final year.

We welcomed colleagues from primary schools and Inspiring Leaders into Welland Park on Tuesday and my thanks to all the students and staff who worked with them. We wish safe travels to our youngsters and staff out to Barcelona with Mr Collins. There has been an auspicious start despite nationally reported delays for travel. It is delightful to welcome parents back to school to discuss trips and other opportunities and good to meet our parents of students travelling to Borneo in July.

We have welcomed several Governors in recently to complete their monitoring visits. These Governors have been meeting students to support and challenge our provision for extra – curricular activities, GDPR compliance, academic progress and safeguarding.

We have sent to parents a letter outlining the reconfiguration plans for Welland Park and will issue some pictures from the developers with Newsletters next term. The consultation runs into May.

I just wanted to say thank you to all of our parents for your kind words and continued support. We have not completed a Spring term with full operations on site since 2019! We really appreciate your help to do this in 2022.

We look forward to seeing our Year 11 in school over Easter and all our students back on Monday 25<sup>th</sup> April. Wishing you a good break.

Miss McBrearty



## DEMENTIA TALKS



A small team of Dementia Ambassadors have delivered talks to all Y10 Tutor groups with the intention of increasing the number of Dementia Friends within the school. Dementia Friends is a social action movement that aims to increase understanding of dementia and inspire people to take action to support those living with dementia. The students were welcoming, polite and participated well with the activities.

We are delighted that we increased the number of Dementia Friends at WPA by 169.

The pandemic has had a profound impact upon those living with dementia and numbers have dramatically increased. By becoming a Dementia Friend people are improving the way that they think, speak and act towards dementia. The students were introduced to 5 key messages that those living with dementia want others to understand:- Dementia is not a natural part of ageing, Dementia is caused by diseases of the brain, Dementia is not just about memory loss as it can affect thinking, communication and everyday tasks. It is possible to live well with dementia. There is more to the person than the dementia.

We would like to thank Mr Askham for inviting us into school to be part of the PHSE curriculum and would like to commend the students for their positive attitudes and engagement

If people need further information about this issue please use the following websites:-

<https://www.alzheimers.org.uk/find-support-near-you>

[www.dementiaharrow.org](http://www.dementiaharrow.org)



## CITIZENSHIP



It has been a busy week for students in Citizenship with a number of outside speakers visiting Welland Park Academy. Year 9 hosted our local MP Neil O'Brien, who spoke to the whole year group on the importance of democracy, life in Westminster and careers in politics. Neil O'Brien MP then went on to meet the student council, who posed an impressive array of well thought out, and pertinent questions. It was fantastic to see our students being so passionate about a wide variety of issues and to pose their questions with such confidence.

Year 8 welcomed Kyra Williams of Fire Tree Visual Media, who spoke to students about careers in film, music and media production. During her illustrious career, Kyra has worked with artists such as UB40 and Holly Valance, creating music videos, before setting up a successful business in Market Harborough. It is exciting to think of the students Kyra will have inspired to investigate this rewarding career path.

Year 10 have also been busy, learning about first aid skills and Dementia. In addition to practical first aid lessons, students also received a talk from Dementia Friends, who are working to change perception of people living with Dementia. An impressive 169 students have signed up become Dementia Friends, which is testament to the impact that the talks have had on our students.

We look forward to another action-packed agenda in Citizenship after the Easter break.



Many thanks to all the staff and students who took part in the 'Move it March' challenge! We have had some phenomenal achievements with many students and staff achieving platinum status and some with double or triple platinum! Huge congratulations! It's still not too late to give your forms to Mrs Gerald.

Student prizes and certificates will be awarded after the Easter break.

So ... now it's Active April! How many of the challenges can you complete on the Action for Happiness calendar?

Wishing everyone a peaceful Break. Happy Easter!

**Active April 2022**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	 4 Eat healthy and natural food today and drink lots of water	 5 Turn a regular activity into a playful game today	 6 Do a body-scan meditation and really notice how your body feels	 7 Get natural light early in the day. Dim the lights in the evening	1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today	3 Listen to your body and be grateful for what it can do
	11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside	13 Make sleep a priority and go to bed in good time	14 Relax your body & mind with yoga, tai chi or meditation	8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise	10 Have a day free from TV or screens and get moving instead
	18 Try a new online exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often	20 Focus on 'eating a rainbow' of multi-coloured vegetables today	21 Regularly pause to stretch and breathe during the day	15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things	17 Be active outside. Dig up weeds or plant some seeds
	25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes	27 Find a fun exercise to do while waiting for the kettle to boil	28 Meet a friend outside for a walk and a chat	22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour	24 Get active in nature. Feed the birds or go wildlife-spotting
					29 Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle or stretch today	





## Mobile COVID-19 vaccination session near you

Saturday 23 April, Sunday 24 April - 10am-6pm

St Luke's Hospital Car Park, Market Harborough, LE16 7BN

For anyone aged 5+ who needs a first, second, third or booster dose



## STRESS AWARENESS

South Leicestershire School Sports Partnership Newsletter April 22



### 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 it feels out of control, can impact our mood, our well-being and our relationships with people around us.

### Spot the signs 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



To find out more information on how to spot the signs and find support, visit the **Mind** website [here](https://www.mind.org.uk)

### Tips to manage stress

Here are some tips to help you out when stress is getting the better of you.

- **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 a therapist.

\*Quote The childrens society website\*

### The Children's Society

The Children's Society have put together a Young People's Well-being Guide for Stressful Situations, click [here](#) to download the guide.



April is stress awareness month, for information and advice, click [here](#)

Catch up with all the latest news



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