



MESSAGE FROM THE PRINCIPAL

Dear Parents and Carers

We are now at the end of our first full week at WPA – what another busy week. Our Year 7s have now settled well into school life, seeing them in the playground having fun and engaged in their lessons has been an absolute pleasure. It has also been lovely to see our older students return to school with the focus ready to start the term. The lessons I have visited, I have been met by intelligent, inquisitive young people. We had the school photographers in this week, which was a fantastic experience, you should be receiving information about this shortly. I'd like to personally thank our models for posing for the new prospectus photos, I think some students may have found themselves a possible career!

We've been busy this week getting ourselves ready for Wednesday's Open Day/ Evening event. Again, I'd like to thank all of the student volunteers and student leaders who have agreed to support the school on this day. We are expecting a large number of people to be attending the event on Wednesday 13th September. If you are planning to attend because you have a younger child in primary school, I look forward to welcoming you on the night. As a new member of staff at WPA, I have been struck by how much the students care about their school and by how much they want to support the staff – it truly embodies our belief that Welland Park is a family.

You will see in this edition of the newsletter information on forthcoming events like our Careers Fair on the 5th October, where students will be able to speak with colleges, universities and local employers about the next steps at post 16. You will also find information about how to support your child, both from a wellbeing perspective and how to keep your child safe online.

The Year 11 Prom Committee will be at Lubenham Scarecrow Festival this weekend kicking off their fundraising for Prom 2024. Thank you to everyone who has donated items for the tombola and the book stall. Please do support them further if you can by dropping in to see them in Marquee 2.

Finally, I trust that you have a restful weekend.

Yours faithfully

Pete Leatherland
Principal





Welland Park
Academy
Learning For Life

08/09/2023

Newsletter Issue 2



Welland Park
Academy

Learning For Life

CAREERS FAIR

Thursday 5th October 6.00-8.00

Welland Park Academy Sports
Hall



Speak with colleges, universities,
local employers and training
providers about the next step
after school.



Newsletter Issue 2



Welcome back to the new term.

At Welland Park Academy we are committed to promoting and protecting the emotional wellbeing and mental health of students and staff. A positive culture, which values positive emotional wellbeing and mental health as well as physical health, is the responsibility of all and we are very proud indeed of the provision that is already in place in school.



So, why not join us and encourage your families to take part in the 'Self Care September' challenge, using the Action for Happiness calendar. The mission of Action for Happiness is to help people create a happier world, with a culture that prioritises happiness and kindness

Self-Care September 2023


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 4 Plan a fun or relaxing activity and make time for it	 5 Forgive yourself when things go wrong. Everyone makes mistakes	 6 Focus on the basics: eat well, exercise and go to bed on time	 7 Give yourself permission to say 'no'	1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly
11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break	8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok
18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside	15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself
 25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn	22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love





Dear Parents & Carers,

The online world is posing an ever-increasing risk to children, and it is important that schools, parents and carers work together to take an active role in teaching children about online dangers. Learning how to act safely when using the internet is an incredibly important part of safeguarding our children.




National Online Safety® The National College®

Exciting news for parents!

We have teamed up with National Online Safety Safety/The National College to provide you with a plethora of resources on all things online safety. To get started, simply click the link in this week's newsletter and set your user type to 'Parent/Carer'. You can access these invaluable resources from any device, and there's even a handy smartphone app for your convenience.

Explore a wide range of topics through Parents & Carers courses (hosted by Myleene Klass), engaging online videos, and weekly guides. Topics include Online Relationships, Spotting Fake Profiles, Tackling Online Bullying, Staying Safe from Online Grooming, Guarding Against Online Fraud, and Managing Your Online Reputation.

Stay ahead in the digital age and ensure your family's online safety with these fantastic resources. #OnlineSafety #ParentingTips #StaySafeOnline



We are therefore delighted to announce that **Welland Park Academy** have shown our commitment to protecting our pupils online by working with National Online Safety- providing resources for all parents and carers.

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|---------------------------------------|------------------------------|----------------------------|
| Online Relationships | Sexual Harassment & Violence | Social Media Platforms |
| Online Gambling | Sexting | Age Inappropriate Content |
| Radicalisation, Terrorism & Extremism | Live Streaming | Copyright & Ownership |
| Fake Profiles & Social Bots | Online Identity | Hacking |
| Online Bullying | Screen Addiction | Fake News |
| Online Grooming | Online Challenges | Online Fraud |
| Child Sexual Exploitation | Overspending | Online Reputation |
| Personal Data | Pornography | Targeted Adverts & Pop Ups |
| The Dark Web | Games & Trends | |

The resources include Parents & Carers courses (presented by Myleene Klass), online video resources and weekly guides covering a huge range of topics, including:

To create your account, please follow <https://nationalcollege.com/enrol/welland-park-academy> and complete your details. When you're set up, you'll be able to set 'Parent/Carer' as your user type.

You can access National Online Safety online via any device- including via our brand-new smartphone app. To download the app, please go to:

- <https://apps.apple.com/gb/app/national-online-safety/id1530342372>
- <https://play.google.com/store/apps/details?id=uk.co.nationaleducationgroup.nos>

Alternatively, search for 'National Online Safety' in the App Store/Google Play Store.

Answers to frequently asked questions and customer service can be accessed at <https://helpdesk.thenationalcollege.co.uk/helpcentre> .

Kind Regards,

Welland Park Academy



Welland Park Academy Lunch & Deli Menu Week commencing 11th September 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Concept	Indian	Meat Free Mexican	Best of British	Asian	Fish Friday
Option 1	Chicken Tikka Masala	Sweet Potato Burrito Bowls	Roast Chicken & stuffing, with gravy	BBQ Mandarin Pork	Battered Fish
Option 2	Butternut & Chickpea Passanda	Veg Chilli Nachos Homemade Salsa	Quorn Roast & Stuffing, with gravy	Korean Spicy Rice Bowl with Fried Egg	Veggie Fingers
Sides	Wholegrain Rice Gajar Matar (Spiced Carrots & Peas)	Garlic & Herb Wedges Rainbow Slaw	Roast Potatoes Fresh Vegetables	Beggar's Noodles Sweet Chilli Slaw	Chips Baked 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

Drink Prices:

Aqua splash small	£0.60
Aqua Splash large	£0.80
Juice Carton	£0.72
Milk (1/3rd pint)	£0.73
Radnor Fizz	£0.97
Susso Can	£1.05
Water small	£0.61
Water large	£1.05
Milkshake carton	£0.73

Snack Prices:

Cereal Bars (variety)	£0.80
Biscuits (pack of 3)	£0.80
Balconi Bar	£0.50
Yogurt	£0.92
Fruit in Jelly Pot	£0.91
Tray Bake / Cake	£0.93
Monster Flapjack	£0.97
Fresh Fruit Pot	£1.10

TRY OUR 'GRAB TO GO BAG'

A 'Grab to Go Bag' includes a sandwich or bap, fruit, biscuits and a FREE juice carton (apple juice, orange juice, apple & blackcurrant juice or a small water).

How to order a 'GRAB TO GO BAG'

1. Fill in a form below. Do not forget your (EAL) name AND form.
2. Hand the form to the till operators.
3. At lunchtime your bag will be ready to 'collect to go'.
4. We will always try our hardest to give you your choice of things etc, but sometimes we may have to substitute certain things.

ONLY £3.65
THIS IS ALSO COVERED BY YOUR FREE SCHOOL MEAL ALLOWANCE

Lunch Prices:

Burger	£2.72
Pizza—freshly made	£2.72
Cake / Muffin	£0.83
Sandwich	£2.16
Wrap	£2.38
Baguette	£2.61
Grab Bag	£3.65
Jacket Potato + 1 topping	£2.72
Extra topping (cheese)	£0.66
Lite Bite	£2.72
Main Meal	£3.05
Meal Deal (2 courses)	£3.65
Mini Lite Bite	£2.72
Panini	£2.72
Pasta Pot	£2.72
Salad Box	£3.05
Hot dog	£2.72



Welland Park Academy Dining Room

Free School Meal Daily Allowance = £3.60 (to be spent at lunchtime)

Breakfast Prices:

Bacon Bap	£1.70
Sausage Bap	£1.82
Hash Browns	£0.83
Sauce Sachet	£0.25
Chicken Wings	£1.16
Chicken Burger	£1.88
Croissant (Fresh)	£0.91
Waffle (Hot)	£0.91
Sausage roll	£1.16
Cheese toastie (1/4)	£0.60
Open egg bap	£0.92
Pizza slice / bap	£0.92
Breakfast muffin	£0.92
Fresh fruit	£0.60
Prepacked croissant	£0.91
Potato Wedges	£0.55
Buttered crumpets	£0.55
Pancake & syrup	£0.55
Pizza Bagel	£0.83