



## MESSAGE FROM THE PRINCIPAL

Dear Parents and Carers

It has been another busy and exciting week here at Welland Park Academy and I wanted to take a moment to share some key updates with you. The timetable for the Year 11 November mock exams has now been published and can be found on our school website under the Examinations tab. Please do take a look and help support our Year 11 students as they prepare for this important part of their journey

This week we have also launched an admissions consultation which will run for six weeks. Our proposal is to add Husbands Bosworth to our list of feeder primary schools. We are grateful to those who have already been in touch with suggestions for other schools, but I should stress that this consultation relates specifically to Husbands Bosworth, with whom we have been in discussion for some time. If you would like more information or wish to share your views, details are available on our new school website.

Next Thursday, 9th October, we are looking forward to welcoming Year 11 students and their families to our annual Welcome to Year 11 Evening. This will take place at 6pm in the Octagonal Hall and is a wonderful opportunity to find out more about the year ahead, with practical advice and guidance on how to support students through this important stage. Further details are also available online.

Meanwhile, our Year 10 students are heading off on their Iceland adventure next week. We know they will have an incredible time and we cannot wait to hear all about their experiences, from exploring the unique landscapes to (hopefully) catching a glimpse of the magical Northern Lights.

October also marks the beginning of Black History Month, with this year's theme being *Standing Firm in Power and Pride*. Throughout the month, students will be exploring the significant contributions of Black individuals to British society through assemblies, classroom learning and a special library collection. We are also very pleased to be welcoming Dr Camille London-Miyo from the Stephen Lawrence Centre at DMU Leicester, who will be leading a CPD session with staff on race and diversity.

You may already have seen on our social media channels that we have secured a significant funding contribution from S106 monies. These funds will enable us to make some transformational improvements to our school site. Plans include a brand-new five-classroom block, a refurbished Science block, updated toilets, an extended dining hall, and additional covered areas for students to enjoy during social times. We are still in the planning stages, but we are hopeful that some of this work will begin before Christmas.

This week we were also delighted to welcome Ruebyn Ricardo into school. Now a Championship-level football referee, Ruebyn shared his inspirational life story with our Year 9 students. Growing up in Leicester with many challenges, his journey to the top level of his profession was a powerful reminder that with resilience, dedication, and hard work, anything is possible. His visit left a lasting impression on both students and staff alike.

Looking ahead, next week we will be marking *World Mental Health Day* on Friday 10th October with a fundraising day. Students and staff are invited to join our **Wear It Yellow** non-uniform day, raising both awareness and vital funds for mental health causes. A voluntary contribution of at least £1 would be very much appreciated. Our preferred method of payment is via ParentPay, although cash donations will also be gratefully received.

As always, thank you for your continued support in helping us to provide the very best opportunities and experiences for our students.

Pete Leatherland—Principal



## Newsletter Issue 5

### IT'S COMING.....

If you would like to visit a Christmas market this year, this is your chance! A coach will leave Welland Park Academy at 8.00am on Sunday 23<sup>rd</sup> November and will arrive in Manchester at around 10.30am. It will leave Manchester at 5.30pm and return to Welland Park Academy at approximately 8.00pm giving you around 7 hours to explore Manchester.

Now in their 26th year, Manchester's Christmas Markets have become legendary, drawing millions to the city centre. With over 300 stalls spread across ten locations, visitors can enjoy seasonal treats, mulled wine, and a wonderful festive atmosphere. Whether you're after handmade gifts, craft items, or delicious food, the markets cater to all tastes and ages.

Craft and gift stalls will trade from 10 am to 8 pm, while food and drink stalls will serve from 11 am to 9 pm daily.

The city will be decked out with festive lights, creating the perfect backdrop for your Christmas selfies. Look out for giant walk-through baubles, the iconic Manchester bee, and Santa Claus himself, perched high above St Peter's Square, keeping track of who's been naughty or nice.

For those who love ice skating, Skate Manchester's covered rink returns to Cathedral Gardens. Whether it's raining or snowing, you can enjoy a magical skate under twinkling lights to the sound of festive music so if you are feeling energetic you can get your skates on and whizz around the ice rink.

There are plenty of options for everyone!

The trip will take place on Sunday 23<sup>rd</sup> November 2025 and the cost is £25 per person. This is a Fundraising Group organised trip so please feel free to invite family and friends. For further details please email Mrs Burgess [burgessn@wellandparkacademy.com](mailto:burgessn@wellandparkacademy.com)







## THE HARBOROUGH MONSTER TRAIL

**Is back for 2025!**

Brought to you by the South Leicestershire School Sport Partnership, with the support of the Harborough District Council and Active Together Harborough, we are delighted to announce the return of the 'Harborough Monster Trail'. The aim is to encourage children and families to be active during half term, Halloween and the autumn. The Monster Trail starts on **Monday 20<sup>th</sup> October** and runs until **Monday 24<sup>th</sup> November**.

20 mischievous monsters are lurking in parks in Lutterworth, Harborough, Fleckney and Thurnby for you to find. There are badges and certificates on offer for finding the monsters in each area, PLUS Jellycat monster Pip is up for grabs in our prize draw for everyone that completes a trail!

Find out more [here](#)!

### World Mental Health Day

World Mental Health Day takes place on Thursday 10th October 2025. The theme this year is, "Access to Services-Mental Health in Catastrophes and Emergencies" The theme highlights the importance of people being able to protect their mental health whatever they're going through, because everyone deserves good mental health.

Find out more [here](#)

LET'S GET SOCIAL!

Health | Wellbeing | School Sport | PE | Physical Activity

## PHYSICAL ACTIVITY Newsletter

OCTOBER 2025

### The importance of physical activity

To maintain a basic level of health, the Chief Medical Officer recommends children and young people aged 5 to 18 should take part in an average of at least 60 minutes of physical activity per day. Taking part in Physical Activity has many benefits for children and young people, including: improving fitness, increasing concentration, building a stronger heart, bones and healthier muscles. Being regularly physically active improves self-esteem, lowers stress and encourages a better nights sleep. The NHS has further information [here](#).

### Stay Active For Less!

Click [here](#) to find helpful resources and information for your family to stay active for less. Look out for our guide to local walking routes and beautiful green spaces South Leicestershire has to offer.

### Active Travel Month

Active Travel Month takes place throughout October and we want as many pupils as possible to get involved! Actively travelling to school can increase mental alertness, energy, positive mood and self-esteem, as well as reducing stress and anxiety. It helps them feel alert and ready for the day. Cycling, walking or scooting to school also increases awareness of road safety as well as supporting the environment.

### Did you know?

Only 47.8% of children currently meet the Chief Medical Officer guidelines of 60 minutes of physical activity per day.  
Source: Sport England 2023/24

### Key Dates

World Mental Health Day - 10<sup>th</sup> Oct  
International Walk to School month  
Bicycle Week - 6-12<sup>th</sup> Oct  
Bicycle Week - 7-13<sup>th</sup> Oct  
Black History Month  
A&P Awareness Month

Be physically active

60 minutes per day (30 minutes per day for 11-15 year olds)

Health | Wellbeing | School Sport | PE | Physical Activity

## South Leicestershire Community Board

### Care Navigation - Leicestershire Partnership NHS Trust

What is the Care Navigation service?  
An administrative team working together with health professionals and external partner agencies to support children and young people aged 0-19.

We can support with:

- Directing you to local support networks.
- Collating and sharing information with professionals involved to enable a more efficient service.
- Providing confirmation of health appointments detailing the clinic, date, time, and venue.
- Act as a point of contact for families and professionals when support with health required.

What sort of information is shared?  
Health professionals that are currently involved.

Referral updates.  
Appointment information.

Click [here](#) to find out more!

### Speak Out!

If a young person is struggling with stress, identity, or mental health, Speak Out's "Wellbeing Resources" page is packed with free, confidential, judgement-free support - from tips on stress & identity to 24/7 helplines - designed for young people. Scan the QR code for resources and more information.

### Neighbourhood Mental Health Cafés

spread around Leicester, Leicestershire and Rutland, run by trained and supportive staff, who are there to listen and provide the practical support you may need when you need it.

Click the logo to find your nearest café!

### Young People's Physical Activity & Sport Hardship Fund

The fund will support young people (over 16 years old) who are experiencing financial hardship and need to participate in physical activity and sport as a participant, official, coach, volunteer or lateral participant. Young people should be aged 16-25 years, up to the age of 25 years for young people with a disability.

Click [here](#) to find out more!

Health | Wellbeing | School Sport | PE | Physical Activity



## Welland Park Academy Lunch & Deli Menu Week commencing 6<sup>th</sup> October 25

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Concept	Street	Home Comforts	Best of British	Pie Day	Chip Day
Option 1	Bombay Hot Dog (with curry sauce and crispy onions)	Cottage Pie & Gravy	Roast Loin of Pork, Stuffing & Gravy	Flaky Chicken Pie & Gravy	Chicken Breast Nuggets
Option 2	Veg Chilli Nachos	Cheese & Broccoli Bake	Veggie Toad in the Hole	Creamy Mushroom Pie	Vegetarian Burger
Sides	Masala Wedges Sweetcorn	Carrots Peas	Roast Potatoes Roasted Vegetables	Mashed Potato Mixed Vegetables	Chips Baked Beans
Authentic Italian	Authentic Italian Pizza and Pasta Bar				
Hot Deli	Panini Jacket & Topping	Panini Jacket & Topping	Panini Jacket & Topping	Panini Jacket & Topping	Panini Jacket & Topping





## RUGBY

Off the back of the Red Roses Brilliant World Cup win at the weekend, we have organised a 'RUGBY FEST' for girls who have been inspired to give rugby a try. It's taking place this **Sunday 5th October** at Market Harborough Rugby Club.

