



MESSAGE FROM THE PRINCIPAL

Dear Parents and Carers

As I often say in these newsletters, it has been another busy week at Welland Park Academy, and this week has certainly been no exception. We do manage to fit a tremendous amount into each school week, and it is always a pleasure to see so many opportunities being offered to our students.

On Tuesday, our Year 7 and Year 8 students took part in a fantastic "Whose Line Is It?" careers event. Members of our local business community visited the Academy and challenged students to guess their job roles using a series of clues. It was a fun and engaging way to introduce our young people to a wide range of careers, many of which they may not have previously considered. There were some excellent guesses, plenty of laughter, and lots of curiosity about the world of work.

On Wednesday evening, we hosted our Year 10 Work Experience Launch. It was wonderful to welcome so many families to hear about the exciting opportunities available and the process for securing work experience placements. Work experience is an invaluable part of preparing students for life beyond school, and we look forward to hearing about the experiences they gain over the coming months.

Many parents may not be aware that Welland Park Academy serves as a collection point for The Hygiene Bank in Market Harborough. Hygiene poverty affects an estimated 9.6 million adults across the UK, with nearly one in five people going without everyday essentials such as soap, deodorant and toilet paper because they cannot afford them. If you are able to donate any unopened hygiene products, we would be extremely grateful if you could drop them off at Reception. Every donation makes a real difference to local families.

Today, our school community came together to "Wear It Yellow" in support of YoungMinds as part of World Mental Health Day. It was wonderful to see students and staff alike adding a splash of yellow to their outfits in support of this important cause. I am delighted to share that we have raised just over £600 for YoungMinds. Thank you to everyone who donated, took part and helped raise awareness of the importance of supporting young people's mental health.

This week has also given me the privilege of accompanying a group of our Year 10 students on their residential visit to Iceland. We have experienced some truly incredible sights, including the unforgettable privilege of seeing the Northern Lights on our very first night. Throughout the trip, I have been immensely proud of our students. Their maturity, behaviour and enthusiasm have been exceptional, and they have been outstanding ambassadors for Welland Park Academy. It has been a pleasure to spend time with them and to watch them embrace every opportunity that this amazing experience has offered.

As always, thank you for your continued support. I hope you all have a wonderful weekend.

Pete Leatherland—Principal





OCTOBER WELLBEING

Optimistic October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 5 Be a realistic optimist. See life as it is, but focus on what's good	 6 Remind yourself that things can change for the better	 7 Look for the good in people around you today	1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you	4 Start your day with the most important thing on your to-do list
12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation	8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished recently	11 Avoid blaming yourself or others. Find a helpful way forward
19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you	15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the days ahead
26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?	22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently	25 You can't do everything! What are your three priorities right now?
			29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month	

ACTION FOR HAPPINESS **Happier · Kinder · Together**

After school Mandarin Lessons



Interested in learning Mandarin?

Want to try something new or earn extra qualifications?

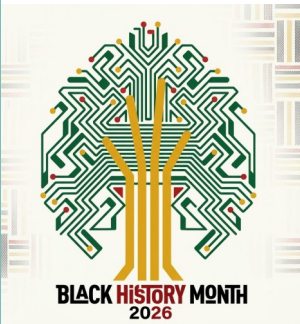
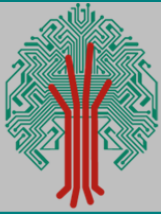
Did you learn Mandarin at primary school and want to pick it up again?

The new Mandarin class will start on Monday 12th October.

They take place in L5 in the MFL block 3.25-4.25

Sign up on SOCS

**Any questions see Mrs Russell in the Languages Department.
(russellh@wellandparkacademy.com)**



BLACK HISTORY MONTH

This month, Welland Park is celebrating Black History Month (BHM). Observed annually throughout October, Black History Month is an opportunity to recognise, celebrate and learn about the contributions, achievements and experiences of Black communities throughout British history and contemporary society.

In previous years, BHM has highlighted notable individuals who have made significant contributions to British society and history. This year marks the 39th anniversary of Black History Month in the UK, with the theme "Honouring Our Communities". The theme provides an opportunity to recognise and celebrate the individuals who play vital roles within our communities, often working quietly behind the scenes without seeking recognition. Their dedication, support and service help strengthen the communities in which we live and learn.

At Welland Park, students will have the opportunity to explore the contributions of Black individuals to British history across a range of subjects. They will also engage with the themes of Black History Month through tutor-time activities designed to encourage reflection, discussion and learning. The month will conclude with year group assemblies, bringing together students' learning and celebrating the importance of Black History Month.

This week, students took part in the Great Big Live Assembly, which introduced this year's theme and explored the purpose and significance of Black History Month. We are also launching a competition for students to design Welland Park's Black History Month logo for 2027. Further details are available from tutors, and we look forward to seeing the creativity and talent of our students on display.

WEAR IT YELLOW
FOR
WORLD MENTAL HEALTH DAY

Friday October 9th 2026

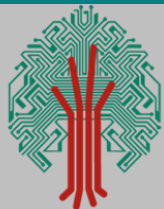
We will be fundraising for
YOUNGmINDS
fighting for young people's
mental health

This is a non-uniform day
but wear a splash of yellow
if you can!

Better
mental health
brighter
futures

Donations can be made via
ParentPay or in cash to
your form tutor.

Small
actions
make a
big difference



**POP IN AND GRAB
BREAKFAST, A HOT
CHOCOLATE, AN
ICED COFFEE OR A
FRUIT JUICE BEFORE
SCHOOL .**

**BRING YOUR
FRIENDS, RELAX
AND PREPARE
YOURSELF FOR THE
DAY.**

MEET UP WITH FRIENDS BEFORE SCHOOL!

THE MORNING HUB

GOOD FOOD GOOD VIBES GREAT START!

OPEN EVERY SCHOOL DAY | 7:30am - 8:30am

EVERY DAY INCLUDES...

- PAIN AU CHOCOLAT**
- CROISSANT**
- TOAST**

DRINKS

- COFFEE / ICED COFFEE
- TEA
- HOT CHOCOLATE
- JUICE
- SQUASH

DAILY SPECIALS

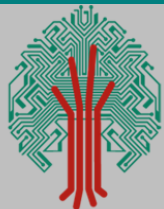
- MONDAY MUFFIN MONDAY**
SAUSAGE PATTY IN A MUFFIN
- TUESDAY TOASTIE TUESDAY**
CHEESE TOASTIE OR CHEESE & HAM TOASTIE
- WEDNESDAY WAFFLE WEDNESDAY**
WAFFLE WITH TASTY TOPPINGS
- THURSDAY TACO THURSDAY**
HASH BROWNS IN A WRAP
- FRIDAY FRUITY FRIDAY**
PANCAKES WITH TOPPINGS

EAT WELL. HANG OUT. TAKE ON THE DAY!

PRICES START FROM 50P

GOOD FOOD GOOD VIBES GREAT START!

Welland Park Academy				
School Menu w/c 12/10/26 version two				
Day	Main Option	Vegetarian Option	Sides	Bowled Over
Monday	Chicken Tikka Masala	Vegetable Stir-fry	Rice & Sweetcorn	Pasta Kitchen
Tuesday	Chicken Shawarma	Diced Grilled Vegetables	Flatbread & Green Beans	Pasta Kitchen
Wednesday	Pork Sausages	Veggie Sausages	Roast Potatoes, Vegetables & Gravy	Topped Curly Fries
Thursday	Mexican Beef	Quorn Chilli	Potato Wedges & Vegetables	Pasta Kitchen
Friday	Beef Burger	Cajun Vegetable Burger	Chips & Baked Beans	Pasta Kitchen



We may only be in October but when it comes to fundraising, the planning has to start early. I am already thinking about Christmas and the first thing that needs organising is the annual Christmas Market trip and this year we are going to London! This is a little different to previous years as this trip is not specific to one market. London has so many to choose from.

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 6th December and will arrive in London at around 10.30am. It will leave London at 5.30pm and return to Welland Park Academy at approximately 8.00pm giving you around 7 hours to explore London.

The coach will drop passengers at a set location and then you can make your own way to whichever market or shopping area you plan to visit.

There are plenty of options for everyone – you can create your own itinerary!

For full details and payment information, please email burgessn@wellandparkacademy.com

Nicki Burgess – WPA Fundraising Lead



Dr Bike

Dr Bike Session

A Dr Bike session is a bike health and safety check carried out by a qualified mechanic. The session covers the basics of bike maintenance, including checking key components such as brakes, tyres, gears and lights to make sure your bike is safe, roadworthy and in good working order. You'll also learn how to carry out basic safety checks and simple repairs, with minor adjustments made where needed.

**Welland Park Academy
LE16 9DR**

Wednesday 25 November

3:20–4:40pm



South Leicestershire School Sports Partnership

Health | Well-being | School Sport | PE | Physical Activity



What's the reality of hygiene poverty in the UK in 2026?



Hygiene poverty has gone mainstream

18%

Nearly one in five UK adults say they or someone in their household has gone without essential hygiene products because they could not afford them in the last 6 months. That's an estimated 9.6 million adults experiencing hygiene poverty.



A new face of hygiene poverty

41%

of those experiencing hygiene poverty have done so for the first time this year.



36%

of all UK adults expect to go without at least one hygiene product in the next six months.

Hygiene poverty is reaching people who previously felt financially secure.



Hygiene poverty creates a vicious cycle



57%

of those experiencing hygiene poverty said their physical health has worsened.



12%

of parents experiencing hygiene poverty say their children have missed school.



18%

of those experiencing hygiene poverty have missed work.



15%

say they could not attend a job interview.

Going without hygiene essentials doesn't only affect people today. It can damage health and confidence, disrupt education and employment, and make financial hardship even harder to escape. **It's simply wrong. Together, we can change it.**

