



MESSAGE FROM THE PRINCIPAL

Dear Parents and Carers

Welcome back after the Easter break. I hope you all had a restful and enjoyable holiday. It has certainly been a very busy and productive week back at Welland Park Academy.

Our Year 9 students have been out and about this week taking part in our Careers and Enterprise Days, visiting a range of local organisations including the Leisure Centre, Fire Station, Space Centre and Market Harborough Building Society. These visits form part of our ongoing drive to encourage our Key Stage 3 students to begin actively engaging with careers and post-16 thinking from an early stage.

This excellent programme has been orchestrated by Mr Askham and his team, and it has been a great success. I personally had the pleasure of escorting a group to the Leisure Centre in Market Harborough, and it was a fantastic day out. Students learned about lifesaving skills, the wide variety of roles within a leisure centre, and the vital part these facilities play in community health and medical rehabilitation. It was genuinely enlightening — and certainly opened our eyes to just how important these services are.

You may have noticed a little disruption on Monday following the relocation of the existing canopy to the opposite side of the Octagonal Hall. Thankfully, this was resolved by Tuesday. Once the new canopy is installed in July, we will have covered areas on both sides of the Octagonal Hall, providing excellent shelter in both wet and hot weather for years to come.

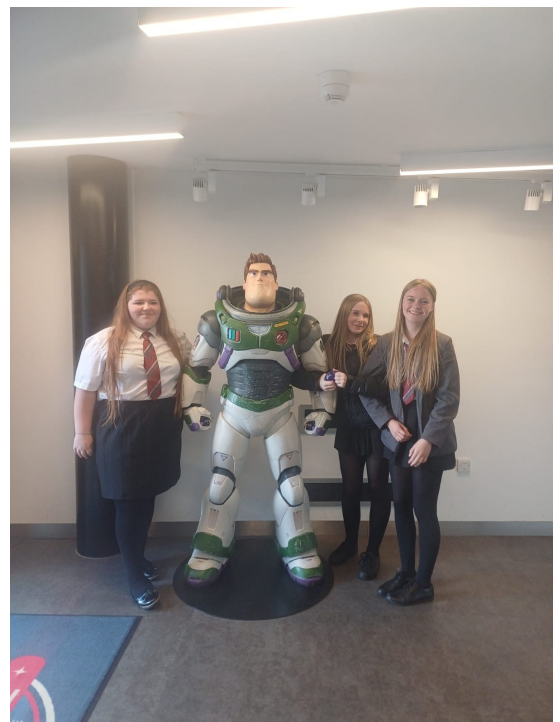
We are delighted to welcome Mr Bell to our Science Department, who has joined us permanently and will initially be covering Mrs Boggs' maternity leave. We also extend a warm welcome back to Mrs McSparron, who has now returned from maternity leave.

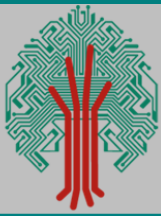
Preparations for the live GCSE examinations are well underway, with students in MFL, PE, Drama and Design beginning their practical examinations. We wish all students the very best of luck — this is truly their time to shine.

Looking ahead, Year 7 Progress Evening will take place in person next Wednesday, and we look forward to welcoming parents and carers into school. On Friday next week, we are also hosting our annual Primary Music Day, when we welcome young musicians from our local primary schools onto site for what is always a wonderful and inspiring event. It is a highlight of the year, and I greatly look forward to it.

Thank you, as always, for your continued support. I hope you all have a wonderful weekend.

Pete Leatherland—Principal





WEEK COMMENCING:-
20TH APRIL 2026,
11TH MAY 2026,
1ST JUNE 2026,
22ND JUNE 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Welland Park Academy
Learning For Life



MAIN # 1

Beef Enchilada with Rice, salsa and salad

Chicken Tikka Masala with Rice and Naan bread



Chicken Roast of the Day

BBQ Mandarin Pork with beggars' noodles & sweet chilli slaw



Pork Sausages with chips and beans

MAIN # 2

Vegetable Enchilada with Rice, salsa and salad

Mushroom & Spinach Rogan Josh with Rice and Naan Bread

Roasted Vegetable Lattice

Hoisin Stir Fry with beggars' noodles & sweet chilli slaw

Vegetarian Sausage with chips and beans

HANDHELD

Pizza, Panini's, toasties & lite bite of the day

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BOWLED OVER

Loaded nachos

Pasta Kitchen (pesto or tomato & basil)

Curried Rice Bowls



Noodle Street

Pasta Bowls (mac & cheese or tomato)



Selection of cakes, muffins, cookies, brownies, flapjacks, hot puddings & custard

BAKERY & PUDDINGS

SUPER SPUDS

DON'T FORGET ABOUT OUR BAKED POTATOES WITH A VARIETY OF TOPPINGS FOR YOU TO CHOOSE FROM!

AVAILABLE EVERYDAY FRESH FRUIT, YOGHURTS & JELLY



ALLERGIES

PLEASE SPEAK TO A MEMBER OF STAFF IF YOU HAVE AN ALLERGY & NEED TO KNOW WHAT'S INSIDE OUR FOOD DISHES.

EARLY MORNING FOOD AND DRINK PROVISION

VENUE: DINING HALL

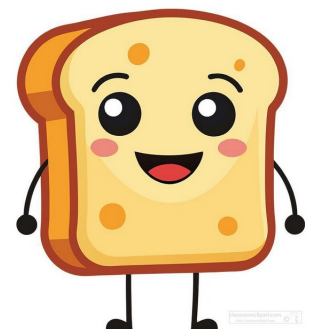
REMEMBER—OUR EARLY MORNING BREAKFAST PROVISION IS OPEN TO ALL STUDENTS

ALL BREAKFAST FOOD ITEMS ARE £1 INCLUDING TOAST, CRUMPETS, CEREAL, PORRIDGE AND BAGELS

HOT CHOCOLATE, TEA AND FRUIT JUICE ARE 50P

CATCH UP WITH YOUR FRIENDS BEFORE SCHOOL OR COMPLETE REVISION WORK AND ENJOY A DRINK AND SOMETHING TO EAT AT THE SAME TIME

A MINIMUM SPEND OF 50P MUST BE MADE





**THIS WAS GREAT FUN LAST YEAR SO WE ARE
BRINGING IT BACK!!!**





A free virtual event opening the door to your future in the Royal Air Force.

Discover the full range of RAF careers and the people behind them. Whether you're drawn to aviation, fascinated by technology, or looking for a career with real purpose, this is where your story begins.

What awaits you:

- Live Q&As with RAF personnel – Hear directly from those who've trained, travelled and built rewarding careers across every branch.
- Career Pathways Spotlight – Explore the full range of RAF roles, from aircrew and engineers to medics, intelligence and logistics.
- 360° Interactive Experience – Step inside RAF bases and operations and see how every role connects to the mission.
- Lifestyle & Training Insights – Discover what it really means to live, train and thrive in the RAF.

Curious about a career in the RAF? Ready to explore your options? Find out where your story could take you.

**BOOK YOUR
FREE TICKET
NOW!**

**SCAN THE QR CODE OR
CLICK HERE TO REGISTER**





EXAM STRESS Newsletter

APRIL 2026



Funded by
UK Government

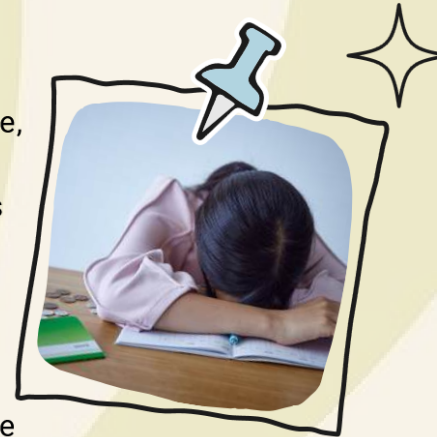
What is stress?

Stress is your body and mind's natural response to demands, challenges, or threats—whether real or perceived. For young people, stress can come from a variety of sources including social pressures, family expectations, exams or even navigating changes in their personal lives. Stress occurs when the demands placed on you feel greater than what you can manage.

When young people feel stressed, their bodies respond with the “fight-or-flight” reaction:

- The brain releases stress hormones like cortisol and adrenaline
- Heart rate and breathing increase
- Muscles tense up
- Focus narrows to deal with the challenge

While this response can help in short-term situations, chronic stress can affect both physical and mental health. Recognising stress early and finding healthy ways to manage it—like talking to someone you trust, staying active, or practicing mindfulness—can make a big difference.



Use the link below for more suggestions and support relating to exam stress

<https://www.wellandparkacademy.co.uk/assets/Documents/Parents/Wellbeing/April-2026-Secondary-Newsletter.pdf>