



## MESSAGE FROM THE PRINCIPAL

Dear Parents and Carers

Welcome back to the new academic year at Welland Park Academy! I hope you all enjoyed a restful and enjoyable summer break. As we step into this term, I am delighted to report that we've had a very positive start. Our students have returned with enthusiasm and energy, and it's wonderful to see everyone settling back into their routines so smoothly.

We have an exciting event coming up that I want to highlight—our Open Evening on Wednesday, 11th September. This is a fantastic opportunity for new and prospective parents to meet our dedicated staff, explore our facilities, and learn more about our school.

I look forward to seeing you all soon and to a successful term ahead!

Best wishes,

Pete Leatherland  
Principal

## YEAR 11—PROM

It may seem quite early to start talking about Prom 2025 but if you ask the Prom committee, it is never too early.

The committee have already had a couple of meetings and have plenty of fundraising ideas. They have to raise all of the funds for their Prom themselves and they have a number of events already booked in for 2024/25.

Their first big event is Lubenham Scarecrow Festival (7th and 8th September). They are giving up their weekend to be there and will be having a book stall, a normal tombola and a bottle/can tombola. They have had many items donated and we are hoping to have a fantastic weekend. Please pop over to Lubenham and support them—they will be in marquee 2.

The committee will also be serving refreshments at our Open Evening on Wednesday 11th September 2024. We are looking for donations of cakes and wrapped biscuits (similar to Kit Kat, Club etc). Any contributions can be dropped into front reception,

If you, or anyone you know, has any suitable items do please drop them into school.

Nicki Burgess—Prom Chair





## IT'S COMING.....

Our Christmas Market trip this year is to Winchester!

Winchester Cathedral Christmas Market is recognised as one of the best in Europe. It is renowned for its bustling atmosphere, stunning location and handpicked high quality exhibitors, which attracts visitors from around the world each year who come to shop at the pretty wooden chalets, situated within the historic grounds.

Admission to the Christmas Market is free.

There is plenty of choice when it comes to food and drink at the Christmas Market. Traditional mulled wine, bratwurst, mince pies and stollen mix with mac and cheese, Yorkshire pudding wraps and much more.

There is a British Craft Village showcasing jewellers, painters, glass makers and textile artists selling unique gifts and decorations.

If you fancy a spin there is also Winchester Cathedral ice rink.

If you want to nip into Winchester itself you will find Winchester Castle where you can visit the Great Hall which houses the Round Table of Arthurian legend.

The Winchester College Treasury house's a huge collection of art and archaeology including artefacts from Egypt, Greece and Rome as well as casts of the Parthenon Frieze and Chinese ceramics from the Tang to Qing dynasties.

Winchester centre has a fantastic array of shops from individual boutiques to national chains. There is also an abundance of restaurants and cafes.

The trip will take place on Sunday 8<sup>th</sup> December 2024 and the cost is £28 per person. This is a PTA 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)





## Youth Friends

An evidence-based programme, for young people 12-16 years old, with a focus on emotional health and wellbeing. The programme is a six-week course exploring topics related to general emotional health and wellbeing designed to support young people with understanding and managing emotions, resilience, and friendships.

### Course details

#### Before

A Young People's Health and Wellbeing Officer will speak with and tell you information about the group.

#### During

The course consists of six weekly sessions where we will explore:

- Understanding feelings.
- Confidence
- Thoughts, feelings, and behaviours.
- Challenging thoughts
- Friends, bullying and conflict.
- Strategies, solutions, and support networks.

#### After

In the evaluation session you will have the opportunity to reflect on the learning from the group and celebrate your achievements

### At the group

#### It is expected that you will:

- Attend all sessions
- Work with us to make it a positive experience for all
- Become more confident and learn skills to help manage your feelings

#### Together we will:

- Talk and listen
- Learn ways of caring for you and your feelings
- Have fun

#### We will all:

- So we can all get the best from coming to the group:
- Be kind to each other
  - Listen to each other
  - Respect each other
  - Support and encourage each other
  - Be honest and open with each other

For more information or to make a referral to the Teen Health 11-19 Service visit

[www.leicestershire.gov.uk/teen-health-11-19](http://www.leicestershire.gov.uk/teen-health-11-19)



2022 Paula Barrett, Friends Resilience

### F

#### Feelings

Learn to recognise and manage your feelings and also to show empathy for others' feelings.

### R

#### Remember to relax

Have quiet time, focus on the present and become more aware.

### I

#### Inner Helpful Thoughts

Change unhelpful thinking in to helpful thinking.

### E

#### Explore solutions and step plans

Learn to find solutions for problems and to face challenges.

### N

#### Now reward yourself!

You have tried your best. Be happy with yourself.

### D

#### Do it every day!

Try to use you're your new coping skills when you are faced with challenging situations.

### S

#### Stay strong inside

Share your skills with your family and community. They are your support groups.

For more information or to make a referral to the Teen Health 11-19 Service visit

[www.leicestershire.gov.uk/teen-health-11-19](http://www.leicestershire.gov.uk/teen-health-11-19)



## Risk Avert



Risk Avert is an evidence-based model, consisting of a group for young people (years 8 & 9) with a focus on low-level risk-taking behaviour. Risk Avert aims to support young people to identify coping skills and strategies to support independent decision making. It is delivered with Teen Health as a 6-week programme, focussing on understanding and managing negative risk-taking behaviour with a focus on emotional wellbeing.

### Group details

#### Before

A Young People's Health and Wellbeing Officer will contact you with the information about the group

#### During

The group will explore:

- o Introduction
- o Your Brain
- o Your Priorities
- o Your Friends & Family
- o Your Choices
- o Your Journey

#### After

You will have the opportunity to reflect on the learning from the group and celebrate your achievements

### At the group

#### It is expected that you will:

- Attend all sessions
- Work with us to make it a positive experience for all
- Become more confident and learn skills to understand what impacts our decisions.

#### Together we will

- Talk and listen
- Learn ways of understanding and managing healthier choices
- Have fun!

#### We will all

- Be kind to each other
- Listen to each other Respect each other
- Support and encourage each other
- Be honest and open with each other.

For more information or to make a referral to Teen health, visit:

[www.teenhealth.org.uk](http://www.teenhealth.org.uk)



For more information about the Risk Avert programme, visit:

<https://www.risk-avert.org/how-it-works/>



## Leicestershire Local Offer Special Educational Needs and Disabilities Roadshow

**Thursday 26th September**  
5.00pm – 7.30pm

Leicestershire County Council, County Hall, LE3 8RF

**Come along with your child / young person to have a go at activities and find out about Local SEND services and support available**

The Roadshow brings together information and services which support families of children and young people with special educational needs and disabilities (SEND) all in one place. A chance to meet and chat with representatives from Leicestershire County Council and its partners.

We are **inviting children and young people** to come along to this Roadshow to have a go at some activities on offer. These include:

- ▶ Music Sound and Sensory
- ▶ Positive Mental Health
- ▶ No Bake Food
- ▶ Cricket
- ▶ Cinema showing of 'Save me'

Please book your FREE tickets via

[https://leicestershirecc-self.achieveservice.com/en/service/Local\\_Offer\\_SEND\\_Roadshows\\_2024](https://leicestershirecc-self.achieveservice.com/en/service/Local_Offer_SEND_Roadshows_2024)

Free parking available

**To find out more about the SEND Local Offer in Leicestershire please visit**

[www.leics.gov.uk/send](http://www.leics.gov.uk/send)

Scan here to book tickets



Leicestershire  
**SEND**



## 10 Top Tips for Parents and Educators CREATING FAMILY RULES FOR USING DEVICES

A set of family rules agreed on with children can promote the safe, responsible use of devices like tablets, smartphones, gaming consoles and computers. By developing rules around technology, it opens the conversation regarding boundaries and expectations, ensuring a healthy balance of screentime. This guide will help you to develop an age-appropriate family agreement to suit your household.

- 1 WORK TOGETHER**

Collaborating with children when setting rules around the use of technology is a valuable task that can encourage them to take more ownership. It's important to make rules which reflect your family and are age appropriate. Think about what you all enjoy doing online and what apps, games or devices children use most frequently.
- 2 AGREE TIME LIMITS AND SUITABLE TIMES**

Be realistic when setting screen time limits. These can vary depending on the child's age, whether it's a weekday or weekend, and what they're actually doing online. If they're conducting research for homework, that might require more time than if they were playing games. Consider when screen time begins: does it come after chores and homework? Agree times when technology and phones must be put away.
- 3 ENCOURAGE HONESTY**

Family rules ensure that everyone can have fun with their devices and be safe while doing so. Nonetheless, children may make mistakes as they learn to navigate the online world. Emphasise that if they ever feel worried, unsafe or upset about something they've done, sent, said or received, they should tell you immediately so you can help them resolve the problem.
- 4 CHARGING AND OVERNIGHT STORAGE**

To ensure children get the downtime they need overnight, it's important that devices - especially smartphones - are kept in a common space, where possible. This reduces the chance of pointless late-night scrolling or sleep being disturbed by calls, messages or notifications. There are charging boxes you can purchase, or all gadgets could be charged in the kitchen overnight to avoid distractions.
- 5 REVIEW RULES REGULARLY**

Anything you agree on isn't set in stone. These rules will likely alter as children get older and the way they use technology changes. Take time to review these as a family, discuss what's working and what isn't. Communication is key - so by doing this, you involve the child in their own online safety while promoting an open dialogue.
- 6 PROTECT PERSONAL INFO**

Discuss and demonstrate the importance of protecting your personal information. Talk about what details you share online and who with. Use parental controls to block children from connecting with strangers, so that any information they do share is among their real friends. Ask a child's permission before posting any photos of them on social media, as this demonstrates positive online behaviour that they should learn and remember.
- 7 BE RESPECTFUL**

Highlight the importance of showing respect to others when using technology. Encourage children to speak kindly to others online - such as on social media, when playing multiplayer games or in group chats (which can often lead themselves to teasing behaviour). Explain that if they aren't treating others considerately, they might be made to stay away from their devices for a while.
- 8 "NO TECH" ZONES**

Designating spaces in the house where technology isn't allowed (for example: bedrooms, bathrooms and at the dinner table) lets you keep an eye on what children are viewing and who they're communicating with. It gives you some quality, screen-free time with them, too. It also helps reduce any impulses to potentially engage with inappropriate content, as they're unlikely to do so in a common space within the home.
- 9 AGREE ON CONSEQUENCES**

As a family, discuss why the rules are important: to balance their screentime, to ensure everyone enjoys gaming or interacting online, and that they are safe when doing so. Therefore, if these rules are broken, there has to be a consequence. Discuss what would be fair for certain breaches of the rules, as this can prevent a disproportionate response in the future.
- 10 KNOW ALL PASSWORDS**

To protect children from inappropriate content, parents should have access to all passwords. Parents should also make it clear that they will check children's devices, should they have any concerns about their use. Emphasise that this isn't due to a lack of trust but is an extra way of keeping them safe.

**Meet Our Expert**

Dr Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.

**#WakeUpWednesday**

**The National College**

Source: See full reference in our guide page at [nationalcollege.com/guides/tips-for-creating-family-rules-for-using-devices](https://nationalcollege.com/guides/tips-for-creating-family-rules-for-using-devices)

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**As we start the new year and students get used to wearing a uniform again, we are seeing many of them with rips and holes in their tights. They are then presenting themselves at Pastoral asking for a replacement pair.**

**Unfortunately this is not something that we can maintain due to the cost implications so can we suggest that if your youngster is wearing tights to school that they carry a spare pair in their bag.**