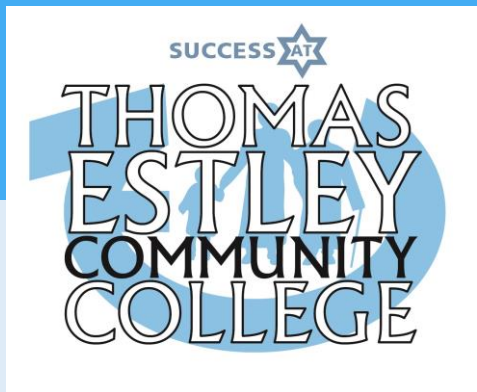


Welcome to our Thomas Estley  
**Newsletter**  
Easter 2023

**A Community of  
Courage and  
Commitment to  
Success**

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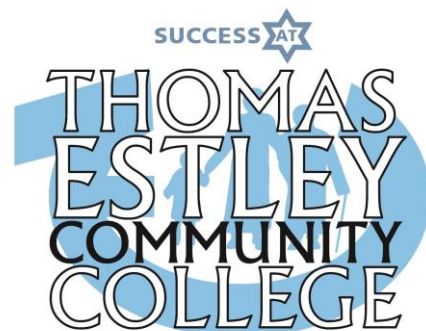
# Dates for the Diary



31 <sup>st</sup> March	College breaks up for Easter
3 <sup>rd</sup> – 14 <sup>th</sup> April	Year 11 Revision School
17 <sup>th</sup> April	College opens for first half of Summer Term
17 <sup>th</sup> April	Salters Festival of Chemistry
18 <sup>th</sup> April	Y9 Alice in Wonderland Theatre Trip, Nottingham
20 <sup>th</sup> April	KS3 Y7/8 Science Fair
20 <sup>th</sup> – 21 <sup>st</sup> April	Year 11 Art GCSE Exams
21 <sup>st</sup> April	Y7 Demon Dentist Theatre Trip, Nottingham
24 <sup>th</sup> April – 9 <sup>th</sup> May	Year 11 MFL Speaking Assessments
1 <sup>st</sup> May	May Day Bank Holiday
3 <sup>rd</sup> May	Y8 HPV Vaccinations
8 <sup>th</sup> May	King’s Coronation Bank Holiday
15 <sup>th</sup> May	Year 10 Mocks and Year 11 GCSE’s start
16 <sup>th</sup> May	KS4 Industry Experience at Caterpillar/JCB
19 <sup>th</sup> May	South Leicestershire Area Athletics Competition
26 <sup>th</sup> May	Year 11 Celebration Event
26 <sup>th</sup> May	College breaks up for Half Term
30 <sup>th</sup> May – 2 <sup>nd</sup> June	Year 11 Revision School
5 <sup>th</sup> June	College opens for second half of Summer Term

**Do you know of any student successes that we could share and celebrate?**  
 Please email your information, ideally with photographs to:  
**PatothePrincipal@thomasestley.org.uk**

# A word from the Principal



This term has been a term of sharing and of collaborations– for students and for staff.

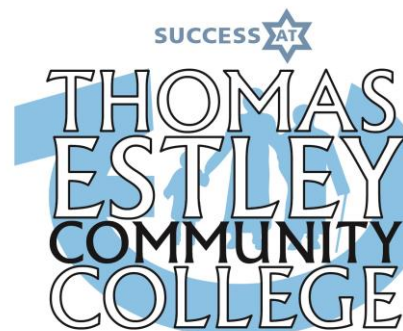
You can read here about some recent visits organised to local, national and international locations across a range of interest areas including War Poetry, Democracy, Geology, Dance. We have hosted younger children onsite to share our interests in Music, science and Sport, and competed in sports and e-sports, as well as welcoming audiences to our School Show. We have welcomed the community into the college for PSHE drop down days and other curriculum enrichment.

Staff have visited other schools across our Success Academy Trust, our TELA learning alliance, Leicester City and Leicestershire, to moderate, share good practice and help them review their own provision, and we have welcomed other headteachers and local leaders onsite to help us review our curriculum, SEN provision, and to look at our student leadership offer so that it can be replicated in other schools. The first week back after Easter we will welcome 40 CEOs of other multi academy trusts from across the East Midlands onsite to share best practice together.

We were absolutely delighted to be selected this month to be a coveted SSAT Leading Edge School as a result of strong practice and great GCSE outcomes, and we will collaborate with other high performing schools nationally to further develop our provision.



# Spotlight on Year 11



We are very proud of our **school holiday sessions** that we run for our **Year 11** students. Please see below the schedule to assist you in planning your family holidays. We do highly recommend that students attend these sessions as direct teacher facing time is the most beneficial type of revision.

All sessions run from 10am - 2pm with a working lunch and short morning break. Students will need to make their own way to and from college and will need to bring a packed lunch as no catering facilities will be available. Uniform is not required.

A booking form has already been sent to parent's email addresses early in the new year to secure your child's place. These sessions are very popular so please book early to avoid disappointment. If you have any questions please contact Mrs Hartley ([jhartley@thomasestley.org.uk](mailto:jhartley@thomasestley.org.uk))

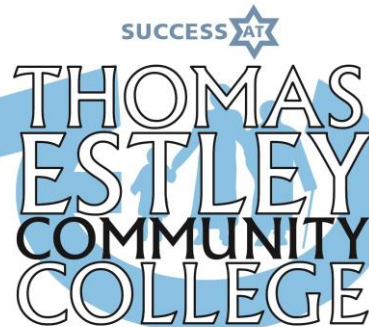
## EASTER REVISION SCHOOL

Date	Staff delivering	Subject	Room
Monday 3 <sup>rd</sup> April	Mrs Strudwick	Art	D1
Monday 3 <sup>rd</sup> April	Miss Geraghty	Citizenship	H4
Tuesday 4 <sup>th</sup> April	Mrs Morgan	French	Drama Hall
Tuesday 4 <sup>th</sup> April	Mrs Cornelius	Spanish	L3
Wednesday 5 <sup>th</sup> April	Mrs Bryan	Economics	E2
Wednesday 5 <sup>th</sup> April	Mr Virk	PE	T1
Thursday 6 <sup>th</sup> April	Mr Timmins	Computer Science	IT4
Thursday 6 <sup>th</sup> April	Mrs Young	Psychology	E2
Tuesday 11 <sup>th</sup> April	Mr Schalkwyk	Geography	Drama Hall
Tuesday 11 <sup>th</sup> April	Miss Plumb	Music	A1
Wednesday 12 <sup>th</sup> April	Miss Taylor and Mr Smith	English	Drama Hall and T1
Thursday 13 <sup>th</sup> April	Mrs Ducey and Mrs Taylor	Maths – Higher Tier	Drama Hall
Friday 14 <sup>th</sup> April	Miss Burton	Biology	Drama Hall

## MAY REVISION SCHOOL

Date	Staff delivering	Subject	Room
Tuesday 30 <sup>th</sup> May	Mrs Ducey and Mrs Taylor	Maths – Foundation Tier	Drama Hall
Wednesday 31 <sup>st</sup> May	Mrs Young	History	Drama Hall
Wednesday 31 <sup>st</sup> May	Mrs Bancroft	Dance Theory	A1
Thursday 1 <sup>st</sup> June	Miss Burton	Physics	Drama Hall
Friday 2 <sup>nd</sup> June	Mr Corner	Chemistry	Drama Hall
Saturday 10 <sup>th</sup> June	Mrs Ducey and Mrs Taylor	Maths – Both Tiers	Drama Hall and T1

# Spotlight on Year 11



## Celebration Event

Prom tickets are now on sale for Year 11 students on Parentmail. The Prom will be held on **Wednesday 28<sup>th</sup> June at The Royal Arms Sutton Cheney**  
<https://www.royalarms.co.uk/>

The Event runs from 6pm - 10pm and is priced at **£40**. We have managed to get some sponsorship to keep the cost as low as possible, however, venues are charging more due to their overheads increasing.

The students will have a mocktail on arrival and canapés with a red carpet reception. They will also enjoy a 2 course evening meal with an award ceremony, prizes and entertainment. The students will need some money for additional soft drinks and to purchase the professional photographs on the evening if they wish.

The ticket is available to buy outright or in 4 payments of £10 and all must be paid by the **26<sup>th</sup> May 2023**.

If you have any questions, please email me on [jhartley@thomasesstley.org.uk](mailto:jhartley@thomasesstley.org.uk)



# Iceland Trip

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During the February half term break, the Science and the Geography Departments took 50 **Year 10/11** passionate learners to the incredible landscape of **Iceland**. Whilst there we saw waterfalls, volcanos and geysers all under either bright blue sunshine or gentle snow flurries. We even managed to glimpse the Aurora Borealis, the Northern Lights



# Day Trips

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**Year 9** went to **The New Walk Gallery** in Leicester as part of their course for their Arts Award Specialism. Experiencing being an audience member and seeing artwork in a gallery environment as well as getting involved with observational drawing. Well done Year 9!

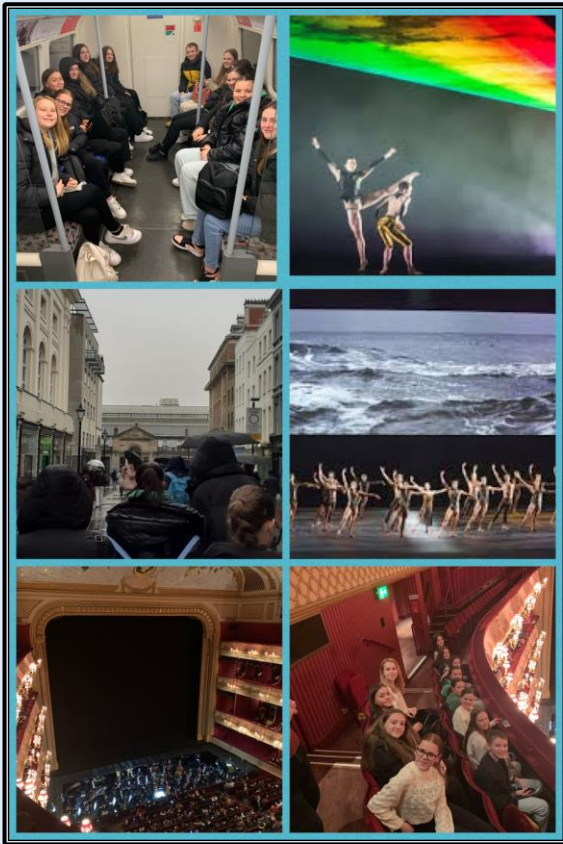


Some of our students were invited to attend the **Blaby Youth Council Conference** to represent Thomas Estley. In the morning, they attended workshops based on Vaping, Hate Crime and The Environment. They were really engaged and made the CRE Department really proud with their enthusiasm and contributions.

After lunch, they had the opportunity to meet local Councillors and share their feelings about the local area and offer their ideas for solutions to the issues which young people face in our area. Thank you to Blaby District Council for inviting us to attend this fantastic day!







Our **Year 10** GCSE Dance, and 2 **Year 9** students, enjoyed a visit to **The Royal Opera House in London** to watch Wayne McGregor's Woolfe Works a full-length contemporary ballet inspired by Virginia Woolf's novels, letters, essays and diaries. It was an inspiring experience and Miss Bancroft was also very proud of the students for negotiating the London Underground and for their mature conduct in the theatre.

**Year 9** students had a fantastic time at the **Imperial War Museum** in Duxford. As they are currently studying WW1 poetry in English, the department organised a trip to complement their contextual understanding of the poems and to give them a real insight into trench warfare, gas attacks and a myriad of other information surrounding the "Great War". Our teachers praised the students for exemplary behaviour and for representing the college really well.



# Primary Masterclass

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We welcomed 30 Year 6 pupils from Hallbrook Primary School as part of Science week. They had an exciting afternoon being in a lab and learning about Bunsen Burners. They were able to set and light the Bunsen Burner, change the flame and turn it off safely following all the instruction. Once this was achieved, they moved on to heating up pennies, first they had to change the flame to a blue flame and to observe the reactions that occurred to the coin and flame, this also tested their skills with holding tweezers and keeping their fingers away from the hot end. The afternoon was fantastic and all the pupil's gained valuable knowledge and skills ready for when they start Year 7.



We welcomed 27 Primary pupils from three of our feeder to schools to experience an Orchestra day. We had pupils from Year 3 through to Year 6 who took part. At the start of the day the pupils didn't know the music that had been selected by Miss Plumb, but got to work mastering the notes. At the start of the day some pupils had not even played certain notes before and only knew a few. By the end of the day they had mastered some really complicated notes, plus gained skills playing in a large group with different instruments. This was the first time some pupils had played their instrument for so long, so tired and worn out fingers. At the end of the afternoon, the pupils played the music they had learnt to family and friends - again a first for many and they all did a fantastic job.

# Primary Masterclass and Student Leadership

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COMMUNITY  
COLLEGE

A group of **TECC Music Leaders** delivered Samba workshops to pupils at Richmond Primary School.

Student music leaders planned the enrichment session, created a power point and then delivered the workshop three times to different classes. They introduced Samba musical instruments, and demonstrated the polyrhythms of the Amazon Samba, before teaching them to the pupils. The primary pupils were initially nervous, but soon joined in when the music leaders encouraged them.

We were very impressed when everyone was able to play the piece together after the great teaching delivered by our students. A fantastic, fun afternoon was had by all!



Over the month of March, we have welcomed over 50 pupils from our feeder Primary schools, to help our **GCSE Sports Studies** students and sports leaders. Pupils have turned up to improve on their skills in netball, football, Cross Country and Badminton. Our GCSE students planned the activity and all the skills they wanted to teach and planned their sessions to the minute to fit everything in. This is the first time our students have run a session completely on their own. This experience has given them great feedback and assessment for their coursework, plus a pleasure to watch as they grew in confidence as the session progressed. All the pupils from the Primary Schools were just brilliant for our students and they had to work hard too, within the session. A big thank you to all the pupils who took part to help our students complete these elements of their coursework.

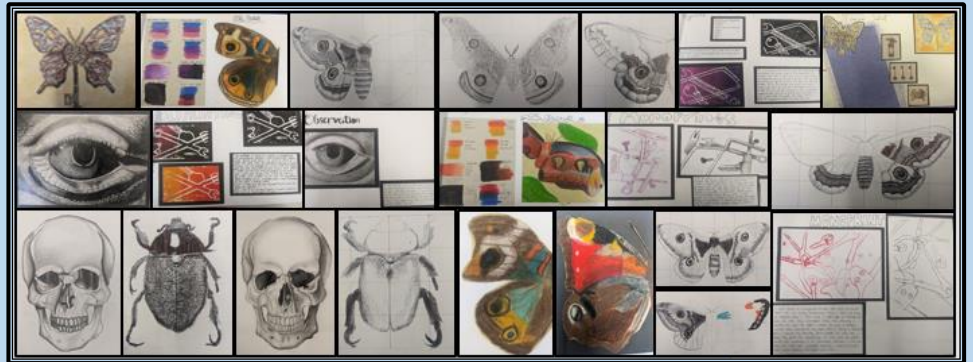
**Year 9** Resistant Materials students have been completing and testing each other's sustainable games. It is great to see such a varied range of different outcomes including pinball machines and mini bowling alleys.

The students had to analyse existing products and redesign them to make them more sustainable. A range of hand drawn designs and detailed card models were then produced, before students manufactured their products using a range of specialist tools. We are really impressed with how independently our students have worked to realise their designs and the quality of their outcomes.



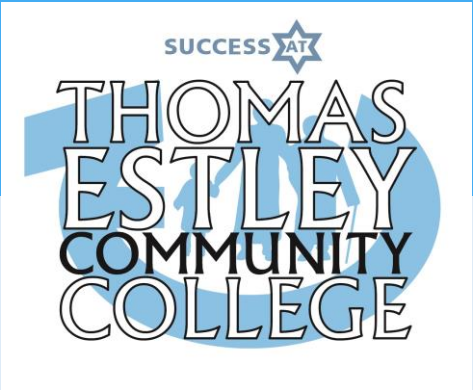
**Year 9** have been working very hard on their Weird and Wonderful Project in Art.

Well done!



**Year 7** have been working hard on their superhero inspired cushion covers in Textiles! Well done Year 7. These will look fantastic when sewn together!





The **ADT department** set a creative task for Year 7 and 9 on Snow Day, to create a snowman. This could either be by building one thinking about proportion and making it original and full of character or by drawing one thinking about line and tone. We have been so impressed with the students work and here is a wide selection of it. There's clearly been a lot of fun with this lesson and there will be prizes awarded. Here are some of the fantastic submissions!



The **PE department** developed a set of exercise challenges for our Key Stage Three children working remotely on Snow Day.

They responded with enthusiasm - here are some of their sporty submissions!

*In the snow with my brother and I was building snowballs. Right, I was going for flexibility but strength as I had to shove large snowballs and then throw them. We were messy and can't so we didn't hit them, and instead the chance to walk to the shops.*

**KS3 PE enjoying the snow day work set by Miss Kav**

**this activity helps my strength since my arms are pushing the heavy snow. It gives exercise to my triceps and biceps.**

Find an activity at home that will keep your body moving for a full 20 minutes. Examples include: building a snowman, sledging, completing a workout indoors with pushups/situps, running in place, chores around the house, shovelling the driveway or pavement, taking the dog for a walk.

After completing the activity you need to write a response (at least a paragraph) that describes the activity and what fitness benefits were achieved. (for example, cardiovascular, flexibility, strength.)

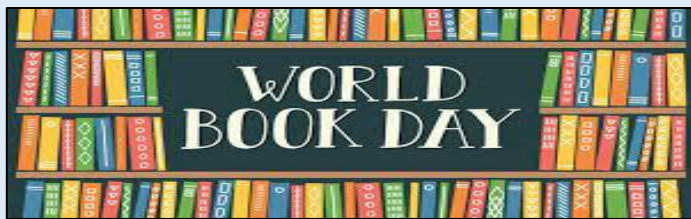
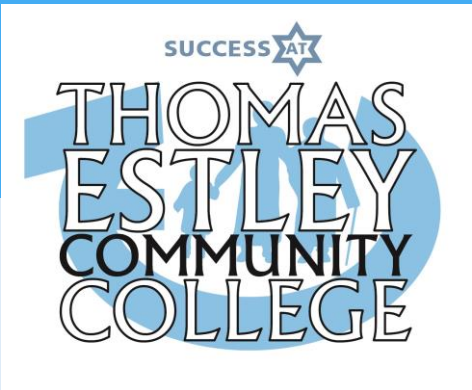
upload a photo & your paragraph  
Have fun in the snow, but be safe!

*Dog walk/brisk walk*

*A brisk walk can help you improve cardiovascular fitness, strengthen your immune system and support and strengthen bone and muscles. It helps to improve muscular strength and flexibility.*

*I was out sledging with my brother, it was very tough to pull him up the snow and I was able to use sleds using the sleds to move out of the way when he was sledging and when the sleds were moving!*

# World Book Day



We have had a fantastic day, celebrating the wonder and joy that is reading. The English Department dressed up as various literary characters and really got into the spirit of the day, but all staff members were assigned a famous fictional figure and students had to hunt down which character they all were.

In English, KS3 all had a fun reading/investigative lesson today which got them applying their brilliant reading skills, but very special students (those who had hand-written a letter expressing their wish to be involved) were awarded the opportunity of being part of a live session with the renowned author, Michael Morpurgo, during period 2 - complemented with biscuits and drinks!



**Congratulations** to Josh, the winner of our World Book Day “character-hunt” competition, who found 65 different staff and their associated literary character before 3:15pm. We were super impressed with how much effort he made throughout the day. In close second, working as a team, Seb, Ben, and Rydan sourced 63 characters and secured the runner-up prizes.

Well done to everyone for getting involved!





Our **Year 10/11 Girls Football Team** played a very close match against Brockington just before Half Term. A second half goal from Ella secured the win but it could easily have gone either way. A great match to watch. Player of the match went to Eve after a fiery display in midfield but credit to all of the girls who played brilliantly throughout the game. This puts us top of the league.

What a superb display from our **Year 9 Girls Futsal Team**. Beating Kibworth 6-1 and Welland Park 4-2 to put them through to the Blaby & Harborough Final in a few weeks time.

Well done girls. A great team effort.



So proud of our **Year 7 Girls** in the League Final v Countesthorpe. We lost 3-2 but their team effort across the pitch was brilliant. Goals for Ria and Lily and another superb player of the match performance from Izzy.

Well done Girls.



Huge congratulations to **Year 10's** Isla and Ruby. They were selected for the County Rugby Squad for the recent tournament v Lincs, Derbys & Notts.

A fantastic achievement girls, we are so proud of you.





Our **Year 10 Netballers** had a great tournament at Leicester Grammar School. They lost to Lutterworth High but won against Kibworth, Welland Park and Robert Smyth giving them a third place overall. Well done girls.



A great effort from our indoor **Athletics Team** winning a second, third and fourth and overall Spirit of the Games Winners. Well done everyone.

Our **U16 Girls Footballers** put on an amazing display in their Blaby & Harborough League final, beating Kibworth 8-0. A complete team display earning everyone of them player of the match. Goals for Eve (4), Erynn (2), Ellabelle & Charlie. We dominated from the start and never really looked liked conceding. So proud of the girls. They are now through to the County Quarter Finals v Humphrey Perkins from Loughborough.



Our **Year 7 Girls** won all of their matches in tonight's Futsal tournament at Beauchamp College. Beating Manor 2-0, Beauchamp 1-0, Wigston Academy 1-0 & South Wigston 3-0 means they are through to the District Final on April 25th against Brockington College. Well done Girls - a brilliant team performance.





The provision for Girls Football at Thomas Estley is exactly the same as the boys

Teams in every age group competing at District, County & National Level

Outdoor 9 & 11 Aside as well as indoor Futsal

A 6 week curriculum block at KS3 for everyone & the option to choose football in KS4 core PE

**Girls Football at TECC**

Training sessions open to everyone no matter what your level of ability

We are proud of all that we do at Thomas Estley to build opportunities for girls to play football both for enjoyment and in competition. We believe that girls have an equal right to enjoy 'the beautiful game'. Thanks also go to our staff and sports leaders for passionately promoting girls football at Thomas Estley [#LetGirlsPlay](https://twitter.com/LetGirlsPlay)

We saw the **Year 7's** take on their final festival of the year at Leicester Forest East RFC.

The boys played three very close games, and unfortunately came second best to them.

There was some really good play by the Leicester Lions boys, which is a glimpse of what's to come!

Well played and thank you for a great year of Rugby Year 7!



# Year 8 Drop Down Day

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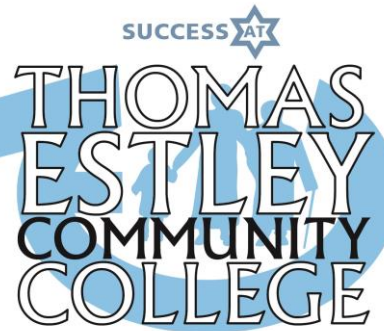
Our **Year 8** students did us proud as they displayed real tolerance, reflection, respect, teamwork and engagement during their **Personal Social and Health Education Enrichment Day**. Sessions included Conflict resolution, Drugs Education, E-safety, Emergency First Aid and Tolerance in Society (Race, Culture and LGBTQ).

Session leads included representatives from Leicester City, the police, community leaders and some of our own trained staff.

Well done, everyone!



# Leicestershire Sing!



On Wednesday 29<sup>th</sup> March a group of students took part in the 'Leicestershire Sing!' workshop, celebrating singing alongside hundreds of students from across the county. In the evening they took part in a concert alongside the well-known A Capella group 'Sons of Pitches'. A fantastic opportunity for our performers to showcase their talent and experience performing in a large venue. They were a real credit to TECC and made their teachers incredibly proud!



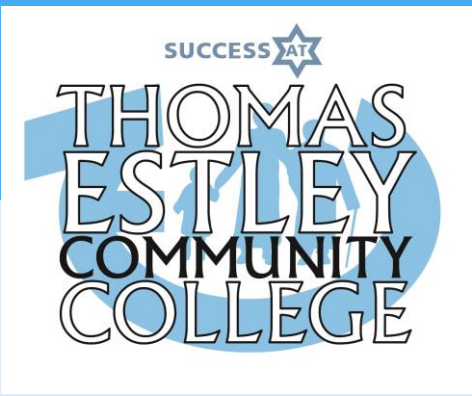
**LEICESTERSHIRE  
MUSIC LEICS SING!  
LEICS MAKE MUSIC  
FESTIVAL 3**



Help us celebrate everything singing with a hundreds of singers from primary, secondary and SEND schools. This evening will be presented by and feature a performance from our friends Sons of Pitches.



# Elsewhere in College ...



**Fantastic FIFA!** After four weeks of matches we reached the Final of the PS5 FIFA 23 Tournament. With a place in the National Finals up for grabs, things got serious.

Well done to all of those who have taken part; the matches have been played in a lovely spirit and thank you to Year 11 Alfie who has overseen all of the matches so far. Sid and Tom won the semi finals and in a closely contested final, Tom came out top with a 4-3 win.

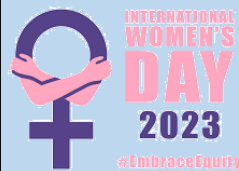


**Semi Finalists - Frankie, Sid, Tom and Jack**



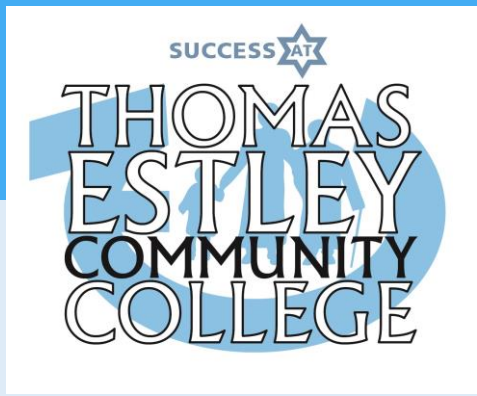
**Our Winner - Tom**

January-February Half Term **PEPA Faculty Star** goes to **Year 11 Eve**. An amazing PE student who is on track to do extremely well in her PE GCSE and is also a regular at extra curricular and sports leadership events. Eve is also a key member of the Football and Netball teams. Well done Eve, thoroughly deserved.



**International Women's Day** took place on 8th March, with this year's theme [#EmbraceEquity](https://www.embraceequity.com)

At Thomas Estley, we agree and believe that everyone deserves an equal chance to succeed.



## Easter & Eid CRE Competition

*This Spring Christians will be observing Holy Week and Celebrating Easter and Muslims will be observing the Holy month of Ramadan and celebrating Eid. We would like you to take some time to reflect on these two religious festivals and learn more about each of them.*

**We would like all students to be creative and show us how they explored these topics!**

Below are some ideas that you can choose from, or you can come up with your own!

Observe a day of Ramadan and write a diary about your experience	Make hot cross buns for your family	Make a celebration meal in the style of a Muslim country for your family - eat it after the sun has gone down.	Decorate eggs for Easter
Create a piece of art to represent the Christian message of Easter	Learn how to make samosas or chapatti from scratch - send us a photo of your efforts!	Create an article that could go in the Thomas Estley Newsletter all about Ramadan	Create a piece of art to celebrate Eid
Create a brochure that could be given out to teach Thomas Estley students about Eid and how to support friends that are observing it	Record your own Podcast episode about how Christians celebrate Easter and how Muslims observe Ramadan	Create a window or table display in your home to celebrate Easter	Create a video to teach Primary students about how and why Muslims observe Ramadan
Create a video to teach Primary students about how Christians observe Holy Week and celebrate Easter	Create a display that could go in school reception about Ramadan and Eid	Use Lego or clay to make an animation or photo flip book about Holy Week	Write your own poem about the message of Easter

The student whose efforts impress us the most **from each year group** will receive a prize hamper of goodies!

CLOSING DATE: Monday 17<sup>th</sup> April (after Easter break)    SEND ENTRIES TO: [jjohnson@thomasesley.org.uk](mailto:jjohnson@thomasesley.org.uk) or drop off to collection point outside Mrs Youngs Office

At Thomas Estley, we are encouraging all of our students to get involved in our new **Easter and Eid Competition** - with a wide choice of activities, there should be something there for everyone to have a go and to enjoy the challenge, as well as developing their awareness of religions and cultures. Good luck, everyone!

We were delighted to welcome an onsite production of **Inspector Calls** to Thomas Estley, to enhance the **Year 10** English curriculum. The theatre company were fabulous and Year 10 were extremely receptive to the production. It was a very worthwhile and enjoyable experience.



Leicester City in the Community were out and about handing out signed footballs to individuals who go above and beyond and our very own Ash is now the proud owner of one of these footballs 😊



# Elsewhere in College ...

SUCCESS  AT

# THOMAS ESTLEY COMMUNITY COLLEGE



**Congratulations** to all students involved in our Musical, **Seussical**. A show predominantly created, and produced, by our KS3 students - from sound & lighting, to choreography, they have done it all. We could not be any more proud of your performance.

Thank you to everyone who has volunteered their time and efforts to facilitate this wonderful experience.



We are delighted to hear that Thomas Estley Community College been invited to join the **SSAT Leading Edge** network as a result of our academic success and in meeting the high-performance criteria. The SSAT Leading Edge is the only national network exclusively for high-performing schools and is by invitation only. Well done to our students and staff for their great work in achieving these high outcomes; we are very proud of everyone.

## Thomas Estley Community College

has been awarded  
**Leading Edge status 2023-2024**

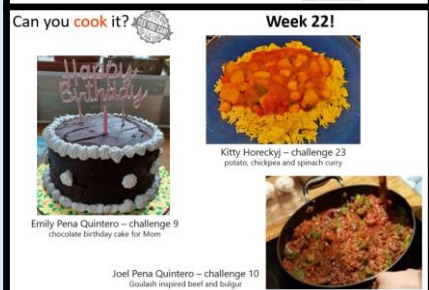
Leading Edge is a national network for high-performing schools with a commitment to raising achievement through collaboration and innovation.

*Sue Williamson*  
**Sue Williamson**  
Chief Executive

**ssat** the schools, students  
and teachers network



Some more delicious delights from our Thomas Estley **Can you Cook it** cooks and bakers!



**Year 10 Psychologists** have been improving their knowledge of neuroscience by creating their own brain hats ready to help support their revision - a very appropriate revision aid for Psychology!



We are really proud of three year old Charlie, who raised over £1000 for the 4Louis charity through a real commitment to riding his bike come rain or shine, covering 23 km this January. Well done, Charlie! You are a fantastic role model for every age group within our Thomas Estley community.



Thomas Estley Preschool children have been busy preparing for spring. Parents have kindly given donations of plant pots and seeds. This week we put them to good use by planting tomato and beetroot seeds. The children had the opportunity to explore lots of textures and investigate the shape size and colour of seeds, there was lots of chatter about how to help our seeds grow. The children are learning new vocabulary linked to growing and planting "plant, grow, seeds, pinch, sprinkle, damp, measure, height". Activities have been shared with parents so the children can extend their learning at home.



**Preschool** took full advantage of the weather and adapted our normal curriculum to include some snowy fun yesterday. Children learnt about animals that live in cold habitats and explored snow which was brought indoors to create an arctic themed play tray for them. Then they got wrapped up and went outdoors to create a super snowman. Later on they used collage materials to make more snowmen. Super snow fun!





# Out of School Club

SUCCESS  AT

THOMAS  
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COLLEGE

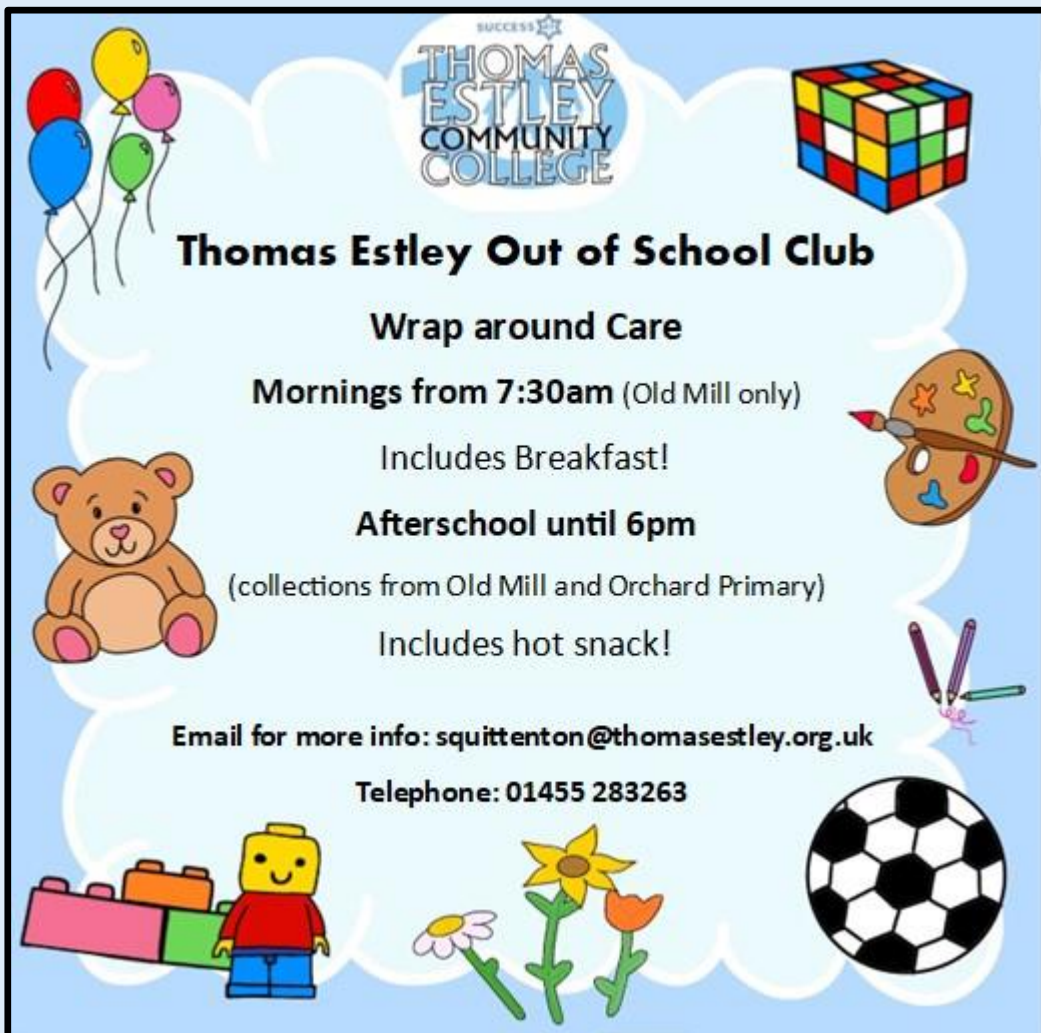



**Breakfast and  
Afterschool Club**



We are opening our Thomas Estley **Out of School Club** - wraparound primary care provision - for bookings for the 2023-24 academic year. Contact details are below and we would be delighted to hear from you if you want more information or to book a place.

We also still have a few places available to book in some sessions this year. Our July 2023 Ofsted visit rated us good in all areas: 'Children value the caring nature of the staff; they feel reassured and safe. Children soon engage in the activities set up for them, seeking out their friends to join in with their play.'



  
THOMAS  
ESTLEY  
COMMUNITY  
COLLEGE

## Thomas Estley Out of School Club

**Wrap around Care**

**Mornings from 7:30am** (Old Mill only)

Includes Breakfast!

**Afterschool until 6pm**

(collections from Old Mill and Orchard Primary)

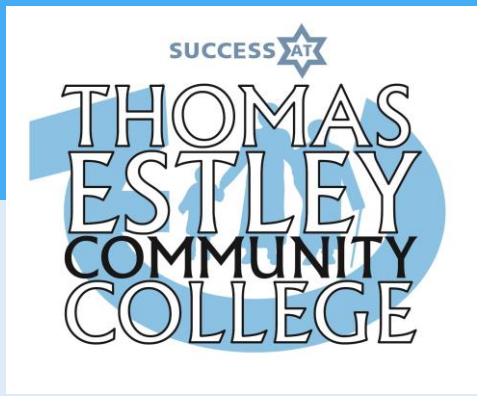
Includes hot snack!

**Email for more info: [squittenton@thomasestley.org.uk](mailto:squittenton@thomasestley.org.uk)**

**Telephone: 01455 283263**

# Inclusive Football

An **ex-pupil** of Thomas Estley has set up a new **Inclusive Football Club** for players aged 16+ for football lovers with disabilities. Do get in touch if you or someone you know is interested.



**DUNTON & BROUGHTON UNITED INCLUSIVE F.C.**

**LOVE FOOTBALL?**  
**STRUGGLE TO FIT IN?**  
**WANT TO MAKE FRIENDS?**  
**DBU IS FOR YOU!**

Scan us!





[Dunton and Broughton inclusive Ltd](https://www.facebook.com/DuntonandBroughtonInclusiveLtd)

[@DBUINCLUSIVE2022](https://www.instagram.com/dbuinclusive2022)

Dunton & Broughton Utd Inclusive is a set up primarily for football lovers with disabilities. Having been involved with the inclusive set up since 2013. I now bring it to Broughton Astley with the help of a great team and some brilliant players. We have built a family from the ground up and brought players together who otherwise may never have even met.





[Dbuinclusivefc@outlook.com](mailto:Dbuinclusivefc@outlook.com)



**Dunton & Broughton United Inclusive F.C.**

**A club for everyone.**  
**A new team with familiar faces.**  
**Experienced coaches.**  
**Every saturday 12:00-13:00**

We trust in our promise to unite all kind of unique individual's as a family here at Dunton. We provide a fair, equal, honest and indifferent opportunity to everyone that joins us.

**TAKING THE DIS OUT OF DISABILITY**

**£10 a month!**  
**Try your first Session free!**

**Broughton way, Broughton Astley, Leicester LE9 6TH**  
**[dbuinclusivefc@outlook.com](mailto:dbuinclusivefc@outlook.com)**



# Stress Awareness

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/signs-and-symptoms-of-stress/>

SUCCESS 

THOMAS  
ESTLEY  
COMMUNITY  
COLLEGE



South Leicestershire School Sports Partnership

Health | Wellbeing | School Sport | PE | Physical Activity

## STRESS AWARENESS

South Leicestershire School Sports Partnership Newsletter



### WHAT IS STRESS?

Stress is a common feeling we get when we feel under pressure. A small amount can be good and motivates us to meet our goals. But too much stress, when things feel out of control, can impact our mood, our well-being and our relationships with people around us.

**Ref:** The Children's Society



### SIGNS AND SYMPTOMS OF STRESS

You might feel/have;

- Irritable, aggressive, impatient or wound up
- Over-burdened
- Anxious, nervous or afraid
- Racing thoughts that you can't switch off
- Unable to enjoy yourself
- Depressed
- Uninterested in life
- Like you've lost your sense of humour
- A sense of dread
- Worried about your health
- Neglected or lonely

**Ref:** [Mind.org.uk](https://www.mind.org.uk)

To find out more information on how to spot the signs and find support, visit the Mind website [here](https://www.mind.org.uk)



# Stress Awareness

<https://www.childrenssociety.org.uk/sites/default/files/2020-10/Young-People-Guide-to-Stressful-Situations.pdf>

<https://www.stress.org.uk/>

## TIPS TO MANAGE STRESS

Here are some tips to help you out when stress is getting the better of you.

- **Recognise triggers:** Begin to track times where you have felt stressed and look for patterns in how you reacted. What was happening when you felt stressed? What did you think/feel/do just before you felt stressed?
- **Awareness:** Once you are aware of difficulties that are likely to make you feel stressed you can take steps to prevent stress or deal with it quickly
- **Self-care:** Be kind to yourself – stress is a human experience. Try to connect with friends and talk about how you are feeling.
- **Exercise, relaxation and meditation:** Some people find that exercise and activities such as- meditation, breathing exercises and deep muscle relaxation are helpful.
- **Eat well and sleep:** The better rested you are, the more able you are to cope with pressure.
- **Professional Help:** If you are finding it difficult to cope, consider meeting with someone trained to help – this might include your GP or a therapist.

REF: The childrens society website

## The Children's Society

The Children's Society have put together a Young People's Well-being Guide for Stressful Situations, click [here](#) to download the guide.



Stress Management Society  
from distress to de-stress

April is stress awareness month, for information and advice, click

[here](#)



LET'S GET SOCIAL!



@slssp

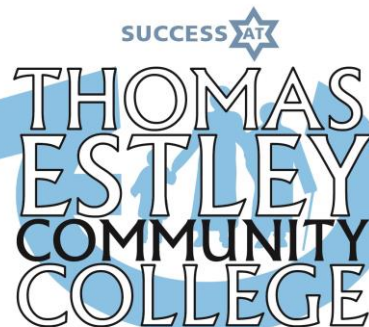


@learningsouthleicestershiressp



@southleicestershiressp

# Interested in a Career in Teaching?



## MAKE A DIFFERENCE IN YOUR COMMUNITY ...

Are you interested in finding out more about training to teach locally?  
- Contact Jo at Achieve with TELA

Achieve with TELA provide teacher training in local primary and secondary schools with our partners at the Leicester and Leicestershire SCITT.

Jo can answer any questions you may have:

- Can I afford to train?
- Are any bursaries available while I train?
- What is the course structure?
- What qualifications do I need?
- How do I apply?
- Are there any age limits?

Visit our website [telaonline.co.uk](http://telaonline.co.uk)

Contact Jo Robotham

Tel 01455 283263 ext 286

Email [tela@thomasestley.org.uk](mailto:tela@thomasestley.org.uk)



**Achieve**  
With TELA Primary & Secondary Teacher Training

Primary & Secondary school-based  
teacher training across Leicestershire  
in partnership with:

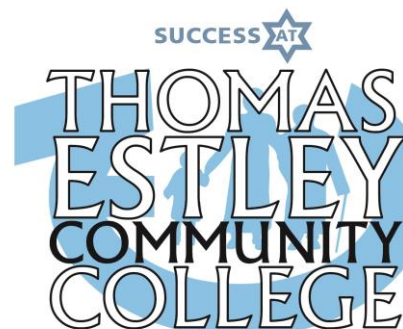
Leicestershire Secondary SCITT      UNIVERSITY OF LEICESTER

Email: [tela@thomasestley.org.uk](mailto:tela@thomasestley.org.uk)  
Phone: 01455 283 263  
07436 949 032

Visit us: [www.telaonline.co.uk](http://www.telaonline.co.uk)

@TELAteaching      @telaandachieveteachertraining

# Interested in a Career in Teaching?



**SCHOOL EXPERIENCE DAYS**  
Now available to book

**WELCOME**  
Find out if teaching is for you. Spend a day in a secondary school and experience the classroom and school environment. For more information contact TELA on 01455 283 263 Ext 0286 or email [tela@thomasestley.org.uk](mailto:tela@thomasestley.org.uk)

**DATES**  
**Tuesday 18 April**  
**Wednesday 14 June**

To book your place visit [telaonline.co.uk](http://telaonline.co.uk)



Are you interested in finding out more about training to teach in the local community? We offer primary and secondary school-based teacher training programmes in the area.

If you are interested in finding out more, join us at one of the upcoming events.

**Wednesday 19 April** – 6-7pm – A virtual Achieve with TELA information event.

**Saturday 20 May** – 10-12pm – Meet providers from across Leicestershire at an event at Thomas Estley Community College (LE9 6PT)

**Wednesday 24 May** – 6-7pm - A virtual Achieve with TELA information event.

Book your place at:  
[tela@thomasestley.org.uk](mailto:tela@thomasestley.org.uk)  
[www.telaonline.com](http://www.telaonline.com)

# Don't Forget!



SUCCESS AT

# THOMAS ESTLEY COMMUNITY COLLEGE

**If a student feels unwell at college they must report to Reception** and ask to be seen in the medical room. If necessary the college will phone home to seek advice or to ask for the student to be collected.

Please remind your child that they must follow the procedure above and not contact you themselves.

Thank you!

## Absence during term-time

If your child is too ill to attend college please contact the college on the first and each subsequent day of absence and leave a message on the 'absence line'. We will contact you by text message if we have not been given a reason for absence - please telephone us in response to the message. Where possible, please make medical appointments outside of college hours.

## School Closure Procedure

In the event of the weather causing the school to close or causing a problem with school transport we will put out an alert via:

The school website  
([www.thomasestley.org.uk](http://www.thomasestley.org.uk))  
Radio Leicester  
Parentmail

## Holidays Taken in Term Time

Government guidelines, which came into effect on 1st September 2013, prevent Headteachers from granting any leave of absence during term time unless there are exceptional circumstances (a family holiday does not fall under this category). If a student has an absence recorded as a result of an unauthorised family holiday, Leicestershire County Council will be advised of the matter and will be requested to issue a Penalty Notice, in line with their policy.



**College closes to students on Friday 31<sup>st</sup> March and re-opens Monday 17<sup>th</sup> April**

## Mobile phones

Students are not allowed to use mobile phones in college unless they have express permission from a member of staff (for specific learning activities in lessons, as an optional way of accessing them, when allowed to do so). This is to protect students' learning and is in line with our safeguarding policy. Mobile phones used in contravention of the mobile phone policy will be confiscated until collected from reception by a parent/carer. For persistent abuse of the policy a student will lose the privilege of bringing a mobile to college.



## School Transport

If your child travels via 'school transport' it is a good idea to have a contingency plan with your child, for getting to school/home in the event that they miss their bus for any reason.



## Headphones/Ear buds/Air pods

The use of headphones/ear buds/air pods are only permitted outside of the college building. Any that are visible inside college will be confiscated and, on the first occasion, will be returned at the end of the day. On any subsequent occasion they must be collected by a parent/carer.

