

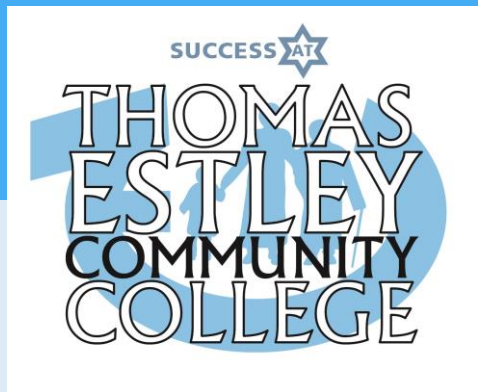
Welcome to our Thomas Estley  
**Newsletter**  
February 2022

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

# What's inside .....

<b>Contents</b>	<b>Page/s</b>
Dates for the Diary	3
A Word from the Principal	4
December 2021 Collage	5 – 6
English	7
Maths	8
Science	9
Sports Pages	10 - 14
When the FA Cup came to Tommo	15
Health and Social Care	16
Art and Design and Creative Responses	17 - 18
Resistant Materials	19
Food Technology	20
Can you Cook it?	21
Tommo Bake Off Competition	22
Elsewhere in College ...	23
Spotlight on Year 11	24 - 25
Careers	26
Life after Tommo	27
Wellbeing	28
Mental Health	29
Be Smart Online	30
TELA	31
Don't Forget!	32

# Dates for the Diary

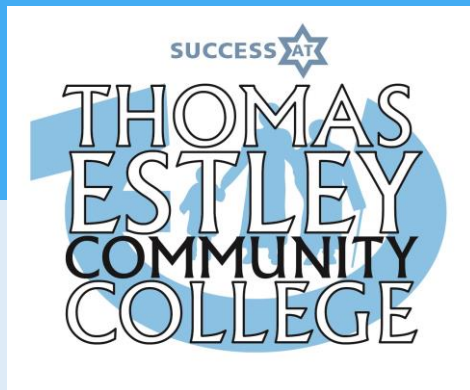


DATE	WHAT'S ON
11 <sup>th</sup> February	College closes for half term break
21 <sup>st</sup> February	College open for second half of Spring Term
22 <sup>nd</sup> February	Year 9 Arts Award Trip
7 <sup>th</sup> – 11 <sup>th</sup> March	National Careers Week
9 <sup>th</sup> March	Year 11 Macbeth Trip
14 <sup>th</sup> March	Year 9 Inspector Calls
18 <sup>th</sup> March	Years 7 & 8 Science Fair
25 <sup>th</sup> March	Years 7, 8, 9, 10 and 11 Reports Published
4 <sup>th</sup> April	Years 7, 9 & 11 Photographs
6 <sup>th</sup> – 8 <sup>th</sup> April	The Wind in the Willows School Show
8 <sup>th</sup> April	Year 8 Specialisms Assembly
8 <sup>th</sup> April	College closes for Easter break
25 <sup>th</sup> April	College opens for 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](mailto:PatothePrincipal@thomasestley.org.uk)**

# A word from the Principal



There have been plenty of achievements this half term at Thomas Estley, even though it has been a cold and wintry one.

I have been really impressed with the determination of our Year Eleven students, who are committed to catching up any learning impacted by lockdowns and who are pressing ahead towards their summer examinations. With the announcement of the focus areas for exams this week, teachers are beavering away to ensure that our students have the best chance possible of achieving the grades they need for their post 16 destinations. Most students are taking revision advice and attending after school T7s when appropriate, as well as making every effort in lessons. The second mock series takes place just after half term.

Year Seven are well and truly settled into Thomas Estley and have really grown both in their confidence and in their engagement in both lessons and extracurricular opportunities. Later in the newsletter, you can see an example of a creative response to a literature task which encapsulates the determination of the majority of the year group to go above and beyond.

Sporting achievements have come thick and fast, including football, futsal and netball, rugby and basketball. After the Christmas pantomimes and performances, children are practising for the next round of opportunities, to come later this year. In different subject areas we have celebrated the 'Can you Cook it' challenge, some trips and masterclasses and welcome visitors into college once again.

A special focus which will develop into next half term are our leadership projects, a range of unique opportunities specific to Thomas Estley. We have seen our students read to preschool children, run assemblies and charity events, lead sporting activities, develop our garden and site, lead in subject areas, welcome visitors, help us to investigate and improve our curriculum, and take part in an array of other activities. The new yearbook and prom teams begin their work now, to enhance the end of the Year Eleven experience. After half term, I will be speaking to our students about how they can record their leadership roles and achievements, if they wish to apply for the national SSAT student leadership accreditation at Bronze, Silver or Gold levels, providing a portfolio of evidence which can be used to support post 16 and university applications and personal statements.

Today we round off the half term with 'Cake with Mrs Collins', a chance to celebrate the achievements of those students in each year group with the most Thomas Estley Way points, who best role model our values and ethos.

It is a pleasure to tell them all how proud of them I am, as I am of our whole college community, who are truly 'A Community of Courage and Commitment to Success.'



# December 2021 Collage

SUCCESS  AT

# THOMAS ESTLEY COMMUNITY COLLEGE

Decorated doors, Christmas cards, Toys on the Table, Foodbank collections, Action Homeless hamper, Christmas Lunch, Pre-School fun to name but a few .....



# December 2021 Collage

Yum!  
Yum!





## WHOLE SCHOOL LITERACY

The tutor time reading tree competition has been successful. It is well documented that reading is the key to success, not only in English but across all disciplines, so watch this space for more reading initiatives as the year unfolds!

## GCSE

English has hit the ground running in 2022, working hard on looking at what was effective in the recent December mocks along with how students are going to better their outcomes in their real GCSEs of May and June 2022. T7s are going well and are being well-attended. Keep up the good work, Year 11, it'll be worth it in the end!

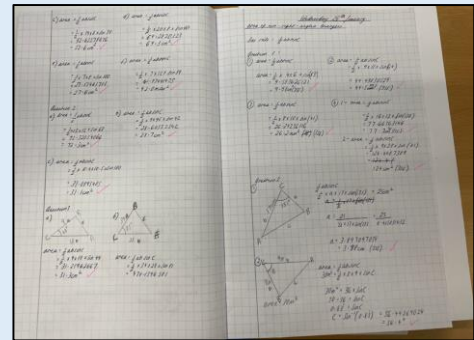
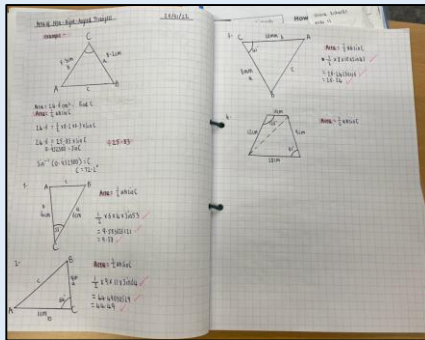
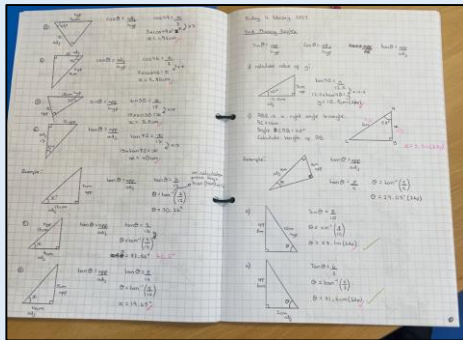


## TRIPS

Last term we were finally allowed to enrich our curriculum by reintroducing trips; **Year 7 and 9** both had the opportunity to see the texts they'd been studying in class performed on stage! This term, **Year 11** are off to see *Macbeth* in Birmingham, and **Year 10** have a travelling theatre company coming in to perform *An Inspector Calls*. We feel strongly that these opportunities really help to secure learning and students' understanding of plots and characterisation, so we are excited to be able to organise, plan and run such events in English again.



**Year 10 and Year 11**, have spent a lot of time preparing for their GCSEs in Maths. The maths department have been very impressed with the dedication shown by the students and the quality of the work that has been produced. Here are some examples from Keira, Olivia and Maisie.



We are delighted to recognise our Maths Achievers from the Christmas holidays up until the February break. Very well done to you all!

- Year 7:**  
 Amelia Zarcone  
 Tilly Taylor  
 Rose Winterton  
 Finley Gunn  
 Daniel Timson  
 Abi Mc  
 Lottie Hall

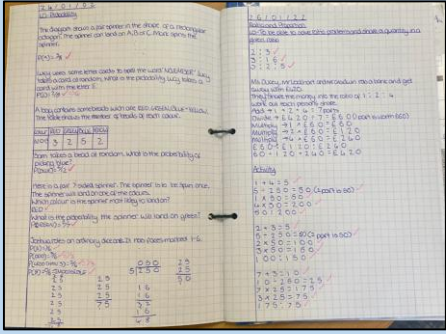
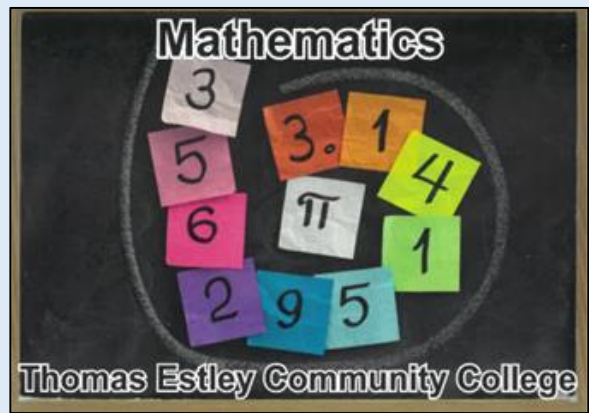
- Year 8:**  
 Harrison Cross  
 Abi Matthews  
 Marley Brennan  
 Henry Johnson  
 Zac Massey  
 Freya Poor

- Year 9:**  
 Charlotte Fry  
 Jasper Tazzymann-Luhrs  
 Zack Whitefield  
 Darcey Pullen  
 Max Moore  
 Joel Quintero

- Year 10:**  
 Holly Flynn  
 Tyler Woodward  
 Tilly Chandler  
 Chloe Wolloff  
 Ben Riley  
 Layla Shilcock

- Year 11:**  
 Lolly Tunnicliffe  
 Broden Bryanton  
 Chris Skilbeck  
 Holly Cullen  
 Isobel Smith

Key Stage 3 have also been working hard and practising some key skills in their lessons. Here is a lovely example of work on probability and ratio from Phoebe.

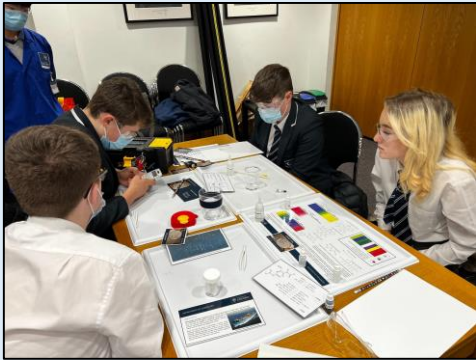





## Raising Chemistry aspirations!

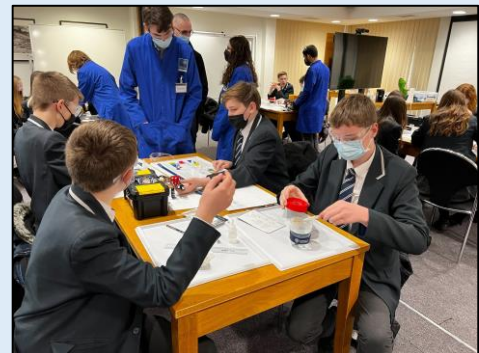
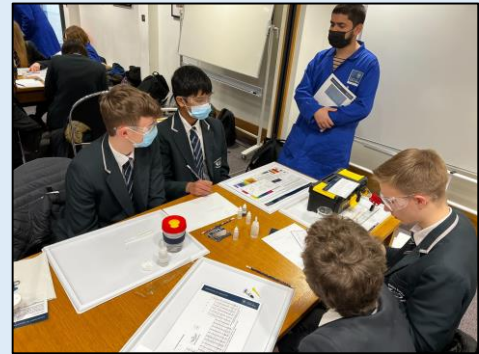
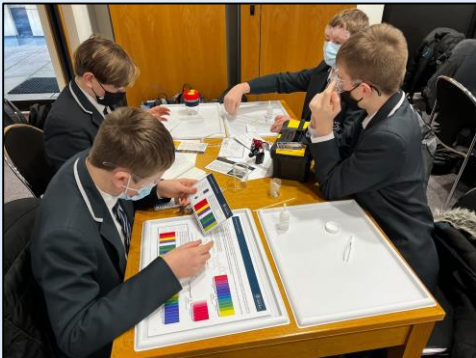


Thirty-five **Year 10** students took part in a taster day at St Edmund Hall, Oxford University, with a particular focus on Chemistry. Following a 'Why Oxford University?' talk, students had a tour of the college with student ambassadors, providing an opportunity to ask questions.



The college provided lunch for all students in their dining hall to find out what life at the college feels like. After lunch, students were given an exciting and engaging teamwork challenge led by the Chemistry department and current students. It wasn't easy, but two teams completed the challenge and cracked the codes.

Students have left feeling more informed and inspired, and most importantly they had fun!



# Sport – Football

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Our **Year 7** Girls met a strong Brockington team in January. They played some skilful football, but unfortunately lost 3-1.

It was a completely different game at Countesthorpe where the girls put on a stunning display winning 6-0. Goals for player of the match Lydia (2), Evie, Niamh, Rose and an OG.



A great effort from our Girls at Lutterworth College in February. The **Year 7's** with a depleted team made a fantastic effort to dominate their match. A goal from Lydia and a player of the match performance from Lottie in goal were unfortunately not enough tonight. The girls lost 2-1 but should be so proud of the unbelievable effort they put in showing all aspects of the Thomas Estley Way.

They bounced back brilliantly from their disappointment against Lutterworth College and secured a 2-1 win against Brockington. Goals for Niamh and player of the match Erin.

**Year 8/9** Girls were part of a real battle against Countesthorpe. An end to end match where both teams showed their strength on a very heavy pitch. Summer got player of the match; unfortunately we lost 1-0. Great spirit from our girls though. Huge thanks to the many supporters who made the short trip to cheer the girls on. We really appreciate it.



# Sport – Football

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COLLEGE

Our **Year 8/9** Team certainly didn't disappoint at their next game where they outplayed Lutterworth. Winning 14-0!!! Goals from Charlie (6), Summer (4), Gracie (2), Emily G & an OG.

An unbelievable team performance.  
Player of the match went to Ruby.

The girls were still buoyant from their thrashing of Lutterworth College and were looking to get back to back wins. They didn't disappoint. A 7-1 win, with goals for Charlie (2), Gracie, Faith, Ruby, Millie P & an OG. Player of the match went to Summer.



In the **Year 9** Final, our **Yr 8's** met our **Yr 9's**. A really nice game of futsal with lots of skill on show. The **Year 9's** won 4-0, but the **Year 8's** should be really proud of their achievement of reaching the final playing up an age group. Our first piece of silverware for the season. Well done!

Both teams should be so proud of the hard work and effort they have put in. We await the official league positions, but we're pretty sure the **Year 7s** have finished runners up and the **Year 8/9's** are league champions courtesy of a far superior goal difference. A great achievement for **Year 7** in their first season and lots for us to build on for next year. **Year 8/9** will now qualify for the County Cup after Half Term.

Our amazing **U15** Girls football team booked their place in Round 6 of the National Cup. Highfields School from Matlock made us work for it though. They took a 2-0 lead early on. Eve managed to pull one back for us just before half time to get us back in the game. Highfields dominated the restart though and went 3-1 up. Our girls kept battling though and Eve doubled her tally with an amazing strike from the edge of the box. Charlie then got the equaliser with another great strike which chipped the keeper and sent the game to penalties.

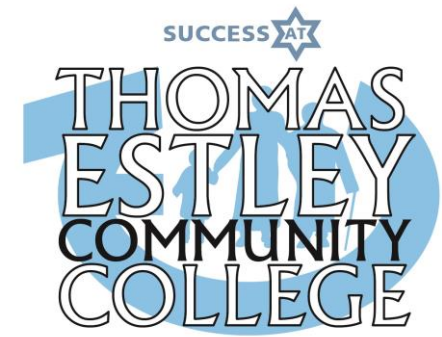


A nail-biting way to finish the match. Grace in goal saved 3 for us earning her player of the match with us winning 3-2 on penalties.

Thank you so much to our supporters and to Caitlin's Dad and **Year 10** Sports Studies student Jamie for running the line.

The next round was against the Priory School, Shrewsbury. A hard fought match that Priory won 3-1. Our goal scored by Ellabelle. Player of the Match was jointly awarded to Summer & Nell who did a fantastic job in defence. So proud of the whole team though, they fought until the final whistle and proved that their commitment is faultless. Last 16 in England is an amazing achievement. WELL DONE!

# Sport – Football



A huge well done to **our U16 Goalkeeper Sophia Poor**. On top of having an amazing season with Leicester City (often training with the first team), Sophia received an England call up to the U16 squad. Sophia made her full England goalkeeper U16 debut against Portugal. A 4-1 win for England. Huge congratulations to Sophia. Proof that hard work and determination pays off.

We are so proud of the hard work you put into your football alongside your GCSE studies Sophia. Well done from us all.



Elsewhere the **U16's** were in action in a league match against Lutterworth High. A 4-2 win for us. All 4 goals scored by Captain and Player of the match Poppy. A great start for the team – on to the next game at home to Lutterworth College..

A comfortable 6-0 win for us. Goals from Lina (2), Poppy, Eve, Caitlin & Dixie. The referee chose the Girls player of the match & it went to Poppy after another great game in midfield. Special mentions to Nell & Eve who also put in great displays. A real team effort though from both squads of players.



Our Boys football teams are now at the County Knock out stage too. Our **Year 11's** beat New College 2-0 and our Year 10's beat John Ferneley 3-1, both teams are now through to the Quarter Finals.

Well done everyone, and a huge thank you to our volunteers who make these opportunities a possibility for our students. We really appreciate all that you do.



# Sport - Netball

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Our **Year 8** and **Year 10** Netball teams were both in action in January.

The **Year 8's** met a really strong St Martin's team. Despite keeping their heads up and playing some lovely netball, they lost 36-3. We were so proud of them though, their positive approach to the match was a pleasure to see. Reaching the County Quarter Finals is a great achievement and will give us a great boost going into the district tournament in a few weeks.

Our **Year 10** Team put on a brilliant performance in their Quarter Finals against Roundhills. A comfortable 38-9 win, amazing team spirit and some lovely attractive netball to watch. The Girls then met Loughborough High in the Semi Final. A 26-16 loss, but an amazing display of pride, determination and heart shown by our girls. A great effort.

Huge thanks for the great support the girls received over both matches and it was lovely to play indoors at the Leisure Centre.

A special thank you to Michelle Davis our Netball volunteer who makes all of this possible. We are so grateful for all that you do.



Highlight of my Day - Head of PE's Ms Kav

A proud day watching [Thomas Estley Community College's](https://www.thomasestley.org.uk) amazing **Year 10** netballers get the reward they deserve.

Their hard work this year has paid off, having won their County Quarter Final.

A brilliant achievement. Look at that happy face



We took three netball teams to the U13 South Leicestershire Tournament at Leicester Grammar School in February. The A team played 6 matches in the Cup competition against some very strong opposition which included the current County champions and finished 5th. The B team played 6 very competitive matches in the Plate competition finishing 6th. Our C team played 5 matches in the Bowl competition, winning all 5 to be crowned the Bowl Champions. A great effort from all of the girls.

# More Sport

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Massive well done to our **Rugby** Teams who all notched up wins last term. It was great to see so many students involved.



Our fantastic **Year 10 Boys Basketball** Team won 18-12 against Brockington last term. Top Effort 😊



Mr Munton and Ben from **Impact Academy** were really impressed with the effort from some of our **Key Stage 3** boys in our first Aspiration Active session. The session focussed on boxing and kick boxing techniques, and has been made available to some students through targeted funding. Thank you to Ben from Impact Academy in Lutterworth.



# When the FA Cup came to Tommo

We were delighted to welcome two important visitors - the FA Cup and the Community Shield - to Thomas Estley, for a couple of hours, as the trophies toured some Leicestershire schools linked to Leicester City in the Community. Our students heard about the history of the FA cup in short assemblies, and our sports teams and preschool children had a chance to examine them more closely.

It was a chance to delve into sporting history together.



# Health and Social Care

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COLLEGE

**Year 10** and **Year 11** completed their First Aid Assessment in January, which contributes to their overall grade in Health and Social Care.

The students were assessed in paediatric and adult first aid response to manage an asthma attack, burns and scalds, choking, the recovery position and CPR. Particularly well done, **Year 11**, who should have completed this last January, but retained the key skills and knowledge throughout the year. Great work, everyone.





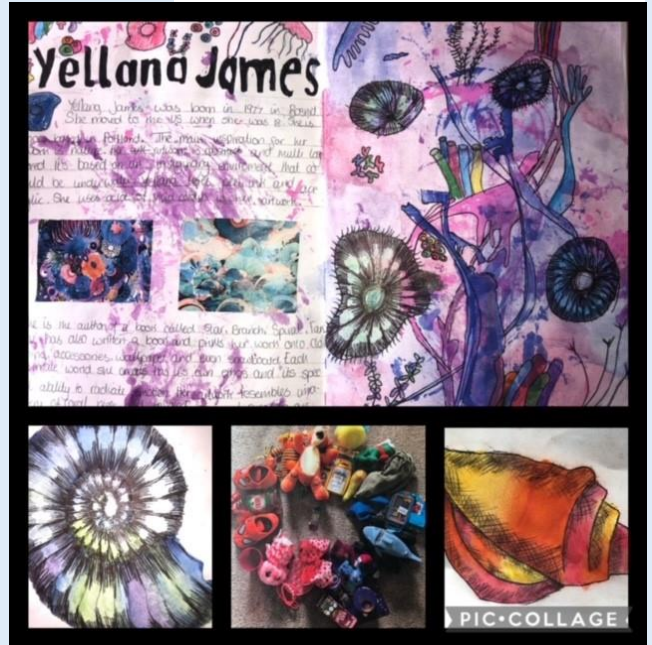
## Amazing Artists!

We are incredibly proud of the resilient and imaginative approach students have demonstrated in Art so far this year.

Students have explored a range of materials, techniques and styles with creativity, originality and enthusiasm.

Here is just a small selection of some of the pieces produced in Years 7, 8 and 9.

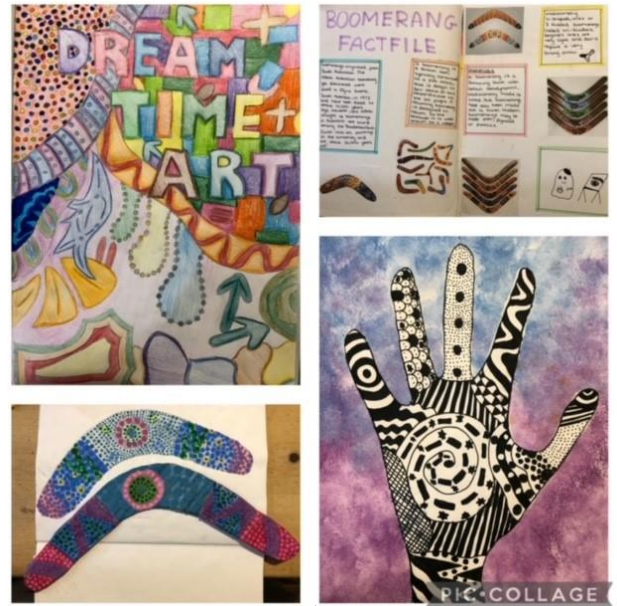
Mrs Strudwick and Miss Ignate.



Year 7 



 Year 9



 Year 8

# KS3 Art

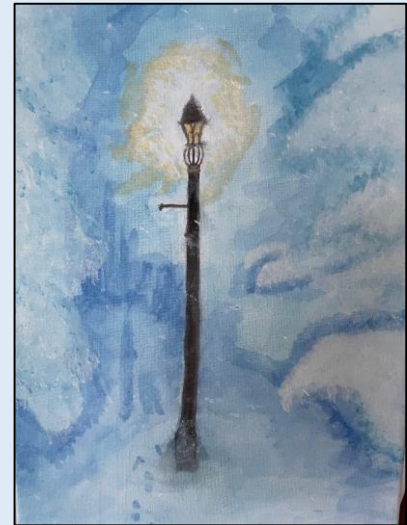
# Creative Narnia Responses

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Year 7 have been studying The Lion, The Witch and The Wardrobe, and some of their creative responses are shared here.

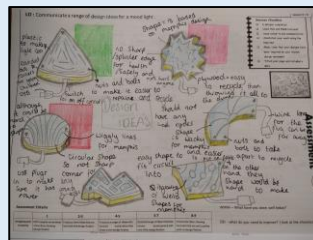
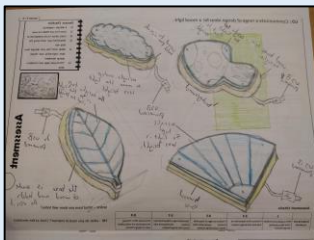
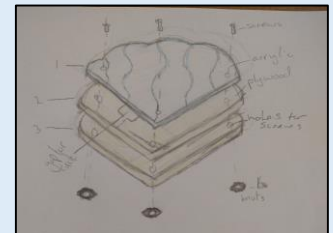
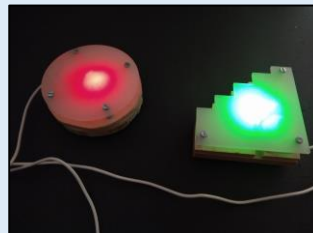
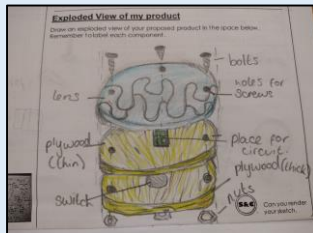
Well done to everyone for your high quality personal creative responses.



# Resistant Materials

**Year 8** Resistant Materials students recently completed their mood lights. The students were thrilled to see them working after all their hard work designing and making various components.

Mr Curtis and Mrs Owen were really impressed with the quality and presentation of students' design work during the project.



Recently completed by our **Year 7** Resistant Materials rotation, another fantastic set of pewter cast key tags. Students used computer aided design to draw a mould which was then laser cut. Once cast, students used several processes to achieve a high-quality finish.

Well done, everyone.



**Year 10** Resistant Materials students have been busy completing desk tidies. They have used a wide range of processes including CAD/CAM, line bending and vacuum forming to complete their product.

Well done, **Year 10!**

# Food Technology

In January, our **Year 10** trainee chefs made Eggs Benedict, which is a popular breakfast/brunch dish, often served in hotel restaurants. Its key elements include a toasted English muffin, bacon, poached egg, and hollandaise sauce - there are some high-level skills demonstrated in making this dish!

Great attitudes to learning and perseverance were also demonstrated in the making (and sometime re-making) of the hollandaise sauce and enjoyment all round in demolishing the results! Well done, everyone!



## Call for Young Bakers

Applications have recently opened for the 8<sup>th</sup> series of **Junior Bake Off**; a Channel 4 programme that celebrates the culinary talent and ambition of the younger generation in Britain.

Young budding bakers between **9-12 years old** are encouraged to apply.

Filming would take place from July 2022, but **applications close on Sunday 13<sup>th</sup> March 2022.**



# Can you cook it?

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# THOMAS ESTLEY COMMUNITY COLLEGE

## DECEMBER

Can you cook it?

**December** 

Plenty of indulgent entries this month!



Oreo brownies



Christmas cupcakes



Kitty Horeckvj made these  
Nutella Christmas tree and Rocky Road  
Christmas pudding



Charlotte Hurst made this  
iced Christmas cake



Ava Davis made this  
chocolate Yule log  
with whipped  
ganache



Christmas cake with  
glazed nut topping



Mrs Keight made  
these  
rum truffles  
as always!

## JANUARY

Can you cook it? 

**VEGANUARY** 



Kitty Johnston made  
vegan mac n cheese.



Jackfruit



Kitty Horeckvj made chana aloo curry (chickpea and potato)  
and barbecue pulled jackfruit with homemade chips.

The 'Can you Cook it' Veganuary Challenge was to make something plant-based!

There were some interesting dishes created in our vegan cooking challenge. Chickpeas are a great source of plant-based protein and work really well in a curry. There are loads of dairy free alternatives so mac n cheese can be just as yummy and comforting without the need for using animal products.

Jackfruit is a tropical fruit with a stringy texture that is often used as a substitute for pulled chicken or pork. Inspiring ideas well worth a try at home. Well done, everyone!

# Tommo Bake Off Competition

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Calling all budding bakers – here is your chance to shine ...



**THE THOMAS ESTLEY  
BAKE OFF  
COMPETITION**

Students will create and bake their recipe at school.  
The categories to be judged, in four age groups are:

**Year 7: Tuesday 1st March 3:00-5:00pm**

**Year 8: Tuesday 8th March 3:00-5:00pm**

**Year 9: Tuesday 15th March 3:00-5:00pm**

**Year 10&11: Tuesday 22nd March 3:00-5:00pm**

**APPLY NOW**

Please speak to Mrs Poolley or Mrs Woodward if you have any questions.

**IF YOU WISH TO ENTER THE THOMAS ESTLEY BAKE OFF COMPETITION  
PLEASE COLLECT A REGISTRATION FORM FROM THE FOOD ROOM.**



# Elsewhere in College ...

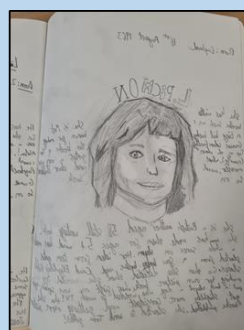
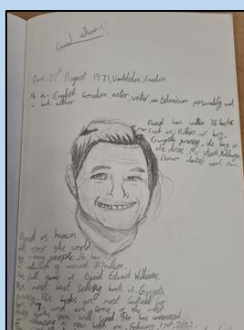
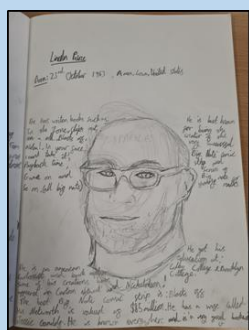
SUCCESS  AT

# THOMAS ESTLEY COMMUNITY COLLEGE



The **PE and Performing Arts** Faculty were really pleased to see so many students turn up to audition for our 2022 School Show - *The Wind In The Willows*.

With so many talented students, there were some tough decisions to be made !



Well done, Alfie! **Year 7** students had to research three authors from around the world for their **English** homework and write about them. We are really impressed with Alfie's creative response to the task.



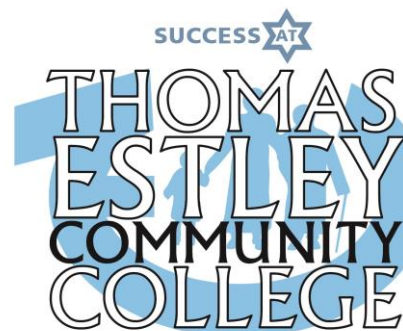
We have been celebrating reading achievements in the **Library**, and there is a lot to celebrate. Lolly Tunnicliffe in **Year 11** has borrowed 124 books in her time here at TECC! We have certificates for loans of over 50 books, and for taking part in the 7 for 7, 8 for 8 and 9 for 9 Library Reading Challenges. The Library is bursting with books, and the choice is endless! Keep reading, everyone - a great base for success at GCSE and beyond, and lots of fun too.



Our **Primary Out of School Club** activities and achievements recently included creating a Winter Olympics display and playing some parachute games. It looks like they have had great fun, as always. Well done to the artistic creators!



# Spotlight on Year 11



**Year 11** have worked extremely hard this half term and have completed practical examinations, coursework elements and focussed revision. We expect external examinations to go ahead in the Summer 2022 series as planned.

However, following DFE guidance we will be holding Assessments in February 2022 which will be used as part of an evidence base if exams are to be cancelled. Please see below a schedule which will follow your child's regular timetable.

Assessments will be in classrooms and during lesson time. If your child has concessions, such as additional time, this will be in place. The inclusion and exams team will be running the exams for concession students but will follow the same schedule.

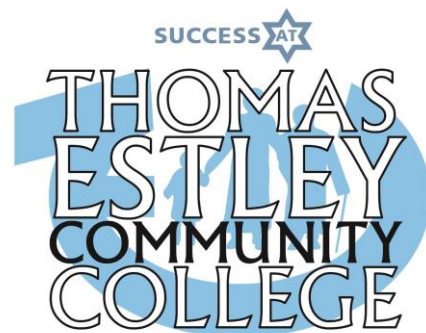
## 21<sup>st</sup> – 25<sup>th</sup> February

Monday 21st February		Tuesday 22 February 2022				Wednesday 23 February 2022		
1Mon:3	1Mon:4	1Tue:1	1Tue:2	1Tue:5	1Tue:6	1Wed:1	1Wed:2	1Wed:5
Maths		Biology		Maths		Business Studies		
						Dance		
						French		
						History		
						GCSE PE		
	Maths			Biology		DT (Res Mat)		Maths
						Citizenship		

Thursday 24 February 2022					Friday 25th February	
1Thu:1	1Thu:2	1Thu:3	1Thu:4	1Thu:6	1Fri:3	1Fri:4
		English				Business Studies
					Citizenship	
					Computer Science	
					Economics	
					French	
					DT (Textiles)	
					French	
					Geography	
English				Maths	History	



# Spotlight on Year 11



*\*Please note exams for some concession students who have extra time will go beyond the school day and alternative transport will be needed for bus passengers.*

## 28<sup>th</sup> February – 4<sup>th</sup> March

Monday 28 February 2022				Tuesday 01 March 2022				
1Mon:1	1Mon:2	1Mon:5	1Mon:6	1Tue:1	1Tue:2	1Tue:3	1Tue:5	1Tue:6
		Geography		Chemistry			Maths	
Drama		History						
Geography		History						
Spanish								
Business Studies								
French								
		Music				Maths	Chemistry	
		Spanish						
DT (Res Mat)								

Wednesday 02 March		Thursday 03 March 2022				Friday 4th March	
1Wed:3	1Wed:5	1Thu:1	1Thu:2	1Thu:3	1Thu:4	1Fri:5	1Fri:6
Maths		Maths				Physics	
	Maths			Physics			Maths

We are excited to make plans for our **Easter Holiday** and **May Half Term Revision Schools**. These are bookable sessions for Year 11 students to have a focused 4 hour session with a subject specialist teacher in preparation for their exams. Details on how to book will be available by early March. Please consider this when making holiday plans for Easter and May.

To celebrate the time Year 11 have spent with us we are delighted to hold our Leavers Prom at <https://sketchleygrangehotel.co.uk/> on **Wednesday 29<sup>th</sup> June**. Tickets are priced at £30 and are an item to purchase on Parentmail.

If you have any questions about the February Assessments, School Holiday sessions or the Prom please contact me at the college on 01455 283263 or [jhartley@thomasestley.org.uk](mailto:jhartley@thomasestley.org.uk)

## Police Recruitment - We are in safe hands!

In our current **Year 11** cohort we have a great bunch of community minded, responsible young activists who want to help others. In these uncertain times it gives us hope for our future that we have a group of talented young people who are keen to investigate law, legal and policing pathways.

Fifteen **Year 11** students took part in a Leicestershire Police recruitment workshop. The PCs shared a wealth of experience and knowledge of what modern policing is like, engaging us with scenarios, experience and informing us how the recruitment process works.

Did you know they offer a Police Apprenticeship route?

This is open to anyone from 17-56 years, yes 56 years... You achieve a degree whilst working as a paid Officer. The degree is paid for by the Police Force. You can specialise - They need Detectives .

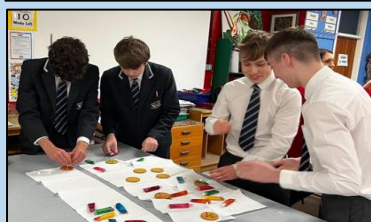
Our students asked mature, probing questions, and left knowing way more than before. Meaningful Employer encounters really bring life beyond the classroom alive.



## WCG Apprenticeship Yellow Bus on Tour!

This afternoon we welcomed the team from WCG on the yellow bus to deliver a talk about apprenticeships to **KS4** students who have expressed interest in this pathway. Students had small taster sessions from motor vehicle, carpentry/electrical trades, engineering, hospitality, and hair and beauty with a chance to ask questions. Students were engaged and curious about different apprenticeships.

Thank you to the WCG team for inspiring our students.



# Life after Tommo

SUCCESS  AT

THOMAS  
ESTLEY  
COMMUNITY  
COLLEGE



Alumni Reece Bryan shared his experiences with our students recently. He told them, 'I'm a Survival Equipment Technician in the Royal Air Force.

If anyone is thinking of joining either the RAF or another service, I would 100% recommend it, because it is one of the best ways to travel the world and work on the latest technology.' Thank you, Reece!

Alumni Success! It was fantastic to hear from former student Aidan. Aidan delivered an inspiring and informative talk about his Post-16 journey to all cohort. Here is what Aidan had to say:

"My name is Aidan Clarke, a former student of Thomas Estley. Since leaving the college in the summer of 2019, I have studied my A-levels at Lutterworth College and now study at the University of Birmingham for an integrated masters of Mathematics.



I found my study at Thomas Estley to be paramount to my success in education and hope in sharing this and sharing my experiences at Sixth Form and University, I can inspire students to work hard and potentially take a similar route!"

If you would be interested in contributing to our careers provision and sharing your career journey with our students, please get in touch with Amber Colquhoun to discuss further; [acolquhoun@thomasestley.org.uk](mailto:acolquhoun@thomasestley.org.uk)



## Five ways to Wellbeing



At Thomas Estley, we are always determined to focus on growing **kindness, wellbeing and happiness**, even during challenging times. In January we took up the 'Action for Happiness' challenge.



**Happier January 2022**

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future				

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

# Mental Health



Our **Year 8** students took part in a special PSHE assembly to recognise **Children's Mental Health Week** when singer-songwriter Irini Mando stopped off to see us as part of her national tour! Students were treated to a concert and Irini spoke to students about the importance of talking about Mental Health, something we all feel passionately about Thomas Estley. Students were given autographs and Irini was kind enough to pose for selfies with her new fans. We wish Irini the best of luck on the rest of her UK tour!

 South Leicestershire School Sports Partnership  
 South Leicestershire School Sports Partnership Newsletter February 22

## MENTAL HEALTH

### What is Mental Health?

Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices.

**Signs of poor mental health in young people**

**Emotional signs** to look out for include:

- Crying more than usual
- Persistent sadness
- Irritability and aggression – particularly if this manifests in regular, unprompted outbursts
- Appearing bored more often than normal

**Behavioural signs** that could be a sign of poor mental health include:

- Young children may become clingier while young adults become more withdrawn
- Losing interest in friends and other things they like doing
- Being reluctant to talk
- Usual activities don't retain their interest
- Difficulty concentrating

**Physical signs** of poor mental health in children

- Changes in appetite
- Disrupted sleep patterns
- Increased bed wetting for younger children
- Frequent headaches or stomach aches
- Rapid loss of weight
- Teeth grinding
- Loss of hair
- Self-harm

Mental health is important at every stage of life, from childhood and adolescence through to adulthood.

**Place2Be's CHILDREN'S MENTAL HEALTH WEEK 7 - 13 FEBRUARY 2022**

Children's mental Health Week runs from 7-13th February, find out more [here!](#)

### Tips to support children & young people

- Be there to listen
- Support them through difficulties
- Stay involved in their life
- Encourage their interests
- Take what they say seriously
- Build positive routines

**YOUNGMINDS**

YoungMinds are a mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need. For information, support and resources, visit their page [here](#)

**time to change**



let's end mental health discrimination

Time to Talk Day is taking place this year on February 4th. Its aim is to get people to choose to talk about mental health and by doing so help change lives. It's a chance for all of us to open up to mental health — to talk, to listen, to change lives.

**NHS**

For more information on Children's Mental Health, visit NHS every mind matters page [here](#)

Catch up with all the latest news

 @Isissp  @learningsouthleicestershiressp  @southleicestershiressp



# Be Smart Online



Safer Internet Day 2022 was celebrated on 8th February with the theme 'All fun and games? Exploring respect and relationships online'.

From gaming and chat, to streaming and video, young people are shaping the interactive entertainment spaces they are a part of.

Safer Internet Day 2022 celebrated young people's role in creating a safer internet, whether that is whilst gaming and creating content, or interacting with their friends and peers.

**BE SMART ONLINE**

- S SAFE** Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.
- M MEET** Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information – or for photos/videos of you then tell an adult straight away and report them together on [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)
- A ACCEPTING** Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.
- R RELIABLE** You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.
- T TELL** Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or [www.childline.org.uk](http://www.childline.org.uk)
- BE SMART WITH A HEART** Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.

WWW.CHILDNET.COM



<https://info.nationalonlinesafety.com/safer-internet-day#free>

TELA (Thomas Estley Learning Alliance) Fact...

Our TELA 'tree' logo was designed by a former ITT Trainee. The inspiration came from the mature oak tree that stands in the @thomasestley /TELA grounds

Here it is through the seasons

[#teachertraining](#) [#traintoteach](#) [#everylessonshapesalife](#) [TeachLeics](#)



Are you thinking of training to teach that subject that you have passion for?  
Would you like a day's experience in a secondary school?  
Tuesday 1<sup>st</sup> March  
9.00am - 3.15pm  
To book a place for the day please visit  
<https://telaonline.co.uk/get-school-experience> [#teachertraining](#) [#schoolexperience](#)

# 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.

**Any COVID related information (symptoms, tests or test results) please keep us up-to-date straightaway by emailing: [covid@thomasestley.org.uk](mailto:covid@thomasestley.org.uk).**

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.

## Winter 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



**College closes to students on Friday 11<sup>th</sup> February and re-opens Monday 21<sup>st</sup> February**

## 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.

## Mobile phones

Students are not allowed to use mobile phones in college unless 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 in 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.

