

# Welcome To Our Thomas Estley Newsletter February 2026



A Community of  
Courage and  
Commitment to  
Success

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# Dates For The Diary

## 16th February

February Revision School (First Day)

## 19th February

February Revision School (Last Day)

## 24th February

Year 9 Options Evening

## 25th February

Year 10 Geography Field Trip

## 26th February

Blaby Youth Council Trip

Year 10 Geography Field Trip

## 2nd March

National Careers Week Begins

SuccessFest

New Walk Art Trip

## 3rd March

French Primary Masterclass

Year 5 & 6 Blaby Dance Festival

Ski Trip Meeting

## 9th March

Year 9 Options Deadline

Year 10 An Inspector Calls Theatre Trip

## 10th March

Year 8 Careers Drop Down Day

Science Primary Masterclass

Year 7 Paris Trip Information Evening

## 11th March

ADT Technology Tournament

## 12th March

Trust Science Fair

## 13th March

Year 9 & 11 Photographs

## 17th March

Year 7 Stratford Trip

History Primary Masterclass

## 19th March

Year 7 PSHE Drop Down Day

## 20th March

Year 7 Paris Residential (First Day)

## 23rd March

Year 7 Paris Residential (Last Day)

## 25th March

Primary Music Experience Day

## 27th March

Primary Orchestra Day

Year 8, 9 & 10 Ski Trip (First Day)

## 30th March

Easter Revision School (First Day)

## 4th April

Year 8, 9 & 10 Ski Trip (Last Day)

## 10th April

Easter Revision School (Last Day)

## Assessments/Exams

### 23<sup>rd</sup> February-6<sup>th</sup> March

Year 8 Assessment Fortnight

### 24th February

Year 11 Hospitality & Catering Practical Exam (Missed Students)

### 6<sup>th</sup> March

Year 10 Drama Devising Exam



# A Word From The Principal

This week is Childrens Mental Health Week as well as Safer Internet week, and we delivered assemblies around both focus areas to raise awareness and to promote positive strategies. You will also have seen in the media last week a renewed focus on minimising the use of mobile phones for children and young people.

Additionally this week, Leicestershire headteachers were shown the results of many large-scale international studies around the impact of exposure to social media on young people. We learnt that persistent frequent social media use predicts lower wellbeing and higher anxiety levels, and that adolescents who spend more than 3 hours per day on social media face double the risk of poor mental health outcomes including depression and anxiety, with addictive screen use associated with suicidal ideation. Not only is high social media use particularly negative for young people with ASD and ADHD, studies have shown that it is associated with statistically significant increased odds of developing ADHD symptoms in the first place. We learnt that frequent social media use may be associated with distinct changes in the developing brain in the amygdala (important for emotional learning and behaviour) and the prefrontal cortex (important for impulse control, emotional and social regulation) and that students spending less time on digital devices do better in Maths.

In the face of this evidence, it is really important that our children maximise their face to face social time, spend time on offline interests and hobbies, and look after their mental health through exercise, good nutrition, sleep, family time and friendships. We are increasing our range of lunchtime clubs to supplement our extracurricular clubs, teams and offer, and are delighted to see more and more students engaged in discovering and developing their talents and interests. We hope that we can work together with you to help our children develop into healthy and happy young people and adults.



*Mandi Collins*

**Mandi Collins, Principal**

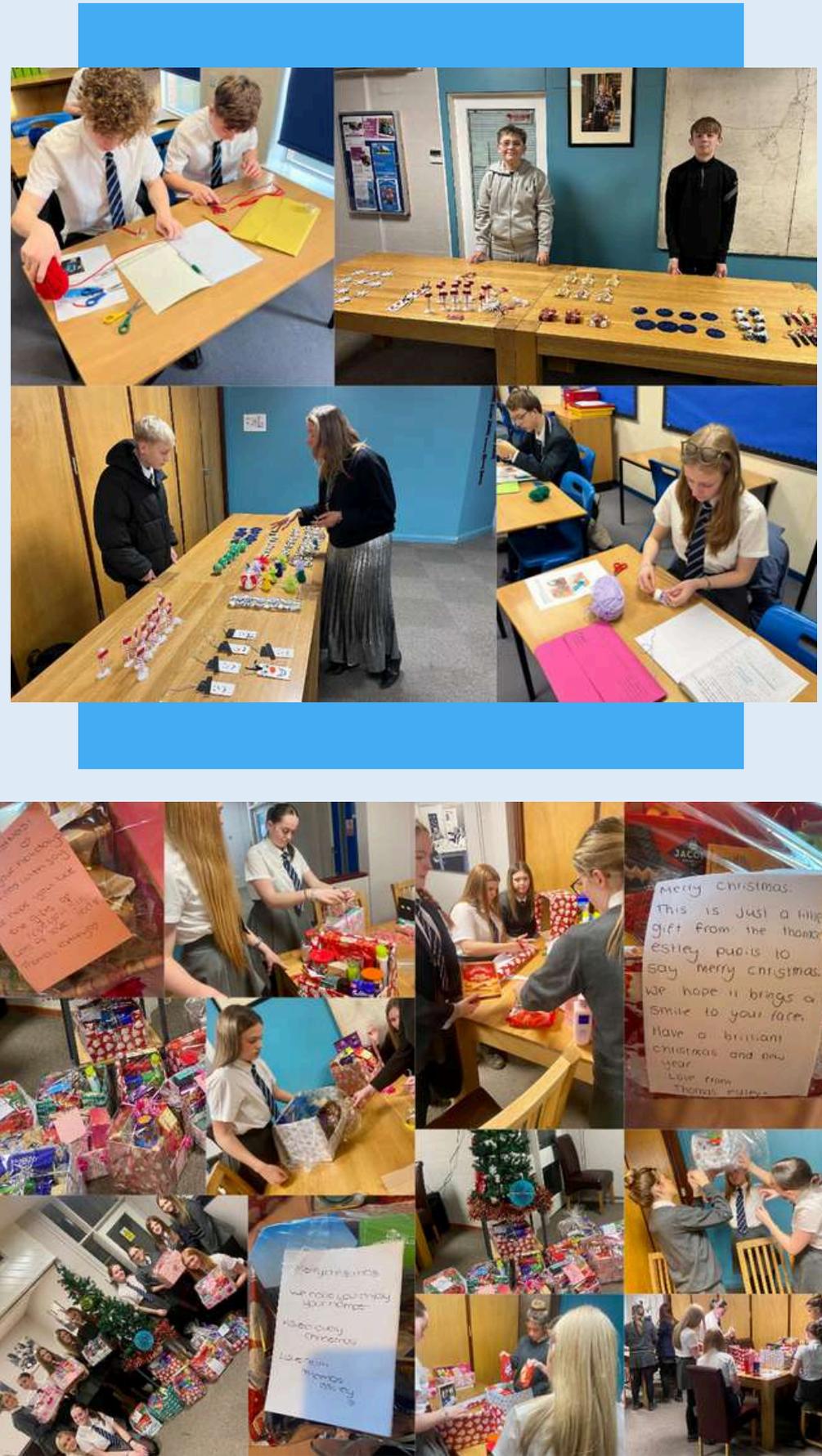
# End Of Last Term

Thomas Estley year 10 and 11 PSE students proudly supported the school-wide charity initiative in aid of Save The Children, raising an impressive £72.86.

As part of the project, students designed and created festive Christmas tree decorations, which they sold to staff during break times around the school. The initiative demonstrated creativity, teamwork, and a strong sense of social responsibility.

All of the work completed contributed towards the students' voluntary work challenges, giving them valuable experience while making a meaningful contribution to an important cause. The school is extremely proud of their commitment and generosity.

A final thank you to all those who donated to our Thomas Estley Christmas charity collections; the large amount of donations showed the kindness of our college community. A further five large shopping bags were collected by Action Homeless on the last day of the autumn term, and students enjoyed making 15 more hampers that were delivered to elderly people living alone in South Leicestershire to enjoy over Christmas.



# High Achievers

A big well done to more amazing Thomas Estley students who secured our Thomas Estley Way Gold award. We are so very proud of you all, working hard over time to regularly demonstrate courage, resilience, perseverance, kindness and respect.



Fantastic achievements within our Thomas Estley Way character traits, combined with leadership excellence over several months, saw three students win our coveted platinum award. They enjoyed snacks with Mrs Collins, discussing their achievements so far and planning more for the future. Well done to Harry, Jacob and Joe!

# High Achievers



Well done to this term's Thomas Estley Way character point winners (above) - keep up the amazing work; we are proud of you!

A huge congratulations to our maths achievers this term for their outstanding attitude to learning in maths - well done!

- Year 7**  
 Poppy Holmes  
 Emily Benson  
 Leo Blowfield  
 Nate Thorley  
 Archie Bradford  
 Harley Ansell  
 Skylar Danks  
 Ollie Thorpe  
 Arthur Mawdsley  
 Jack East  
 Harry Scarff

- Year 8**  
 Bailey Bryan  
 Amelia Roe  
 Han Nguyen  
 Sophie Kane  
 Sophie Dix  
 Jacob Shenton  
 Edie Clarkson-Ward  
 Elodie Church  
 Kaira Tas  
 Amber Sorrell  
 Filip Bladek  
 Fern Winterton

- Year 9**  
 Holly Jones  
 Annie Barr  
 Fenton Ansell  
 Kian Warwick  
 Alex Ashcroft  
 Harry Woodward  
 Jacob Deeming  
 Oscar Thompson  
 Alfie Day  
 Rocco Rowarth  
 Charlie Jarvis  
 Jake Redhead

- Year 10**  
 Abubakar Saghir  
 Rowan Camp  
 Charlie Wilson-Wall  
 Ethan Townsend  
 Summer Webster  
 Carys Humphry  
 Abbie Dowd  
 Jake Taylor  
 Josh Corden  
 Connie Ellis-Brown  
 Melina Turner  
 Kayla Seabrook

- Year 11**  
 Zaine Peach  
 Aemilia Brailsford  
 AJ Tyers  
 Harriet Patrick  
 Steven Cook  
 George Burton  
 Elisa Norman  
 Amelia Prince  
 Archie Leach  
 Lara Wilson  
 Abi McLelland  
 Grace Hurst

**World of Work Leicestershire**  
Information for young people on industries across the area

Leicester & Leicestershire CAREERS HUB

CAREERS & ENTERPRISE COMPANY

BUSINESS AND SKILLS PARTNERSHIP

## Engineering and Advanced Manufacturing

This dynamic sector allows you to be at the forefront of innovation, working with new technology. Engineering uses scientific and practical knowledge to invent, design, and construct everything around us! Manufacturing produces goods from raw materials into finished products, often using high tech systems. **Many different products are made across Leicestershire**, from precision tools, electricals, motorbikes, packaging and adhesives; the area has a strong manufacturing heritage. Businesses include Caterpillar (construction machinery), Sofidel UK (tissue paper), Otis (lifts), Urban Apothecary (luxury candles), SPS Technologies, JJ Churchill (both aerospace components), and Hammonds Furniture. 59,270 people are employed in the sector locally, 50% above the national average.



**Useful subjects**  
Maths, physics, chemistry, English, biology, ICT, languages, design

### What is happening?

- ↑ This is the areas **second highest paying sector**, and it accounts for 11.6% of the regions workforce, offering useful skills, knowledge, and pride in seeing the final product.
- ↑ Careers are broad and can involve research, testing, developing prototypes, production engineering and maintenance. Facilities are often hi-tech and there are an array of jobs from quality inspection, sales, design and software engineering, and many sectors such as chemicals, space, and health products.
- ↑ Locally, Triumph is the largest UK-owned motorcycle manufacturer, and Ibstock Brick is the largest clay brick producer in the UK.
- ↑ Robotics and digitalisation is boosting productivity and safety across the sector, with UK adoption up 50% in 5 years. Medical technology, low carbon transport, green energy products and future food products are key growth areas.
- ↑ Blackrow Group, who provide engineering and fabrication services, have a new facility in Leicestershire.
- ↑ Loughborough University Science and Enterprise Park houses 90 high-tech companies; many link to manufacturing.
- ↑ MIRA Technology Park (Hinckley) is the largest automotive research and development park in Europe.

### Getting in

- ↑ **There are routes in at all levels:** some production line roles prioritise hands-on vocational learning and skills over academic qualifications. Engineering and manufacturing is the third highest sector for apprenticeship starts in the area, and there are graduate schemes too. If you work hard and show initiative you can progress.
- ↑ **Roles in demand** include electrical, mechanical, digital and artificial intelligence engineers, production managers and engineers, 3D printing technician, process operators, research and design engineers and machine programmers.
- ↑ Leicester College has revamped its Advanced Manufacturing and Engineering facilities at the Abbey Park campus, after multi-million-pound investment in resources, equipment and teaching spaces.

### Other local employers include:

- ↑ Michael Smith Switchgear
- ↑ Taylor Hobson
- ↑ Emerson
- ↑ Fisher Scientific
- ↑ Bostik
- ↑ Preci-Spark
- ↑ Druck
- ↑ Nylacast
- ↑ Cobra
- ↑ Winbro Group
- ↑ ITP Aero
- ↑ DPI (UK)
- ↑ Ametek
- ↑ Crown Bevan
- ↑ Babcock International
- ↑ Plastic Omnium
- ↑ Blanson Ltd
- ↑ Cook Optics
- ↑ Oadby Plastics
- ↑ KJN Automation
- ↑ Kaby



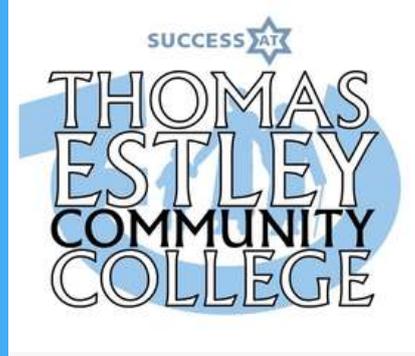
### WHAT YOU COULD EARN

Materials Technician	£20K-£30K
Robotics Engineer	£24K-£50K
Project Manager	£22K-£50K
Electronics Engineer	£22K-£45K
Manufacturing Systems Lead	£24K-£45K
Design & Development Technician	£27K-£45K
Sheet Metal Worker	£20K-£30K
CAD Technician	£20K-£36K

**Skills and qualities**  
Problem solving, communication, creative thinking, leadership, attention to detail

[www.thisisengineering.org.uk](http://www.thisisengineering.org.uk) | [www.lusep.co.uk](http://www.lusep.co.uk) | [www.makeuk.org/future-makers](http://www.makeuk.org/future-makers)  
[www.miratechnologypark.com](http://www.miratechnologypark.com) | [miratechnologyinstitute.co.uk](http://miratechnologyinstitute.co.uk)  
[www.theiet.org](http://www.theiet.org) | [www.engineeringuk.com](http://www.engineeringuk.com) | [www.themanufacturer.com](http://www.themanufacturer.com)

# Attendance



## Why Attendance Is Important

By attending school regularly children and young people ensure they reach their maximum life chances and academic potential. When attending school regularly, they are given access to new experiences, new opportunities to learn and develop new skills. These are not limited to academic skills, but social, emotional, and behavioural development too. Being in school with their peers will enhance their life skills in making friends, developing confidence and self-esteem, teamwork, inclusion and learning to be resilient.

## How We Reward Students At TECC For Good Attendance?

At TECC, we believe that excellent attendance is key to success, and we make a real effort to recognise and celebrate students who show commitment and dedication. Each week, we send congratulatory emails home to parents and students who achieve 100% attendance, acknowledging their reliability and positive attitude to learning. We also celebrate improvement, with chocolates awarded to the most improved tutor group to encourage teamwork and collective responsibility. By recognising both consistent attendance and meaningful progress, we aim to promote a culture where every day in school truly counts.

## The Definition of Persistent Absence and Severe Absence

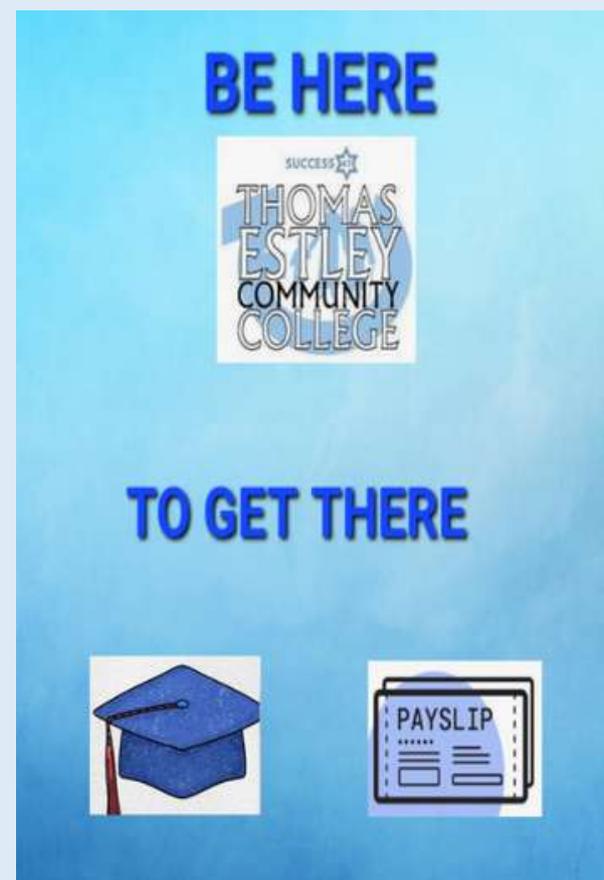
A pupil becomes a 'persistent absentee' (PA) when their attendance drops to **90% or below** for any reason whether the absences are authorised or not. Over a full academic year this would be **38 sessions (19 school days; equivalent to 1 day or more a fortnight across a full school year)**. Absence at this level will cause considerable damage to a child's educational prospects.

A pupil becomes 'severely absent' (SA) when their attendance drops to **50% or below** for any reason, whether the absences are authorised or not.

As persistent absence is often a symptom of wider issues in a child's life, parents/carers, schools, local authorities, and their partners play a crucial role in overcoming barriers to attendance and ensuring all children can access the full-time education to which they are entitled. Whilst the law states that it is the responsibility of the parent or carer to ensure their child attends school regularly, Leicestershire County Council recommends a collaborative approach between parents, schools, and other agencies to ensure that the appropriate support to resolve barriers to attendance is put in place.

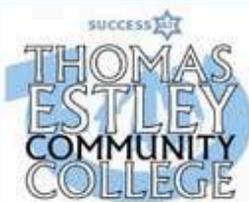
Please ensure that you work with us to support your child with any barriers they may be facing.

'A Boat Doesn't Go Forward If Each One Is Rowing Our Own Way'  
*Swahili Proverb*



# Broughton InTouch

Our Christmas community events were recently featured in Broughton InTouch. It was fantastic to see our students recognised for their contributions to the carol service, Luncheon Clubs and festive activities with Arkwright House. A big thank you to everyone involved.



## Celebrating Christmas with Our Community at Thomas Estley

The Christmas season has provided a wonderful opportunity for Thomas Estley Community College to celebrate and strengthen links with our local community. Our annual Christmas carol service at St Mary's Church saw students share readings and performances, as well as sing Christmas carols and songs with great enthusiasm. We are very grateful to St Mary's for hosting us and for the warm welcome extended to our students and staff.

Our Child Development students also supported the Tuesday and Friday Luncheon Clubs by serving a Christmas dinner, creating meaningful intergenerational kindness and shared celebration. Alongside this, our developing partnership with Arkwright House has enabled students, residents and preschool children to enjoy a range of activities together, from craft projects for charity to social events and a festive celebration at the college, featuring visits from Santa, performances from our Glee Club and plenty of Christmas cheer. These experiences have truly reflected the spirit of the season and the strong sense of community we value.



If you would like to join future events, contact [PAtothePrincipal@thomasestley.org.uk](mailto:PAtothePrincipal@thomasestley.org.uk)

# Library

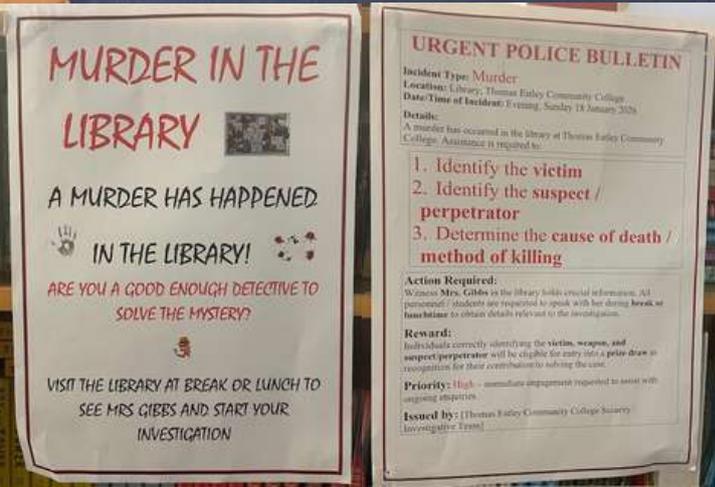


February is LGBT+ History Month which celebrates the impact that LGBT+ people have had on our history, science and other developments over time, helping to shape our lives today. The Thomas Estley library is recognising this with a display that highlights key literature, pictured here.

For Holocaust Remembrance Day, the libraries display focused on Anne Frank and her diary.



Left is the display that complemented Children's Mental Health Week.



This February, our library is celebrating Valentine's Day with a special display featuring books about love, friendship, and kindness. We encourage all students to visit the library and discover a new story to enjoy.

Reading is a wonderful habit for young people. It builds imagination, strengthens vocabulary, and helps develop empathy and understanding. Fall in love with reading this month!

Over a three-week period, a new set of book-related clues were released each week. By solving the clues, participants uncovered the victim, the perpetrator, and the cause of death. Anyone who correctly identified all three was entered into a prize draw!

# Highlights This Term...



Well done to some of our Thomas Estley year 9 students for their great work in food. Students focused on knife techniques and cutting carrots with precision, using a rubric to assess their performance. The finished dish was sweet and sour chicken. Two stand out students were Sam for his precision and Adam who gained "Chef Of The Week" for the overall success of his finished dish. Well done to all for rising to the challenge!

## WAGOLL What A Good One Looks Like

LO: to use knife techniques to cut with precision

		
<p><b>Working towards</b></p>	<p><b>Expected standard</b></p>	<p><b>Greater depth</b></p>
<ul style="list-style-type: none"> <li>• carrot chunks - inconsistent in size and shape</li> <li>• disadvantages?</li> </ul>	<ul style="list-style-type: none"> <li>• carrot coins - consistent in size, shape and thickness</li> <li>• what are the advantages?</li> </ul>	<ul style="list-style-type: none"> <li>• carrot flowers – cut with precision</li> <li>• who might these appeal to/which customer?</li> </ul>



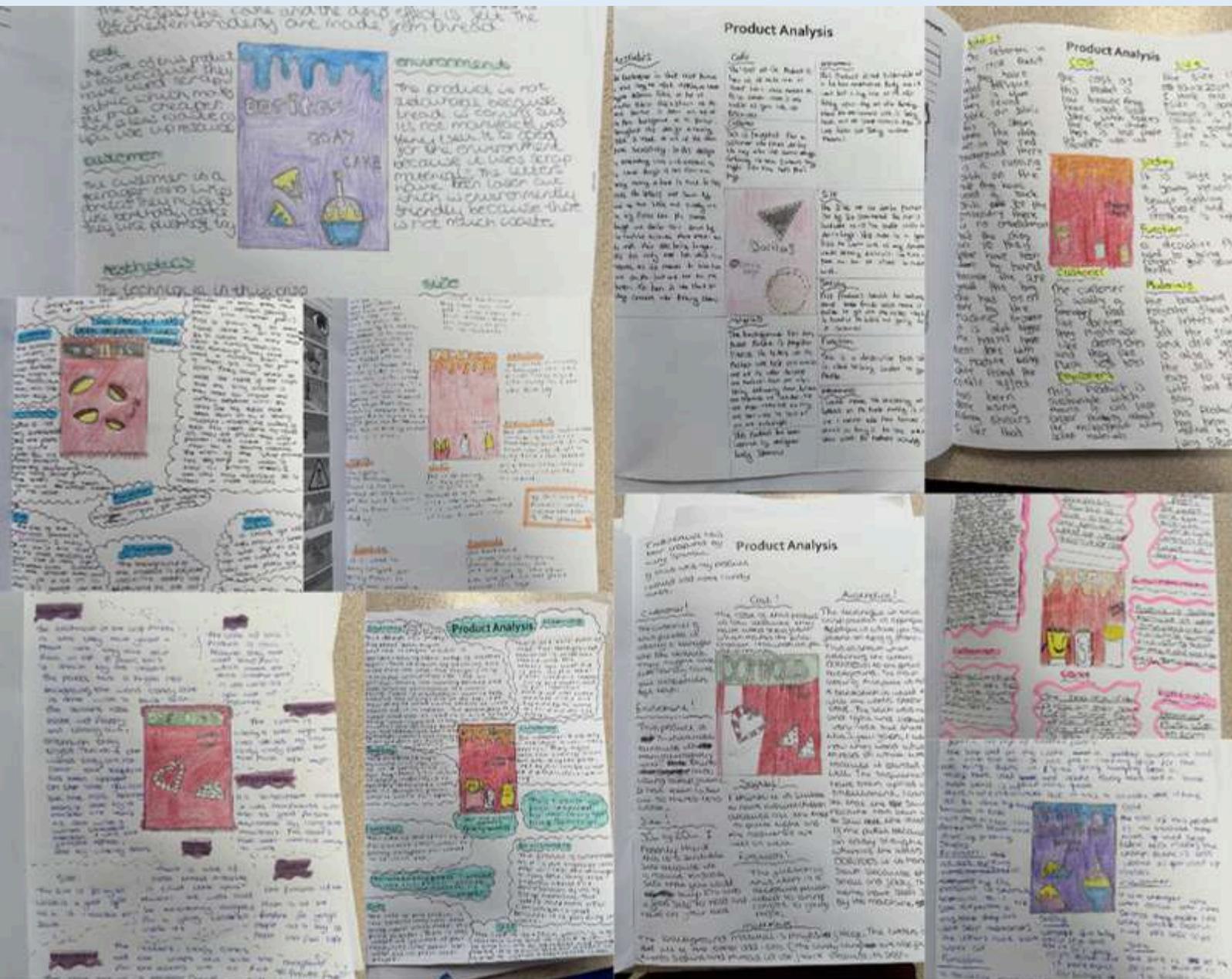
We welcomed fifty colleagues from 22 schools in South Leicestershire to be trained as staff wellbeing ambassadors for their own school communities. Training included studying the national picture from the 2025 national staff survey and drawing conclusions for their own workplaces. We had workshops on the power of connection and belonging and heard from colleagues in the NHS around proactive mental health and wellbeing strategies. The day was concluded with some time to write action plans to take back to schools and implement with new knowledge and skills. A happy, motivated and present staff are key to student success and a positive school community, so we are happy to host this annual training event.



# Highlights This Term...



A big thank you to our kitchen team for spreading a little extra sweetness and joy throughout the school for Valentine's Day.



Well done to our year 8 textiles students. They have been analysing existing products and we are really impressed by the level of detail in their analysis - some examples pictured below. Keep up the great work!

# Highlights This Term...

### Year 10 - Core Materials Storage Project

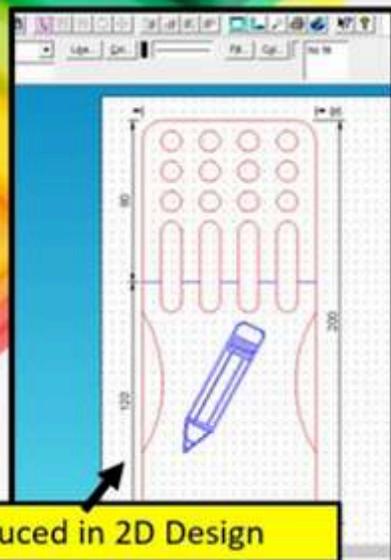
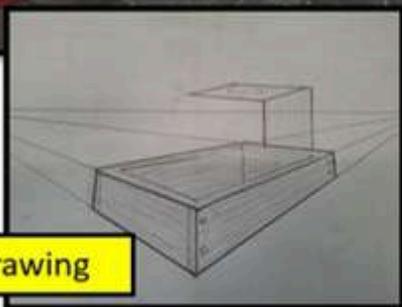
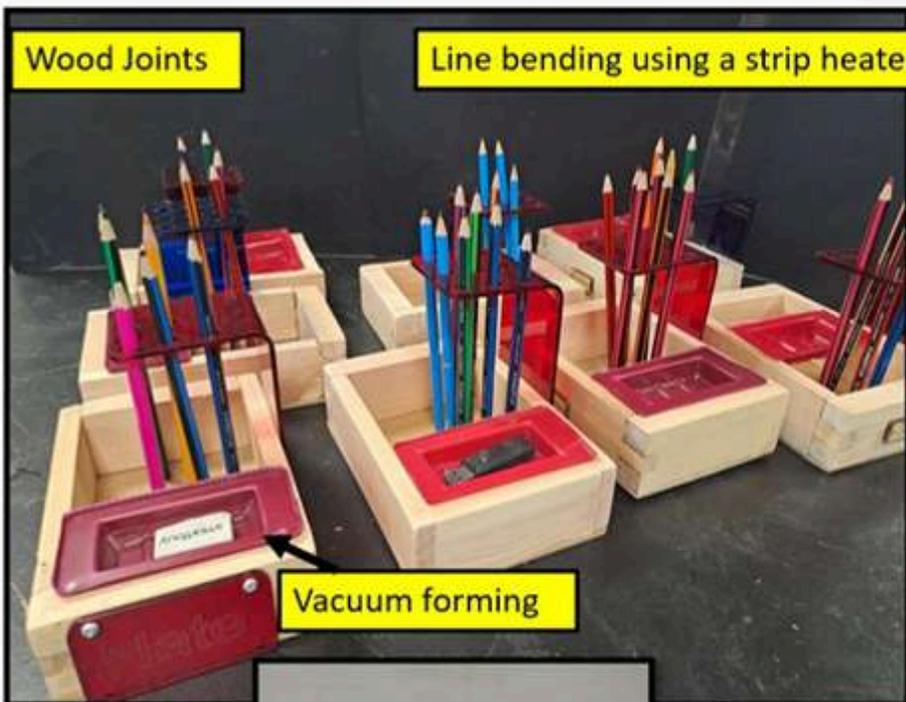
Wood Joints

Line bending using a strip heater

Vacuum forming

Perspective Drawing

CAD Work produced in 2D Design



### Year 10 - Specialist Materials Project

Wood Joints  
 - Dowel  
 - Housing  
 - Halving Joint

Wood finishes

Stock forms and standard components



Measuring and marking out materials with:

- Marking gauges
- Try Squares
- Digital callipers
- Steel rules
- Jigs and templates

Using orthographic drawings

Wasting techniques

Our year 10s have already completed two exciting practical projects in RM: a wooden bi-plane, where they mastered woodworking joints and developed their finishing skills and a desk tidy, designed using CAD/CAM and produced through plastic-forming processes. We're incredibly proud of their progress and can't wait to see what they create next in their mock NEA lighting project. Well done, everyone!



Our under-15 girls footballers finally got their rearranged last 32 National Cup match played against Ormiston Sheffield Academy from Walsall. Despite us having many more chances than our opposition, their outstanding goalkeeper ensured that we couldn't put the ball in their net. The match finished 0-0 and went to the dreaded penalties. Again their keeper was the difference, saving three of ours and taking them through to the last 16 in England.

As much as our girls were disappointed with the final result, they should be proud of having another great season in the National Competition. They have worked so hard against multiple teams. Well done girls, heads up, and we move on to the district competitions and focus on those now, in order to qualify for the County Cup.



The under-13 girls footballers played at the Eastern Region seven-a-side tournament. As the County Champions we represented Leicester City and wore their kit. The girls played seven league matches in the pouring rain, notching up six wins against Derby 1-0, Mansfield 2-0, Sheffield Wednesday 4-0, Notts County 3-1, Burton Albion 1-0 and Sheffield United 3-1. We also drew 0-0 with Chesterfield. As league champions we then met Sheffield Wednesday in the semi-final. A 0-0 draw took us to penalties. Grace, Ava and Verity held their nerve to all convert their penalties and take us into the final against Derby. A 2-0 win with goals from Willow and Verity saw us crowned Eastern Region champions and we now go through to the midlands finals on March 11th in Chesterfield.

A superb display from the girls from start to finish on a cold wet day. Every girl played their part and we thoroughly deserved the win. Well done girls, we are so proud of you all!





Our under-14 girls bowed out of this season's National Cup away at Northampton School. With a very depleted squad and with half of the 11 available having played in the night before's under-13 tournament, we were up against it from the off.

Northampton were quick off the mark and much fresher than us and deserved their 3-0 victory. All three of their goals hit into the top of the goal from range.

Well done to our girls though; despite their tiredness, they didn't give up and held their heads high, fighting right until the final whistle to try and get back into the game. Player of the match went to Willow. Well done to her.



Our under-13 Thomas Estley girls football team rounded off their busy week of fixtures with more amazing success. They met Wickersley School from Rotherham in the last 32 of the National Cup.

It was a really close match from start to finish on another horrible wet day. Neither team took their chances in the first half. It was the second half where things stepped up. Wickersley came close with a great strike from the edge of the box that hit the cross bar and thankfully went into India's arms in goal. The breakthrough came from two quick corners in succession for us. Wickersley scrambled the first clear and on the second, captain Willow was able to tap in at the near post after a scramble to give us the lead. With 15 minutes still to go we changed our formation to go more defensive and held on to take the win and an away tie against South Hunsley School near Hull in the last 16 of the competition.



Well done to our girls; they have given us everything. Joint players of the match to Verity and Willow.



The year 7 girls football team produced an outstanding display of determination and teamwork in their away fixture against Brockington, coming from 2-0 down at half-time to securing an impressive 4-2 victory. After a challenging first half that saw Brockington take the two-goal lead early on, the girls showed remarkable resilience. Rather than letting their heads drop, they returned for the second half with renewed energy and focus, quickly turning the momentum of the game. Sofia led the comeback with two outstanding goals. Further goals from Bowdah and Giselle completed the turnaround and sealed a well-deserved win. The attacking play was matched by strong defensive organisation and exceptional goalkeeping from Evie, whose fantastic saves kept the team in the game.

Brockington selected Layla as their POTM, while our POTM were Evie for her superb goalkeeping and Sofia for her two goals and all-round team play. This was a fantastic team performance, with every player contributing and showing great spirit, resilience, and support for one another. A result to be very proud of and a brilliant example of never giving up.

Well done to our under-14 girls team (left)! A fantastic 2-1 victory against Brockington College. Despite the challenging conditions, the girls battled from start to finish, showing incredible grit, determination and teamwork throughout the match. The first half saw us take a 2-0 lead, with great finishes from Verity and Fern. Brockington pulled one back late on, but the girls kept their composure and held their nerve to secure the win. Special mention to Isla for a superb performance on the wing - outstanding effort! Well done girls, we are very proud of you!



# Sport

SUCCESS  AT

THOMAS  
ESTLEY  
COMMUNITY  
COLLEGE



Huge congratulations to the year 8 boys football team on an outstanding league cup final victory away at Robert Smyth Academy! Back-to-back league champions and County Cup qualification secured. On a tough surface, the boys showed real grit and determination, battling their way to a 2-0 lead at half time. The intensity continued in the second half with another well-taken goal late on to make it 3-0, before a late consolation goal for the hosts. A dominant team performance from start to finish with a special shout-out to Indy for a brilliant man of the match display. So proud of this group. Well done boys...we go again!



Huge congratulations to the Thomas Estley under-13s cricket team on finishing runners-up in the Indoor Cricket Finals against Leicester Grammar School! The boys and girls were on fire from the start with big wins against Leicester Grammar & Kibworth in the group stages, securing a well-deserved semi-final spot. Facing a strong Robert Smyth side in the semis, the team showed incredible determination and teamwork to come out victorious and book their place in the final. A tough rematch against Leicester Grammar followed, and although we narrowly missed out by just a few runs, the performance was outstanding from start to finish. Special shoutouts for fantastic debut performances from Millen, Neve, Evie and Ollie and outstanding bowling and batting displays from Sam & Indi - true role models and inspirations for the next generation of cricketers at Tommo!

# Sport



The Thomas Estley year 7 girls football team (left) were fantastic once again, showing excellent resilience, teamwork, and determination throughout their match. Thomas Estley started strongly, going into half-time with a 2-0 lead, thanks to superb goals from Sofia and Willow. Both players produced brilliant strikes that beat the opposition goalkeeper and set the tone early on. The second half began with real energy, and Sofia was on fire, completing an outstanding hat-trick to extend the lead. Kibworth managed to score a goal, but the girls stayed focused and continued to work hard as a team. The performance was finished off with another well-taken goal from Giselle, securing a convincing 6-1 victory for Thomas Estley.

The player of the match, was without doubt, Sofia. A brilliant all-round team performance - well done, girls!

More sporting success for Thomas Estley! Thomas Estley continues to celebrate sporting success, this time with an excellent performance from the year 9 girls' netball team (right). The girls competed in the under-14s Plate Competition held at Leicester Grammar School and produced an outstanding display throughout the tournament. The team faced a challenging start in their opening match against Hastings High School, going 1-0 down early on. However, showing great determination and teamwork, Thomas Estley fought back strongly to secure a 2-1 victory. Confidence grew as the tournament progressed. In the second match, the girls delivered a dominant performance, beating Kibworth Mead 4-0. This momentum continued into the third game, where Thomas Estley claimed a 2-0 win against Leicester Grammar School C. The final match against St Martins B saw another impressive display, with Thomas Estley finishing the tournament with a convincing 4-0 win.

The team worked fantastically together throughout the competition, and Honey's shooting proved unstoppable. Winning all of their matches, the team topped the table in first place and were deservedly awarded the tournament trophy. A fantastic achievement. Congratulations to all involved!





The year 8 girls football team did Thomas Estley incredibly proud with a superb victory over a very strong South Hunsley School side in Hull, securing their place in the National Cup quarter-final. After a two-hour journey, the girls started strong and their positive approach was rewarded within the first ten minutes when Thomas Estley took a deserved 1-0 lead. Grace played a perfect ball through to the path of Verity, who showed great composure to take the chance and fire a powerful strike past the goalkeeper.

Thomas Estley continued to work tirelessly to protect their lead against a determined South Hunsley team. Willow displayed outstanding resilience and pace, covering huge areas of the pitch to limit the opposition's attacking opportunities, while India was excellent in goal, making key saves whenever South Hunsley came close to scoring. Despite the girls' best efforts, with around 15 minutes remaining South Hunsley managed to break through the defence and found the equaliser with a well-placed finish, bringing the score to 1-1.

Late drama followed when an error resulted in an indirect free kick just outside the box, but Thomas Estley were relieved to see the strike fly over the crossbar. Both teams pushed for a winner, and Thomas Estley came close in the final five minutes, but the match, including extra time, ended 1-1, meaning penalties would decide the outcome.

The shootout was tense, but the girls held their nerve brilliantly. Penalties from Willow, Fern and Grace were confidently put past the keeper, while India produced two outstanding saves in goal. With Thomas Estley holding a 3-2 advantage, Verity stepped up to take the decisive penalty to seal a memorable victory for the girls.

A fantastic team performance, full of determination, resilience and composure, saw the year 8 girls through to the National Cup quarter final - a result they can all be incredibly proud of. The girls didn't want the choice of a player of the match for this game. As they explained, they all deserve it as a team.

The Thomas Estley year 8 girls football team were back in cup action facing Congleton High School, and delivered another outstanding performance.

They made a superb start, taking control of the game early and heading into half-time with a brilliant 4-0 lead. India scored twice, while Maddison and Fern each added a goal to conclude an excellent first-half. The momentum continued into the second half of the match. India completed her hat-trick with a well-taken third goal, and Willow added the finishing touch to win the match 6-0! Although Congleton created a few chances, they were unable to work their way past Lyds in goal, as the defence remained composed and organised throughout.

One of the standout moments of the match came from Kelsea, who showed great skill and composure to weave past a defender before delivering a perfectly timed through ball for India to score - a fantastic piece of teamwork. Overall, it was a superb team performance and another game the girls can be incredibly proud of. Player of the match went to India.



# Preschool & OOSC



Our preschoolers recently enjoyed a very interactive and hands on oral health session. Charlotte, a dental nurse and one of our parents, came in and delivered an engaging session teaching the children about good dental hygiene practice. They had opportunities to look at and decide which foods are healthy and which foods are not, demonstrating good knowledge. They enjoyed exploring the resources, including putting on face masks and disposable gloves, but especially enjoying Jack the skull and the set of big teeth and brush. Charlotte provided them all with a goodie bag at the end of the session and a dental care guidance leaflet for parents. Thank you to Charlotte for providing our preschool children with such an important experience, in a lovely, fun way.

Thomas Estley primary out of school club have been busy exploring "what love is". The children have enjoyed sharing their thoughts and ideas and have decorated a heart to represent what to love means to them.

To support their emotional well-being as part of Children's Mental Health week, they have carefully decorated a journal each, they will be kept safely out of school club and they can add feelings and thoughts throughout the year and take them home at the end of the summer term. We have also had lots of sporty fun in the college gym and dining room.



# Don't Forget!

*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 Parent Mail.*

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 yourselves.

Thank you!

## Headphones, Earbuds & Air Pods

The use of headphones/earbuds/AirPods 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.

## Absence During Term Time

If your child is too ill to attend college please contact reception 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.

## Mobile Phones

Students are not allowed to use mobile phones in college unless they have express permission from a member of staff. This is to protect students' learning and social development and is in line with our safeguarding policy. This refers to any use anywhere on the college site, including break and lunchtime - phones should be 'not seen, not heard.'

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.

*College reopens on Mon 23<sup>rd</sup> Feb & closes for Easter on Fri 27<sup>th</sup> March*

## 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.

## School Transport

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

*Since our transition to Arbor please ensure your child's medical status is up to date.*





# NUTRITION Newsletter

## Why a balanced diet is important

JANUARY 2026

Eating a healthy, balanced diet is important for children and young people. A balanced diet helps them grow properly and stay healthy. It supports brain development, builds strong bones and muscles, boosts the immune system, and helps maintain a healthy weight. Eating a variety of healthy foods also teaches good habits for life.

The NHS Eatwell Guide is based on the 5 food groups and shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. Find out more [here!](#)



### Encouraging healthy habits

**Be a Role Model** Lead by example, if children see you enjoying fruits, vegetables, and whole foods, they're more likely to do the same.

**Eat meals together** Family meals provide a chance to model healthy choices and enjoy time together.

**Make Healthy Foods Fun and Accessible**

Use a variety of colourful fruits and vegetables to make meals visually appealing.

**Involve them** Let children pick a new fruit or vegetable to try each week.

Include them in age-appropriate kitchen tasks—they're more likely to eat what they help make.

**Gardening** Growing their own food (even herbs in a pot) helps build excitement for trying it.

**Educate Without Pressure** Avoid labeling foods as "bad." Instead, talk about "everyday" foods vs. "sometimes" foods to encourage balance.

**Establish a Routine** Regular meals and snacks. Predictable eating times help kids feel secure and avoid excessive snacking.

**Be Patient** Repeated exposure. Children may need to try a new food 10-15 times before they like it.

**DID YOU KNOW?** 

Strawberries are the only fruit that have seeds on the outside. There are over 600 different types of strawberries!

source: Learning Resources UK

*Have healthy snacks available between meals, such as fruit, vegetable sticks or rice cakes. Change4Life have lots of healthy snack ideas, find out more [here!](#)*



*Change4Life have a range of delicious, healthy dinner recipes, lunchbox ideas and breakfast favourites. Check them out [here!](#)*



# know your labels!

Checking food labels is an important habit that helps families make informed and healthier food choices.

## Understand What's Really in Your Food

- Labels reveal ingredients and nutritional content that may not be obvious from the packaging.
- Helps identify hidden sugars, salt (sodium), unhealthy fats, additives, or preservatives.

## Make Healthier Choices

- Compare similar products (e.g., cereals, snacks, yoghurts) to choose the lower sugar, lower sodium, or higher fibre option.
- Avoid highly processed foods with long ingredient lists and unfamiliar chemicals.

## Manage Allergies and Intolerances

- Vital for spotting common allergens like nuts, dairy, gluten, soy, or eggs.
- Prevents accidental exposure in children with food sensitivities or medical conditions.

## Portion Awareness

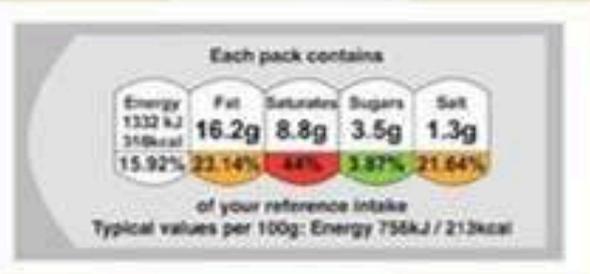
- Teaches kids and adults to understand serving sizes vs. what's actually eaten.
- Helps control overeating or undereating, especially in snack foods or drinks.

## Monitor Sugar and Salt Intake

- Many "healthy-looking" foods (like granola bars, flavored yoghurts, juices) can be loaded with added sugars.
- Processed foods often contain high levels of salt, increasing the risk of high blood pressure later in life.



The NHS has lots of helpful information relating to food guidelines and labels. Check it out [here](#)



**What to look for on the front-of-pack (FOP)**  
Nutrition labels help you make quick, informed food choices. They show key nutrients per portion, including:

- Energy (kcal/kJ)
- Fat
- Saturated fat
- Sugars
- Salt

Many use traffic light colours:

- Green = Low (healthiest)
- Amber = Medium
- Red = High (limit intake)

Some labels also include Reference Intakes (RIs) to show how much of your daily limit a portion contains.

**Tip: Portion sizes on labels may differ from how much you actually eat, so always check!**



LET'S GET SOCIAL!





# South Leicestershire Community Board

## Local Support Services

There is always a service out there for you no matter what the situation.

Click [here](#) to find details of great support services available.

## LET'S STAY ACTIVE!

Simple ideas to stay physically active and have fun!

### Find joy in every step

Walking has many benefits for both your physical and mental health. It starts with our daily 10,000 steps, but it can be so much more. You and your family could go on a longer walk, grab a bag and go shopping for groceries, stop a piece of dog walking after school or use a trolley to carry your shopping. It's all about taking small steps to stay active.



### Ready, Set, Run!

Active Partners are FREE, weekly community events open to everyone from 5 years old. Join the Parkrun team and see how active you can be. It's all about staying active and enjoying the outdoors.



### Go swimming

Join the water's biggest resource team. Find out more about the benefits of swimming.



### Weekly Workouts

Join the Parkrun team and see how active you can be. It's all about staying active and enjoying the outdoors.



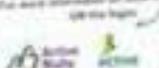
### Let's Dance!

Whether you're a professional dancer or just a beginner, there's always a place for you. Join the dance community and see how active you can be. It's all about staying active and enjoying the outdoors.



### Try something new!

Whether you're a professional or just a beginner, there's always a place for you. Join the community and see how active you can be. It's all about staying active and enjoying the outdoors.



### Parks & Adventure Playgrounds

There are the perfect places to be physically active, while having fun. Running, cycling, climbing, swimming, the possibilities are endless. Why not take a football, basketball, tennis racket and set up a game with your friends or family.



### Action Travel

Walking, cycling or riding to school is a great way to be physically active. It's all about staying active and enjoying the outdoors.



## five to thrive

We've all heard that our body needs 5 portions of fruit or veg a day to grow strong, well our brain needs 5 things too.

respond

cuddle

relax

play

talk

It's demonstrated in a tower of building blocks and can support your child's brain development. But this isn't just for children, the whole family can use Five to Thrive to strengthen relationships and build resilience.

Find out more by visiting the family hubs website



## Benefits of volunteering on physical & mental wellbeing



Improve confidence and self-esteem

Get Outdoor

Build social networks

Personal development

Improved mental wellbeing

Lower stress

To find out more about volunteering opportunities in the Harborough District contact:

Grow the community

Have fun!

www.harb.org.uk 01858 522222

Click the flyers to find out more!



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

Children's mental health is shaped by many different factors, including:

**Biological:** Genetics, brain development, physical health, and how well they sleep all play a part.

**Psychological:** Their self-esteem, how they cope with challenges, and any experiences of trauma or loss can affect how they feel and behave.

**Family & social:** Parenting style, family conflict, friendships, and bullying all have a big influence.

**Environmental:** School stress, money problems, discrimination, social media, and how easy it is to get help also make a difference.

Strong relationships, feeling safe, having healthy routines, and getting help early can really support children's mental wellbeing.

## Signs of poor mental health

Signs of poor mental health in children and young people will vary, but here are some common signs to look out for.

**Emotional:** Often sad, anxious, or irritable. Mood swings or low self-esteem. Feeling hopeless or guilty.

**Behavioural:** Withdrawing from friends or family. Losing interest in usual activities. Behaviour changes, aggression, or self-harm.

**Physical:** Trouble sleeping or eating. Frequent headaches, stomach aches, or tiredness.

**School & social:** Drop in performance in school or avoiding school. Difficulty concentrating or making friends.



### DID YOU KNOW?



Research in 2023 found that 1 in 5 children and young people aged 8-25 had a probable mental health disorder. That's around 6 children in every class!

Source: NHS

# Mental Health Support services

There are a number of services and charities that can offer advice and support. Click on the logos to head straight to their websites!



## YOUNG MINDS

## BARNARDO'S

Changing childhoods.  
Changing lives.



5 WAYS TO  
WELLBEING



Place2Be's  
CHILDREN'S  
MENTAL HEALTH  
WEEK

9-15  
FEB  
2026

## KEY DATES

- Time to Talk Day - 6<sup>th</sup> February
- Children's Mental Health Week - 9<sup>th</sup> - 15<sup>th</sup> Feb
- National Apprenticeship Week - 9-15<sup>th</sup> Feb
- Safer Internet Day - 10<sup>th</sup> February
- Eating Disorders Awareness Week - 24<sup>th</sup> February to 2<sup>nd</sup> March

Beat has lots of resources help you learn more about eating disorders and how to seek help. Find out more [here](#)



Children's Mental Health week will take place from 9-15th February and the theme this year is **This is My Place**. The theme explores the vital role of belonging. A sense of belonging - whether in our families, schools, peer groups, or wider communities - is a fundamental human need. It helps us feel secure, supported, and ready to learn and grow.

When children feel they belong, they are more likely to have positive mental health, build healthy relationships, and believe in their ability to make a difference.

Source: Place2Be

Find out more [here](#)



LET'S GET SOCIAL!



Health | Well-being | School Sport | PE | Physical Activity  
Supporting South London schools to provide opportunities for all young people



Health | Well-being | School Sport | PE | Physical Activity  
Supporting South Leicestershire Schools to provide opportunities for all young people

# South Leicestershire Community Board



## Winter Support

Find Winter support information for your area here



**Chill, Chat and connect**

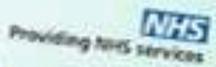
Are you a parent or carer of a young person aged 0-19?

Come along to our family wellbeing advice and drop in session  
A safe space to chat

A time for family wellbeing workers to look at any services that may be helpful to you and your family. Children welcome.

Wigston Magna Children and family wellbeing centre  
Long Street, Wigston, LE18 2AH  
1PM-2:30PM

Most pharmacies can help you with **seven common conditions** without needing a GP appointment



## Speakout Wellbeing resources



- Sinusitis
- Sore throat
- Earache (children)
- Infected insect bite
- Impetigo
- Shingles
- Urinary tract infection (women)

Ask your pharmacy for more information about this free\* NHS service

### Visit your Pharmacy First!

Most pharmacies can help you with **seven common conditions** without needing a GP appointment



Speak to your pharmacist if you suspect you have  
**Earache**  
(Children aged 1 to 17 years)

### Visit your Pharmacy First!



# SELF-HARM Support

Self-harm is defined as intentional self-poisoning or self-injury, regardless of the apparent purpose of the act.

Source: NICE Guidelines 2012

Self-harm is a means to manage difficult emotions or feel some control, keeping a sense of hope. It does not necessarily mean that the person wants to die.

## Common forms of self-harm

Self-harm can take many different forms, but here are some of the common forms to be aware of:

- Cutting the skin (using sharp objects)
- Scratching or burning the skin
- Hitting or punching oneself or objects
- Interfering with wound healing (e.g. picking scabs)
- Hair pulling
- Ingesting harmful substances (non-lethal amounts of medication, chemicals, etc.)

## Why do people self harm?

Self-harm is not a "cry for attention." Young people may do it to:

- **Cope with overwhelming emotions:** Some young people feel so upset, angry, anxious, or sad that they don't know how else to express or release those feelings. Self-harm can feel like a temporary way to "let the pressure out." It may bring a brief sense of relief — though that relief doesn't last and often leads to guilt or shame later.
- **To feel something when they feel numb:** Sometimes, emotional pain can turn into numbness — feeling nothing at all. Self-harm might be used to feel something real again, even if it's physical pain.
- **To regain a sense of control:** When life feels chaotic or out of control — due to stress, trauma, or conflict — self-harm can seem like one thing the person can control. It can become a private, secret way to manage what feels unmanageable.
- **To express feelings they can't put into words:** Some young people struggle to talk about emotions or might not have the words for what they feel.
- **To punish themselves:** Feelings of guilt, shame, or self-hatred can lead someone to believe they "deserve" to be hurt.
- **Underlying mental health issues:** Self-harm often occurs alongside: Depression, Anxiety, Trauma or PTSD, Eating Disorders, Borderline Personality Traits, Substance use.



### DID YOU KNOW?



Around 20% of young people in the UK have self-harmed. That's equivalent to one in every five teens.

Source: The Mental Health Foundation



# Supporting a young person who may be self-harming

**Stay calm and listen** – Don't judge or panic. Listen with empathy and thank them for trusting you. Avoid insisting someone stop self-harming immediately. Removing a coping strategy without support or alternatives can increase distress and risk.

**Acknowledge feelings** – Understand that self-harm is often a way of coping with deep emotional pain.

**Encourage safer coping** – Suggest alternatives like writing, drawing, breathing exercises, or talking to someone they trust.

**Keep checking in** – Show ongoing care and help them build a support network.

**Get professional help** – Tell a family member, GP, or counsellor.

**In an emergency, call 999 or go to A&E.**

**If they're in immediate danger: Stay with them and call emergency services or contact Papyrus HOPELINE247 (0800 068 4141 / text 88247).**



## Support & Advice

**NSPCC**

**BARNARD'S**

Changing childhoods.  
Changing lives.

**NHS**

**YOUNGMINDS**  
fighting for young people's mental health



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

**HARMLESS**  
the centre of excellence for  
self-harm & suicide prevention

**MENTAL  
HEALTH  
FOUNDATION**



**South Leicestershire  
School Sports Partnership**



Health | Well-being | School Sport | PE | Physical Activity  
Supporting South Leicestershire Schools to provide opportunities for all participants

*This flyer was produced by the South Leicestershire School Sports Partnership. The partnership is a not-for-profit organisation committed to improving the health and well-being of children, young people, and school staff across 83 schools in South Leicestershire.*

*Our vision is simple but powerful: we strive to give all children, young people, and school staff outstanding opportunities to develop lifelong healthy behaviours. The strength of our Partnership comes from collaboration with schools, families, and key community organisations, all working together to embed well-being into everyday school life.*

*At SLSSP, we believe in winning hearts and inspiring minds.*



LET'S GET SOCIAL!

check us out!



## Workshops for parents of children with autism

Are you interested? Talk to admin.



**LPC is excited to announce a supportive 4 week programme of workshops for parents or carers of young people with an Autism (ASD) diagnosis.**

This will be delivered by specialist professionals in a safe and open environment. These workshops will also offer an opportunity to meet with other parents with similar experiences. We are hoping to cover a number of useful topics, including:

- Emotional regulation and behaviour
- Anxiety
- Meltdowns, shutdowns and masking
- Communication and interaction
- Sensory processing
- Supportive strategies

There will also be time within the sessions for you to ask questions specifically related to your child.

Fees: £55 per person, per week. Or £75 a couple.

It will be commencing during March and April 2026. Timings will be 10.30am – 12pm.

# Care and Education for 2-4 year olds



## THOMAS ESTLEY PRESCHOOL

- ✓ All types of FEEE funding accepted – where self-funded, competitive pricing with sibling discounts.
- ✓ Rich, varied provision includes indoor and outdoor free flow, separate forest garden, access to library for stories and singing, field and gym for sport skills and play.
- ✓ Learning opportunities include messy play, construction, yoga, early phonics, maths activities, sand/ water play, small world, local area walks and visits
- ✓ School readiness focus afternoon inputs for 3 year olds
- ✓ Hot lunches cooked onsite available as a lunch option

*'Children are gaining a love of books.'* (Ofsted 2022)

*'Children value the caring nature of the staff; they feel reassured and safe.'* (Ofsted 2022)

*'Parents are highly complementary about the pre-school and say they would not change a thing.'* (Ofsted 2022)



### Book Now!

#### Contact Us

01455 283 263 Ext 205  
nsadler@thomasestley.org.uk



Based at Thomas Estley  
Station Rd, LE9 6PT

7:30-12:00

7:30-3:00

7:30-6:00



9:00-12:00

9:00-3:00

9:00-6:00

12:00-3:00

12:00-6:00

# Childcare for 3-11 year olds



## THOMAS ESTLEY OUT OF SCHOOL CLUB

- ✓ Open from 7:30am and until 6:00pm
- ✓ Drop offs and pick ups – Thomas Estley pre-school & Old Mill Primary School
- ✓ Competitive pricing with sibling discounts – tax-free/ universal credit options apply
- ✓ Wide range of free choice activities including outdoor play, craft, cooking, sport, reading and board games
- ✓ Breakfast, after school snack and light tea included



**Book Now!**

Contact Us

01455 283 263 Ext 206

[squittenton@thomasestley.org.uk](mailto:squittenton@thomasestley.org.uk)



Based at Thomas Estley  
Station Rd, LE9 6PT

# 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)