

Welcome To Our Thomas Estley Newsletter May 2026



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

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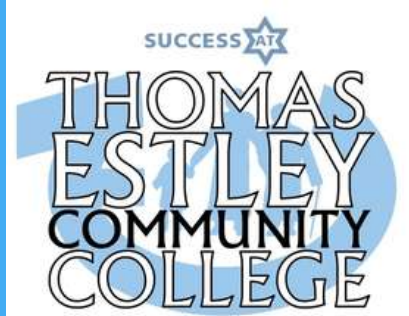
Focussing on exam stress & neurodiversity.

40 Advertisements

Picnic in the park, ADHS support, preschool, out of school club and teacher training.



Dates For The Diary



26th May

May Revision School Begins
Year 9 Normandy Residential Last Day

29th May

May Revision School Last Day

9th June

ADT Big Bang Fair Begins
Music Leaders Visit To Old Mill

11th June

ADT Big Bang Fair Ends

17th June

Year 6 Inclusion Experience Day
Vaccination Mop-Ups
Year 7 Parents Evening (Remote)

18th June

Year 7 Parents Evening (Remote)
Year 8 STEM Computing Trip

23rd June

KS3 University of Leicester Aspirations Day

24th June

Year 6 Inclusion Experience Day

25th June

KS3 Awards Evening

26th June

Year 5 Experience Day

27th June

Tanzania Expedition Begins

29th June

SAT Leadership & Character Awards
Primary Music Experience Day
Blazer Try-Ons

30th June

Reward Trips
Blazer Try-Ons

1st July

Summer Showcase
Sports Day

2nd July

Year 6 Induction Day One & Open Evening
Year 9 Work Experience

3rd July

Year 6 Induction Day Two
Year 9 Work Experience

7th July

Year 11 Prom

Assessments/Exams

1st-18th June

GCSE Exams Continue

15th-26th June

Year 10 Mock Exams



A Word From The Principal

An important part of our provision for our students is to raise awareness and confidence around the many different post-16 and career pathways and destinations which they may like to consider after they leave us at the end of Year 11.

We achieve this through our tutor time careers programme, our Module days and Drop Down days, through visitors into college and through targeted visits to workplaces and universities. Our Year 11 students also receive one to one support through our independent careers advisor and their tutors, as well as practice employer interviews, to submit successful applications for post-16 programmes and apprenticeships.

Recently it has been a delight to watch our Year 11 students attending their college interviews, and groups of students with particular careers in mind attending a midwifery experience day and a De Montfort University. Also, 28 local employer volunteers from a variety of workplaces and careers who gave up their time to work with our Year 8 students to inspire and educate them around possible pathways.

If you are able to give up any of your own time to arrange a workplace visit or to talk about your career with a group of our young people in order to inspire and educate them about future possibilities, that would be a fantastic addition to our programme. If so, please email PAtothePrincipal@thomasestley.org.uk. We look forward to hearing from you.



Mandi Collins

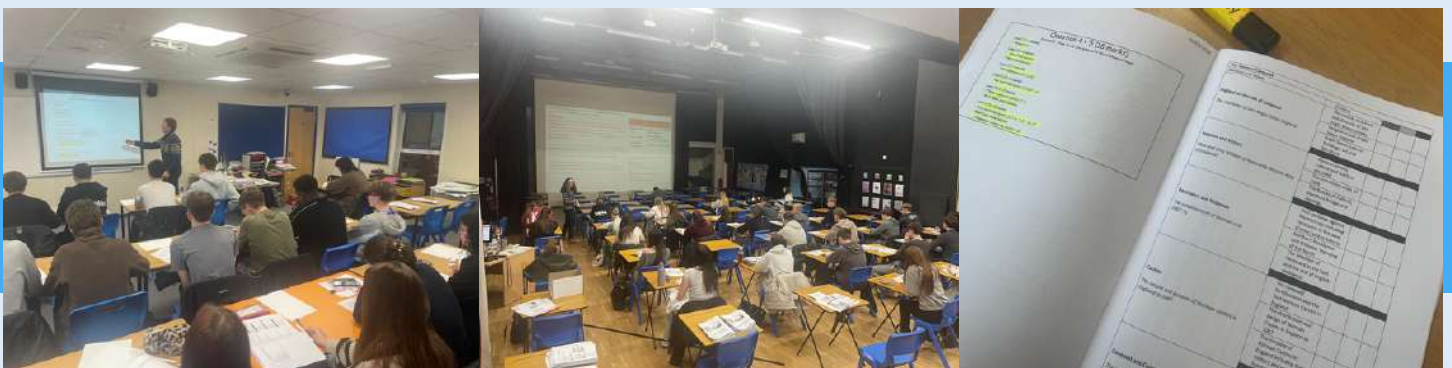
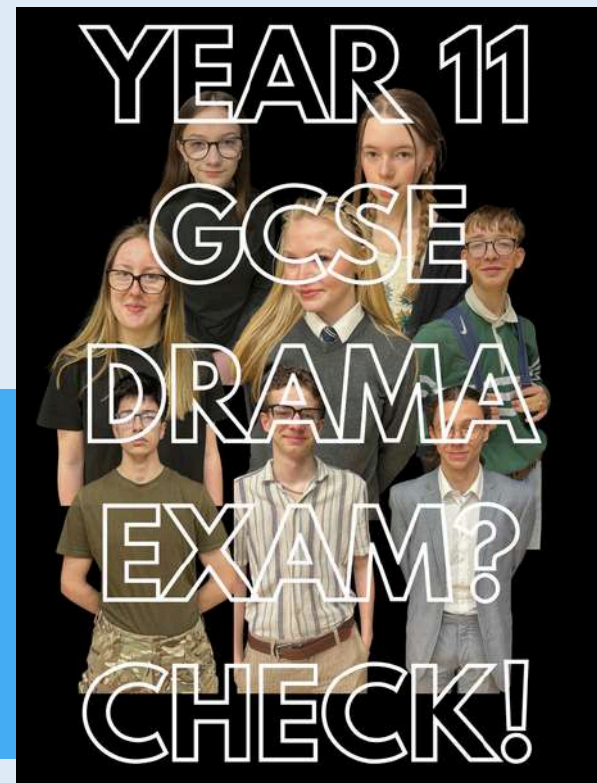
Mandi Collins, Principal

End Of Last Term



We congratulated some of our student leaders, who welcomed incoming Year 6 pupils and their parents onsite at the end of last term, talking to them about the move to secondary school and the learning opportunities in Year 7. They did a fantastic job!

We congratulated our Year 11 GCSE Drama cohort for completing their Text In Performance exam last term. Students performed extracts from *The Pillowman*, *Top Girls*, *A Streetcar Named Desire*, *The Curious Incident of the Dog in the Night-Time*, *Black Watch* and *One Man, Two Guvnors* live to an external examiner. We were incredibly proud of the determination and dedication shown by every student throughout the process. A special mention goes to Mr Place, who has generously volunteered countless hours, bringing his expertise and years of experience to support and inspire our students.



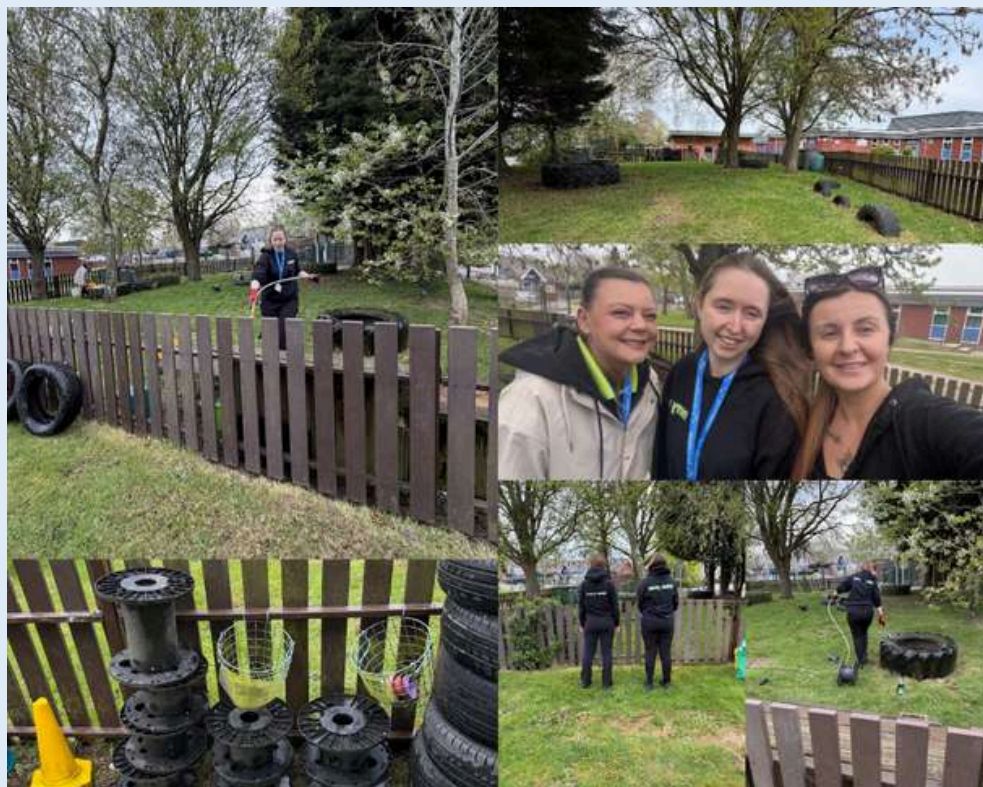
Our Year 11 holiday school was in full swing with a range of subjects over the Easter period - pictures here are from History and Geography. We are so proud both of all our Year 11 students who committed to attend and of our staff who committed their own time to run the schools. Each year, analysis after summer exam results shows that attending our holiday schools in addition to lessons helps boost grades. Well done, everyone!

End Of Last Term



Just before the Easter break, Year 11 health and social care students visited our Birkett House school satellite base, The Centre, to have a lesson on using the sling and hoists when transferring care users. We didn't have to travel far as we are proud to partner with Birkett House on our Thomas Estley site.

Students learnt how to safely use a hoist and the benefits to care users and care providers in using equipment within care. This is a part of their final exam unit and it is so beneficial to have this hands on learning experience. Thank you to Mrs Thomas for the demonstration.



Many thanks to Merry Maids, Whetstone, for volunteering their time, expertise and resources to spring clean our forest school area over the Easter break, ready for the summer term.

We are certain that our preschool age children will enjoy playing in this refreshed area and developing their physical skill and imagination. We look forward to working with Merry Maids again and are so thankful for their input into our Thomas Estley community.

High Achievers



Well done to this term's highest Thomas Estley Way achievers - we are extremely proud of you all!



What a delight for our Principal to have tea with our Platinum Award winners this and hear about their achievements and career plans.

Well done for achieving the highest number of Thomas Estley Way character points in the Spring term; we are extremely proud of you both.



Congratulations to our students who have recently achieved a Gold award for achieving high numbers of positive choices within our Thomas Estley Way.

We are really proud of you all. Great work!

High Achievers



We are exceptionally proud of our Year 8 pupils who took part in this year's UKMT Maths Challenge.

The results are in, and we are delighted to have awarded a record number of certificates – a fantastic reflection of their effort and achievement.

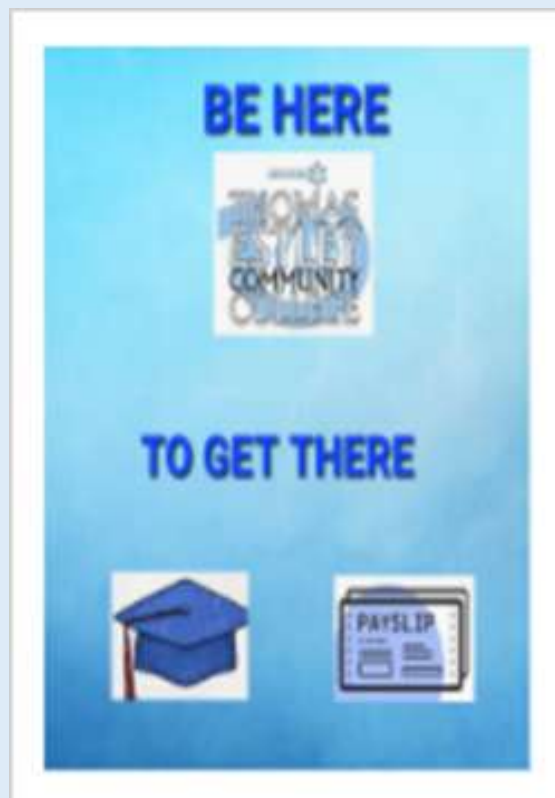
The challenge develops resilience, curiosity and confidence, while strengthening pupils' logical thinking and mathematical reasoning. Achievements like this are not only something to celebrate now, but also a valuable addition to future college applications and interviews.

Well done to all involved – a brilliant accomplishment.

Attendance

With GCSE's starting this term, we cannot emphasise enough the importance of attendance in relation to exam results. Higher attendance contributes to higher grade results. Whilst those with lower attendance are more likely to have to retake their Maths and English exams.

We understand that some absences are unavoidable, but being in class and gaining first-hand knowledge from a subject teacher is crucial to a child's learning. If your child is off for an unavoidable extended period, please liaise with the school to request support and resources to help them.



How you can help:

Holidays and Family Trips

Do not take holidays or family trips during term-time. Time lost can be hard to gain back. You will also face a fine for these absences

Reduce Illness Days

If your child is saying they do not feel well and you are unsure about whether it warrants a day off, please send them to school. If they remain unwell, we will ring you. Ask yourself, 'Would I take the day off for this condition?' Most childhood illnesses do not exceed 48 hours. If the absence exceeds 3 days, medical evidence will need to be provided or a home visit carried out.

Medical and Dental Appointments

Unless an emergency appointment, please try to book appointments out of school time. If it has to be during the school day, please try to book after 4th lesson to minimise the time missed and ensure they receive their full marks for the day



Inspiring Futures at Thomas Estley Community College

As part of our Year 8 Careers Drop Down Day, Thomas Estley Community College was proud to welcome 28 employers from

our local community, including parents and local businesses, to speak with students about their careers and experiences. The sessions were engaging and inspiring, with employers particularly impressed by the thoughtful and probing questions from our students.

The day concluded with a talk from the University of Leicester, giving students an introduction to university life. Throughout the event, our Year 8 students demonstrated the positive qualities that define the "Thomas Estley Way."

A networking lunch also brought together staff and employers, helping to strengthen links between the school and our local community.

We are very grateful to everyone who gave their time to support the day.

If you would like to support future events by sharing your skills or experience, please contact cbryan@thomasestley.org.uk



Our latest Broughton InTouch article highlights the fantastic success of our Year 8 Careers Drop Down Day. We were delighted to welcome 28 employers, parents and local businesses into school to share their career journeys and inspire our students. We would like to thank everyone who supported the event and helped strengthen the valuable links between our school and the wider community.

Student Voice

The leadership programmes provide the opportunity to develop your own leadership skills and be part of something you enjoy. There are so many different programmes that you can take part in such as being a sport leader, music leader, IT technician, a student ambassador and many more, this means there will be at least one that is interesting to you. Participating in this will help develop your communication skills and resilience, to learn to work together with other student leaders and to make a difference to your school community. These are valuable skills that we will need when we move into the workplace.

Harry, Year 9



Mary Poppins Jr. Show



A huge congratulations to our wonderfully talented performing students, who brought energy, charm and heart to the stage from start to finish.

We are equally proud of our outstanding student production and technical leaders, your dedication behind the scenes kept everything running as smoothly as a well-timed umbrella flight!

From the very first note to the final bow, our talented performing students filled the stage with energy, confidence, and just the right amount of theatrical magic.

And of course, a massive thank you to our amazing audience - your enthusiasm, laughter and support created such a special atmosphere. We couldn't do it without you!

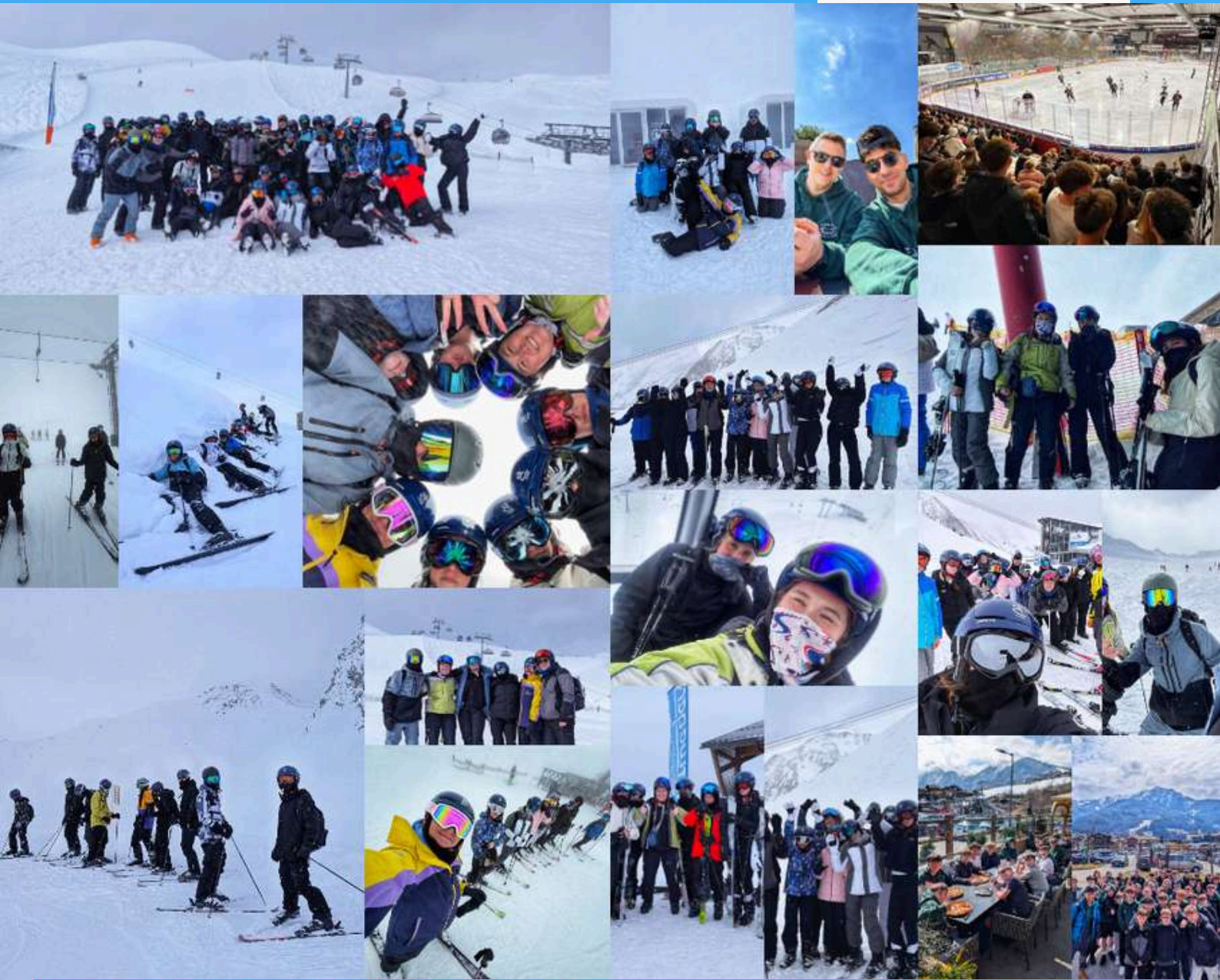


Additionally, it was such a delight to welcome younger learners from local primary schools to our matinee of Mary Poppins Jr. After a fantastic show, the pupils questioned the student leaders who facilitated all areas of the show, and we finished off with a very loud crowd karaoke of Supercalifragilisticexpialidocious!

Trips

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Fresh snow, big smiles and memories were made in Austria on our ski trip. Students has a brilliant time on the slopes with fantastic snow conditions and plenty of happiness all round.

The students continued to show great effort, resilience and teamwork throughout the week, making the most of every moment on the mountain. They didn't want to come home!

Trips

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A group of our students took part in an art and wellbeing botanical mono-printing workshop at Broughton Astley library this term, supported by Culture Leicestershire and run by the print artist Amanda Bywater. They were introduced to mono-printing using gel plates and botanical materials and could explore, experiment and develop their own creative flow. Their prints were refined and transformed into leaf shapes to form part of the library's new art tree.

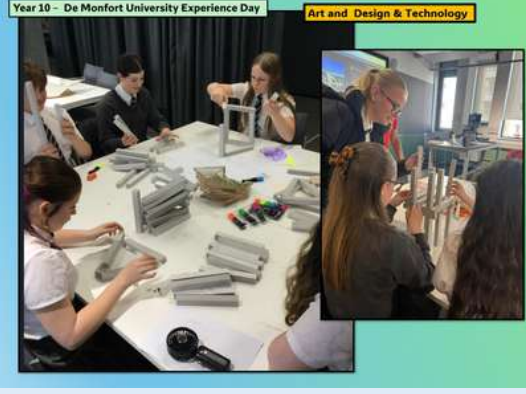
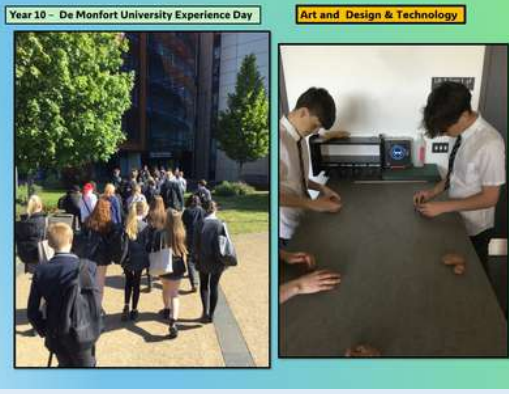
Thank you to Amanda Bywater, Culture Leicestershire and Broughton Astley library for the opportunity.

As part of our intergenerational community projects, some of our students visited Arkwright House on 21st April to celebrate National Tea Day. The residents and students joined in tea themed games, enjoyed some tea related craft activities and had fun with a tea quiz.

Another fantastic morning spent with the lovely residents at Arkwright House.



Trips



Our ADT department had a brilliant day at De Montfort University Leicester. Some of our Art & Design Technology students took part in an inspiring Product Design and Architecture taster day, exploring new skills, experimenting with materials, and getting a real insight into creative university pathways. They also enjoyed a guided tour of the DMU campus, getting a feel for the studios, workshops and creative spaces. Huge thank you to the DMU team for such a valuable experience; it is really appreciated.

Some of our students attended an art and wellbeing workshop at Broughton Astley Library. The workshop was in collaboration with Culture Leicestershire and was inspired by storytelling. Our students designed and stitched a hand-embroidered piece in a 4-inch hoop, based on a favourite story, poem or line of writing. The group were guided through creating a simple design which was then transferred to fabric. They explored a range of hand embroidery stitches to bring each idea to life. There were some beautiful results - well done to everyone who took part!



Highlights This Term...

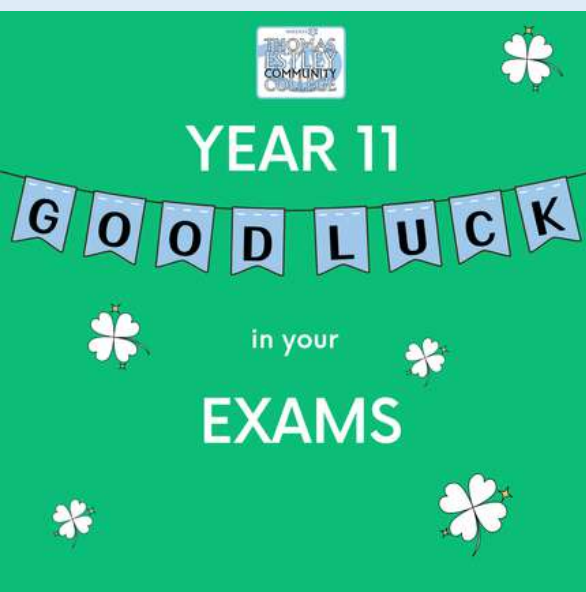


Year 7 students spent the day focussed on life skills and awareness around first aid, diversity and risks, such as drugs, as part of their personal, health and social education. They engaged enthusiastically and we were really proud of their mature approach to learning. Although not part of the academic curriculum, this learning is really valuable to them as young people and citizens - recently several of our older students have been lauded by police and ambulance services for performing first aid to assist members of the public, and we hope that our younger students now feel equally confident to make a positive difference within the community, both now and in their later lives.



Thomas Estley celebrated Stephen Lawrence Day as part of our commitment to diversity and everyone welcome, everyone valued. Students had the chance to discuss some of the complex and challenging issues connected to racism which we still see around us many years after Stephen's death, and to talk about their own feelings and values.

As well as lesson and tutor activities, we welcomed local Countesthorpe Academy students who are national Stephen Lawrence Ambassadors to deliver an assembly to our Year 8s - many thanks to them for their thought provoking input. We are committed to valuing everyone at Thomas Estley whatever their differences.

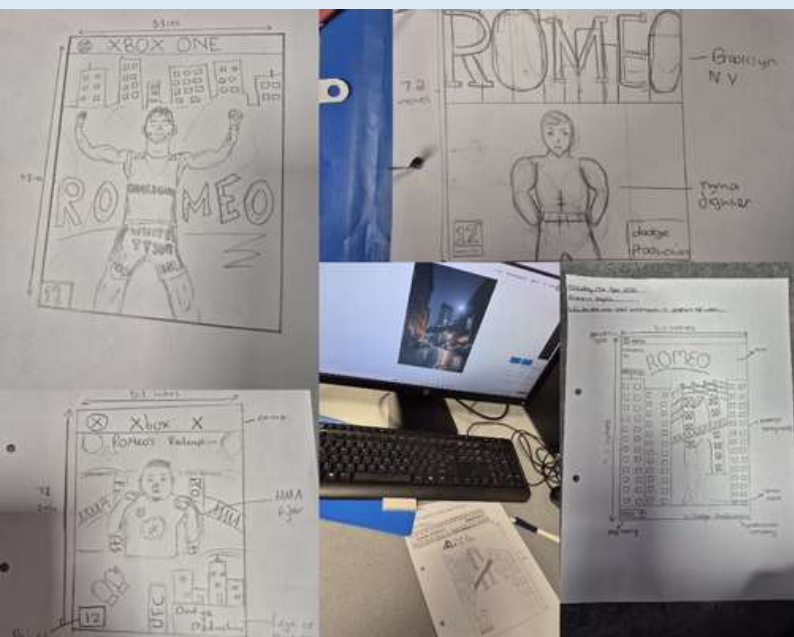


We wished all our Year 11 students the best for their exams over. We are super proud of your hard work so far and the courage, resilience and perseverance they have shown in their studies and revision. All you can do is your best and your best is all anybody can ask. You've got this!

Highlights This Term...



Our Glee Choir were excited to sing at the De Montfort Hall. They were performing in the grand final as one of five schools, competing for the title of Leicestershire School Choir of the Year. Our talented singers delivered an outstanding performance, with the judges commenting that the group were 'like a family...it was very special' and describing the performance as 'exciting and thrilling'. We are enormously proud of each member of the choir, who worked so hard, and absolutely deserved their place in the final. We would like to congratulate Gartree High School on their phenomenal performance, which won them the title. Thank you also to the many parents, family, friends and staff who supported our choir and cheered them on; It was a very special evening and a wonderful experience to be part of for all.



Our Year 9 Computing students are diving into graphics design! They were busy designing the front cover for their new game, "Romeo." The story follows a trained MMA fighter navigating the streets of Brooklyn, New York on a quest to find out about his missing family. Next, they will be bringing these concepts to life using professional graphics software that they have been using to develop their skills.

During ADT Club this term we made art palette biscuits. It was a quick turnaround but the students used the skills of creaming, mixing, combining, rolling, shaping, baking and decorating all with smiles on their faces. We hope they enjoyed sharing them with their friends and families.



Highlights This Term...

08 May 2026

Year 7 Food Healthy Eating: Fruit salad

LO: to demonstrate the **bridge hold** and **claw grip**



Success Criteria for achieving Greater Depth Standard

- fruit chunks are even, bite-sized pieces, grapes have been halved
- fruit juice used to prevent enzymic browning
- good variety of colour
- good variety of texture (some crunchy, some soft)



Fruit salad key learning

LO: to demonstrate the **bridge hold** and **claw grip**

Write the following key notes in your exercise book:

- The **bridge hold** and **claw grip** are safe knife techniques that should be used when cutting any food item.
- Sharp knives should always be carried with the blade pointing down.
- **Enzymic browning** is when fruits or vegetables turn brown when they are cut open.
- Enzymic browning can be prevented by adding an acid eg. fruit juice.

Highlight the **key words** in your text.

Bridge hold

Claw grip

Enzymic browning



Beautiful Books Expectations at Thomas Estley

- ✓ Write the date, title and lesson objective using blue/black ink only
- ✓ Use a ruler to underline or draw straight lines
- ✓ All diagrams/pictures to be drawn in pencil
- ✓ All feedback and corrections to be done in pink pen
- ✓ No doodling in or on books



Year 7 - Cooking skills

Equipment



Skills and Processes



Key word	Meaning
Enzymic browning	Discolouration that occurs when some fruits/vegetables (eg. apples, bananas, potatoes) are cut, caused by exposure to oxygen in the air.
Boiling	Water boils at 100°C, vapour bubbles are visible. Pasta can be cooked this way.
Rubbing in	Combining butter and flour together using your fingertips.
Enrobing	Coating an item of food (eg. fish, chicken) in flour, egg, breadcrumbs.
Glazing	Brushing with a milk or egg wash to give colour and shine to your food product (eg. sausage rolls, scones)

Independent skills I need to learn in Year 7

- Use the bridge hold and claw grip to cut food safely and accurately.
- Use a range of other preparation techniques eg. peeling, chopping, slicing.
- Weigh and measure ingredients accurately.
- Organise all my ingredients and follow a recipe.
- Use the roaster (eg. hob and oven) safely.

Food safety



Year 7 - Healthy Eating

Our final Year 7 groups started on their cooking and nutrition journey, the main focus of which was healthy eating and food safety and hygiene. The fruit salad practical lesson is an introduction to safe knife skills and we had some amazing outcomes - well done to all!

To mark Sir David Attenborough's 100th birthday, our Science department hosted a special KS3 lesson celebrating the life and impact of one of Britain's most loved naturalists.

Students explored Attenborough's journey from collecting fossils in Leicester to becoming the global voice of natural history broadcasting. Through clips from Life on Earth and Planet Earth, they learned how his storytelling has shaped understanding of biodiversity, conservation and climate change.

The lesson also highlighted his pioneering wildlife filmmaking, his advocacy for endangered species and his message about the importance of protecting our planet. Students were particularly inspired by his curiosity, compassion and respect for the natural world. Sir David's centenary was a fitting reminder that science is not only about facts and figures, but also wonder, discovery and responsibility. As part of the celebration, we also held a poster competition.



Sport

More success once again for our outstanding Year 8 girls' football team, who secured a 2-1 victory in their quarter-final match of the Sisters in Sport National Cup.

The girls were relentless from start to finish, showing incredible determination, especially as they played without any substitutes. Their defence remained solid throughout, while the attackers worked well to find gaps in the opposition's back line.

The opposition started strongly in the first half, but our team did well to limit their chances and regain possession. The breakthrough came when the ball was played through to Verity, who finished superbly to give us a 1-0 lead going into half time.

The second half began with real intensity, and Willow seized her moment with an excellent strike from outside the box, lobbing the goalkeeper to extend the lead to 2-0. Although Whitburn Church of England Academy responded with a goal to make it 2-1, the girls remained composed, continuing to work together with unity and determination to see out the win. A thoroughly deserved result for the Thomas Estley girls. A fantastic team performance, a brilliant achievement, and we are incredibly proud of everyone involved.

The player of the match was awarded to Willow.



A massive well done to our incredible under-13 boys football team on retaining their County Cup crown TWO YEARS IN A ROW! The boys secured a fantastic 2-0 victory showcasing their winning mentality and determination to remain champions!

From the very first whistle, the team were outstanding, bringing intensity, resilience, perseverance and a brilliant rhythm and tempo to their play. Mr Virk is incredibly proud of this special team - true ambassadors and role models for the school who should be proud of everything they've achieved since Year 7. Despite their last 32 exit in the National Cup, the boys have shown real character, continuing to grow, improve and push forward as a team. A pleasure to coach!

First-half goals from Millen and Shay sealed the victory, with more chances created in the second half showing the team's attacking strength. A huge shoutout to Dougie, our rock in defence, who once again delivered a commanding performance, leading, controlling and dictating the game superbly. Every single player was brilliant from start to finish. This was a true team performance! The goals are set for next year... and we keep pushing, growing and striving for even more!



Sport

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We were delighted to welcome Xander Purcell from the Leicester Tigers Community Rugby Department to school this term for the first of our rugby development sessions. The day began with a rugby masterclass for selected students, followed by engaging taster sessions with our Year 9 girls' and Year 8 boys' Core PE groups. Students had the opportunity to develop their skills, build confidence, and experience high-quality coaching from a professional rugby environment.

A huge well done to all students involved, who demonstrated exceptional behaviour, enthusiasm, and teamwork throughout the day, truly representing The Thomas Estley Way! Thank you to Leicester Tigers for providing such a valuable experience for our students. We look forward to welcoming you back!

Preschool



Our preschoolers really enjoyed playing in their newly spruced up forest school area - thanks once again to Merry Maids for your community volunteering spring clean!

Shaving foam and paint is a fantastic way to support early mark making in early years. It gives children a fun, sensory surface to explore patterns, shapes, and early writing skills without the pressure of using pencils or paper. The soft, squishy texture helps develop fine motor skills, hand control, and creativity, while also encouraging children to experiment and build confidence.

Children use their fingers, a paintbrush, or a stick to make marks, draw shapes, or practice writing their name. Gently guided by adults modelling simple lines, shapes and letters, or simply letting them explore freely. Our children loved this activity!



confidence as they moved in different ways. Activities like climbing, balancing, and navigating space help to develop coordination, strength, and control. According to the Development Matters framework, these experiences are key to supporting children's physical development, particularly in building core strength, stability, and spatial awareness. These skills form an important foundation for fine motor control and early writing readiness, as children need strong core muscles to maintain posture and control when sitting and using mark-making tools. They also provide lots of fun!



Preschool enjoyed a lovely sunny walk to the park last week. Once there, the children eagerly explored the climbing frames and balancing equipment, taking turns and building

Preschool



Preschoolers explored position words through a fun drawing activity. The children listened to instructions like “next to”, “between”, “far away”, “by”, “beside” and “near”, and added pictures and shapes to a shared picture. This helped develop their understanding of early language linked to space and position, as well as listening and attention skills. The children also had opportunities to give their own instructions, building confidence in speaking and using the new words. This supports learning in the EYFS, particularly in communication and language, and early maths (understanding position). They all did a fantastic job; well done, everyone!

As part of our space theme Preschool have been enjoying the book “Whatever Next” together. The children have explored a tuff tray filled with props to help them retell the story in their own way. They especially enjoyed the blue rice, pretending it was rain drip dropping through baby bear's colander helmet!

Retelling stories builds confidence, strengthens language skills, and helps children understand how stories are structured.



Preschool



Preschool had a brilliant time exploring all things pirates! The children enjoyed ice play, building their own pirate ship (which quickly turned into walking the plank!), digging for buried treasure, creating maps and going on treasure hunts around the garden. During our outdoor adventures, we also discovered snails and a slug, learning how to handle them gently and care for living things, and even used books to find out more about their habitats.

Alongside this, the children embraced some exciting risky play—building with planks, crates and tyres, and even climbing trees, developing confidence, teamwork and problem-solving skills along the way.

Ice play, such as rescuing sea creatures from ice, offers children a fun, hands-on learning experience. It helps develop language as they learn and use words like “melt” and “freeze,” supports problem-solving skills, strengthens fine motor control and introduces early science ideas about temperature and change. The children also explored what happens when they used paintbrushes and warm water on the ice, observing how it gradually breaks down.

Risky outdoor play with tyres, crates, and planks helps children build confidence, resilience, and independence. It supports problem-solving, teamwork and language, while developing strength, balance, and coordination through active, hands-on learning. Bug hunts help children explore nature while building curiosity and language. Finding snails and slugs encourages careful handling, respect for living things, and early science learning, as children observe features like tentacles and how creatures move.

We still have some places available for September start - if you would like to come join and have fun with us please contact college reception on 01455 283 263 or email Nikki (nsadler@thomasestley.org.uk).

Out Of School Club

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Out Of School Club have been enjoying time in the sunshine and have been practising their creativity too!

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 1st June & closes for summer on 8th July

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.

WHO TO CONTACT

FOR ALL GENERAL ENQUIRIES PLEASE CONTACT RECEPTION

WHO DO I CONTACT IF I HAVE A CONCERN?

NATURE OF CONCERN

My child is underachieving



Subject teacher



Form tutor

My child is underachieving in a number of subjects



Form tutor



Team Leader

General enquiry homework, consequences or pastoral



Form tutor



Pastoral Lead

Safeguarding, wellbeing or student support



Pastoral Lead



Safeguarding Lead

PUPIL PREMIUM OR SEND CONCERN



PP
Co-ordinator
-
Mrs Briggs



SENCO or
Inclusion
Manager
-
Ms Plumb
Mrs Wall

Please see staff email addresses on
'Links' tab > Contact Us

We will endeavour to respond to all enquiries within two days.

Safeguarding enquiries within 24 hours.

If a meeting is required, we will endeavour to schedule this in seven working days

If you are unsure where to direct your enquiry, please email admin@thomasestley.org.uk

Enquiries made during the weekend and holidays will take longer to receive a response.

What is stress?

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

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

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

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

Exam Stress

Stress before exams is very common among young people and is a natural response to pressure and high expectations. A small amount of stress can be helpful, improving motivation and focus. However, too much stress can become overwhelming and negatively affect both wellbeing and performance.

There are several common signs of exam stress:

Emotional: anxiety, irritability, low confidence, mood swings, tearfulness, and feeling overwhelmed.

Physical: headaches, stomach aches, muscle tension, tiredness, poor sleep, and changes in appetite.

Mental: poor concentration, memory problems, racing thoughts, difficulty making decisions, and negative or self-critical thinking.

Behavioural: avoiding revision or procrastinating, over-studying without breaks, withdrawing from friends or activities, increased screen time, and changes in routine.

Stress becomes a concern when it is ongoing and begins to interfere with sleep, physical health, schoolwork, or relationships, or when a young person feels unable to cope or manage their emotions. In these situations, additional support from family, school staff, or health professionals may be needed.



Stress Management Society
from distress to de-stress

April is Stress Awareness month. For support and to access online webinars and resources, [click here!](#)



DID YOU KNOW?



A recent report by YoungMinds found that 15% of young people struggling to cope with exams stopped going to school and 13% had suicidal thoughts.

source: YoungMinds

EXAM SUPPORT

Click the images below to find support and advice for children and young people who may be feeling anxious or overwhelmed during exam time.



Mindfulness

Mindfulness can be a helpful tool for young people to manage exam stress. It encourages them to focus on the present moment rather than worrying about past mistakes or future results, which can reduce anxiety and help them feel more in control.

During exam periods, students often experience racing thoughts, pressure to succeed, and fear of failure. Mindfulness helps calm the mind, regulate emotions, and respond to stress in a healthier way.

Key benefits include:

- Reduced anxiety and tension through slow breathing and relaxation
- Improved concentration and memory by strengthening focus
- Better emotional resilience, helping young people cope with pressure and setbacks
- Improved sleep by calming an overactive mind
- Greater self-confidence by reducing negative self-talk
- Simple practices such as taking a few deep breaths before revision or exams, short guided meditations, and taking regular mindful breaks can make a difference. Even a few minutes of mindfulness each day can help young people feel calmer, more focused, and better able to manage exam pressure.

Click on the logos to find mindfulness activities and resources to support young people.



Check out our range of mindfulness videos



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



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South Leicestershire Community Board



Introducing Healthy Leicestershire!

Healthy Leicestershire provides residents with the all latest information, top tips and useful links around health and wellbeing. Check out their dedicated Facebook page [here](#) to keep up to date with the support available across Leicestershire.

Click here →

EXAM ANXIETY

Simple ideas to help manage stress and anxiety

Make time for the things you enjoy
Find ways to release stress and celebrate your progress. You could listen to music, draw, cook, go for a walk, play a sport or enjoy a treat like a cinema trip!



Take regular breaks

Make sure you take regular breaks as your brain cannot concentrate for hours at a time. Breaks from revision can boost your energy and motivation.



Take care of your physical health

Make sure you get enough sleep, food, water and exercise. A good diet and the right amount of sleep can help increase your energy and improve your concentration, focus, and memory.



Ask for help

Talk through your concerns with your teacher/tutor who can let you know what support your school can offer you. Let your family and friends know if you are struggling so they can support you too.



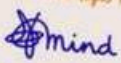
Keep things in perspective

Remember, you are more than your exam results. Exams are only a small part of the picture and don't define you.



SUPPORT

If you do feel stressed or anxious, don't feel alone. There is lots of help and support available. Click on the logos to find out more:



000 BITE SIZE



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Active Blaby
Supporting you across Blaby, Oadby & Wigston



WALKING NETBALL

JOIN OUR FRENDRY ACTIVITY

Wigston Academies Trust
Station Road
Wigston
LE18 2DU

MONDAYS 7PM - 8PM

No previous experience necessary



www.activeblaby.org.uk
0116 272 7703 info@activeblaby.org.uk



SCAN HERE

LET'S GET MOVING

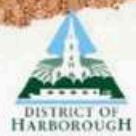
teen health

11-19 service



Starting secondary school soon?

The Moving On Up! guide from Teen Health is packed with tips, activities and advice from young people to help you feel confident about the transition. Download the booklet [here](#)!



What is neurodiversity?

Neurodiversity is a term used to describe the different thinking styles that affect how people communicate with the world around them. Neurodivergence refers to when someone's brain processes information, learns, or behaves differently from what is considered "typical."

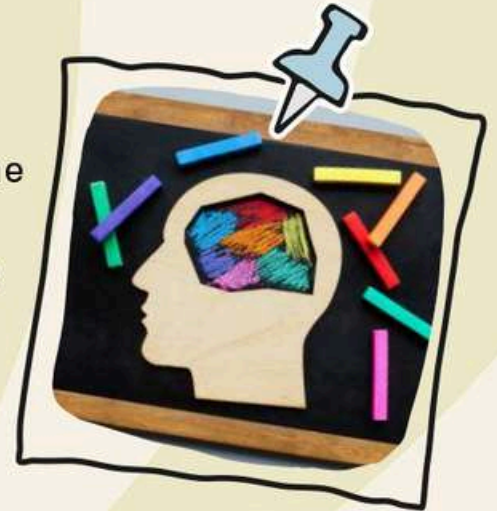
Some neurodivergent conditions include:

- **Dyslexia**
- **Dyspraxia**
- **Dyscalculia**
- **Attention Deficit Hyperactivity Disorder (ADHD)**
- **Autism Spectrum Condition (ASC)**

Common signs of a neurodivergence in children and young people

Neurodiversity is very complex and can vary greatly for each child or young person. However, some common differences to look out for include:

- **Social challenges:** Children may struggle to initiate or maintain conversations, prefer to play alone, or find it difficult to understand social cues such as body language or tone of voice.
- **Difficulty communicating:** Some may have trouble understanding jokes or sarcasm and may take things very literally. A lack of eye contact can also be a sign.
- **Repetitive behaviours and interests:** Children may have deep, passionate interests in one or a few topics. They may also display repetitive movements or routines, such as hand-flapping, rocking, or repeating certain behaviours continuously.
- **Sensory sensitivities:** These can include being overly sensitive to bright lights, loud sounds, textures of clothing, or certain smells. Children may avoid crowds or busy places and can become easily overwhelmed by sensory input.
- **Attention and focus issues:** Some children may have difficulty staying on task, act impulsively, or get easily distracted. They may appear overwhelmed by noises or visual stimuli in certain settings.
- **Motor skills and coordination:** Some children may appear to be clumsy or have difficulty with fine motor skills, such as handwriting, using utensils, or participating in sports.
- **Emotional regulation challenges:** Neurodivergent children may struggle to manage their emotions, which can lead to meltdowns, shutdowns, or outbursts. They may feel frustrated if things do not go as expected and may experience higher rates of anxiety or depression due to feeling "different."
- **Difficulty with reading, writing, or maths:** Some children may find reading, spelling, numbers, or organising their thoughts challenging.



DID YOU KNOW?

15-20% of the world's population are estimated to be neurodivergent.

Source: The Children's Society



Neurodiversity advice & support

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



The Children's Society



If you have any concerns, please consider seeking advice and support from your child's school.



Screen Free Week 4-10th May

Screen Free Week is an annual event that encourages children, families, and communities to take a break from recreational screen use such as television, video games, smartphones, and social media. The week promotes healthier habits by inspiring people to spend more time reading, playing outside, being creative, and connecting face-to-face with others. The goal of Screen Free Week is not to eliminate technology completely, but to help people become more mindful of their screen time and discover the many benefits of balancing digital activities with real-world experiences.



BBC Bitesize has information on how to help your family enjoy a screen free week. Click here to find out more!

KEY DATES IN MAY

- National Walking Month
- Screen Free Week 4-10th May
- Deaf Awareness Week 4-10th May
- Mental Health Awareness Week 11th - 17th May



This year, Mental Health Awareness Week will take place from 11 to 17 May 2026. The theme for 2026 is Take Action because, while awareness is vital, real change comes when we take action too. Together, we've come a long way on mental health, but we can't risk going backwards. There's still much we can do to prevent people becoming unwell in the first place. To find out more about Mental Health Week, click here.

LET'S GET SOCIAL!





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Supporting you across Blaby, Oadby & Wigston





WALKING FOOTBALL

JOIN OUR FRIENDLY ACTIVITY

Wigston Academies Trust
Station Road
Wigston
LE18 2DU

TUESDAYS 6PM - 7PM

No previous experience necessary



SCAN HERE

www.activeblaby.org.uk
0116 272 7703 info@activeblaby.org.uk

LET'S GET MOVING



RECRUITING FAMILY SUPPORT VOLUNTEERS NOW

Calling dads, mums, grandparents, carers...
Do you have 2-3 hrs a week available?
Your experience is needed to help local families!

- Free, high quality training and support provided
- Make new friends and connect with your community

Find out more:
01858 467982
info@home-startsouthleics.org.uk
www.home-startsouthleics.org.uk
121 Coventry Rd, Market Harborough
Registered Charity No: 1107504
Company Number: 05299096



HOME START

South Leicestershire




Supporting you across Blaby, Oadby & Wigston

OADBY & WIGSTON WALKS



Join us for weekly community walks!
Enjoy fresh air, friendly company, and local routes that boost fitness and wellbeing.
It's a great way to meet new people, enjoy nature, and build a healthier lifestyle.
Many walks even finish with a cuppa.

Tuesdays 10am - 11pm
Brocks Hill County Park

Thursdays 11am - 12pm
Carers only (bi-weekly)
Brocks Hill Country Park

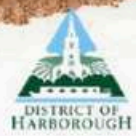
There may be walks at other venues - please see team for details



info@activeblaby.org.uk
0116 2727 703




Find information on the local roving Healthcare unit here!



Picnic in the Park

An Inclusive Celebration Event

Thursday 28th May 2026 1.30-3pm

The Pavilion, Leicestershire County Council,
Leicester Road, Glenfield LE3 8RA

This is a FREE event with a range of fun 'have a go' activities together with the usual stallholders that attend Local Offer Roadshows. Please feel free to bring a picnic for you and your family. We can't wait to see you...

This event requires adult supervision at all times.

Come and join us to celebrate the Children and Young People of Leicestershire.

Scan here
to book tickets



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

leicestershire.gov.uk/send

ADHD Parent/Carer Support Service

For families living in Leicestershire County

Workshops for parents / carers of children and young people under 19

Suitable for any stage of the ADHD journey, THRIVE workshops focus on understanding ADHD and applying this knowledge to real life struggles

Workshops children and young people under 19 who have an ADHD diagnosis

THRIVE workshops help children and young people to understand what ADHD means for them

Peer Support Groups for parents / carers

CONNECT groups are held monthly in each borough or district of the County, and are suitable for any stage of the ADHD journey. Meet other families, learn and share with people who 'get it'.



Find out more and
book your place via
our website

headsupleicester.org.uk/ADHD



HEADS UP
Supporting families through life's challenges

Care and Education for 2-4 year olds



THOMAS ESTLEY PRESCHOOL

- ✓ All types of FEE 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

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

'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

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



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

Contact: Jo Robotham
Tel: 01455 283263 ext 286
Email: tela@thomasestley.org.uk