

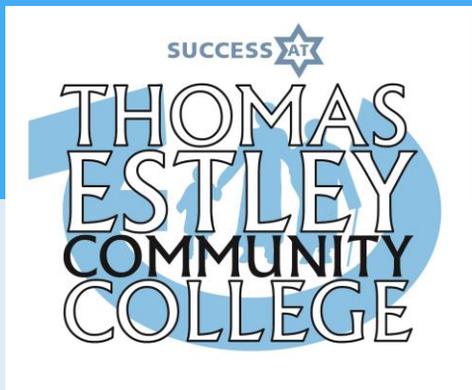
Welcome to our Thomas Estley
Newsletter
Easter 2024

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

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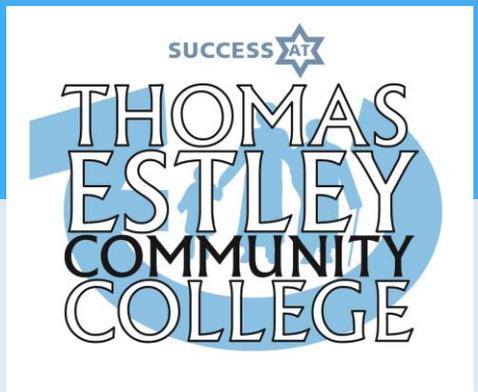
Dates for the Diary



22 nd March	College breaks for Easter
25 th March – 5 th April	Year 11 Easter Revision School
8 th April	College opens for Summer Term
10 th April	Year 10 SEND Parent Clinic
11 th April	Mop Up Vaccination Session
16 th – 23 rd April	Half Price Book Fair
16 th April	Year 7 Perlethorpe Trip
22 nd April – 3 rd May	Year 11 MFL Speaking Assessments
24 th April	Year 8 SEND Parent Clinic
25 th April	Year 10 London Parliament and Supreme Court Visit
25 th – 26 th April	Year 11 Art Exam
6 th May	May Day Bank Holiday
8 th May	Six Theatre Trip
10 th May	GCSE Exams Start
24 th May	South Leicestershire Area Athletics Championship
24 th May	Year 11 Celebration Event
24 th May	College breaks for Half Term
28 th May – 1 st June	Year 11 May Revision School

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

A word from the Principal



Dear Parents/Carers

As we approach the spring festivals of Easter, Purim, Holi and Eid-ul-Fitr, we have a chance to reflect both on the joy of new life and new colour this season, and on the diversity of faiths and cultures celebrated in our homes and localities.

We have been celebrating a range of events and differences recently at Thomas Estley, including St Davids Day and St Patricks Day, International Womens Day, Neurodiversity Week, World Book Day and Science Week.

Each one of us has our own identify, background, interests and differences, and this year we have pledged to shine a light on as many as possible, to recognise, raise awareness and celebrate the differences that make us the diverse and rich community that we are. It would be a boring world if we were all identical, and an unkind world if we did not tolerate and appreciate our differences together.

We hope that you enjoy this newsletter, and that it reflects our college community.

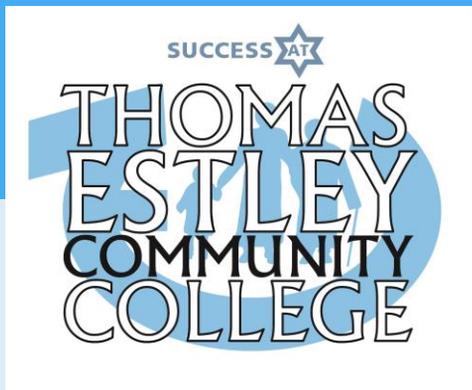
Mandi Collins, Principal



Year 11 Revision School



EASTER REVISION SCHOOL



Date	Staff Delivering	Subject
Monday 25 th March	Mrs Hartley	Health & Social Care
Monday 25 th March	Mr Virk	PE GCSE
Tuesday 26 th March	Mrs Hartley	Child Development
Tuesday 26 th March	Miss Lee	Psychology
Wednesday 27 th March	Ms Handley and Mrs Ducey	Maths (Higher)
Wednesday 27 th March	Miss Plumb	Music
Wednesday 27 th March	Mrs Owen	Hospitality and Catering
Thursday 28 th March	Miss Closier	French
Thursday 28 th March	Mrs Cornelius	Spanish
Tuesday 2 nd April	Mr Timmins	Computer Science
Tuesday 2 nd April	Miss Bancroft	Dance (Practical)
Wednesday 3 rd April	Mr Timmins	Creative iMedia
Thursday 4 th April	Miss Little	English Literature (aiming for 5)
Thursday 4 th April	Miss Little	English Literature (target 6-9)
Friday 5 th April	Miss Strudwick	Art

Date	Staff Delivering	Subject
Tuesday 28 th May	Mrs Young	History
Tuesday 28 th May	Mrs Roberts	Geography
Wednesday 29 th May	Mr Ansley	Physics
Thursday 30 th May	Mr Ansley	Biology
Friday 31 st May	Ms Handley and Mrs Ducey	Maths (Foundation)
Friday 31 st May	Miss Bancroft	Dance (Theory)
Saturday 1 st June	Miss Little	English Language (aiming for 5)
Saturday 1 st June	Miss Little	English Language (target 6-9)

Year 11 Prom

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Celebration Event

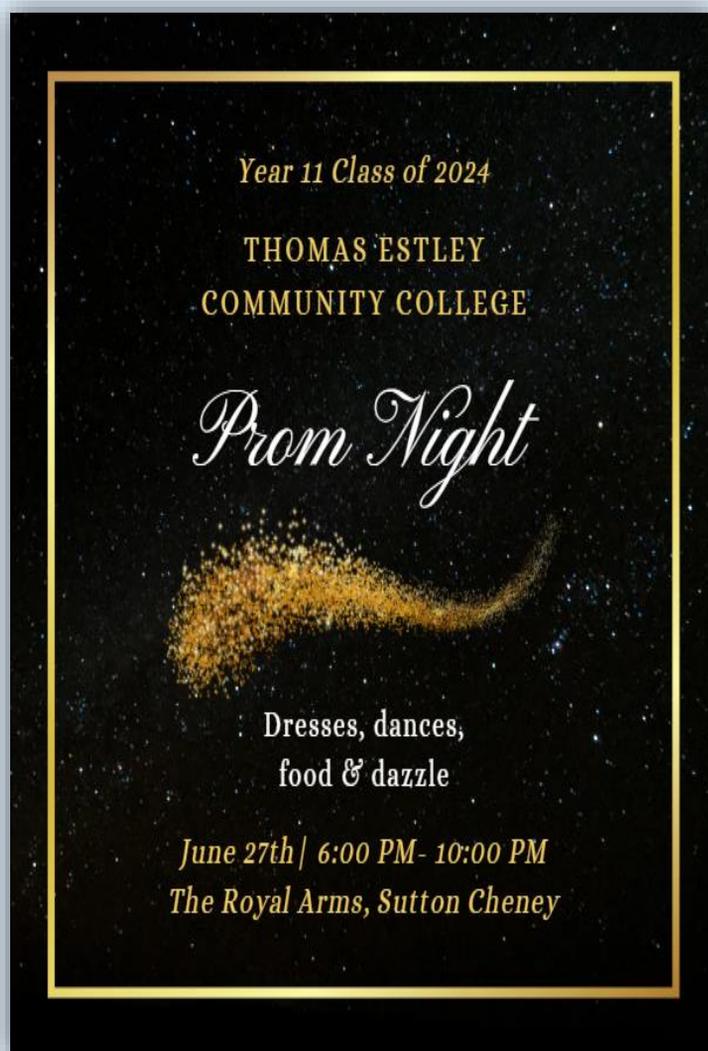
Prom tickets are now on sale for Year 11 students on Parentmail. The Prom will be held on **Thursday 27th June at The Royal Arms Sutton Cheney** <https://www.royalarms.co.uk/>

The Event runs from 6pm - 10pm and is priced at **£42**. We have managed to get some sponsorship to keep the cost as low as possible, however, venues are charging more due to their overheads increasing.

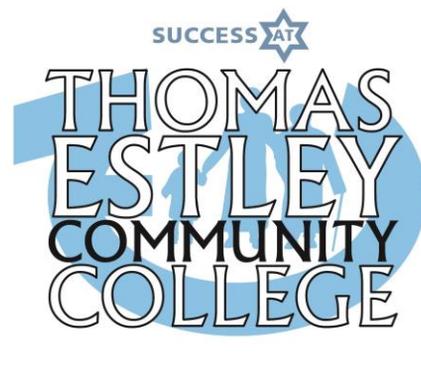
The students will have a mocktail on arrival and canapés with a red carpet reception. They will also enjoy a 2 course evening meal with an award ceremony, prizes and entertainment. The students will need some money for additional soft drinks and to purchase the professional photographs on the evening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

The ticket is available to buy outright or in instalments and all must be paid by the **24th May 2024**.

If you have any questions, please email me on jhartley@thomasesstley.org.uk



Year 10 Mock GCSE Exams



Please see below the **GCSE Mock Timetable** for Year 10. These exams will be taken in full exam conditions and students will also be in receipt of their entitled exam concessions eg extra time etc.

These exams are crucial in informing sets for Year 11, GCSE foundation/Higher Tier entry and also for predicted grades that go to post 16 colleges. Alongside this, in the unlikely event that GCSE exams are cancelled; they are used as evidence to award grades.

Students will attend lessons each day around their Year 10 Mocks and should attend Tutor Time as normal each morning. **Please make particular note of afternoon exams that finish after the buses have left for the day.** Students who normally get a school bus will need to make alternative arrangements to get home on these dates.

If you have any questions regarding the Year 10 Mock examinations please email jhartley@thomasestley.org.uk.

Date	Start	Length	Subject	Start	Length	Subject
Mon 17 Jun	09:00	2hrs	English Lang	14:00		None
Tue 18 Jun	09:00		None	14:00	1hr	Geography
Wed 19 Jun	09:00	1hr 45mins	History	14:00	1hr 30 mins 1hr	Citizenship GCSE PE
Thu 20 Jun	09:00		None	14:00	1hr 45mins 1hr 45mins	Bus Studies Music
Fri 21 Jun	09:00	1hr 30mins	Maths	14:00	45mins 35mins	French Listening H French Listening F
Mon 24 Jun	09:00	1hr 45mins 1hr 15mins	Biology CS: Biology	14:00	1hr 20mins 1hr 20mins 1hr 30mins	DT: Res Mat DT: Textiles Economics
Tue 25 Jun	09:00	1hr 30mins	Maths	14:00	1hr 30mins 1hr 20mins	Psychology Hosp & Cat
Wed 26 Jun	09:00	1hr 45mins 1hr 15mins	Chemistry CS: Chemistry	14:00	1hr 30mins 1hr 30mins	Computer Science Dance
Thu 27 Jun	09:00	1hr 30mins	Maths	14:00	1hr 45mins 1hr	Drama Creative iMedia
Fri 28 Jun	09:00	1hr 45mins 1hr 15mins	Physics CS: Physics	14:00	45mins 35mins	Spanish Listening H Spanish Listening F

Ski Trip

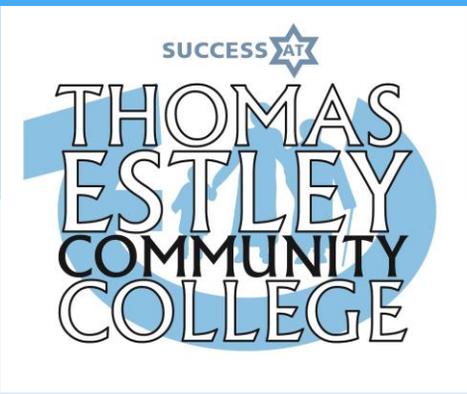
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Our Thomas Estley student and staff skiers have had a wonderful week, with everyone making amazing progress in their skiing, showing courage, resilience and perseverance along the way, as these beautiful photos testify.



High Achievers



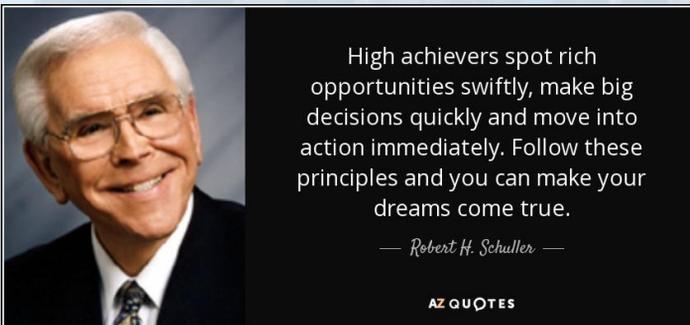
This term's fantastic high achievers



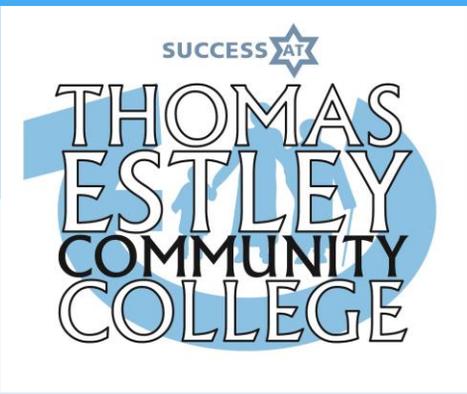
Success is the sum of small efforts, repeated day-in and day-out.



I am in competition with no one. I have no desire to play the game of being better than anyone. I am simply trying to be better than the person I was yesterday.



Year 8 Careers Day



Year 8 students took part in a **Careers Theme Day**. This involved looking at topics such as Beginning my Career, and Enterprise, where students found out about the skills and qualities needed in work and life after school.

They also took part in a RAF workshop where they had the opportunity to complete STEM activities alongside speaking to three volunteers from the RAF that had come in to school for the day. Thank you to our 3 volunteers for a very exciting and engaging session - Ethan, Holly & Reece. These photos provide a taste of the session. The last session of the day was an assembly delivered by DMU where students listened to the many opportunities on offer at university and what university life is like.



Year 7 Drop Down Day



Our **Year 7** students did us proud as they displayed real tolerance, reflection, respect, teamwork and engagement during their **Personal Social and Health Education Enrichment Day**.

Sessions included exploring topics around first aid, safety, diversity, respect and the dangers of drugs and alcohol.

Into The Woods Production

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'Into the Woods' - what an amazing show!!! We had outstanding audiences for the performances and the students were exceptional. Thank you to everyone who supported our students.





Our **World Book Day** experience brought some of the books we love to life in lessons adopting the guises of various literary characters in order to embrace the joy of WBD 2024 and reinforcing the importance of reading.

Happy Book Day

Quote of the day

"I believe each individual can have a say and make a difference."

Malorie Blackman
Author

Word of the day

endorse
(verb)

to show support or approval of

Did you know?

World Book Day was created by UNESCO on the 23rd April 1995 to celebrate books and authors, and to encourage young people to discover the pleasure of reading.

What a legend!

Vivian Truong is a British-Born Chinese comic artist from London. She is the illustrator behind the graphic novel series, City of Dragons, Cooking with Masters: The Spicy Memoirs, part life map book by Angeli Bhmani, I Am Fun Size and So Are You! Vivian creates incredible illustrations, character designs and loves animation. Find out more at www.viviantruong.com

Just for fun

Write a book review about your favourite book!

Visit our blog for a handy guide on how to write a book review

www.youngwriters.co.uk/blog/writing-tips-how-to-write-a-book-review

Brilliant Books



 YoungWritersUK YoungWritersCW youngwriterscw www.youngwriters.co.uk



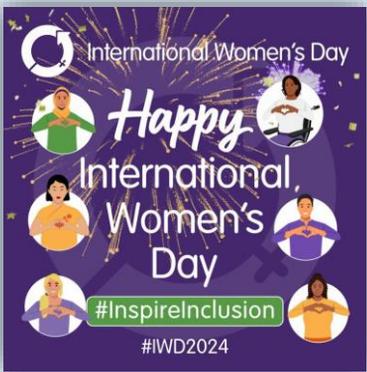
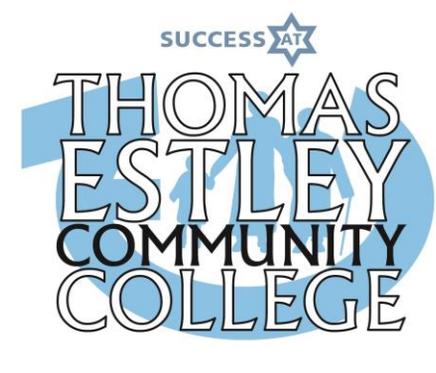
Our internal cover teachers threw themselves into World Book Day theme, dressing as very convincing Harry Potter characters, to enrich the day's reading and book focus events and opportunities. What a great team!

Preschool have celebrated World Book Day with a visit to the library. We all made our own bookmarks and we made one for Lou Lou our Librarian too. We talked about book characters and even had a beanstalk and a turnip growing in our garden!

Then to finish our afternoon we went on a Where's Wally Hunt around college and - look who we found!



International Women's Day



International Women's Day is a holiday celebrated annually on March 8 as a focal point in the women's rights movement. IWD gives focus to issues such as gender equality, reproductive rights, and violence and abuse against women.



Science Week

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Thomas Estley was delighted to host the **Success Academy Trust Science Fair** during Science Week. A fine selection of winning family learning projects from our own secondary school as well as our Trust linked primary schools, which evidenced curiosity, scientific enquiry and a real passion for science learning. We were very proud of all the entries, presented by their creators, and special congratulations go from us here at Thomas Estley to our own Beatrice, who won the secondary prize.



We welcomed the Year 5 class from Hallbrook Primary School, for an afternoon of Science as part of **Science Week**. The class learnt how to light a Bunsen burner, learning about all the safety checks and setting their Bunsen Burner up in pairs. We were really pleased with their skills and following instructions. They did so well doing this that they had time to burn some chemicals, to find out what colour flame they got. They were all so confident with the Bunsen Burners by the end of the session, they will be getting their Bunsen Burner safety pass when they join us in Year 7.



Out of School Club/ Pre-School

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Out of School Club had a busy February, Our older children helped some of the younger ones with making Chinese Lanterns, and paper Dragons; we enjoyed noodles and prawn crackers for tea.

The children took part in an obstacle race for pancake day and enjoyed eating pancakes for breakfast and after school for a snack. Some of the children made Valentine's cards and heart shaped cookies, and took part in a group discussion and shared our thoughts about love.

Sharing our Snail Story: Thomas Estley **Preschool** children were very excited to find a snail yesterday morning. They all had a look and some even touched it very gently and carefully. Children learnt that snails live in their shells and move very slowly. Once they had all seen the snail we returned it to the garden

Here are our photos showing you just how kind and caring we were.





Our **Year 7 Girls Footballers** were amazing at the Blaby Futsal tournament. A real team effort with wins against Brockington 6-0 and Lutterworth College 3-2 They were crowned Blaby champions and will now meet the Harborough champions in the District finals in a few weeks. Well done, girls.

We are so proud of our **Year 8 Netballers** at the South Leicestershire Tournament at Leicester Grammar School. We took 2 teams, the A team did really well, some great results including a draw with Lutterworth High and beating last years winners Leicester Grammar School. Our B team, which included girls who hadn't played competitively before managed to draw with Stoneygate's A team as well as showing some real development in their match play.



The girls were brilliant ambassadors for the College on a cold wet afternoon, well done to all of them.



We could not be prouder of our **U16 Girls Footballers** right now. They fought back twice in tonight's last 16 National Cup match with two goals from quality corners taken by Captain Charlotte. The first was tapped in by Ruby, the second by Gracie. The match was so close throughout and could have gone either way. At 2-2 we went to penalties but unfortunately it wasn't our night. Losing 4-2.



Our **U14 Girls Footballers** met Lutterworth College in the district final. Our girls really fought well and kept the pressure on but unfortunately couldn't get the win before the final whistle. A great effort from our girls. Player of the match went to Evie tonight; a great defensive display.

Well done to our **Year 7 & 8 Athletes** who represented the College at the District Indoor Athletics event at Robert Smyth. Some great performances from everyone. A lovely group of students, who were fantastic ambassadors for the College. We may not have qualified for the County Finals tonight, but it was a great event for our students to be part of.



We took two teams to the last **South Leicestershire Netball Tournament** of the season at Leicester Grammar School. Our **Year 10** team played in the U15 Cup competition finishing joint 4th overall after 8 matches. Our **Year 9** team played in the U15 Plate Competition and after 4 wins and a draw in their 5 matches they were crowned U15 plate champions.

A great end to a long season where we have had nearly 60 Girls represent the College in League or Tournament matches.



Elsewhere in College ...

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Last half term's **Faculty Star** is **Year 7 Georgia**. An amazing all rounder who puts everything into PE and Performing Arts.

Georgia has recently been signed to the Leicester City Girls Academy, she plays for both our Year 7 & Year 8 Girls Football Teams as well as the Year 7 Netball Team and she still finds time to do Dance club and assist the year 11 GCSE dance students with their choreography. An excellent hard working student who oozes enthusiasm. Well done Georgia



Two teams of Thomas Estley **Year 10** pupils visited City of Leicester College today to take part in the **AMSP Maths Feast**. Pupils were given plenty of opportunities to apply their maths knowledge in a range of contexts including logic problems and origami.

We are so proud of their exemplary behaviour and also of the fact that we were given the award for demonstrating the best teamwork. It's so rewarding to see our Thomas Estley Values of perseverance and resilience in action. Congratulations to all involved!



27 of our students represented Thomas Estley at the regional finals of the **Great Big Dance Off** competition in Nottingham, with a routine largely choreographed by Year 9 and Year 10 Dance Leaders. Their performance, and conduct, throughout the event was stellar, but unfortunately we didn't make the top two, and will not be progressing to the national final. It was the first time that we have competed and we are already looking forward to trying again, next year! A special thank you to all of our parents who made the journey to support the group and to Miss Kav for volunteering her time to chaperone.

Celebrate Women's History Month



This month is **Women's History Month** and we are sharing information with our students about books they can read about women who brought about positive change in their country and/or the wider world. We are committed to work to raise awareness about the achievements of all genders, races and groups.

In **Science Club** we dissected an entire fish looking at the anatomy of the eye, the structure of the gills and the digestive system.

We also then removed some individual scales and took a closer look at the vertebrae.



Thomas Estley **Library** celebrated **National Shakespeare week**.



Our **FIFA PS5 Tournament** reached the pinnacle where our semi finals saw Arthur and Phoenix victorious to bring on the Final. A 5-2 win for a very happy Arthur who will now join Ria - our Girls champion - as our Thomas Estley winners. They will go through to the National Finals at West Bromwich Albion in May. Well done to everyone who has taken part.



Exam Anxiety Newsletter

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South Leicestershire School Sports Partnership
Health | Wellbeing | School Sport | PE | Physical Activity

Exam Anxiety NEWSLETTER

MARCH 2024

WHAT IS ANXIETY?

Anxiety is when you feel scared, worried or panicked about something. It's a normal, human feeling and your body's natural response to stress or danger. Anyone can experience anxiety, regardless of age, gender, race, culture or faith.

We all feel anxious from time to time. Day-to-day things like friendship, money, exams or work can cause anxiety. Or certain situations, such as travelling home at night, starting a new school or giving a presentation. But the feeling usually passes once we feel safe or solve the problem we had. **Source: YoungMinds**

Did you know?

One in **five** children aged 5 to 16 were identified as having a probable mental health problem in 2023. That's **6** children in every classroom!
Source: Mental Health of Children and Young People Survey, NHS 2023

EXAM ANXIETY

Tests and exams can be a challenging part of school life for children and young people and their parents or carers. It's normal to feel worried about exams, but sometimes the anxiety and stress can become overwhelming and it might start to affect your sleeping or eating habits.

Don't feel alone, there's lots of help and support available online, click on the logos to head straight there!

mind **NHS**
YOUNGMINDS **BITESIZE**
SAMARITANS

CHECK OUT THIS VIDEO TO SUPPORT YOUNG PEOPLE WITH EXAM STRESS HERE

For relaxation techniques:

https://www.youtube.com/playlist?list=P_LfbBBQVFbl4kPt1Zlrm88-q6KaRkiDORi

TIPS TO MANAGE EXAM ANXIETY

- **Make time for things you enjoy.** Find ways to release stress and celebrate progress. You could listen to music, draw, cook, go for a walk, play a sport or visit the cinema.
- **Talk to others about how you feel.** Connect with other people, especially your peers who are also taking exams and might be feeling anxious too.
- **Try to find balance.** Take regular breaks and be realistic about what you can do in a day. Keep things in perspective and remember that exams won't last forever.
- **Take care of your physical health.** Make sure you get enough sleep, food, water and exercise. If you take regular medication, keep up with your routine.
- **Focus on yourself.** Try not to compare yourself to others. Think of things you like about yourself and what you're good at.
- **Ask for help** Talk through your concerns with your teacher/tutor who can let you know what support your school or college can offer you.

RELAXATION

Click **here** to learn some new relaxation techniques.

Key March dates

- International Women's Day- 8th
- Nutrition & Hydration Week- 11th-17th
- World Sleep day-15th
- World Oral Health Day -20th

IS BACK FOR 2024!

Move It March is our biggest ever physical activity programme! The project aims to encourage children and young people, across South Leicestershire, to become more physically active and increase the number of children achieving the recommended guidelines of at least 60 minutes of exercise every day.

Last year, **12,651** participants in South Leicestershire took part and moved for a total of **3,739,500** active minutes! How many active minutes can you achieve this March? Whether it is a walk, a game of tennis or dancing, it all counts!

For more information, click **here!**

#MOVEITMARCH2024

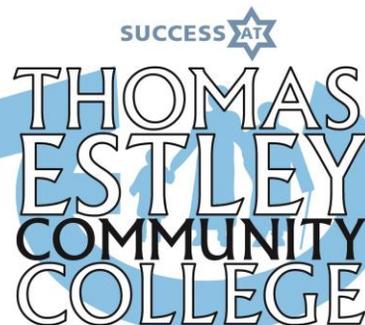
LET'S GET SOCIAL

🌐 X f 📷 ▶

Video for exam stress:

<https://www.healthforteens.co.uk/feelings/exam-stress/video-exam-stress/>

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



Achieve
With TELA Primary & Secondary Teacher Training

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

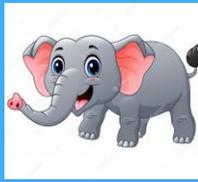
Leicestershire Secondary SCITT UNIVERSITY OF LEICESTER

Email: tela@thomasestley.org.uk
Phone: 01455 283 263
07436 949 032

Visit us: www.telaonline.co.uk

@TELAteaching @telaandachieveteachertraining

Don't Forget!



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

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

Thank you!

Absence during term-time

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

School Closure Procedure

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

Holidays Taken in Term Time

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



College closes to students on Friday 22nd March and re-opens on Monday 8th April

Mobile phones

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



School Transport

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



Headphones/Ear buds/Air pods

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

