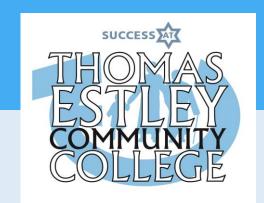


# Welcome to our Thomas Estley New Sletter February 2023

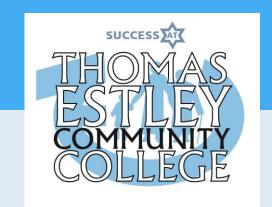
A Community of
Courage and
Commitment to
Success

# What's inside ......



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# **Dates for the Diary**



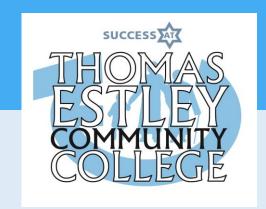
| 17 <sup>th</sup> February                           | College breaks up for Half Term                        |  |
|---|--|--|
| 20 <sup>th</sup> – 23 <sup>rd</sup> February        | Iceland Trip   |  |
| 20 <sup>th</sup> – 23 <sup>rd</sup> February        | Year 11 Revision School                                |  |
| 27 <sup>th</sup> February                           | College opens for second half of Spring Term           |  |
| 27 <sup>th</sup> February                           | Sea Cadets Open Evening                                |  |
| 28 <sup>th</sup> February                           | Y9 Arts Award Trip                                     |  |
| 28 <sup>th</sup> February                           | An Inspector Calls Onsite                              |  |
| 28 <sup>th</sup> February                           | KS3 Blaby Youth Council Trip                           |  |
| 28 <sup>th</sup> February and 2 <sup>nd</sup> March | Seussical The Musical                                  |  |
| 6 <sup>th</sup> – 10 <sup>th</sup> March            | National Careers Week                                  |  |
| 6 <sup>th</sup> – 10 <sup>th</sup> March            | Y11 Practical Food Exams                               |  |
| 9 <sup>th</sup> March                               | Y10 Royal Opera House Trip                             |  |
| 13 <sup>th</sup> – 15 <sup>th</sup> March           | Y11 Practical Business/Enterprise Exams                |  |
| 13 <sup>th</sup> – 17 <sup>th</sup> March           | National Science Week                                  |  |
| 20 <sup>th</sup> March                              | Y9 and Y11 School Photos                               |  |
| 22 <sup>nd</sup> March                              | Y9 Imperial War Museum Trip                            |  |
| 22 <sup>nd</sup> – 23 <sup>rd</sup> March           | Y7 Remote Parents Evenings                             |  |
| 30 <sup>th</sup> March                              | Y9 3-in-1 Teenage Booster + Meningitis<br>Vaccinations |  |
| 31st March  | College breaks for Easter                              |  |

Do you know of any student successes that we could share and celebrate?

Please email your information, ideally with photographs to: **PatothePrincipal@thomasestley.org.uk** 

# A word from the Principal





As this half term draws to a close, we enjoyed another What3Pics assembly yesterday, this one delivered by two of our Leicester city in the Community Wellbeing Mentors. Our What 3Pics initiative is a chance to celebrate diversity and our individual differences, as we each identify three pictures that are meaningful to us, are associated with key events or experiences in our life or represent family, friends or hobbies.

We have heard from teachers, leaders, pastoral staff and mentors this half term, and after the break we will be including our students too, as they share their What3Pics together and celebrate all that makes us special and unique.

From professional and amateur sport through travelling abroad to family life and children, we have been reflecting on our commonality and difference. We look forward to seeing what other shared experiences and passions we can celebrate together.

Mandi Collins, Principal











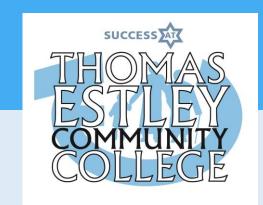






## **Before Christmas**

Thomas Estley catering team provided Christmas lunch last year to our senior citizens luncheon club, staff and students. Well done to them for a lovely spread.





Congratulations to the winners of our 2022 Thomas Estley Christmas Door competition, with third prize going to ES, second to LB (complete with Santa doorbell) and 1st to BH with their Christmas periodic table. Fantastic efforts from all tutor groups involved, and so much Christmas spirit!







More **Entries** 





2nd

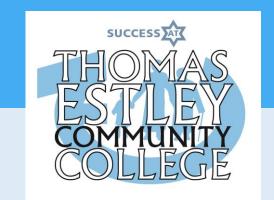
A lovely end of term treat to award Gold Certificates to around 50 students who joined the ranks of those who have made consistently positive choices to display the qualities of our Thomas Estley Way. Some of the wonderful winners are pictured just before their cookie and early lunch.

Well done, everyone.





# **Spotlight on Year 11**



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

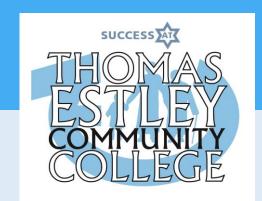
All sessions run from 10am - 2pm with a working lunch and short morning break. Students will need to make their own way to and from college and will need to bring a packed lunch as no catering facilities will be available. Uniform is not required.

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

#### FEBRUARY REVISION SCHOOL

| Date                                | Staff delivering | Subject                | Room          |
|-------------------------------------|------------------|------------------------|---------------|
| Monday 20 <sup>th</sup> February    | Mr Curtis        | RM                     | Workshop      |
| Monday 20th February                | Mrs Hartley      | HSC                    | IT4           |
| Tuesday 21st February               | Miss Kavanagh    | Sports Studies         | IT4           |
| Tuesday 21st February               | Miss Burnett     | Textiles               | Textiles Room |
| Wednesday 22 <sup>nd</sup> February | Mrs Bryan        | Enterprise & Marketing | IT4           |
| Wednesday 22 <sup>nd</sup> February | Mrs Bancroft     | Performance Skills     | A1            |
| Thursday 23 <sup>rd</sup> February  | Mrs O'Garro      | IT                     | IT4           |
| Thursday 23 <sup>rd</sup> February  | Mrs Bancroft     | Dance Practical        | Drama Hall    |

# **Spotlight on Year 11**



#### **EASTER REVISION SCHOOL**

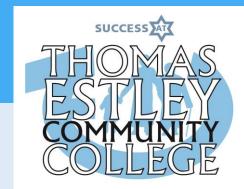
| Date                             | Staff delivering                   | Subject             | Room              |
|----------------------------------|------------------------------------|---------------------|-------------------|
| Monday 3 <sup>rd</sup> April     | Mrs Strudwick                  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

#### **MAY REVISION SCHOOL**

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

# **Spotlight on Year 11**





#### **Celebration Event**

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

https://www.royalarms.co.uk/

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

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

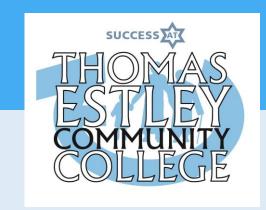
The ticket is available to buy outright or in 4 payments of £10 and all must be paid by the **26**<sup>th</sup> **May 2023**.

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



# **University Visits**





A group of **Year 10** students took part in a trip to **De Montfort University** for a 'Campus Life Day'. They experienced two taster lectures - Electronics and Creative Writing. Students were also taken on a tour of the campus, which included seeing the accommodation that university students stay in whilst studying.

This was a great experience for our students and gave them a real insight into what university is all about and the vast range of courses on offer at different levels.

A group of **Year 10** students took part in a trip to **Oxford University**. On arrival, we had a 10-minute walk through the historic streets of Oxford before arriving at St Edmund Hall. Here the students were given a talk about university life, the funding available and how Oxford University welcomes applications from all students. We then had a tour of the college and an opportunity to ask student ambassadors questions. Lunch was provided in the College Hall and during this time, 2 of our ex-students, Beth and Megan, who are now studying at Oxford University, came along to talk to our students about their experience of university life so far. It was great to see them and hear their experiences.

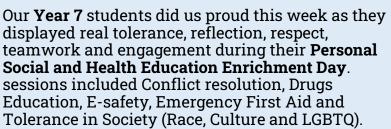
After lunch, students were presented with an interactive science challenge, based on the concept of an escape room, but the students had to complete a number of chemistry-based puzzles to crack the codes on the padlocks and get into the box to create a formula to save a poisoned professor! These were very challenging puzzles, and our students rose to the challenge and impressed the Chemistry Department!

It was a very busy, enjoyable day that provided our students with a real insight into what university is all about and the vast range of courses on offer and provided inspiration and motivation for future pathways.



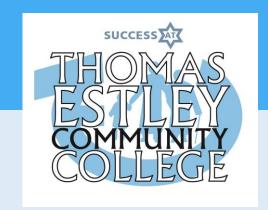
# Year 7 Drop Down Day





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

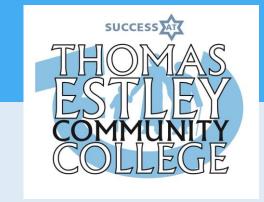
Well done, everyone!

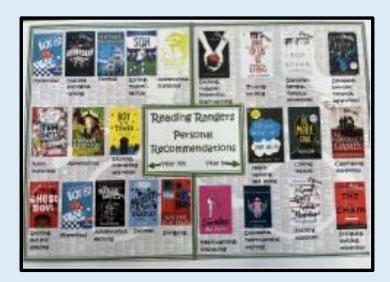






# **Keen Readers**





Our KS3 **Reading Rangers** have been incredibly busy meeting with our librarian for book catch ups and recommendations. Our Rangers share their passion and knowledge of texts they have read with each other and present their findings to their English class. They have been busy with the recent book fayre, creating quizzes for the whole school to complete and building their speaking and listening skills.



The Reading Rampage Challenge will be starting in February: Working closely with our Librarian, Ms Smith, some of our students will be involved in a Reading Rampage Challenge. Students will be reading in small groups, working through as many of the Reading Rampage books as they can. The students will be given the opportunity to write reviews on the books, engage in discussions and have the opportunity to meet the author and ask questions about the texts they will be reading. We are hoping to give students the chance to foster a love of reading in a relaxed environment.

# **Art, Design & Technology**

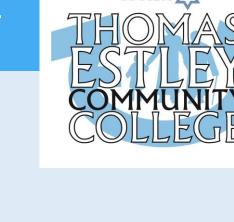
Congratulations to our December Thomas Estley **Photography Winners** -

Gate with sun through - 1st

Frosty plant - 2nd

Frozen brown leaf - 3rd

Some fantastic and original compositions yet again.









#### INTERESTED IN FASHION DESIGN?

#### After School – Fashion Design Club

Get creative, analyse trends, make mood boards and learn to draw fashion illustrations.

A chance to enter the **Young Fashion Designer UK Competition**.

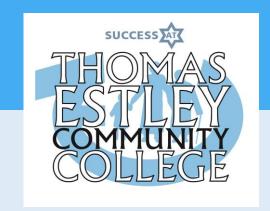
After school on Mondays until 4.00pm (starting 6<sup>th</sup> March).

Please see Mrs Woodward or Miss Burnett in D3 ASAP to sign up.









Our **Year 7 Boys** footballers gave us an amazing way to end a very busy term for sport before Christmas.

A 3 -1 win against Sandwell Academy in the National Cup. Captain and player of the match Jake scored along with Arthur and Josh to take the boys through to the last 32 in England after the Christmas holidays.

Our **Year 7 Boys** football team run in the National Cup unfortunately came to an end as the boys lost 1-0 to a physical Northampton School for Boys side. They should be so proud of their achievement though. Reaching the last 32 in England in their first year together is amazing. You are all winners to us, boys. Well done. Player of the match went to Kaiden in goal.



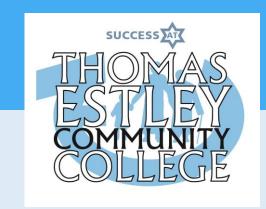
Our **U16 Girls** played their National Cup Football match against John Spencer Port Academy from Derbyshire. The first half was very close. Ella gave us the lead with a great right foot shot from the left. We held the lead for 20 minutes before Spencer Port's hard work paid off and they equalised. Just on the stroke of Half Time, Nell put her foot through the ball in defence. Charlie latched on to her clearance and was able to play Ellabelle through for us to go into the break 2-1 up. The girls attacked from the off in the 2nd half. Caitlin made it 3-0 10 minutes in. Charlie and Ellabelle also added to the tally to secure a 5-1 win. A lot of credit to our opponents though who fought to the end with their heads held high. A great game of football to be a part of. Our player of the match went to Nell who was outstanding in defence today. Overall, another great team performance from the girls. An away tie at The Priory Academy in Shrewsbury awaits us in the last 16.











Our **Year 7 boys** football season came to an end after a 4-3 loss to Lutterworth High in the Blaby & Harborough League final. A great game of football with goals from player of the match & Josh as well as an OG. The boys should be really proud of their first season together and have to plenty to build on for the next four years. We are sure there will be some silverware coming their way at some point.

Huge thanks to Year 11 Alfie for his assistance with the team this year and to the year 10 boys who have run the line for home games. Korben mainly, but also Kirk and Ethan.



Our Year 7 girls completely dominated their league fixture against Lutterworth High School with goals from Lily (5) Ria (4) Izzy (3) Belle (1) and Martha (1). A fantastic team performance to set them up nicely for the clash against Lutterworth College. Player of the match today goes to Ella.



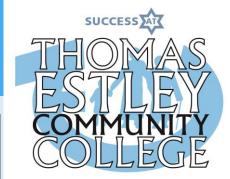
Our **U16 girls** bowed out of the National Cup to a very strong Priory School Team from Shrewsbury. A slow start meant we went behind early and despite a real fight particularly in the second half, where the girls threw everything at them we lost to the better team on the day. The girls should be so proud of their achievement though, the last 16 in England is amazing.

Now they concentrate on defending their County Cup title with an away match at Lutterworth College. Player of the match today was shared between Summer & Eve.









An amazing performance from our **U16 Girls** in the league against Lutterworth College, which made up for the National Cup loss. A 7-0 win with goals from Caitlyn (2), Charlie (2), Ellabelle, Eve & Nell. Another great team performance especially considering they must all have been really tired from what they had put in to yesterday's match. Player of the match went to Tilly, an excellent defensive display showing just how much she has developed as a player.

Our Year 7 & 8/9 Girls football teams met Lutterworth College in their league matches. Our Year 7's went 1-0 down after a goal mouth scramble saw Lutterworth take the lead, they dug deep though and soon got back into the match with some great team work. A hatrick for Ria sealed a 3-1 win. A great team performance with special mentions to Izzy P in defence and Freya in Midfield whose work rate was stunning gaining them joint players of the match.



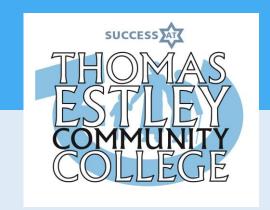


Our **U14 girls** were switched on from the off, a great team effort meant we came away with a 6-1 win. Player of the match went to the whole team.

Huge thanks to our Sports Leaders Year 11's Alfie & Eve who are both qualified referees and did a very professional job in the middle, and also to Year 10 Kirk and Korben for running the line. A real Tommo effort tonight. Well done everyone.







Our **U15 Girls** were unfortunately knocked out of the National Cup at the last 16 stage. What a game of football!!

At 2-2 the game looked destined to go to extra time when Telford threw one last attack and scored with seconds left on the clock. Player of the match goes to Izzy in goal who kept us in the game with many amazing saves.

A great run for the girls, they should be really proud of their season.

In the final week of girls' Blaby & Harborough league football, our **Year 7 and Year 8/9** teams were away at Brockington. A stunning display from the **Year 7's** meant a comfortable 6-0 win. A hatrick for Captain and player of the match Izzy, considering she was playing centre back, a very impressive feat. Freya, Belle and Lily also scoring.

On the **Year 8/9** pitch is was a very close match. Goals for Player of the match Ava (2), Violet and Maggie saw a 4-4 draw.

The **Year 7's** are top of their league and will play the winners of the other league to see who will go through to the County Quarter Finals.

The **Year 8/9** team are also currently top but there are matches still to play for the other teams in the league. So we wait to see if they too go through to the league play off final.

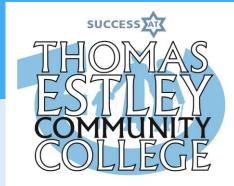
Well done girls.



# **Sport - Netball**

A lovely afternoon of
Netball for our **Year 7 Girls**at Leicester Grammar
School. A first competitive
outing for our B team and a
great way to finish the
season for the A team. We
are so proud of their hard
work, team work and effort
today. Some lovely netball
played from all of them.





A brilliant display for our Year 11 Netballers at the tournament at Leicester Grammar School, where we were able to finalise their GCSE Netball grades.

Wins against Kibworth 7-0 and Wigston Academy 5-2 and a loss to Leicester Grammar in a very close match 7-8 meant we played Welland Park in the 3rd Place play off. A 5-5 draw in another very close match sent the game to extra time, where Welland Park just edged it.



Our girls' effort and hard work demonstrated many aspects of the Thomas Estley Way today. We are very proud of them. They have been a great team in their 5 years of representing the College and will see their time with us out with a friendly away at Rugby School on March 7th.





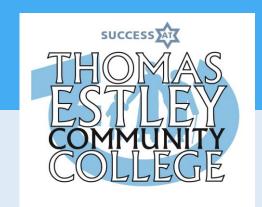




We welcomed Year 5 from two of our feeder schools for a **netball skills session**. The session was led by our GCSE students and sports leaders. The pupils were put through their paces learning different skills including how to throw the ball, passing, moving and catching (keeping those feet still). At the end of the session they played a game altogether, the skills and footwork were just brilliant towards the end. All the pupils worked hard, using the skills learnt. A big thank you to our students for the coaching and encouragement given throughout the session.

# Student Leadership/ Primary Masterclass

Just before Christmas, we welcomed all of Year 5 and 6 from Hallbrook Primary School for an afternoon of **Drama, Dance and Music**. On arrival, they were treated to a show, put on by the Drama, Dance and Music **Year 9** specialisms groups. The performance was based around the twelve days of Christmas.



The **Year 9** specialism groups worked hard and showcased their skills brilliantly, also showing their leadership skills when doing the workshop groups. A very enjoyable and festival afternoon for everyone involved.

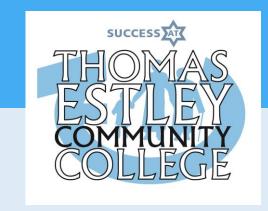


We welcomed 20 year 5 pupils from our feeder school for a **Business Masterclass**. All the pupils worked hard to look at how chocolate is sold and marketed by their company's brand. They also discussed how they would sell their chocolate for different celebrations throughout the year. The year 5 set about working hard with amazing ideas on making the next best Easter Egg.

Their ideas were very impressive and their creativity about the flavours and what the hidden gems the chocolate would have, left us all feeling hungry. They all worked so hard and the ideas they came up with were just brilliant. As always, our leadership students worked hard to ensure the class went smoothly and were also impressed with all the creative ideas.



# **Reward Success**





Building Leadership: An absolute delight to give out reward certificates to many students who have been leading an aspect of our college provision and/or have been student ambassadors at our recent options evening. Our first two reading award winners are also pictured.

We are very proud of our Thomas Estley student leaders and the transformational impact they have in so many areas. Well done everyone ©





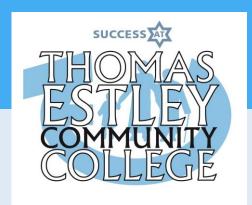
Such a treat to award some more **Gold Certificates** to students who have demonstrated so many of our Thomas Estley Way qualities of kindness, respect, courage, resilience and perseverancewell done, everyone!

# **Junior Bake Off Competition**

Do you love baking? Love Productions, in conjunction with Channel 4, are looking for young budding bakers between 9-12 years old.

Filming would take place from July 2023, but applications close on Sunday 12<sup>th</sup> March 2023.

Interested bakers can apply online at www.applyforjuniorbakeoff.co.uk







# Can You Cook It?

THOMAS ESTLEY COMMUNITY COLLEGE

Here are the final entries of the Autumn Term for Thomas Estley Can You Cook It Challenge!

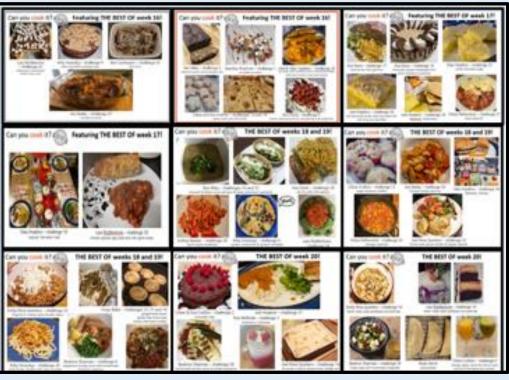






We are loving this term's Thomas Estley Can you Cook it entries - they will definitely make you feel hungry!

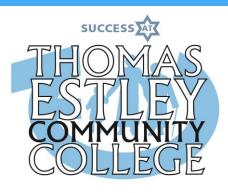




# SEA



We were delighted to host Broughton Astley Sea Cadets onsite and they would like to invite potential new members to their Open Evening on Monday 27th February.









#### **BROUGHTON ASTLEY**







BE A LOCAL HERO! SUPPORT YOUR LOCAL SEA CADET UNIT ENCOURAGING YOUNG PEOPLE TO THRIVE IN OUR COMMUNITY

#### OPEN EVENING

ADULTS, PARENTS OR GUARDIANS TOGETHER WITH THEIR CHILDREN OVER THE AGE OF 10 YRS ARE MOST WELCOME TO ATTEND!

#### THOMAS ESTLEY COMMUNITY COLLEGE 7 - 9 PM

# Free Refreshments \*Life Skills \*Sailing \*Adventure \*Power Boating \*Rowing

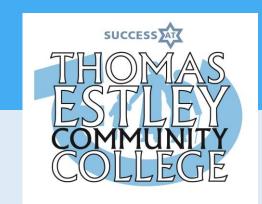
\*First Aid \*Kayaking \*Navigation \*Meteorology \*Water Safety \*D of E Awards

These are just some of the activities our cadets and adult volunteers can enjoy in Sea Cadets!

www.ms-sc.org

# **Inclusive Football**

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











# Elsewhere in College ...

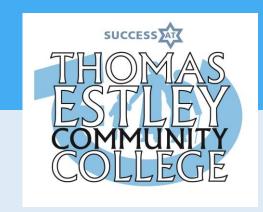
In December the **PE & Performing Arts Faculty Star** goes to **Year 9** Harrison Willmott.

Not only is Harrison directing this years musical performance - Seussical the Musical. He is also a regular at all Performing Arts Clubs. Harrison is super talented and happy to pass that on to others in a very mature way whilst also working towards his SSAT Leadership Award.

Harrison has also ventured into the PE extra curricular side of the Faculty, he is now a regular at Rugby Training and was part of the team that represented the College at the recent Rugby Festival.

Thoroughly deserved Harrison. We are all really proud of you. Well done.

We would like to invite you to watch our talented KS3 students in this year's production of 'Seussical the Musical'. Visit the wonderful world of Dr Seuss and see some of his loveable favourites such as Cat in the Hat, the Whos from Whoville, Horton, and the Grinch!





This is one of our preschool friends, Charlie. Charlie is doing a 23km sponsored bike ride throughout January to raise money for charity. He currently has just under 7km left to ride and has raised almost £400.

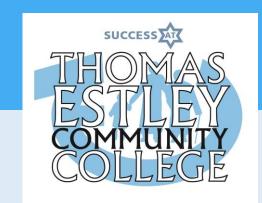
Charlie has been quite poorly recently and struggling with his own health but despite that when he has felt well, he has been out on his bike.



Charlie's Mummy and Daddy are so proud of him that they shared this photo with us. They say: 'It's for a charity called 4Louis who are a charity that support families through miscarriage, still birth and child loss. In particular they create boxes for families that contain lots of things to help create memories of their lost ones. They had a challenge for January for people to raise £20.23 so Charlie decided to take part.' Well done, Charlie, what an achievement. We are so proud of you!

# Elsewhere in College ...

We enjoyed welcoming **Year 9** students and parents to our **GCSE options evening** - and a special thanks to the Thomas Estley student leaders representing the subject areas on the night.





Just before Christmas, our Year 11 Further Mathematicians successfully completed the GCHQ Christmas challenge. They had to complete a series of puzzles that involved cyber security, languages, coding, analysis, engineering, code breaking and of course maths to decode a Christmas greeting.

Well done to all involved!



# Gardening at The Oaks





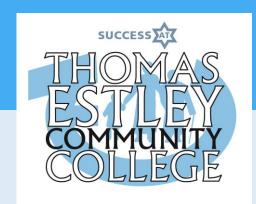
students in the Oaks alongside Class 7D, ASDAN and the Gardening Club have been working on the Garden area of the Oaks to make it look amazing. They have worked together to carefully plan the project, being resourceful with donated materials that they had to make something that would be both pretty and would encourage wildlife to thrive in our garden.

The students have since been working on putting their plan into action and have had great success. They learnt the proper way to use gardening tools and equipment and got their hands dirty digging, painting and planting. They have planted hedges along the outside fence, built a raised flowerbed with wooden boarders, and even made some bug hotels for the local wildlife to enjoy. We're looking forward to seeing the fruits of their labour as the weather improves and they can spend time outside in the lovely garden they have created.

Well done to all involved!









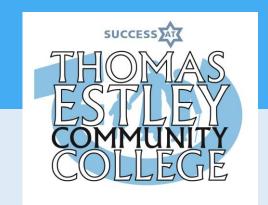






# Safer Internet Day 2023

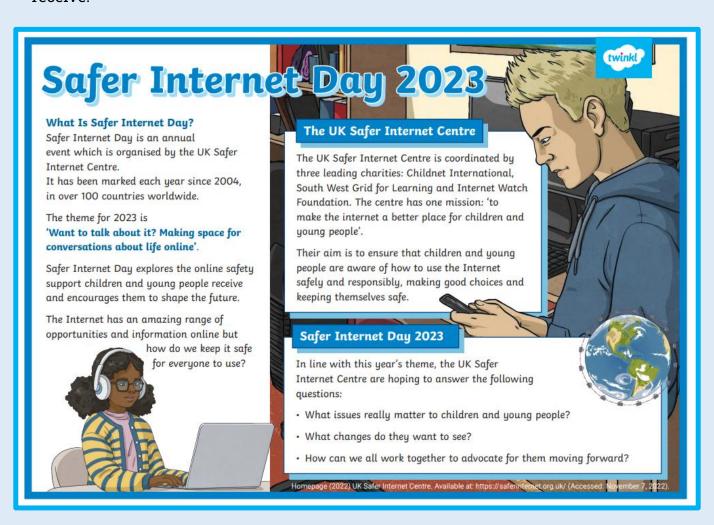




Safer Internet Day 2023 took place on the 7<sup>th</sup> of February, with celebrations and learning based around the theme 'Want to talk about it? Making space for conversations about life online'.

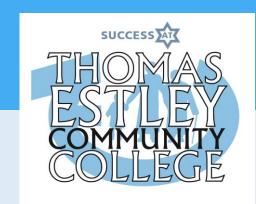
Coordinated in the UK by the UK Safer Internet Centre, the celebration sees thousands of organisations get involved to promote the safe, responsible and positive use of digital technology for children and young people.

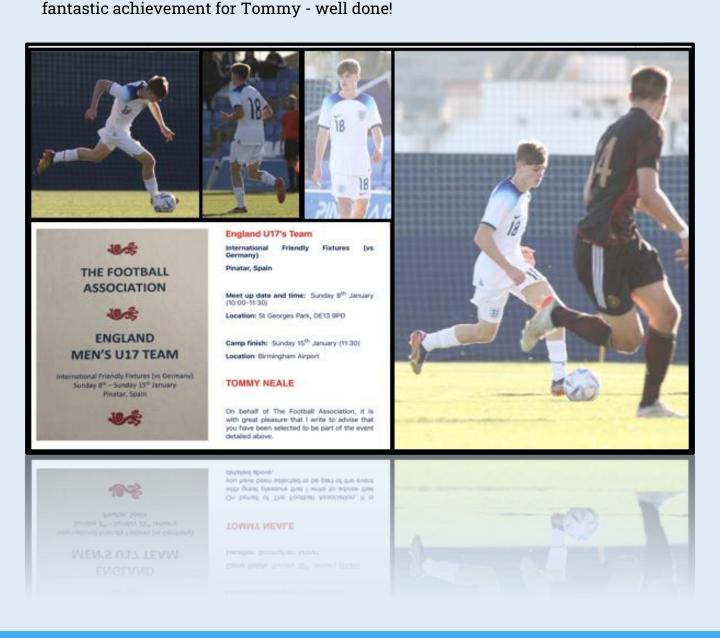
In the UK, we are celebrating by putting children and young people's voices at the heart of the day and encouraging them to shape the online safety support that they receive.



# **Life After Tommo**

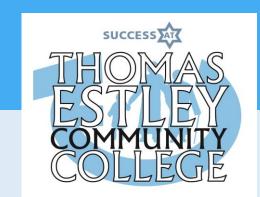
We are very proud of ex Thomas Estley student Tommy Neale, who had to leave us to continue his KS4 studies elsewhere as part of his football academy education, but whose footballing career we continue to follow with interest. Tommy had his first call up recently to play with the England Men's U17 team. He played two International matches over in Spain, both against Germany. He made his England debut, and made appearances in both matches; he also scored in the second game. A

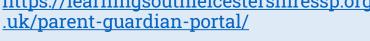




## **Mental Health**

https://learningsouthleicestershiressp.org







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

handle stress, relate to others and make

# SIGNS OF POOR MENTAL HEALTH IN YOUNG PEOPLE

Emotional signs to look out for include:

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

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

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

Physical signs of poor mental health in children

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

Ref: NSPCC YOUNGMINDS NHS Childrens Society



Children's Mental Health

Week

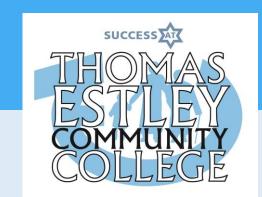
runs from 6-12 February 2023

Find out more here! Find useful resources on our Parent/Guardian Portal here

## **Mental Health**

https://www.mind.org.uk/

https://www.mentalhealth.org.uk/exp lore-mental-health/a-ztopics/friendship-and-mental-health





### TIPS TO SUPPORT CHILDREN & YOUNG PEOPLE

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

There are also lots of free help and support services and resourses available to access online

GMINDS are a mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need For information, support and resources, visit their page here

- Time to Talk Day (Mind) 2nd Feb
- Children's Mental Health Week (PLace2Be) 6-12th Feb
- Eating Disorders Awareness Week (Beat **Eating Disorders**) 28th Feb-6th March



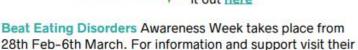
Mind are a mental health charity, their aim is to make sure no one has to face a mental health problem alone. Find out more here



Find advice and support about mental health for children, teenagers, students and parents here

Mental Health Foundation have a useful article centred around friendship and mental health, check it out here









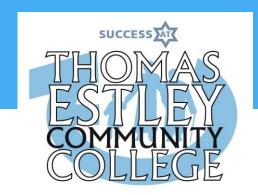
website here

LETS SET SOCIAL!



@lslssp 📢 @learningsouthleicestershiressp 🔘 @southleicestershiressp

# Interested in a Career in Teaching?





#### MAKE A DIFFERENCE IN YOUR COMMUNITY ...

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

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

Jo can answer any questions you may have:

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

Visit our website telaonline.co.uk

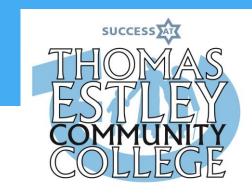
Contact Jo Robotham Tel 01455 283263 ext 286 Email tela@thomasestley.org.uk





# Don't Forget!





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!

#### **School Closure Procedure**

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

The school website (www.thomasestley.org.uk) Radio Leicester Parentmail



College closes to students on Friday 17<sup>th</sup> February and re-opens Monday 27<sup>th</sup> February

#### Mobile phones

Students are not allowed to use mobile phones in college unless express permission from a member of staff (for specific learning activities in lessons, as an optional way of accessing them, when allowed to do so). This is to protect students' learning and is in line with our safeguarding policy.

Mobile phones used in contravention of the mobile phone policy will be confiscated until collected from reception by a parent/carer.

For persistent abuse of the policy a student will lose the privilege of bringing a mobile to college.

#### 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.

#### 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 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 ins 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.