

Newsletter



MEADOW PARK
SCHOOL

Message from the Headteacher

Dear parents and carers

David Kershaw, Chair of Governors at Meadow Park School was awarded a national Pearson Lifetime Achievement Award and received a standing ovation at the high-profile ceremony. We are incredibly proud of David and his numerous contributions at Meadow Park School. This is a thoroughly well-deserved award, well done David.

We continue to work with external companies including Jaguar Land Rover (JLR) and the University of Warwick. JLR have provided workshops to Y9 students this term the aim of which was to expose students to a spectrum of careers at the company. They also brought a range of JLR cars with them for the students to look at and they enjoyed sitting in them. There is a full article later in this newsletter.

Year 8 students had the opportunity to work with Warwick University this week as part of an Engineering workshop where students were making robotic arms. We are very proud of our links within Coventry and industry as part of our Coventry heritage. In Key Stage 4, students are able to select Engineering as one of their option subjects to study at GCSE level and we hope that workshops such as this provide an insight for students to prepare them for future careers. Thank you to Miss Ronan

who ran the event.

Next week there are two after school Christmas events; the first with children from some of our feeder primary schools being invited to our Bedtime Story session on Tuesday. Staff and students will be reading a selection of their favourite winter and Christmas short stories. This will be followed by our Winter SnowCase on Thursday where students will be performing a range of songs, music and drama. Tickets are available to buy on the door, with doors opening at 4:30. This is a lovely opportunity to get into the Christmas spirit!

I wish you a lovely weekend.

With best wishes

Mrs Pettman
Headteacher

Nurturing Excellence, Growing Aspiration, Thriving Together



FINHAM PARK
MULTI ACADEMY TRUST

Issue: 06 December 2024



Mental Health in Schools Team

Tips For Wellness

Digital Detox



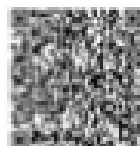
The use of technology in our day to day lives has become a normal part of today's society and has many benefits, including staying connected with friends and family, accessing information and providing support for learning. However, research suggests that the prolonged use of technology can increase stress levels and have a negative impact on our mental health.

A digital detox is a time when a person does not use devices such as smartphones, televisions, computers, tablets, and social media sites. "Detoxing" from digital devices is often seen as a way to focus on real-life social interactions without distractions.

Some of the benefits include reducing stress, improving sleep patterns, encouraging more face-to-face social interactions, reducing 'fear of missing out' (FOMO), improving attention span, freeing up time for other/new interests and activities, creating a better work-life balance, and encouraging physical exercise.

Our tips for having a digital detox:

1. Set a realistic time limit for your daily screen time/device usage.
2. Participate in other activities instead of screen time (e.g., go for a walk with a friend/join a new club).
3. Create routines for 'device-free times' (e.g., at mealtimes or 30 minutes before bed).
4. Agree to leave your phone downstairs overnight to reduce temptation to scroll in bed!
5. Let your friends and family know you are on a digital detox so they can support you.
6. Delete social media apps on your phone to remove temptation and easy access.
7. Create a list of activities you can do when you have an urge to use a digital device. Make sure you include a balance of quick activities you can do in the moment, as well as activities that may take more time and planning.



Scan for information on social media
and mental health – Young Minds

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for

Enrichment Clubs - Autumn Term

	Break	Lunch	After School
Monday	Basketball Sports Hall	Chillout Monday Library Book Club Library	Year 7 Football Field Girls Rugby (all years) Field KS3 Basketball Sports Hall Student Dungeons and Dragons LRC STEM Club S04 Fashion and Textiles T04 (10 spaces!) Cooking Club F22 (Year groups, 15 spaces!) Harry Potter Club S05 MPTC Rehearsals G18
Tuesday	Basketball Sports Hall	Rowdy Tuesday Library Chess Club F05 Y11 Girls Netball Sports Hall	Year 10+11 Football Field Netball Sports Hall KS3 Rugby Field MPTC Rehearsals G16 Pokemon Masterclass LRC
Wednesday	Basketball Sports Hall	Geeky Wednesday Library	(STAFF TRAINING)
Thursday	Basketball Sports Hall	Sporty Thursday Library Year 8/9 Girls Basketball Sports Hall	Year 8+9 Football Field Badminton + Table Tennis Sports Hall Robotics Club F18 (10 spaces!) Board Games Club LRC Music Practice G16 Craft Club F23
Friday	Basketball Sports Hall	Creative Friday Library Crochet Club Wk1 G04 wk2 G08	KS4 Basketball Sports Hall

Miss Johnson
Enrichment Co-ordinator



MEADOW PARK
SCHOOL

MPSC Presents - 'WINTER SNOWCASE'

2024

*Come and join us for an evening of Acting,
Song, Music, Carols and Festive Cheer.*

December 12 | **Doors Open 16:30**

Tickets £3.50 | **Show Starts 17:00**

Card Payments Only

REFRESHMENTS AVAILABLE



News from the Art Department!

Once again we bring you the new Meadow Park school Art calendar, produced in house displaying Art work by current students at Meadow Park School. A great way to make note of upcoming school events and keep track of school holidays. A useful tool to help your son/daughter organise their schedule or makes a great gift for family members. Calendars can be purchased though parent pay for the price of £5.00

A4 size ring bound with hook, 350gsm card with blank calendar to input own dates.

We ask that if you order a calendar, they are collected within a week of order from the main reception after school.



MERRY CHRISTMAS

Christmas Dinner

Students

Wednesday 18th December

Roast Turkey

With all the trimmings

Lentil roast

Roast Potatoes

Baton carrots

Brussel sprouts

Roast parsnips

Yule Log

Christmas Pudding

Meal Deal

£2.75

MERRY CHRISTMAS

Woodland Eats

Students

From 16th December

Pigs in Blankets with caramelised onion Wraps

£1.60

Halloumi & Cranberry Sauce Wraps

£1.60

Pigs in Blankets with caramelised onion Baguettes

£2.15

Roast Turkey & Cranberry sauce Baguettes

£2.15

Roast Turkey & Stuffing Baguettes

£2.15

Roast Turkey & Stuffing Sandwiches

£2.15

News from the Library!

Here's what you can look forward to in the Library next week ...

Chillout Monday:

Chess and Chess variants

Rowdy Tuesday:

LOGO Game

Tuesday After-School Club:

We're going back to the sun and moon era, looking at two of the very best decks in the game back then – and playing them against each other, obviously!.

Geeky Wednesday:

You Be the Hero stories from The Phoenix

Sporty Thursday:

Golf Dice Game

Thursday After-School club:

Games Club

Creative Friday:

Lego Challenge.

Happy reading!

Mr Spencer
Librarian and English Teacher



HAF is a national Department for Education funded programme that enables eligible children and young people to attend free activities and experiences with free nutritional food provided. HAF activities and experiences take place in the Easter, Summer and Christmas school holidays.

Benefits related FSM children can access a variety of free, fun sessions with food provided during this Christmas school holiday as part of the Holiday Activities & Food (HAF) Programme.

HAF Winter Fun programme, will run from **Saturday 21st December 2024 to Sunday 5th January 2025**. It includes free sessions to *The Wave*, *Planet Ice*, and day trips to pantomimes, farms, and trampolining! We've also got clubs for multi-sports, coding, cooking, skateboarding, performing arts, photography, and so much more.



They always aim to improve HAF, so following feedback, they are using a new and improved booking system called **Eequ**. Booking is simple, and we have included a guide with this letter to help you with this. **This system does not need HAF codes**. Follow the QR code on the right to watch a short video on how to make a booking. (You may need to zoom in for the code to work)

HAF Eligibility Criteria

[View our eligibility criteria here.](#)

HAF Customer Contact team can also support with HAF bookings and can be contacted on 08085 834 333.

For more information around the opening times and locations of family hubs and libraries, please call 0800 887 0545 or visit [//www.coventry.gov.uk/familyhubs](http://www.coventry.gov.uk/familyhubs) or [//www.coventry.gov.uk/libraries](http://www.coventry.gov.uk/libraries).

For support with this from school, please email me, the Pupil Premium Coordinator hwyk@meadowparkschool.com

Thanks
Miss van Wyk

NEW

FOR MORE INFO PLEASE SEE WEBSITE OR CALL

www.covboysandgirlsclub.co.uk or 02476224975

CBGC YOUTH SESSIONS

STARTING
MONDAY 11TH
NOVEMBER

YOUTH CLUB - AGES 11-14

MON

4:30 - 6:30PM

SPORTS, CRAFTS, BAKING & FOOD



BOXFIT - AGES 13-19

WED

5:00 - 6:00PM

FITNESS & BOXING



MUSIC WORKSHOP - AGES 13-19

WED

6:00 - 8:00PM

INSTRUMENT & STUDIO SESSIONS



YOUTH CLUB - AGES 13-17

THU

6:00 - 8:00PM

SPORTS, CRAFTS, MUSIC & FOOD



JUNIOR YOUTH CLUB - AGES 7-12

FRI

4:30 - 7:30PM

SPORTS, CRAFTS, DANCE & FOOD



CBGC - 50 Whitefriars Street, CV1 2DS



News from Art, Design and Technology



Jaguar Land Rover have been in at Meadow Park school this term, delivering workshops to year 9 students. The aim of the workshops were to expose students to a spectrum of career pathways, so that they are able to be supported to make informed decisions about their educational and professional paths.

During each workshop, students heard from people of varying job roles about their real-life stories, the qualifications they have and the journey they made to get into the job they are in now and also what their job entails. Students have heard about many job roles within JLR, not just about engineering and design roles but also procurement, data analytics, finance and programme planning. Students were able to ask questions to the experts to be able to gain a real and clear understanding of the different roles.

A particular highlight to the workshops were the cars that JLR brought along for the students to have a look at.



The last session is this Friday. Students will be looking at the importance of branding, how it affects them and how they can brand themselves, making themselves employable and successful in the future.

Mrs MacLean
Curriculum Leader

Head of House Awards
The Head of House Awards for last week
were awarded to:



Hussain
Summer
Finley
Harish

New Parent App and School Communication

Please sign up to our new parent portal MyChildAtSchool (MCAS).



DON'T FORGET to enable push notifications for the MyChildAtSchool app on your phone so you can see all emails and letters the school sends you.

All schools in the Trust are using Bromcom and MCAS so for Meadow Park School, it means MCAS replaces School Synergy.

MCAS is now live, so as soon as you sign up you will be able to see your child's information. As School Synergy is linked to our old MIS it is no longer updating, therefore in order to view your child's timetable, see their attendance and behaviour points you will need to sign up to MCAS.

You have access to all the same information as you had in School Synergy. MCAS allows us to securely share your child's/children's achievement points, attendance, school reports, letters and school diary whenever you wish. The portal also provides general useful information about the school such as flash announcements. This will be our **primary means of communication** with you, from now on. Please make sure you enable notifications for MCAS as this is the way we will send you emails and letters.

To login to the MCAS Parent Portal, we have enabled you to 'self-sign on'. All you will need for this is your email address that the school has on record for you. Enter the school postcode CV34BD (without a space) or use our identifier 15028. Search for Meadow Park School.

School Communication

All communication from school is now via Bromcom and if you sign up to the parent portal MCAS then you will receive notifications from the school via the app. You can view all letters and emails, past and present, in MCAS. If you don't have the app then you will receive a normal email. Please add '15028@bromcomcloud.com' to your address book in order to prevent messages being blocked by your spam/junk filters.

How to Self-Sign Up for Parents

Parents and carers can access the MCAS Parent Login screen in two ways:

1. From within your web browser type **www.mychildatschool.com**
2. Download the free **MyChildAtSchool** parent app from either the Apple App Store or Google Play.

When you use the parent portal for the first time you will need to Sign-Up. Full instructions have been emailed home or they can be found on our website.

If you require any assistance logging in for the first time, please contact the School Office by emailing admin@meadowparkschool.com or telephone 02476 302580.

Uniform



Green school blazer



Grey V-neck sweater



Tie



Skirt



Trousers

School shoes guidance

Plain black with no logos
No high heels, 'sliders', boots, sling back or open-toed shoes
Black leather or leather effect

TRAINERS AND CANVAS SHOES (VANS/CONVERSE) ARE NOT ACCEPTABLE



Autumn Term 2024

Teacher Inset Days	Monday 2nd September & Tuesday 3rd September
Term Starts (Students Return)	Wednesday 4th September – Years 7 and 12 Thursday 5th September – Years 11 and 13 Friday 6th September – All other year groups
Half Term	Saturday 26th October – Sunday 3rd November
Teacher Inset Day	Friday 29th November
Last Day of Term	Friday 20th December
Christmas Holiday	Saturday 21st December – Sunday 5th January

Spring Term 2025

Teacher Inset Days	Monday 6th January & Tuesday 7th January
Term Starts	Wednesday 8th January
Half Term	Saturday 15th February – Sunday 23rd February
Last Day of Term	Friday 11th April
Easter Holiday	Saturday 12th April – Sunday 27th April

Summer Term 2025

Term Starts	Monday 28th April
May Day Bank Holiday	Monday 5th May
Half Term	Saturday 24th May – June 1st June
Last Day of Term	Friday 18th July
Summer Holiday Starts	Saturday 19th July

Safeguarding

Money Management, Scams and (not so) Quality Products! **- Top 10 tips for educating children on spending and saving**

Looking towards one of the most expensive times of the year for families - Managing money can be a difficult skill to master, even for adults. As such, it's incredibly important for children and young people to learn all they can before they reach an age at which they'll be responsible for their own finances. Teaching strategies for saving and responsible spending early on can be a huge help to youngsters, in a way that will stay with them for the rest of their lives.

It can be tricky to know the best approach for teaching money management to children, however, especially in terms of giving them practical experience with this important life skill. The attached guide – made in collaboration with financial education app GoHenry – provides you with expert advice on how to educate children and young people on both spending and saving their cash.

What you need to know about Online Shopping platforms (+PDF)

Long gone are the days where eBay and Amazon were the only means of buying quality items online. The rise of user-friendly, accessible shopping apps has meant that getting clothes, gadgets and other goodies delivered direct to your door can be accomplished with a few touches of your phone's screen while you're on the go.

These apps aren't without their issues, however, and users still run the risk of scams, data breaches and other online safety concerns. Being aware of these dangers will go a long way to keeping your money and information safe, so you can still enjoy what these shopping apps have to offer. The attached guide has some top tips to help protect young people on these purchasing platforms.

A Note on Dangerous Gifts - Child Accident Prevention Trust

Parents and Carers are looking ahead at celebrating the holiday season – some of which are already putting up their decorations in anticipation. As we all know the shops seem to be Christmas ready from 1st November – it's a good time to really think about those Christmas presents – as not all presents are created equally!

More than ever our Christmas shopping is done online from an increasingly varied list of providers and with the cost of living continuing to rise – it may be tempting to purchase from imitation manufacturers, or turn to platforms like Etsy or third-party small businesses that we *trust* to provide us with something high quality and safe. Production firms abroad or within a 'cottage industry' may not have the expected strict manufacturing standards applied in the UK. The Child Accident Prevention Trust has published a list of eight gifts most likely to cause an accident this year.

<https://capt.org.uk/8-dangerous-gifts-to-avoid-this-christmas/>

Please rethink where you are buying from and remember that nothing is worth more than our health and safety!

Stay Safe!

Paul Rule
Child Protection Officer &
Senior Pastoral Support Manager

What Parents & Educators Need to Know about SHOPPING PLATFORMS

For people looking to make purchases on their phones, several shopping apps – such as Temu – allow users to buy goods at reduced prices. Others, like Vinted and Depop, let you sell items you no longer want. As internet shopping continues to grow, however, so does the risk of scammers, hackers and breaches of privacy.

WHAT ARE THE RISKS?

MISSING ITEMS

Users of Vinted, Depop and Temu have reported not receiving their products despite payment being taken. Users can initially contact the seller to query a missing item, and they have between two and five days (depending on the app) to tell the company what has happened. However, once the money has reached the supposed 'seller', it can be quite difficult to get back.

SCAMMERS AND PHISHING

Scammers are always on the lookout for unsuspecting buyers or sellers. Common tactics include cancelling shipment of an item once the payment has been processed or asking to conclude the chat and payment outside of the app, where the victim is no longer protected by the buyer protection plan. This should, naturally, be avoided at all costs.

DATA MISUSE

Apps of all kinds frequently collect our data, often asking for more information than is necessary to set up an account. Data gathered in this way is then usually sold on to third parties for marketing purposes. Lately, certain apps have been under scrutiny for using spyware to track their members' activities – but all too often, the user's consent to this practice has been hidden away in the terms and conditions.

FAKES OR REPLICAS

It's certainly not unheard of for poor-quality products to be falsely marketed as luxury items, using misleading pictures or clever wording. These disingenuous sales are sometimes aided by suspiciously low price tags, but this isn't always the case. For children and young people especially, there's a risk that the promise of bagging a high-end item for a fraction of its usual price will outweigh any suspicions they may have.

SLOW REFUNDS

While all apps offer a refund if the product is damaged or doesn't match the description, it can take up to a month to be compensated for this. For many people (especially during a cost-of-living crisis) that can be a long time to be without both the product you bought and the hard-earned cash you spent on it.

MISLEADING DESCRIPTION

Some people will be able to notice when, say, a product's photo and its description don't seem to match. This isn't a reliable means of picking up on misleading marketing, however – especially not for children and young people, many of whom may not yet realise that such practices even exist. While it's illegal to advertise one thing and sell another, plenty of shady traders use clever wording and omissions to get around this.

Advice for Parents & Educators

ALWAYS STAY ON THE APP

It's vital that users pay for any goods through the same app on which they found them, to ensure they are covered by buyer protection. This means users can access support if the item arrives damaged, isn't as described, or doesn't arrive at all – allowing them to seek compensation for the loss. Such regulations can't protect you, however, if you didn't do the deal through the app in question.

BE WARY OF PHISHING ATTEMPTS

Scammers frequently send messages within these apps to steal personal and financial information from other users. Don't respond to these messages – and under no circumstances should you follow any links they contain. Check for spelling errors, as well as inspecting the name of the sender. Report any suspected phishing emails to the app's help centre – and notify your bank if you think your financial information has been compromised.

CHECK REVIEWS

Take time to read the reviews and comments left by other users – not just of products, but of sellers and buyers, to ensure they're legitimate and reliable. Before buying an item online, check the reviews for comments about the product's quality, the seller's communication and the delivery time. If you're selling, check the reviews of your buyer for red flags such as frequent requests for refunds or claims of 'missing' items.

KEEP SAFE AS A SELLER

Sellers can be exploited just as much as buyers. Some users may purchase an item, for example, then pretend it didn't arrive to secure a refund. Always take photos of the shipping label, along with a picture of you posting the item. Send the package's tracking number to the buyer and keep a copy for yourself, letting you investigate any future claims that it never arrived. When taking photos of items you're selling, ensure nothing personal is in the background.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at @Cyberware, who has developed and implemented anti-bullying and cyber safety workshops and policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at nationalcollege.com/guides/shopping-apps

10 Top Tips for Parents and Educators

EDUCATING CHILDREN ON SPENDING AND SAVING

Evidence shows that children's spending habits begin to form as early as seven years old. With primary schools in England not required to teach financial literacy, many young people are reaching adulthood without knowing the basics of budgeting. This guide explains how to teach young people about money in a practical way, giving them the understanding to become savvy spenders and savers.

1 PROVIDE POCKET MONEY

Giving children money – even a small amount – can help them learn to make their own budgeting decisions about how to spend or save it. Research shows that youngsters who receive pocket money are more likely to become adults with strong financial skills and significantly less debt.

2 USE A PREPAID CARD

Being able to pay by card is essential these days, with some children not accepting cash. Since the pandemic, prepaid debit cards are available to children from the age of six, allowing them to get used to spending like they will as adults with the risk of getting into an overdraft. Learning to budget is the learning to save – you need to get in the pool and have a go!

3 PRACTISE BORROWING

Although official borrowing is only available to over 18s, kids need to understand how debt and interest works before they become adults and are exposed to credit cards or buy now, pay later schemes. Put a coin machine of washing them about this, parents could offer them some pocket money but explain that it needs to be paid back by a certain date, plus an extra couple of pence as interest.

4 ENCOURAGE OPEN CONVERSATION

Chatting about money and how much things cost will teach children that money is a part of everyday life and not some "fancy adult thing". Parents can involve them in budgeting for the weekly shop, for example, working together to get everything on the list while keeping the total below a certain number. Letting young ones make spending decisions in a safe space can build up their confidence regarding money.

5 DISCUSS THE PRESSURE TO SPEND

Whether it's social media or a hint of envy at a friend's recent purchase, spending triggers are everywhere. Encourage children to notice how clever shop designs (like placing sweets at the checkout) and others such as "if we don't order now we'll miss out" are trying to get them to spend. Challenge them to resist impulses by getting them to sleep on it before deciding to spend.

6 TELLING 'NEED' FROM 'WANT'

Learning how to prioritise spending is an important life skill: the difference between the essentials and "nice to haves" is key to budgeting. If children pester you for treats while shopping, it's the perfect time to say "That's a want. We're getting our needs first." You could show how you budget for food, electricity and so on before buying fun things.

7 ENCOURAGE SAVING

Getting children saving early can set them up with a useful habit for their adult life. Suggest that they set something aside every time they receive money and help them set a target for how much to put away, so they feel motivated to continue. For example, encouraging them to save for a friend's birthday gift can get children much more involved in what they buy.

8 SPARK INTEREST IN INTEREST

Motivate children by telling them about interest: you can calculate it as a reward for saving money. Explain how everything they put away will grow over time. As an interesting example, explain that if doubled every day for a month, you would have approximately £1 million. Some prepaid cards for young people also offer interest: parents and carers could also add a little to supplement what their child saves and share how it works.

9 PAYING FOR CHORES

This is a simple debate with no right or wrong answer: it depends on what works for each individual family. However, it can be one of the best ways to teach children that money needs to be earned and helps to create more mindful spenders. If parents aren't keen on paying for everyday chores, they could ask the children to suggest their own ideas for earning a little extra.

10 PROTECT CHILDREN FROM SCAMS

Scams are a frighteningly easy way to lose money, and children are generally more likely to be taken in due to a lack of experience with these financial criminals. As a minimum, make sure they're aware of the most common ones they could be exposed to – by text, email and phone. For instance, young people should tell a trusted adult about any unexpected message or call and never give out their personal information.

Meet Our Expert

Henry is a prepaid debit card and financial education app with a mission to make every young person smart with money. Co-founder and CEO Linda Mills is a passionate campaigner for better financial literacy among school children, and strongly believes that money management is a crucial life skill.

goHenry

#WakeUpWednesday

The National College

Source: the full reference list on guide page at: <https://advice.nacoll.com/guides/spending-and-savings>

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

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MEADOW PARK SCHOOL

THRIVING TOGETHER