

# Newsletter



MEADOW PARK  
SCHOOL

## Message from the Headteacher

Dear Parents and Carers

Thank you for your understanding on Monday when a burst water main in the local area resulted in several properties, including ourselves, having no water. This was completely out of our control. We have raised this as a complaint with Severn Trent Water who are currently investigating and to provide reassurances that future disruption will be minimised. I was impressed with how staff and students were able to continue as normal on Tuesday and focus on the importance of education.

We have been delighted with the number of students allocated to Meadow Park, particularly where we have been selected as their first choice school. Our Transition Co-ordinator, Mrs Symon, has already made contact with families to welcome them to Meadow Park as our future Year 7s. You may have children yourself who have been offered a place with us and we look forward to working with our new students. As part of our comprehensive transition programme, families have the opportunity to come to Meadow Park for tours of the school, Afternoon Tea, as well as a range of transition sessions. Please do ensure your contact details are up to date so that you can receive our communications.

It was a pleasure to have Mr Walker, Headteacher of Whitley Abbey Primary School, on site with us yesterday. Mr Walker and I have regular communication and set aside time to meet together. Students were very excited to catch up with him at break time where they spoke very positively about the move from primary school to Meadow Park. They all looked so smart in their uniform and were a credit to both schools.

Year 11 students have completed their Languages Speaking and Listening mocks and are now getting ready for the real thing. Please can I remind you of the importance of attendance to school, particularly Year 10 and 11 students who have a series of mocks and real examinations over the coming months.

I wish you a lovely weekend.

With best wishes

Mrs Pettman  
Headteacher

## Nurturing Excellence, Growing Aspiration, Thriving Together



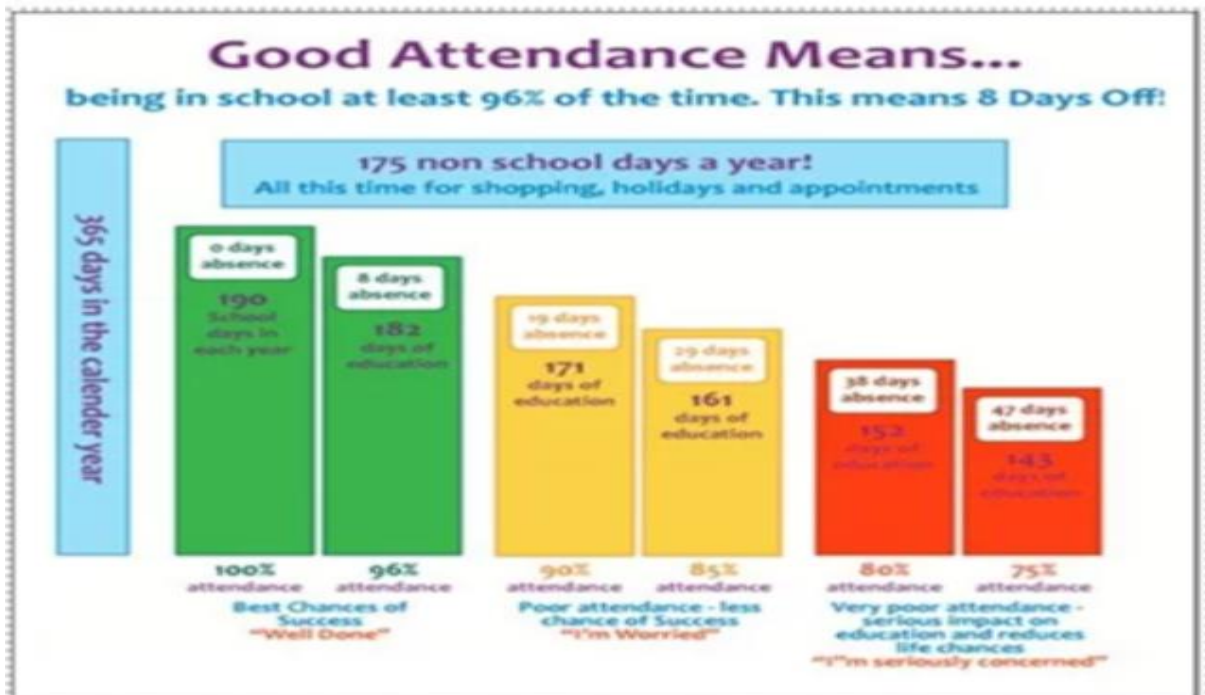
FINHAM PARK  
MULTI ACADEMY TRUST

Issue: 14 March 2025

In the lead up to the external exams, we offer support to all students: in lessons teachers will be revising the areas from the exams where students lost marks; after-school intervention continues (see timetable below) and tutor time intervention for core subjects (English, maths and science) continues. Please encourage your child to take advantage of all of these to help them to achieve the best grades.

Finally, a reminder about the need for good attendance to school. There is a direct link between good attendance and good grades.

Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
English	Science		Option A	Maths
Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
English	Option B		Option C	Maths



**Mrs Secker**  
**Assistant Headteacher**

# Head of House Awards

The Head of House Awards were  
awarded to:



Emily

Summers

Prettia

Henry

# **News from the Library!**

## **Chillout Monday:**

Chess Club

Mrs Dearden's Book Club

## **Rowdy Tuesday:**

Go Nuts for Donuts

## **After school on Tuesday:**

Library open for drop in, revision, gaming etc

## **Geeky Wednesday:**

DC Funkoverse

## **Sporty Thursday:**

Match Attax

## **After school on Thursday:**

Library open for drop in revision, gaming etc

## **Creative Friday:**

Lego Challenges

Happy reading!

**Mr Spencer and Mrs Dearden  
Librarians**



Greetings from the Library!

Since October we have been running our Monday Book Club, where we meet up to talk books, select and read a termly book club book and (perhaps) eat some biscuits! In the autumn term we enjoyed reading Sita Brahmachari's *Artichoke Hearts* and are currently reading *The London Eye Mystery* by Siobhan Dowd.



However, there are some temporary changes afoot to our Monday Book Club...

Following the announcement this week of the Carnegies 2025 Shortlist, I am excited to announce that up to mid-June we will be running as the Meadow Park School Carnegie Shadowing Book Club!

The Carnegie Awards are the UK's longest-running and best-loved book awards for young people. The awards celebrate outstanding achievement in children's writing and illustration and are unique in that they are judged by children's librarians, with the Shadowers' Choice Award being voted for by children and young people.

I am delighted that we have managed to get 2 copies of each of the 8 shortlisted books for our club, which will give as many students in our Carnegie Book Club the opportunity to read as many of the shortlisted books as possible on rotation.
















There is also the opportunity for our shadowing group to design a poster that takes inspiration from the shortlist to celebrate the power of reading, with the winning entry receiving £1000 prize for its school library plus the poster being displayed at the Carnegies Awards ceremony on 19<sup>th</sup> June!

I am really excited to be running Meadow Park School's first Carnegies Shadowing Group, so please do come along at lunchtime on Monday to F17 where we will be starting to discuss and read the books on the shortlist. I'm looking forward to seeing lots of you there!



**Mrs Dearden, Librarian**

## Enrichment Clubs – Half Term 4 (Up to Easter)

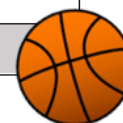
	Break	Lunch	After School
<b>Monday</b>	Basketball <b>Sports Hall</b> 	Chess Club <b>Library</b> Book Club <b>F17</b>  	KS3 Basketball <b>Sports Hall (GSK)</b> Girls Basketball <b>Small Gym (LTA)</b> Student Dungeons and Dragons <b>LRC</b> MPTC Rehearsals <b>G1</b> Tunnock's Teacake Challenge <b>F22</b> 
<b>Tuesday</b>	Basketball <b>Sports Hall</b>	Rowdy Tuesday <b>Library</b> Y11 Girls Netball <b>Sports Hall</b> Science Club <b>S05</b> 	Rugby Club (All years) <b>Field (LTA)</b> Year 7 Swimming <b>Alan Higgs Centre (GFR)</b> Netball <b>Sports Hall (RCR)</b> KS3 Football <b>Field (ASN)</b> Drop in Free and Easy <b>LRC</b> MPTC Rehearsals <b>G16</b> Homework / Coursework Club <b>F23</b>   
<b>Wednesday</b>	Basketball <b>Sports Hall</b>	Geeky Wednesday <b>Library</b>	
<b>Thursday</b>	Basketball <b>Sports Hall</b> 	Sporty Thursday <b>Library</b> Year 8/9 Girls Basketball <b>Sports Hall</b> 	Badminton <b>Sports Hall (GSK)</b> Trampolineing <b>Small Gym (GFR)</b> Music Practice <b>G16</b> Craft Club <b>F23</b> Drop in Free and Easy <b>LRC</b> Homework / Coursework Club <b>F23</b>   
<b>Friday</b>	Basketball <b>Sports Hall</b>	Creative Friday <b>Library</b> Crochet Club <b>G08</b> 	KS4 Basketball <b>Sports Hall (RMV)</b> 

## Spring term extracurricular clubs

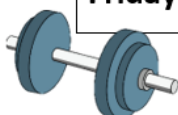
Feb → April



	Break time	After school
<b>Monday</b>	Basketball – sports hall	KS3 Basketball – Sports Hall (GSK) KS3 Girls Basketball – Small Gym (LTA)
<b>Tuesday</b>	Basketball – sports hall	Rugby (All years) – Field (LTA) Y7 Swimming – Alan Higgs Centre (GFR) Netball – Sports Hall (RCR) KS3 Football – Field (ASN)
<b>Wednesday</b>	Basketball – sports hall	<b>STAFF MEETINGS</b>
<b>Thursday</b>	Basketball – sports hall	Badminton – Sports Hall (GSK) KS4 Football – Field (ASN) Trampolineing – Small Gym (GFR)
<b>Friday</b>	Basketball – sports hall	KS4 Basketball – Sports Hall (RMV)



After School from 3:15 – 4:15. PE kit must be worn for all clubs



# Growing Aspirations– Sports Updates

The Y8 boy's rugby team competed in a tournament against six other schools. They secured 3 wins, drew 1 match, and 2 losses, finishing 3rd overall. Throughout the competition, the boys displayed remarkable resilience and were even praised by other coaches for their outstanding rugby skills and athleticism.

The Year 8 Boys football team beat Finham Park 2 3-0! Goal scorers: Patrice, Pedro and Ampaabeng. They now move on to the semi-finals where they will play Caludon Castle – this will be played on the 26th of March at Meadow Park school

The Y9 girls' netball team took part in a competition against three other schools. Although they didn't win, they have showed significant improvement and growth throughout the league.

Well done girls: Maryam, Nirel, Fathima, Elizabeth, Stacis, Aaliyah, Adina, Blessing.

MVP's: Nirel, Aaliyah and Adina

On Friday, 7th March, some of the sports leaders took part in the largest football event in celebration of International Women's Day. The leaders collaborated with Sky Blues coaches to deliver engaging football sessions to students from other schools. The event was a great success, allowing the participants to enjoy football while celebrating the achievements of women in sports.

Ibukun, Nirel, Alaska, Nicole, Faridah, Grace

The KS3 boys Basketball team won 70 – 9 against Coundon Court last night! The highest points scored in the league overall massive well done to the lads! They remain undefeated in the league and now have qualified for the Coventry basketball league play offs!

MVP: Jacob and Szymon

**Mr Kandola**

**Curriculum Leader for PE and the PE Department**



# Coventry HAF

Holiday Activities and  
Food Programme 2025

## What is HAF?

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.



## Who is eligible?

[HAF eligibility](#)

## Helpful links and resources for schools

[Coventry City Council HAF homepage](#)

[Coventry City Council Cost of Living support](#)

[Eeql homepage](#)





# *Year 11 Prom*

Payment is due by Friday 9th May to ensure you have a ticket, payable via ParentPay.

Please see Mrs Symon if you need more information.



# REMINDERS



**EVERY**  
**SCHOOL DAY**  
**COUNTS**

## 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](mailto:admin@meadowparkschool.com) or telephone 02476 302580.**

# Uniform



Green school blazer



Grey school sweater



Tie



## 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**





## Spring Term 2025

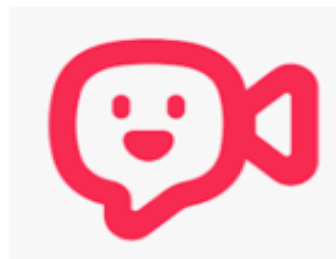
Teacher Inset Days	Monday 6th January & Tuesday 7th January
Term Starts	Wednesday 8th January
Half Term	Saturday 15th February – Sunday 23rd February
Last Day of Term	Friday 11th April
Easter Holiday	Saturday 12th April – Sunday 27th April

## 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

## JusTalk Kids and Social Media Safety - Let's take a closer look

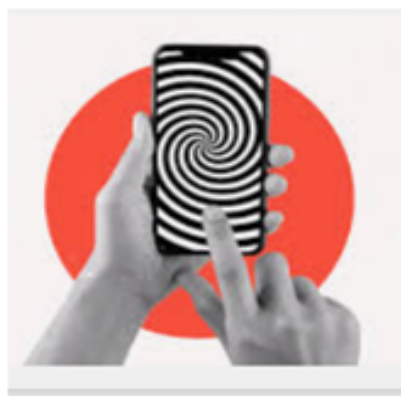
JusTalk Kids is promoted as an alternative (and Safe) version of the JusTalk app, aimed at an audience aged 13 and under. As that upper age limit suggests, this social networking



platform is intended to be suitable for youngsters, providing them with a space of their own to interact with a community their own age. Unfortunately, there are still risks associated with JusTalk Kids, so it's important for parents and carers to know the potential dangers for those who use this (20million users) app.

### Social Media Safety – Worried about the Doom Scroll?




Social media apps such as TikTok and Instagram are immensely popular among children and young people: Ofcom found that 96% of children have their own profile on at least one of these platforms by the age of 17. These apps feature short-form, algorithmically-tailored content - ensuring that their users spend as long as possible viewing posts and videos. Parents are concerned our children will turn into screen zombies – with no attentions span *\*thanks Youtube Shorts and TikTok!* - but with each there are risks and things needing to be considered to help keep our children safe whilst they engage with the digital world.



### Mental Health Matters – KOOTH .com



Kooth is a digital mental health service – the UK's largest! Partnered with NHS and Coventry's Local Authority – It aims to deliver mental health support for young people 10yrs+. [Check it out today – it might just make you feel better!](#)

 Manage emotions <b>Make your own coping box</b> <a href="#">Try activity →</a>	 Manage emotions <b>Create a 'good mood' playlist</b> <a href="#">Try activity →</a>	 Helpful habits <b>Practice being present</b> <a href="#">Try activity →</a>
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For more information related to the above - Please see: <https://socialmentalhealth.com/13-ways-to-stop-doomscrolling/> and <https://www.actionforchildren.org.uk/blog/social-media-and-mental-health-the-good-the-bad-and-the-ugly/> and <https://www.irishnews.com/life/safer-internet-day-is-my-child-addicted-to-social-media-HAAXDTBBKRNZ5MGQ6ER7QUNW6U/>

**Stay Safe and have a good weekend!**

**Paul Rule**  
**Child Protection Officer &**  
**Senior Pastoral Support Manager**



# 10 Top Tips for Parents and Educators

## SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

### 1 REDUCE DOOMSCROLLING

It's increasingly common for young people to spend hours 'doomscrolling' – browsing through social media and endlessly viewing scary post they see, many of which might make them feel sad or anxious. Social media can be a great tool for keeping in touch with friends and family, as well as staying up-to-date on current events. However, it's important to use it with a clear purpose, instead of mindlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

### 2 TALK ABOUT THE CONTENT

It's important to keep abreast of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, where that content is seen, whether on a screen, such as advertising on a poster – and that they know how to spot that the creator is being paid to talk about it.

### 3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a talent that, as part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

### 4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor scrolling, they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

### 5 FILL THE VOID

Monitoring and reducing screen time can create a lot of free time to fill, and young people can even face withdrawal symptoms when unable to step away from their phones. To mitigate this, consider what activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screen time, rather than temporarily giving in when they know it's being monitored.

### 6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day when they're most likely to engage with the platform. This data is used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

### 7 LIVE IN THE REAL WORLD

One reason social media can distort someone's perception of the real world – in a bad way – is that social connections, this virtual environment, can make it hard for young people to distinguish reality from online content, which is why becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

### 8 DIGITAL DETOX

Encouraging young people to take a 'digital detox' from even just a couple of the apps that they use, can result in an emotionalisation of substance and less exposure to potentially harmful content. Alternatively, rather than disabling the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

### 9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – as it often will find you're also consuming social media. It can turn screen time reduction into a joint mission, which you and the child can work on together.

### 10 BE CLEAR ON THE 'WHY'

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screen time is important. Set out the benefits and ensure they see all the relevant information, so it's not just seen as a punishment.

### Meet Our Expert

John Bailey is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 10 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



WakeUp Wednesday

The National College



# What Parents & Educators Need to Know about JUSTALK KIDS

## WHAT ARE THE RISKS?

JustTalk Kids is a child's version of the JustTalk app – a highly popular social networking platform – designed for users up to 13 years of age, allowing them to video call, message and participate in group chats. While adults can link their own JustTalk account to their child's and make use of parental controls, it's important to understand the risks associated with the app.

## SUBSCRIPTION FOR PREMIUM ACCESS

While JustTalk Kids is free, there's the option to subscribe to a kids' premium account or a premium family account. At a cost, this feature allows children to have access to more fun features such as games they can play with others in a safe, exclusive setting; a badge denoting them as a premium subscriber; and exclusive features and themes.

## RESISTANCE TO CONTROLS

JustTalk Kids endeavours to allow children the sense of having a child-based app while allowing parents to set controls (within the app or their own non-adult JustTalk account). The basic behaviour is positive; however, some children are challenging their parents by refusing to use JustTalk Kids, preferring to use the adult version without any restrictions in place.

## KNOWING THE PARENT PASSCODE

After downloading JustTalk Kids, parents are set a passcode which users must enter to add contacts. The parental controls help to manage which contacts can be added and also children can add as a contact the ones whose children to chat with friends in a controlled environment. However, prospective contacts don't have to know a specific username. In theory, contacts could type in a username name and they add them as a friend.

## POTENTIAL DATA LEAKS

JustTalk and JustTalk Kids claim to be secure and encrypted, going as far as to state that even the developers themselves don't access your data. However, a security issue in 2022 highlighted that messages were not in fact encrypted – leading to concerns around the security of the app and the transparency of the development team.

## CYBERBULLYING

Online chats can provide a sense of anonymity, leading some users to post things which they wouldn't normally say in person. Combined with the option of group chats, there's a risk that young people might join in with this kind of behaviour, escalating it further and potentially turning what should be a fun experience into something deeply negative.

## TOO MUCH SCREENTIME

A report by the UK Parliament Education Committee highlighted a 12% increase in children's screen time between 2020 and 2022 – as well as finding that 25% of children used their smartphones in a manner consistent with screen addiction. Introducing children to social networking apps when they're too young can lead to bad digital habits and a reliance on technology from an early age.

## Advice for Parents & Educators

### JUSTIFY THE CONTROLS

If parents allow their child to use JustTalk Kids, they should explain that they're putting parental controls in place to make the app safer. Make sure the child knows not to put their full name in the account and doesn't use photos of themselves as their profile picture. This type of open discussion will help to ensure that a child is aware of the app's potential risks and knows how to reduce them.

### TALK ABOUT ONLINE FRIENDSHIPS

Young children could be excited to use this app. However, highlight that they must do so in a positive, respectful and responsible manner. While it can be easy to get caught up in a group chat, it's important to talk to others politely and call out any unpleasant behaviour. Discuss the importance of finding their contacts to people they know in real life and use parental controls to enforce this.

### DOS AND DON'TS OF SHARING

Some children might not understand the potential dangers of oversharing online. Set clear guidelines around what is and isn't safe to share on the internet, and discuss the concept of a digital footprint. Children need to understand that the things they say and share online can never be completely erased. Even if they delete it themselves, it can be saved and distributed by others.

### ENCOURAGE OPEN COMMUNICATION

Apps like JustTalk can sometimes lend themselves to bullying behaviour. Parents should monitor what their child is sending and receiving, check in with them regularly and encourage them to share their feelings (both positive and negative) at home. Reassure them that they can block a contact if someone is treating them disrespectfully.

### Meet Our Expert

Dr Claire Edmondson is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and online behaviour of young people in the UK, USA and Australia.



The National College

Source: See full references list on guide page at <https://nationalcollege.com/guides/justtalk-kids>





# MEADOW PARK SCHOOL

THRIVING TOGETHER