

Newsletter



MEADOW PARK
SCHOOL

Message from the Headteacher

Dear parents and carers

Students have had another positive week at Meadow Park School. I am so proud of the students coming to school in their correct uniform, they look so smart, please continue to ensure that students are wearing the correct uniform, your support is greatly appreciated.

Next week is the final week of this long half term with school closing for the half term holiday at 3.15pm on Friday 25 October 2024. Students are required to attend, as normal throughout next week. In line with DfE guidance, the school does not authorise holidays or days off for students during term time. Each week we highlight the importance of attendance and punctuality to school. Please can you continue to support your child in being on time and at school each day.

Can I remind parents who drop children off at school, staff are being prevented from getting into school by some parents who are pulling into the entrance of school. Can I ask that you drop your children off at a safe place away from the corners of neighbouring roads as these are causing congestion at busy times. Can I also ask you to remind your children about road safety as some students are not looking before stepping into the road.

Next week, all Y9 and Y10 students will take

part in a two hour first aid course run by St. John's Ambulance Youth Responders, that will provide students with the skills and knowledge they would need to respond appropriately to health incidents. They will explore both physical and mental health challenges through interactive sessions. There will be 10 sessions across the week and Tutors will inform students of the arrangements during Tutor Time on Monday. This is a great opportunity for Y9 and Y10 so I ask that you ensure that students are in school for Tutor Time on Monday morning at 8.45am

Next week we also look forward to inviting a selection of students and their families to our Awards Evening. We are delighted to celebrate the successes of students and it will be an evening where trophies, medals, shields and certificates are given to recognise the achievements of our students. This year, we will be joined by David Busst, as our guest speaker. David is a former Coventry City FC footballer who sustained a horrific, career ending injury, he will be sharing his story of resilience and determination. I am looking forward to what will be a lovely evening.

I hope you have a lovely weekend.

Mrs Pettman, Headteacher

Nurturing Excellence, Growing Aspiration, Thriving Together



FINHAM PARK
MULTI ACADEMY TRUST

Issue: 18 October 2024

Word of the week is “attainment”

Miss Russell

Director of English and Literacy

BLACK HISTORY MONTH

WRITING COMPETITION

Deadline: November 8th

Hand in to Miss Johnson G04

- In line with the 'Reclaiming Narratives' theme of 2024, we invite all students to enter the **MPS Writing Competition**.
- You can narrate your own experiences, share the voices of those in your family or community, **OR** research an individual to help share their story.
- You can write a poem, story, essay, fact-file, book or film review... anything at all!



MEADOW PARK
SCHOOL



News from the Library

Chillout Monday

Mrs Dearden's Monday Book Club continues in F17.

Rowdy Tuesday

20 Questions: a quiz game, played in teams, to earn house points

Geeky Wednesday

Superhero Top Trumps - introducing a new way to play the classic game

Sporty Thursday

The final chance to put together your Fantasy Premier League team before the Meadow Park league begins next half term

After-school clubs will make their hotly anticipated return after the break: there will be **board games** on **Thursday** afternoons, plus (for Autumn 2 only) a brand new **Pokémon master class** on **Tuesdays**. Both clubs will run from 3:15 to 4:15. Places will be limited, so look out for opportunities to sign up in the Library.

Happy reading!

Mr Spencer
Librarian and English Teacher

Careers

This week I was able to take 16 of our year 10 and 11 students to a special day, organised for them, by Coventry City Council Apprenticeship Programme team.

The day was called “Insight Day” and the students listened to a number of presentations about the many exciting opportunities open to them within the apprenticeship programme.

They listened to a talk by the Head of People and Culture (who attended Whitley Abbey School, by the way, back in the day) and learned all about council services, employees, finance and how it runs on a daily basis.

There were speed networking sessions with current apprentices and workshops on applications and interviews to prepare students who wish to apply.

The feedback from the students was excellent and they were congratulated on how engaging they were – a real credit to Meadow Park school.

They were all awarded a certificate of attendance and many are considering this as a post 16 option with the council also offering some degree apprenticeships too and an excellent career pathway into many professions from engineering, motor vehicle repair to legal



Insight Day – Meadow Park School
Tuesday 15th October 9.15am – 2.30pm

| Time | Session | Location | Notes |
|---------------|---|---|--|
| 09:30 – 10:00 | Meet the Apprenticeship Team Sticky note challenge | Friargate First floor room 1.5 Station Square Coventry CV1 2FL | Interactive session |
| 10:15 – 10:30 | Welcome from the Head of People and Culture | | |
| 10:30 – 10:45 | BREAK | | |
| 10:45 – 12:00 | Group 1: Introduction to Coventry City Council application process and requirements Group 2: Mock interview experience | | Students will be split into 2 groups for this session. Groups will have the opportunity to be based in a work environment on the 9 th floor |
| 12:00- 12:40 | LUNCH | | |

We look forward to more sessions with the council



Christine Evans
Careers Advisor

Geography

We took a group of Year 11 GCSE Geography students to Birmingham in order to complete their fieldwork on the regeneration of Birmingham. The trip consisted of 5 different stops the Library, New street, the Bullring, Grand Central and the Town hall. Pupils had to complete a visual survey, then had to interview members of the public. The pupils were excellent at this and managed to collect loads of data with member of the public glad to help. One member even come up to me and commented on the behaviour and politeness of the pupils which was great. The day was a great success they gathered their data, laughed at me being back home in Birmingham and even had time for KFC 😊

Mr Walker
Curriculum Leader - Humanities

COVENTRY

SCHOOL NURSING NEWSLETTER

Secondary Schools

Welcome!

A big welcome to the autumn 2024 term! We hope you had a lovely summer and have settled into the back-to-school (or, for some of you, new to school) routine. The school nursing service works all year round, Monday to Friday excluding public and bank holidays! Our details are at the bottom of the page. We can support with the following:

Sleep Challenges with eating and diet Changes to your body (puberty) Emotional health and how to relax. Managing behaviour, Hygiene and Sexual Health.



World Mental Health Day:

Thursday 10th October is World Mental Health day. We wanted to remind you of some of the ways you can support your mental health.

- Communicate – speak to trusted adults and friends.
- Get active – getting physically or creatively active can help you feel better, so get singing, dancing, painting or playing sport whatever helps you!
- Eat a healthy balanced diet (healthy body = healthy mind) and drink plenty of water.
- Get a good nights sleep.

Take time for yourself to do mindfulness activities to help you to relax.

For more information and support for mental health, visit the following:

YoungMinds – fighting for young people's mental health

<https://www.youngminds.org.uk/>

Health for Teens – information about low mood

<https://www.healthforteens.co.uk>

NHS-Every Mind Matters <https://www.nhs.uk/every-mind-matters/>

CHILD FRIENDLY COV



The Child Friendly Cov campaign is committed to creating an environment where the needs of children are prioritized, ensuring that they are valued, safe, healthy, and have access to opportunities.

If you are looking for information on safe locations and guidelines for traveling around the city with children, please visit www.childfriendlycov.co.uk

Handwashing

With the cooler weather, we can expect more cold and flu outbreaks, as well as other bugs like Norovirus. It's important to remember to use good handwashing techniques and to remember "catch it, bin it, kill it!" Remember to wash your hands after blowing your nose, sneezing, or coughing to help stop the spread of germs. You can watch a video demonstrating good handwashing technique by following this link: <https://www.nhs.uk/live-well/best-way-to-wash-your-hands/>

Chat Health

ChatHealth is our Private and Confidential text messaging service for Parents/Carers/Guardians and also students.

As well as our main contact line, The School Nursing service can offer advice and support via text messaging between the hours of 9am-5pm, Monday to Friday Only (not monitored on bank holidays or weekends) Please find contact numbers at the bottom of our newsletter.

Contact Us

School Nurse Team:

01926 495321 Ext 7494

swg-tr.contactschoolnursescoventry@nhs.net



07507 331 949 (For 11-19 year olds)



Coventry School
Nursing Team



COVSCHOOLNURSES

COVENTRY

SCHOOL NURSING NEWSLETTER

Secondary Schools

Stoptober

The month of October brings the campaign to raise awareness and provide support for quitting smoking. If you need help contact the National Smokefree Helpline on 0300 123 1044 advising them you want help to quit smoking. Please keep an eye out on our social media pages for more important and advice. Don't forget the NHS quit smoking app or our ChatHealth service is also there for you to reach out to us!

Internet Safety

Our website, www.healthforteens.co.uk, features a variety of interesting and helpful articles with up-to-date advice from school nurses.

To protect your privacy, keep your social media settings, including location settings, set to private to prevent strangers from seeing your posts or location.

Firework, Bonfire & Sparkler Safety

Remember to follow these safety guidelines during fireworks and bonfire displays:

- Adults should supervise the activity.
- Stand a safe distance away from bonfires and firework displays.
- Light fireworks at arm's length.
- Do not store or light fireworks in pockets or on streets/roads.
- Never return to a lit firework.
- Ensure bonfires are extinguished before leaving them.
- Wear gloves when using sparklers as they can get hot enough to cause burns.
- Do not wave sparklers near people, and dispose of them in a bucket of water after use.
- If you catch fire, stop, drop to the floor, cover your face, and roll to help put out the fire. Share this method with others to raise awareness.

There is lots of safety information about fireworks, sparklers and bonfires, as well as information about fireworks and the law, please take a look at some of the links below:

<https://www.rospa.com/home-safety/advice/fireworks-safety>

<https://capt.org.uk/stop-drop-and-roll/>
<https://capt.org.uk/firework-safety/>



Sexual Health

Did you know that September was Sexual Health Awareness Month? This campaign aims to promote knowledge and information about sexual and reproductive health. We want to remind you that you have access to free sexual health services in Coventry through an organization called Umbrella. You can call them at **0121 237 5700** or contact them online at <https://umbrellahealth.co.uk/.Child friendly Gov>

Water Safety

Please remember to stay away from the edge of waterways, lakes and ponds, especially during this time of the year when they can be more slippery and hidden beneath fallen leaves, frost, ice, or snow.

If you're walking at night, make sure to stick to well-lit areas and avoid walking near waterways in the dark.

If you or someone you are with have fallen in: Call for help and contact 999 or 112
<https://www.rlss.org.uk/pages/category/winter-water-safety>



Contact Us

School Nurse Team:

01926 495321 Ext 7494

swa-tr.contactschoolnurses@nhs.net



07507 331 949 (For 11-19 year olds)



[Coventry School
Nursing Team](#)



[COVSCHOOLNURSES](#)

October half term Activity Camp '24

28 October - 1 November

Coombe Abbey Park, Coventry CV3



10% off
with


Have a go at:

- ✓ Combat Archery
- ✓ Laser Tag
- ✓ Bushcraft
- ✓ Survival Skills

**9-13
years**

**10am
-3pm**

**£25pp
per day**



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



Rose

Summer

Finley

Henry

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.



FREE TEA AND COFFEE

**A
LISTENING
EAR**

**MAKE
FRIENDS**

**LAUGH
TOGETHER**

**LEARN
FROM
EACH
OTHER**



DOES YOUR CHILD OR YOUNG PERSON HAVE SPECIAL EDUCATIONAL NEEDS?

Get in touch with us if you would like to join our next SENDIASS Coffee Morning. Meet other parents in a similar situation. Share with others in a friendly, non-judgemental environment, together with a member of staff from SENDIASS.

COFFEE MORNING

TUESDAY 15TH OCTOBER 2024
(9.30AM-11.30AM)

To book your place contact:

SEND Information, Advice and Support Service (SENDIASS)

Tel: 024 7669 4307 or email: iass@coventry.gov.uk

The Wave,

Coffee Tots Community Room

New Union St, Coventry CV1 2PS

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



Attendance Matters

MOMENTS
MATTER.
ATTENDANCE
COUNTS.

Get to know your child's attendance data:

| | |
|--|--|
|  | 90% and below: 19 days + absence a year The Government classes Young People in this group as "Persistent Absentees" |
| | 95%: 10 days absence a year These pupils are likely to achieve good grades. |
| | Above 97%: Less than 6 days absence a year Excellent attendance! These young people will almost certainly get the best grades. |
| | |
| | |

Unauthorised absence during term time.

From 19th August 2024 a **new National Framework** was introduced regarding penalty notices for **unauthorised absence** during term time.

Unauthorised absence includes:

- Leave of absence during term time.
- Absence where no valid reason has been provided.
- Arriving at school after the register has closed, resulting in a **U code**.
- A Fixed Penalty Notice can be issued if a student receives **10 unauthorised absences** within a 10 week period.

Punctuality

Pupils must arrive in school by 8:40am on each school day. The register for the first session will be taken in Tutor time at 8.45am and will be kept open until 9:15am.

Please discuss travel arrangements with your child to ensure they arrive on time.

Parents will be notified if students are arriving late to school.

Reporting your child's absence

It is a legal requirement that you report your child's absence daily by calling the school on **02476 302580** and selecting **option 1**. Please leave your child's **name, year group** and **specific reason** for absence.

Alternatively, you can email the student absence line:

studentabsence@meadowparkschool.com

ABSENCE MUST BE REPORTED DAILY

How do days off affect attendance?

| | Percentage of attendance |
|-----------------------------|------------------------------|
| 4 days absent = 98% | 96 - 100% |
| 8 days absent = 96% | 95 - 96% STAGE 1 |
| 10 days absent = 95% | 90 - 95% STAGE 2 |
| 19 days absent = 90% | 85 - 90% STAGE 3 |
| 29 days absent = 85% | Below 85% STAGE 4 |

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 |

Enrichment Clubs - Autumn Term

| | Break | Lunch | After School | |
|------------------|-------------------------------|--|---|--|
| Monday | Basketball Sports hall | Chillout Monday Library Book Club Library Independent Study G03 | Year 7 Football Field Girls Football (all years) Field KS3 Basketball Sports Hall Dungeons and Dragons S06 STEM Club S04 Fashion and Textiles T04 (10 spaces!) MPTC Rehearsals G18 | |
| Tuesday | Basketball Sports hall | Rowdy Tuesday Library Chess Club F05 | Year 10+11 Football Field Netball Sports Hall KS3 Rugby Field MPTC Rehearsals G16 | |
| Wednesday | Basketball Sports hall | Geeky Wednesday Library | (STAFF TRAINING) | |
| Thursday | Basketball Sports hall | Sporty Thursday Library | Year 8+9 Football Field Badminton + Table Tennis Sports Hall Robotics Club F18 (10 spaces!) Cooking Club F22 (15 spaces!) 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

Safeguarding

Instagram – Advice and guidance for Parents and Carers.

Following last week's advice and guidance around Snapchat – this week we turn our attention to one of the other most popular Apps amongst our young people...INSTAGRAM.

Known affectionately as 'The Gram' or simply 'INSTA' – it's a social media giant with over two BILLION active users (8% of this being under 18's =1.6 Million). That's a lot of children and young people making use of this platform, exploring it's features and being exposed to it's risks.

Risks include influence marketing and contact with strangers to name a few.

It's important that we understand it's important to keep our children safe whilst using these apps = please take the time to read through the guide below for some helpful tips and start the conversation about staying safe in the digital space.

Stay safe and have a good weekend!

Paul Rule
Child Protection Officer &
Senior Pastoral Support Manager

What Parents & Educators Need to Know about INSTAGRAM

AGE RESTRICTION
13+

Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

WHAT ARE THE RISKS?

ADDICTION

Many social media platforms, Instagram included, are designed to keep us engaged on them for as long as possible. They encourage scrolling often and scrolling more in case we miss something important – in essence, a fear of missing out. On Instagram, young people can lose track of time when aimlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.

UNREALISTIC IDEALS

Children sometimes compare themselves to what they see online: how they look, how they dress, and the way their life is going in comparison to others on social media. However, most people only share the positives about their lives online and many use filters when sharing pictures of themselves. A constant comparison with unrealistic ideals can lead to insecurity over one's own appearance and lifestyle.

GOING LIVE

Livestreaming on Instagram allows users to connect with friends and followers in real time. Risks increase if the account is public, because that means anyone can watch the broadcast, which could result in further contact from strangers. Additional dangers of going live include an impulse to act inappropriately to draw more viewers, as well as being exposed to harmful content or offensive language.

INFLUENCER CULTURE

Social media influencers are sometimes paid thousands of pounds to promote products, services, apps and more. When celebrities or influencers post such content, it often says 'paid partnership' above the post. In April 2024, Ofcom found that over a quarter of children (27%) believed in influencer marketing, accepting their endorsement of products wholeheartedly. So it's perfectly possible for young people to be taken in by this kind of content.

PRODUCT TAGGING

Product tags allow users to tag a product or business in their post. This tag will take viewers directly to the product detail page on the shop where the item can be purchased. Children may also be encouraged by influencers to purchase products that they advertise.

EXCLUSION & OSTRACISM

Youngsters are highly sensitive to feeling excluded, which comes in many forms: not receiving as many likes as expected; not being tagged in a friend's photo; being unfriended; not receiving a comment on their post or a reply to a message they sent. Being excluded online hurts just as much as offline. Young people have reported lower moods and self-esteem when excluded in this way, feeling as if they don't belong and aren't valued.

Advice for Parents & Educators

AVOID GOING PUBLIC

If a young user wants to share their clothing style, make up or similar and use product tagging to show off the items in their post, they may be tempted to change their settings to public. This leaves their profile visible to everyone, which carries the risk of strangers getting in touch with them. Set a child's account to private and explain the importance of keeping it this way.

USE MODERATORS

Instagram Live has implemented a mechanic called 'Moderators', meaning that creators can assign a moderator and give them the power to report comments, remove viewers and remove the ability for certain viewers to comment at all. Consider this if a child in your care wants to go live on the platform. It's also recommended to keep devices in communal spaces so you're aware if a child goes go live or watch a livestream.

HAVE AN OPEN DIALOGUE

Talk to children about the positives and negatives of social media, including the risks involved and how they can view or create content safely with family and friends. Explain how safety settings will ensure only followers can view them, and why this is so important. Also, if you find a child continuously uses filters on their photos, ask them why and impress on them that they don't need it.

FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to children about who they follow and help them to develop critical thinking skills about what the influencer is trying to do. For example, encourage the child to ask themselves if an influencer is trying to sell them a product when they make a video endorsing it.

MANAGE LIKE COUNTS

Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts, to prevent people from obsessing over that number in the corner. Users can hide like counts on all the posts in their feed as well as on their own posts. This means others can't see how many likes a person gets. This can be done by going into Settings > Notifications > Posts > Likes > Off.

BALANCE YOUR TIME

Instagram has a built-in activity dashboard that lets you control how much time is spent on the app. Make sure children sign in to the platform with the correct age, as Instagram's 'Teen Accounts' afford much more control for parents and carers over how long they can use the app each day. Talk with young users about how much time they spend on Instagram and work together to set a healthy time limit.

Meet Our Expert

Dr. Claire Sutherland is an online safety consultant at iCyberware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire 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.



The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/instagram-2024>

X @wake_up_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 09.10.2024



MEADOW PARK SCHOOL

THRIVING TOGETHER