

Newsletter



MEADOW PARK
SCHOOL

Message from the Headteacher

Dear parents and carers

There was much excitement yesterday when JLR ran the second in a series of workshops at Meadow Park. Students in Year 9 really enjoyed looking at the Range Rovers that JLR brought with them – students got a chance to test them out by looking under the bonnet, sitting in them and trying some of the features. Unfortunately students, and staff (myself included), were not able to drive them! We are really fortunate to have strong links with JLR as this provides a range of opportunities and learning experiences for students here.

I am very proud of the Year 11 students who have completed their mock exams, with the results indicating that they are on track and in some cases exceeding earlier predictions. As a reward, we ran a pizza and music session for them on Tuesday which they really enjoyed. Due to changes with JCQ, students are not allowed to take their mock papers home, however teachers have given detailed feedback to them and will be able to share them during lesson times. Please can you encourage your child to attend any of the relevant afterschool or Tutor Time interventions that we will be running. Students are also set home learning and revision and we would urge you to talk with your child about their learning. If you have any questions please do contact your child's Head of House or teacher(s).

On Tuesday there was the hotly anticipated staff vs student basketball competition. Last week in my weekly whole school assembly, I said I would be supporting and predicting the student team to win –

and they didn't let me down! It was very tense with both teams almost neck and neck right up until the final minutes. However, the staff were unable to match the students' score. Students were delighted and I hear there may be talk of a rematch at some point in the future!

It was a pleasure to listen to students who have completed the Silver Duke of Edinburgh Award when they presented to SLT on Tuesday. They have shown incredible determination, resilience and team work and I am very proud of them. When asked if they would recommend this to younger students, they responded with a resounding 'yes!' and spoke about how it had shaped them and how they were proud of their achievement.

As we enter the winter months and darker mornings and evenings, please can I ask you to remind your child to be vigilant when travelling to and from school. Some pedestrians are not always clearly visible to drivers and so they should pay particular attention when crossing roads. Can I also remind parents / carers that for congestion and health and safety reasons we do not allow cars onto the school grounds to drop off or collect students. Please also be mindful of our neighbours not to block driveways or park on restricted parts of the road or near to junctions / corners.

I wish you a lovely weekend.

Mrs Pettman

Headteacher

Nurturing Excellence, Growing Aspiration, Thriving Together



FINHAM PARK
MULTI ACADEMY TRUST

Issue: 22 November 2024

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

News from the Library!

Here's what to expect in the Library next week ...

Chillout Monday:

Mrs Dearden's Monday Book Club continues in F17

Rowdy Tuesday:

The Floor is Lava ...ok, we may not actually play “Floor is Lava” but it is the title of a book of games that we’re going to choose from!

Tuesday After-School Club:

Pokémon Master Class: we'll look at some meta-relevant decks from previous years, and see what made them work so well.

Geeky Wednesday:

'The Hobbit' board game

Sporty Thursday:

Pocket Basketball (dice game)

Thursday After-School club:

UnMatched

Creative Friday:

Friday 29 November 2024 Is a Teacher Training Day – so no clubs as there are no students in school!

Happy reading!

Mr Spencer
Librarian and English Teacher

This year we are asking all our families (staff and parents/carers) to sign up to use the *easyfundraising* app when making any online purchases whether that be your weekly food shopping; Black Friday deals; car insurance/travel; Christmas gifts or even takeaways.

How it works.

easyfundraising partners with over 8000 brands who donate part of what you spend to the cause you choose, in this case Finham Park Multi Academy Trust. It won't cost you any extra as the cost of the donation is covered by the brand.

It is completely free to sign up & use and by doing so, you will help to generate additional funds for children who not only attend Meadow Park School but also for children within the Finham Park Multi Academy Trust.

We are working together across our 8 schools to fundraise collectively with the intention of using the funds to: organise future school-based events or activities; offer additional trips & visits; provide resources such as ipads, trim trails or sensory rooms and/or anything else that our schools say would be beneficial to the children.

Even better news!

For every person who signs up via this link <https://www.easyfundraising.org.uk/causes/finham-park-multi-academy-trust/> between **8th Nov & 22nd Nov 2024**, we will receive a £1 donation from *easyfundraising*. So, our first goal is to reach £500 by the 25th November! Will you help us get there? **Please click the link above or scan the QR code** to register with *easyfundraising* and support the children across our schools. Thank you.

The graphic is a vertical poster with a light yellow background. At the top, the 'easyfundraising' logo is in the top right. Below it, the text 'Shop with your favourite retailers and you'll raise donations for Finham Park Multi Academy Trust' is centered. A yellow lightning bolt icon is below the text. Then, 'Scan the QR code to visit our cause page' is written with a small Twitter icon. A large QR code is in the center, surrounded by a yellow circular frame. To the left of the QR code is a star icon and a circular photo of three children. To the right is another circular photo of two children. At the bottom, the text 'Shop with thousands of brands' is centered above a row of logos: Sainsbury's, trainline, M&S, ASDA, Just Eat, Etsy, Booking.com, and ebay.

easyfundraising

Shop with your favourite retailers
and you'll raise donations for
Finham Park Multi Academy Trust

Scan the QR code to visit our cause page

Shop with thousands of brands

Sainsbury's trainline M&S ASDA JUST EAT
Etsy Booking.com ebay



Meadow Park School

WE WILL BE IN SCHOOL ON **28/11/2024**

CLOSING DATE OF CONSENT LINK IS: **17/11/2024** PLEASE NOTE THIS QR CODE IS ONLY FOR
THIS SCHOOL

Scan Me to consent for your child's Flu vaccination



South Warwickshire schools: Tel: 01926 353899
Email: SOUTHIMMS@covwarickpt.nhs.uk



Mental Health in Schools Team

Tips For Wellness




Appreciation

Appreciation is a feeling of **thankfulness** or an act of recognising something that is important or meaningful to you.

We can appreciate or recognise another person through complementing them and sharing what you like about them. We can say 'thank you' to others when someone is helpful or supportive. This has benefits for both our mental health and for the people around us. We can also appreciate ourselves – you are important and unique! Remember to celebrate when you achieve big and small things and stop to appreciate what you have done.

Learning to appreciate others and ourselves can improve our self-esteem, improve our mood and improve our relationships with others.

Our tips for appreciation:

1. **Give a compliment** - think about a person who is important to you and tell them 3 things that you like about them. You could write a letter or a small note to let them know how much you appreciate them. Use these sentence starters to help you:
 - I like how you...
 - You are...
 - Thank you for...
2. **Say 'thank you'** – remember to thank other people throughout the day, to show them you appreciate what they do for you. If you have a friend who speaks another language, you could learn to say 'thank you' in the language that they speak. You could also learn to say 'thank you' in Makaton (sign language) too! Have a look at the video here to help you:  *Makaton video*
3. **Self-appreciation** - think of something small that you have achieved this week. Pause and take a minute to appreciate what you have done. Which of your positive qualities did you use? Kindness, thoughtfulness, curiosity, creativity?

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 information and advice.

Talking Teens

Your guide to understanding teens



Pathways Family Hub

**Thursdays 7th, 14th, 21st, 28th November
9:30-11:30 a.m.**

The latest research shows that adolescence can begin around 10 years and may continue up to 25 years! So, if you think your 10-year-old already acts like a teenager that's probably because the changes in the brain that take place during adolescence may have already started!

Learn how to navigate this trick time with our new 4-week programme available for all parents and carers of teenagers in Coventry, covering:

- ✓ The teenage brain
- ✓ Communication
- ✓ Maintaining relationships
- ✓ Managing conflict
- ✓ Addressing difficult issues

To book visit

www.coventry.gov.uk/parenting



Sleep tight workshop

for parents/carers of

children aged over 1 year and up to teens



There are 3 dates available:

Wednesday 16th Oct 5-6:30p.m. Saturday 16th Nov 9-10:30a.m. Friday 6th Dec 10:30-12:00

This session will be delivered virtually on Microsoft Teams

Sleep issues are common for children and young people and can have a huge impact on the quality of family life. This 1.5-hour workshop looks at the importance of sleep, understanding sleep cycles, causes of sleep issues and what you can do to support your child to sleep better.

This session will be delivered by a parenting practitioner who has been trained by The National Sleep Charity.

For more details or to book:

Please email:

parenting@coventry.gov.uk

Please include the following information in your email:

- Preferred workshop date
- Your name, address and postcode
- Parent's/carer's email address
- Child's name and age



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



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



Tyler

Scarlett

Scarlett

Amelia

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

UNDERSTANDING COUNTY LINES

'County Lines' is a specific type of Criminal exploitation where gangs send a young person away from their local area to sell drugs. Gangs coordinate activity through dedicated phone lines (simple mobile phones referred to as a 'Burner') that they give to young people. Young people can not recognise what is happening, as they are 'groomed' for criminal exploitation. They take all of the risks (including being attacked!), while others reap the financial rewards.

Spotting the early signs Can help protect your children.

Please read through the below leaflet for important information and guidance as well as where to seek support if you have concerns.

For additional information – another guide can be found here: <https://cscp.org.uk/wp-content/uploads/2020/05/4206.1-County-lines-leaflet-final-web.pdf>

Stay Safe!

Paul Rule
Child Protection Officer &
Senior Pastoral Support Manager

Useful contacts

Neighbourhood Police – to find details of your local team and find out more about the work they are doing in your area, search your postcode at www.police.uk.

Crimestoppers – a free, confidential service where you can report information about a crime anonymously.

Freephone: 0800 555 111

Web: www.crimestoppers-uk.org

Local Authority/Council – connect to your Local Authority and find out about local specialised work with gangs, parent groups and activities for young people in your area. They can also refer you to parenting support programmes.

Web: www.gov.uk/find-your-local-council

Family Lives – gives advice on all aspects of the parenting role and is open 24 hours a day, 7 days a week.

Freephone: 0808 800 2222

Web: www.familylives.org.uk

National Council for Voluntary Youth Services – network of over 280 national organisations, and regional and local networks that work with and for young people.

Web: www.ncvys.org.uk

The National Society for the Prevention of Cruelty to Children (NSPCC) – runs a wide range of services for both children and adults, including a national helpline and local projects. Their helpline is open 24 hours a day, 7 days a week.

Freephone: 0808 800 5000.

Email: help@nspcc.org.uk

Web: www.nspcc.org.uk

Anti-Bullying Alliance – advice on bullying.

Web: www.anti-bullyingalliance.org.uk

Victim Support – a national charity supporting people affected by crime.

Web: www.victimsupport.org

Missing People – if your child goes missing for long periods of time, Missing People can help you find them.

Freephone: 116 000

Text: 116 000 (you can even text this number if you have run out of credit)

Web: missingpeople.org.uk

St Giles Trust SOS

Call: 020 7708 8000

Web: stgilestrust.org.uk

GOING COUNTRY

**“My son went
missing for days”**

**“No one gets my reality
but they do”**

With so many stories about County Lines and gangs in the press and on social media, no one could blame any parent or caregiver for being concerned about it – wondering what to look out for and what they can do. This leaflet has been designed to give parents, guardians and caregivers the information they need.

County Lines – What are they?

'County Lines' refer to the use of telephone/mobile numbers circulated to users in a particular area for ordering drugs such as heroin and crack cocaine (although cannabis and MDMA are also used).

The telephone number is usually operated from outside the area. This is how the group builds their brand. Unlike other criminal activities where telephone numbers are changed on a regular basis, these telephone numbers are maintained and protected, often by gangs and organised crime groups which 'target' the areas, either because they have a good illegal economy (for example, a large number of drug users) or because they have decent transport links to London.

Young people will rarely say that they are running a 'County Line' or 'Country Line'. They are more likely to say that they are 'Running a Line' 'Going Cunch' or 'Going O.T.' (which stands for Over There, Out There or Outta Town).

'Cuckooing' is the term used to describe the practice of taking over the property of a vulnerable person or an abandoned building (sometimes referred to as a 'Bando' or a 'spot'). The property is then used as a place from which to run the dealers' drugs business. It is often taken over by force or coercion, and in some instances victims have fled their homes in fear of violence.

The drug dealers will target those who are vulnerable, potentially as a result of substance abuse, mental health issues, or loneliness, and befriend them or promise them drugs in exchange for being able to use their property.



How does the operation work?

The group begin by taking over premises in the target town – sometimes by coercion, by using property belonging to local addicts who are paid in drugs, or by beginning a relationship with a vulnerable female.

Once in place they use common marketing tactics to get established, including introductory offers. They then set about expanding the 'workforce'; recruiting local runners to deliver drugs and money. The groups often use children, because they work for little pay, are easy to control, and are less likely to be detected.

A recent report found that most runners are boys aged between 11 and 17 and that grooming with gifts and money to control them via a 'debt' was common. Where girls were used, they sometimes also became the victims of sexual violence.

The groups continually use various tactics to evade detection, including rotating gang members between locations so they are not identified by law enforcement or competitors, and using women and children to transport drugs in the belief that they are less likely to be stopped and searched.



What are the signs?

There are a number of behavioural warning signs that you should be looking out for:

- ♦ Repeatedly going missing for long periods of time
- ♦ Sudden rise in truancy/staying out unusually late
- ♦ Money, clothes or accessories which they are unable to account for
- ♦ Being stopped in relation to drugs – especially if this is outside your area
- ♦ Being involved in fights or disorder – again, especially if this is outside your area
- ♦ Being stopped and searched in the presence of other gang members
- ♦ Changes in behaviour, becoming fearful and/or withdrawn and/or prone to unexplained outbursts of anger
- ♦ Being secretive (more guarded than usual for a typical teenager)
- ♦ Real distancing from one or both parents/caregivers
- ♦ Carrying weapons
- ♦ Unexplained injuries (which may indicate violence from others and/or self-harming), refusing medical help
- ♦ Abusing drugs and/or alcohol
- ♦ Gangs will often have profiles on social or networking websites like Facebook or Twitter, so look out for sudden changes to their profile and/or use of slang/derogatory language.

Please note this list is not exhaustive, you should always seek advice if you are concerned.

What can you do?

It is important to remember that you are not to blame, criminal groups exploit the young, the vulnerable and those that are within easy reach. No matter how confident or secure you may feel the child in your care is, the group will present themselves as whatever is missing, or with what the child wants or feels that they need.

However, once they have them, often their treatment of your child will change to coercion, bullying and exploitation.

For these reasons it's important to remember that the child is just as much a victim and there **are** things you can do to help stop your child from being involved or to help them get out.

Here's some helpful tips

- ♦ Talk to your child and listen – you are looking for open, honest and non-judgemental communication without anger
- ♦ Encourage them to get involved in positive activities and to think about their future and employment
- ♦ Get involved in your child's school activities
- ♦ Know your child's friends and their families
- ♦ Always know where your child is and who they are with
- ♦ Help them to cope with pressure and how to deal with conflict without the use of violence
- ♦ Speak to them about the serious consequences of violent or illegal behaviour
- ♦ Help them to understand the dangers of being in a gang and find alternative constructive ways to use their time
- ♦ Keep lines of communication open
- ♦ Be aware of what your child is doing on the internet
- ♦ Look for ways of disciplining children that do not involve harshness, anger or violence
- ♦ Work with other parents and schools to watch their behaviour
- ♦ Contact local voluntary organisations that provide mentoring and other support for young people
- ♦ Talk about your child's behaviour with their school and other parents

If you suspect your child is already involved

Remember that they may not want to talk about it or may be scared. The vast majority of the young people we work with have been victims too. It is important that they know you want to listen and support them. Make sure they know they have a choice.

Stay calm

Ask questions, but listen too. Don't be afraid of confrontation, but try not to approach them with anger and accusations. Try to understand the situation from their point of view and why they have joined the gang. Ask them what you can do to help. Try to agree on what they should do next. Work with them to find solutions and choices.

Seek help from local community organisations or youth services

They can offer specialist support and programmes to help them leave the gang. (See useful contacts on back page.) Contact local support networks such as faith groups or neighbourhood police officers connected to your local school.





MEADOW PARK SCHOOL

THRIVING TOGETHER