

Newsletter



MEADOW PARK
SCHOOL

Message from the Headteacher

Dear Parents and Carers

Welcome to Meadow Park School! It was so lovely to see lots of familiar faces this week, as well as lots of new faces. We have welcomed our new Year 7 children and I have been so proud of the start that all students, particularly our new students, have made to this academic year. Well done! I am sure that there were lots of photos taken of children on their first day of school, looking very smart in their uniform. Personally, it is an end of an era for my family as my youngest child is no longer school age and instead, I will be taking her to university in just over a week's time - so there are no more first day of school photos for us!

We have begun the year stronger than ever. We are delighted that all of our Year 13 students received the grades they needed to secure their university places, with a couple moving on to higher level apprenticeships. During August we held two results days when we celebrated Year 13 and Year 11 collecting their results, which was after hard work and preparation. Once again, we have continued to make progress with our GCSE results. This summer Meadow Park was one of only 8 secondary schools, out of 22 in the city, to make progress in our GCSE results and the second highest progress overall. We are a school that is very much nurturing excellence, growing aspirations and thriving together. I speak for all of Meadow Park when I say we wish them all the very best for the next stages in their lives.

Each week I hold a whole school assembly and celebrate the successes of the week, together

with important notices and a moment of reflection. I began the new academic year encouraging students to make this year their best year ever. I encouraged them to step outside of their comfort zone and try something new. I even shared an example of how I had stepped out of my comfort zone by kayaking for the first time this summer!

This year we have our biggest ever programme of enrichment with over 40 clubs being launched in the next couple of weeks. Please do speak with your child and see which clubs or activities they would like to take part in.

Next week we hold our annual Open Evening for prospective parents. This is an opportunity for us to showcase the school and for families to make informed decisions about their applications for Year 7 places next year. I wrote to you yesterday with the details of the day and students may well have come home today with consent forms for them to take part as ambassadors for our school. If you have a child in Year 5 or 6, or indeed have friends and family who do, please do come along to our Open Evening; Thursday 11th September 5-7pm, with a talk from myself, Mr Bailie (CEO of Finham Park Multi Academy Trust); David Kershaw (Chair of Governors for Meadow Park School); and our students.

Thank you for your support in making a great start to the new academic year. I wish you a lovely weekend. With best wishes

Mrs Pettman, Headteacher

Nurturing Excellence, Growing Aspiration, Thriving Together



FINHAM PARK
MULTI ACADEMY TRUST

Issue: 5 September 2025

Meadow Park Uniform Swap Shop



MEADOW
PARK
SCHOOL

Outgrown a blazer? Ripped a shirt? Need PE Kit?

Come and choose
FREE pre-loved school
uniform at our Uniform
Swap Shop.

We have lots of outgrown, pre-loved branded school uniform, trousers, coats and much more...

Donations

Families can **donate** their old or unused uniform to the shop. **Washed, good-quality** uniform, that you no longer need, can be brought to the swap shop or handed in at Reception.

Free

Our swap shop provides **free** uniform to those who need it. If you do not have anything to swap, you can make a donation for the items you need.

Exchange

Families can **exchange** their old uniform for new **pre-loved** items that fit better. Please bring in any washed, good-quality uniform that you would like to swap.

Open

Our **Uniform Swap Shop** is open on the **last Friday every month during term-time** in the old Visitor Reception, next to the Sixth Form Centre, from **9am to 10am and 3pm to 4pm.**

SAVE money, REDUCE waste, HELP the environment. Ask in school for details.

School Photos

On Friday 12th September, Star Vision Photography will be in school to take photos of students in Years 7, 9, 11 and 12. Proofs of photos will be sent home with students the following week and parents/carers will have the opportunity to purchase photos. There is no obligation to buy them. Star Vision have asked us to share the following information with you to let you know that should you choose to purchase photos, you can choose the background colour. There is no extra cost for this service, you just get more choice for your money.

Please ensure children are in full uniform, looking smart and don't forget their smiles!

Star Vision Photography

How to customise your school photo background

Step by step guide

Step 1

Click "Order Photos"



Step 2

Select your images

Choose background



Step 3

Click "Confirm selection"



Step 4

Click "Add to basket"



STAR VISION PHOTOGRAPHY

Aged 16.5–25 and struggling with your mental health?



The Peer Mentor Support Service is here to support you.

One-to-one and group support to help you build resilience, boost confidence and improve self-esteem.

 **Mind**
Coventry,
Warwickshire
and Worcestershire

We will empower you to set personal goals and make small but significant steps towards change.

We support young adults to build confidence, develop self-belief and improve their mental health and wellbeing. Through one-to-one support and group activities, we focus on mental health awareness, social connection, and life skills.

Our team can assist with finding stable housing, managing finances and benefits and accessing education or employment. We also help with booking healthcare appointments and can connect individuals to other services for additional support.

We can support young adults who are

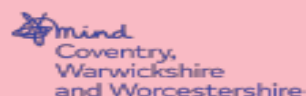
- Aged 16.5–25, who have not accessed NHS mental health interventions in the past six months;
- Aged 16.5–25, leaving care, and at risk of accessing mental health services;
- Aged 16.5–18, transitioning through pathways from children and young people's to adult mental health services.

Interested in volunteering?



We're looking for peer support buddies to support our service users. Get in contact to find out more!

Start by calling **07581 051733**
or visit cwwmind.org.uk/pmss
or email pmss@cwwmind.org.uk

Commissioned by



News from the LIBRARY

Read in an unusual place or position.  (Send a pic to mp-reading@meadow-parkschool.com)	Read a GRAPHIC NOVEL	Read a book from a GENRE you don't usually choose.	Design a new BOOK COVER for a book.
Read something someone else recommended. 	Read a book that has been adapted into a FILM or a TV show .	Go to a local LIBRARY (While you're there, why not sign up – it's free, which is our favourite price! – and borrow a book?)	Read a non-fiction information book.
LISTEN to an audio book. (Ask in the Library if you need help to find one.)	Read something that isn't a book. It could be a ... NEWS REPORT , PODCAST , INTERVIEW , MATCH REPORT	Read a book written by someone from a different COUNTRY or in a different language	Tell someone about a book you LOVE
Read an article giving someone's OPINION about something. (Any newspaper or magazine will have some – pick one you're interested in!)	Review a book. You can write it but you don't have to – it could be REVIEWED or even REVIEWED	Read a book ALoud to someone.	Read a book that was written by a WOMAN .

Meadow Park 2025 READING CHALLENGE

If you had a go at the Summer Reading Challenge, bring your sheet (with lots of lovely ticks!) to the Library to earn a prize.

LIBRARY CLUBS NEXT WEEK ...



learn about **Dungeons & Dragons**

Questionable (discussion-based game)

Pokemon trading card game

FOOTBALL TOP TRUMPS

PICTIONARY

COMING

SOON

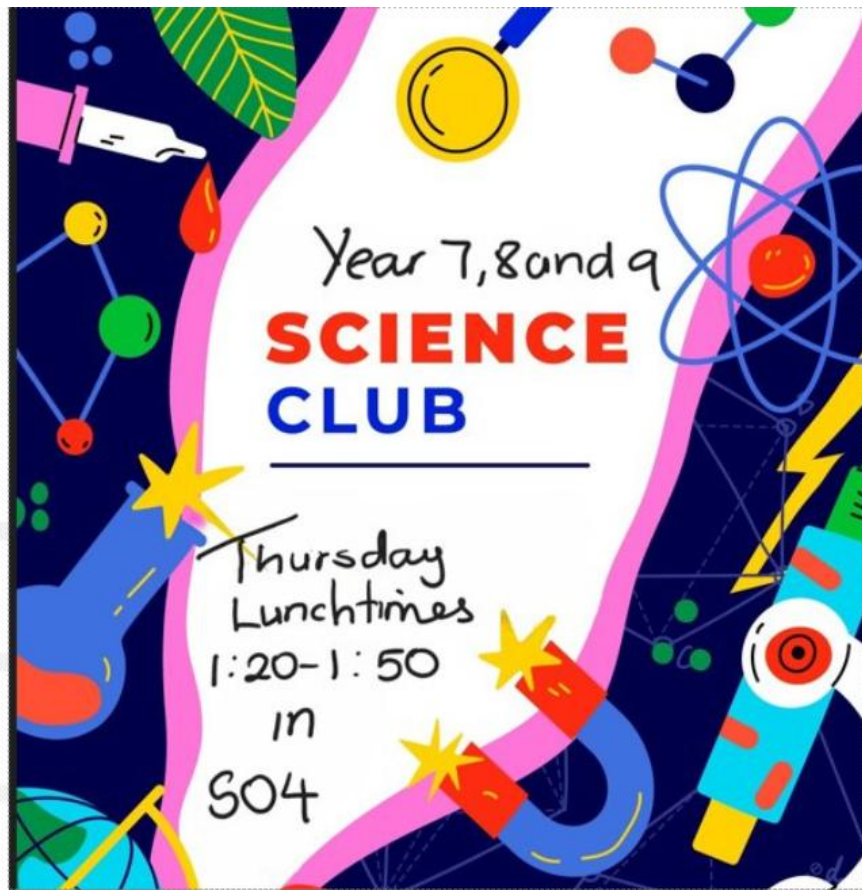
**FANTASY
PREMIER
LEAGUE**

















As a reminder, we're using #easyfundraising to help raise money for Finham Park Multi Academy Trust in 2025. To get involved, sign up and shop via the easyfundraising website or App with over 8,000 retailers. You'll raise free donations for us as you shop online at no extra cost! All the big names including eBay, Tesco, John Lewis & Partners, TUI, and many more will donate. We'll be so grateful for your donations! Plus, sign up today and we could win a £500 donation: <https://join.easyfundraising.org.uk/finham-park-multi-academy-trust/9iw43f/c2s/ahT9laEN/CE946/facebook/>

Science Club

If you are interested and would like more information, please speak to Miss Minhas (S04).



COMING SOON Enrichment Clubs 2025-26

	Break	Lunch	After School
Monday	Basketball - Sports Hall 	Chillout Monday - Library Chess Club - Library  	KS 3 Basketball KS 3 Football Student Dungeons & Dragons - Library STEM - S06 MP Theatre Company - G18 Clay Club - F22 Drop in Free and Easy - Library  
Tuesday	Basketball Sports Hall	Rowdy Tuesday Library Science Club S05 	Public Speaking - Library World Culture Club - Drop in Free and Easy Library MP Theatre Company G16 Humanities Homework Club  Enterprise KS 4 Football Netball 
Wednesday	Basketball Sports Hall	Geeky Wednesday Library	
Thursday	Basketball Sports Hall 	Sporty Thursday Library Debate Club 	Cooking - Singing Club Rounders Field Robotics Club F18 Industrial Cadets – S03 Craft Club F23   Games Club - Library Rugby Badminton
Friday	Basketball Sports Hall	Creative Friday Library Crochet Club G08 Holocaust – Their Family 	KS4 Basketball Sports Hall (RMV) Further Maths GCSE F03 (HLA) 

Mr Perris
Enrichment Co-ordinator

Head of House Awards

The Head of House Awards were awarded to:



What Parents and Educators need to know about Worry and Anxiety

We hope that our children have had a great start back with us at Meadow Park School this term! Another big welcome to our new year 7's joining us.

Changes in subjects, classes and friendships can sometimes lead to students worrying and wondering how they can feel better or speak about these worries. This can sometimes go beyond feeling uneasy about the future and become full-blown anxiety - affecting their mental, emotional and even physical wellbeing. We know, thanks to an NHS statistic, that this can affect up to 16% (1 in 6) of young people and that it is important they know how to not only manage these feelings, but when to seek further support.




At Meadow Park we have pastoral staff and tutors who are willing to listen to our students if they have worries or concerns. We can offer them advice and guidance as well as help them gain further support if needed – so along with discussing the next slide, please remind your child that we are here to help and encourage them to speak to their Deputy Head of House or a member of the Safeguarding team.

Not quite ready to talk? - [Kooth.com](https://www.kooth.com) is a useful place for young people to talk about their feelings and share some of their concerns or worries anonymously – why not have a look with your child together this weekend?



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!](https://www.kooth.com)

 Manage emotions	 Manage emotions	 Helpful habits
Make your own coping box	Create a 'good mood' playlist	Practice being present
Try activity →	Try activity →	Try activity →

Stay safe and have a great weekend!

Paul Rule
Child Protection Officer &
Senior Pastoral Support Manager

What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential situations, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the differences between worry and anxiety is essential for effectively addressing these concerns in children.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach ache or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to miss social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the likelihood of internalising these concerns. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communicative bonds.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help reduce anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health professional. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Griffiths, Associate Vice-Principal for Personal Development at Pontefract Grammar School, contributes as an expert on one day a week for #WakeUpWednesday, which collaborates with schools on improving their mental health provision.



The National College

Uniform



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



School Term Dates 2025/26

Autumn Term 2025

Teacher Training Day	Monday 1 September
Term Starts (Students Return)	Tuesday 2 September
Teacher Training Day	Friday 24 October
Half Term	Saturday 25 October to Sunday 2 November
Teacher Training Day	Friday 21 November
Last Day of Term	Friday 19 December
Christmas Holiday	Saturday 20 December to Sunday 4 January

Spring Term 2026

Teacher Training Days	Monday 5 and Tuesday 6 January
Term Starts	Wednesday 7 January
Half Term	Saturday 14 February to Sunday 23 February
Last Day of Term	Friday 27 March
Easter Holiday	Saturday 28 March to Sunday 12 April

Summer Term 2026

Term Starts	Monday 13 April
May Day Bank Holiday	Monday 4 May
Half Term	Saturday 23 May to Sunday 31 May
Last Day of Term	Friday 17 July



MEADOW PARK SCHOOL

THRIVING TOGETHER