

# Newsletter



MEADOW PARK  
SCHOOL

## Message from the Headteacher

Dear Parents and Carers

This week girls in Years 9, 10 and 11 will have received a fantastic gift donated by a national organisation as part of Project Power. On Tuesday we hosted an inspiring morning for girls in Year 10 as part of Project Power where they took part in a workshop, question and answer session as well as a healthy brunch. The purpose of this project is to promote positivity for girls when thinking about their physical and mental health and well being. This included positive body imaging, healthy food and physical development. You can read more about this in the newsletter along with some photos.

Students can earn points and prizes as individuals, but also as a Tutor Group, Year Group and for their House. Each Friday we run a lunchtime inter House competition which is open to all students. In addition to this, the Tutor Group with the best attendance for the week has their chosen music playlist selected over the PA system. It is always lovely to see the students dancing away to their favourite tunes

If you are a parent of a child in Year 11, you should be receiving shortly a letter regarding our Year 11 Prom. I am delighted that it will be at Coombe Abbey this year. Each Year 11 student will have a 'passport to prom' which will have criteria regarding attendance,

behaviour and attitudes to learning. Students who meet the criteria will be entered in for a number of different draws with the opportunity to win a range of prizes, including free prom ticket, discounted prom tickets and more. I know that some students have already begun planning their outfits already! Good luck to all Year 11 in achieving your 'passport to prom'.

At Meadow Park we love rewarding students and recognising their achievements. This can be from postcards or positive phone calls home to points and prizes.

Next week is Amazing Lessons Week where each curriculum area will be doing something a little different to inspire students to learn more about that particular subject area. Students will be voting on which lessons they feel were the most inspiring - I look forward to the results.

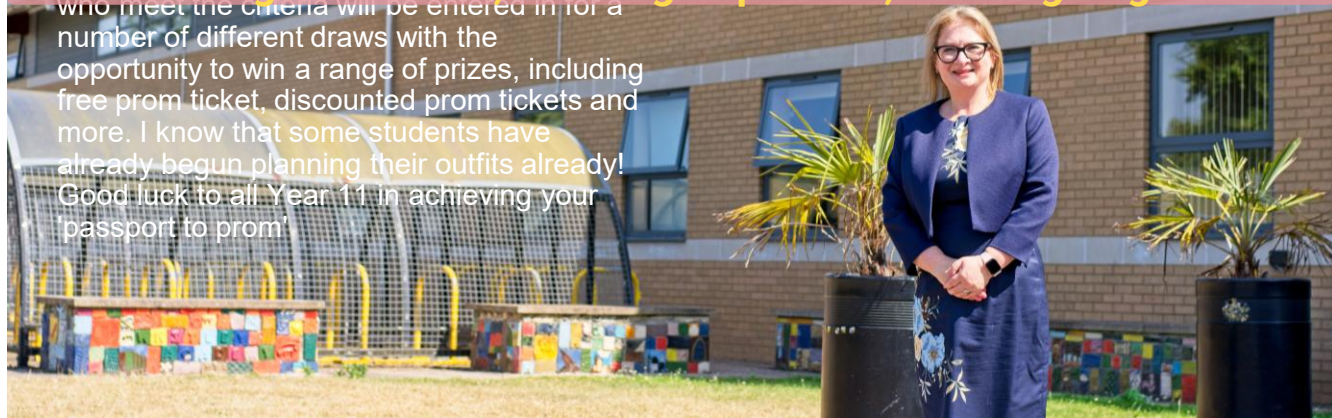
I wish you a lovely weekend.

Best Wishes

Mrs Pettman  
Headteacher

## Nurturing Excellence, Growing Aspiration, Thriving Together

behaviour and attitudes to learning. Students who meet the criteria will be entered in for a number of different draws with the opportunity to win a range of prizes, including free prom ticket, discounted prom tickets and more. I know that some students have already begun planning their outfits already! Good luck to all Year 11 in achieving your 'passport to prom'.



FINHAM PARK  
MULTI ACADEMY TRUST

Issue: 10 October 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.**

### Project Power comes to Meadow Park School

During the morning of Tuesday 7<sup>th</sup> October, we were joined by Athletes and staff from 'Project Power by Krissy Cela'. This project is set up and run by 'Oner Active' athletes and staff who aim to deliver workshops to Secondary age girls to teach them about the benefits of strength training. 'Oner active' is a women's gym wear brand which was founded by Krissy Cela and aims to make gym wear in which women feel confident in their bodies in the gym.

During the morning our year 10 and some year 11 girls took part in the workshop which consisted of a 45-minute body weight, strength training workout in which they were taught some fundamental movements including squats and lunges. As part of this they were also gifted an activewear set, including a sports bra, leggings and a t-shirt which they wore during the workout. It was then time for a challenge where 6 of the girls battled it out to see who could hold a squat for the longest. Nicole (year 10) ended up winning and sticking it out the longest- she was gifted with a free water bottle, Oner active bag and makeup bag!

They then listened to a presentation by Meg (one of the Oner athletes) who discussed her journey of strength training and how she had battled with a lung condition when she was younger, but training had helped her to manage this. She also discussed the importance of training whilst on your period and how your body changes during the cycle.

The girls then took part in a true/false activity where some of the myths of strength training were dispelled. For example, one of the statements read 'Strength training will make you look bulky'- luckily all of the girls agreed that this was false- the women athletes running the workshop were just one of example of this being a myth!

It was then time for the girls to ask any questions they had. One of the year 11 students asked a great question about what nutrition is important before and after a workout which Meg then talked about the importance of carbohydrates and protein.

All in all, the girls learned so much from the experience and were even talking about wearing their new kit to their PE lessons and to the gym after because it made them feel so confident. The girls then also were treated to a healthy breakfast of granola, Greek yoghurt, strawberries and honey as they had worked up such an appetite in their workout.

The women athletes were such an inspiration to the students and many of the girls wanted to take pictures with them before they left. One student said 'I loved the session and it was amazing to meet the athletes. I always thought strength and lifting weights was for men but I was definitely wrong! I can't wait to wear my kit when working out'.

We are also extremely grateful that 'Project Power' will also be providing the rest of year 9 and year 11 the same free kit -worth over £150 each. This workshop was not just about a one-day experience- we are looking to incorporate this type of activity and exercise into the PE curriculum and are excited to receive some more resources from the project to help us do this. Likewise, we are going to be launching a [girls](#) only strength enrichment club (which is definitely needed as lots of the girls were saying their legs were hurting the next day! Ha)- so watch this space!



**Miss Reynolds Head of Orbis House**

**EARN MONEY.  
LEARN SKILLS.  
DREAM BIG!**



Coventry & Warwickshire  
Chamber of Commerce  
Training

# Apprenticeship Careers Event

**Wednesday 15th October, 4:00pm - 6:30pm**

**@ 123 St Nicholas Street, Radford, CV1 4FD**

Curious about apprenticeships? Join us for our next careers event, your chance to explore a variety of career paths all in one place.

**Find out more about apprenticeships in:**

**Business Administration**

**Hairdressing**

**Health & Social Care**

**Accountancy**

**Customer Service**

**Early Years Care**

If you have any questions, you can call **024 7623 1122** or email us at:  
**[enquiries@cw-chambertraining.co.uk](mailto:enquiries@cw-chambertraining.co.uk)**



**Scan to register  
your interest!**



# Free School Meals



## Are you entitled?

If you do not qualify for most benefits (also known as having 'no recourse to public funds'), your child may still be eligible for free school meals.

Contact school or the local authority to find out more.

We can help you apply online.  
Ask for details.

Do you know if you qualify for additional support?

Please speak to a member of the House Team to see what support might be available.

Your child may be able to get free school meals if you get any of the following:

- ⇒ Income Support
- ⇒ Income-based Jobseeker's Allowance
- ⇒ Income-related Employment and Support Allowance
- ⇒ Support under Part VI of the Immigration and Asylum Act 1999
- ⇒ The guaranteed element of Pension Credit
- ⇒ Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- ⇒ Working Tax Credit run-on (paid for 4 weeks after you stop qualifying for Working Tax Credit)
- ⇒ Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

Children who get paid these benefits directly, instead of through a parent or guardian, can also get free school meals.

As a school, we can offer food parcels to families.

## Parent App and School Communication

Please sign up to our 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.

MCAS allows us to securely share your child's achievement points, attendance, behaviour, school reports, letters and school diary whenever you wish. This is our primary means of communication with you, so 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.

### 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](http://www.mychildatschool.com) or scan the QR code
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 can be found on our website.

### School Communication

All communication from school is 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 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.

# Science Club

If you are interested and would like more information, please speak to Miss Minhas (SO4).



| Term 1       | Lunch time challenge                            | Weekly competition        |
|--------------|-------------------------------------------------|---------------------------|
| W/C 1.9.25   | House Team                                      | Tutor board               |
| W/C 8.9.25   | PE                                              | Maths                     |
| W/C 15.9.25  | History/ RE                                     | Sociology/Psychology/H&SC |
| W/C 22.9.25  | Geography/ PSHE                                 | Food/Art/DT               |
| W/C 29.9.25  | English                                         | Science                   |
| W/C 6.10.25  | Music/ Drama                                    | The Orchard               |
| W/C 13.10.25 | Languages                                       | IT/ Business              |
| W/C 20.10.25 | Overall results (assembly) and Celebration Week |                           |
| W/C          | Half Term                                       |                           |
| W/C 3.11.25  | Maths                                           | PE                        |
| W/C 10.11.25 | Sociology/ Psychology/H&SC                      | History/RE                |
| W/C 17.11.25 | Food/Art/DT                                     | Geography/PSHE            |
| W/C 24.11.25 | Science                                         | English                   |
| W/C 1.12.25  | The Orchard                                     | Music/Drama               |
| W/C 8.12.25  | IT/ Business                                    | Languages                 |
| W/C 15.12.25 | Overall results (assembly) and Celebration Week |                           |
| W/C          | Holidays                                        |                           |
| W/C          |                                                 |                           |

## Lunch time challenge:

- Will run in the quad/outside area or in the theatre if wet
- Will run every Friday lunchtime
- House v House
- Playing for individual prize/certificate
- House songs playing

## Weekly competition:

- Will be launched in the Headteachers assembly
- Entries will need to be handed in by the next Thursday for judging ready for the winners to be announced in the following Headteachers assembly
- Worth BIG house points which contribute to the House Cup!

## Enrichment Clubs 2025-26 Half Term one

|                  | Break                                                                                                                                                   | Lunch                                                                                                                                                                                                               | After School                                                                                                                                                                                                                                                                                                                          |
|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Monday</b>    | Basketball - <b>Sports Hall</b><br>MP Theatre Company - <b>G18</b><br> | Chillout Monday - <b>Library</b><br>Chess Club - <b>Library</b><br>Yr 11 Languages – Speaking Intervention (Wk2)<br>               | KS 3 Basketball – <b>Sports Hall</b><br>Dungeons & Dragons - <b>Library</b><br>STEM Club - <b>S06</b><br>Clay Club - <b>T03</b><br>Drop in Free and Easy - <b>Library</b><br>                                                                      |
| <b>Tuesday</b>   | Basketball - <b>Sports Hall</b><br>MP Theatre Company - <b>G18</b><br> | Rowdy Tuesday - <b>Library</b><br>Science Club – <b>S05</b><br>Computer Suites open - <b>F15</b><br>                               | Public Speaking - <b>Library</b><br>World Culture Club - <b>F11</b><br>Drop in Free and Easy - <b>Library</b><br>KS 3 Football – <b>Field</b><br>Netball – <b>Courts</b><br>All Girls Football – <b>Field</b><br>HWK Club – <b>The Orchard</b><br> |
| <b>Wednesday</b> | Basketball - <b>Sports Hall</b>                                                                                                                         | Geeky Wednesday - <b>Library</b><br>Holocaust (Their Family) - <b>G02</b><br>Yr 11 Languages – <b>Speaking intervention</b>                                                                                         |                                                                                                                                                                                                                                                   |
| <b>Thursday</b>  | Basketball - <b>Sports Hall</b><br>                                  | Sporty Thursday <b>Library</b><br>Debate Club – <b>G04</b><br>Science Club – <b>S04</b><br>Computer Suites open - <b>F15</b><br> | Badminton / Table Tennis – <b>Sports Hall</b><br>Games Club - <b>Library</b><br>Robotics Club <b>F18</b><br>Industrial Cadets – <b>S03</b><br>KS4 Football – <b>Field</b><br>Hwk Club – <b>The Orchard</b><br>Yr 7 Football - <b>Field</b><br>KS3 Rugby - <b>Field</b>                                                                |
| <b>Friday</b>    | Basketball - <b>Sports Hall</b>                                                                                                                         | Creative Friday - <b>Library</b><br>Crochet Club - <b>G12</b><br>                                                                | KS4 / 5 Basketball - <b>Sports Hall</b><br>Further Maths GCSE - <b>F03</b><br>                                                                                                                                                                   |

**Mr Perris**  
**Senior Leader for Personal Development**

# News from the LIBRARY



MEADOW PARK  
SCHOOL

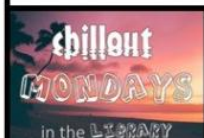
**FANTASY  
PREMIER  
LEAGUE**

## Step 2: Pick your team

Pick a squad of 15 (11 + 4 subs).  
Make a few changes each week  
(not too many or you lose points!).

Come to the **Library** on **Thursday lunchtime**  
and Mr Spencer will help you do this.

## LIBRARY CLUBS NEXT WEEK ...



**CHESS CLUB**



**LAST WORD**



**TOP TRUMPS BATTLE**



**FANTASY PREM SETUP**



**Illustrator virtual workshop**

# AFTER SCHOOL IN THE LIBRARY

**MON**

## Dungeons & Dragons club

**TUE**

**PUBLIC  
SPEAKING**



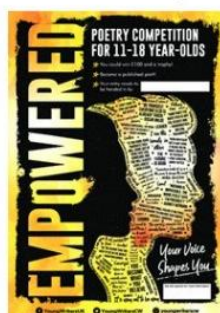
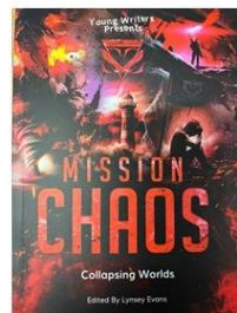
THE  
WORLD CUP OF  
**EVERY  
THING**

**THU**

## GAMES CLUB

## **NEW** in the LIBRARY

featuring stories & poems  
by Meadow Park students



**Mr Spencer**  
Librarian and English Teacher

# Growing Aspirations– Sports Updates

The Year 7 students took part in a Values Dodgeball competition against 8 other schools.

They were scored not only on their dodgeball performance, but also on their **respect, teamwork, and honesty**.

Well done to all those who took part — they represented Meadow Park School extremely well and went above and beyond to uphold the dodgeball values.

**MPS Girls – 3rd**

**MPS Boys – 4th**

## Upcoming Fixtures:

Derby games V Finham Park school on Monday 13th of October for the following year groups:

Year 7,8 and 9 football

Year 8,9 and 10 Netball

Please come down to show your support at Finham Park school.

Year 7/8 Girls football competition at AT7 centre Tuesday 14th of October

Year 7 football V Stoke Park (AWAY) Wednesday 15th of October

Year 11 Football V Stoke Park (HOME) Friday 17th of October this is a cup game so please come down to show your support!

**Mr Kandola, Curriculum Leader for PE**

# Amazing lessons week!

Don't miss a moment!



Be here to vote for your favourite lessons!

## Next week!



MEADOW PARK SCHOOL

Join the Duke of Edinburgh at Meadow Park school.

|                   |                                                                                                                                                                                                                                                            |                                      |                                    |                                  |                                   |
|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|------------------------------------|----------------------------------|-----------------------------------|
| Bronze (Year 9+)  | Volunteering<br><b>3</b><br>months                                                                                                                                                                                                                         | Physical<br><b>3</b><br>months       | Skills<br><b>3</b><br>months       | Expedition<br>2 days<br>1 night  |                                   |
|                   | Plus a further <b>3 months</b> in either the<br>Volunteering, Physical or Skills section                                                                                                                                                                   |                                      |                                    |                                  |                                   |
| Silver (Year 10+) | Volunteering<br><b>6</b><br>months                                                                                                                                                                                                                         | Physical<br><b>6 or 3</b><br>months  | Skills<br><b>6 or 3</b><br>months  | Expedition<br>3 days<br>2 nights |                                   |
|                   | Physical and Skills sections: one section for <b>6 months</b> and the other section for <b>3 months</b><br>If you didn't do Bronze, you must do a further <b>6 months</b> in either the<br>Volunteering or the longer of the Physical or Skills sections.  |                                      |                                    |                                  |                                   |
| Gold (age 16+)    | Volunteering<br><b>12</b><br>months                                                                                                                                                                                                                        | Physical<br><b>12 or 6</b><br>months | Skills<br><b>12 or 6</b><br>months | Expedition<br>4 days<br>3 nights | Residential<br>5 days<br>4 nights |
|                   | Physical and Skills sections: one section for <b>12 months</b> and the other section for <b>6 months</b><br>If you didn't do Silver, you must do a further <b>6 months</b> in either the<br>Volunteering or the longer of the Physical or Skills sections. |                                      |                                    |                                  |                                   |

### FIVE BENEFITS OF DOING YOUR DofE PROGRAMME



#### SENSE OF IDENTITY

The DofE bring a sense of identity as you start to explore your likes and dislikes through the different sections.



#### GIVING BACK TO THE COMMUNITY

It is a chance to give back to your own community or those in need.



#### TEAMWORKING SKILLS

It builds your communication skills and strengthens your ability to lead others as well as to work in a team. This is highly sorted by employers and schools alike.



#### TIME MANAGEMENT

It teaches you how to manage your time and use it efficiently as you are required to balance the different sections.



#### ACADEMIC BOOST

A DofE Award is a great way to demonstrate and evidence your 'soft skills' in practice and this is highly valued by universities.



DofE  
Website



If you are interested and would like more information please speak to: Mrs Cresswell and Mrs Webb



Meadow Park  
Performing Arts Department

# INSTRUMENT LESSONS



ELECTRIC GUITAR  
BASS GUITAR  
ACOUSTIC GUITAR  
DRUMS  
PIANO  
SINGING



Learn the core knowledge  
and key skills needed.

ANY QUESTIONS/ GET A LETTER -  
SPEAK TO MR WALSH G18

## Meadow Park Theatre Company 'Winter Snowcase'

Rehearsals –  
Mondays & Tuesdays  
G18

Break 11:15 – 11:35

*Any questions –  
Mr Walsh G18*

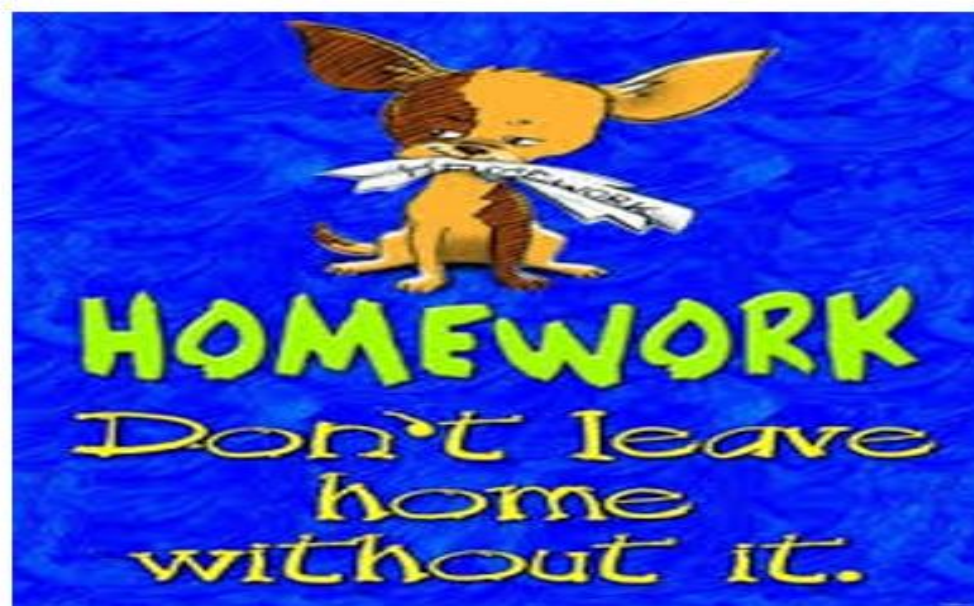
*[n.walsh@meadowparkschool.com](mailto:n.walsh@meadowparkschool.com)*



**Homework Club**

**Every Tuesday and**

**Thursday 3.15 till 4 pm**



**In F23**

**See You There**

# Are Your Contact Details Up-To-Date?

Moved House?  
Changed Phone Number?

contact school via  
[admin@meadowparkschool.com](mailto:admin@meadowparkschool.com)  
to update them today.



## REMINDERS



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

# Would you like to know more about your children's behaviour?

Would you like to know how to support your child's emotional regulation?

Friday 3 October 9:30-11:30am

Wednesday 17 December 6:00-8:00pm

Virtual via Microsoft Teams

Understanding Your Child's Behaviour is an introductory workshop designed to provide parents/carers with a valuable insight into your child's development and practical strategies to help you to help your child.

Two hour workshop delivered both face-to-face and virtually by Coventry's Positive Parenting Team.

Suitable for parents of children aged 2-10 yrs.

To find out more e-mail:  
[parenting@coventry.gov.uk](mailto:parenting@coventry.gov.uk)

To book a place visit:

[coventry.gov.uk/  
parentingrequestform](https://coventry.gov.uk/parentingrequestform)



# Head of House Awards

The Head of House Awards were awarded last week and this week to:



|          |
|----------|
| Treasure |
| Raminta  |
| Maria    |
| Adina    |
| Teodora  |

# 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                   |

# Safeguarding

## Online Slang

### Are you hearing your child say '6-7', 'Rizz' or 'Sigma'?

It can be confusing when we hear online slang being used by our children – albeit being a way for young people to express themselves, there can sometimes be hidden meanings.

The guide attached will breakdown some of the most currently used terms, what they *really* mean and why they matter. As Parents if we know the language that our children are using it helps us recognise when they are using it to perhaps conceal what they are talking about (especially if it's risky). Remember it's important to remain curious, connected and supportive.

**Top Tip – Use these resources to be a teen-speak CODEBREAKER!**

The Children's society 'The Slang Dictionary'



Internet Matters.org 'texting and slang dictionary'



## **A.I Enabled Scams – What are they?**

AI isn't just transforming the way we learn and work, it's also reshaping the tactics scammers use online. From generating convincing phishing emails to fabricating influencer videos, criminals are using AI to make their scams more convincing than ever. Young people, who often embrace new tech quickly, can be especially vulnerable.

The attached guide highlights several AI-enabled dangers – including romance scams, deepfake audio and video impersonations, and fake job offers – and explains how to spot and report them. With clear tips for verifying content, thinking critically, and using trusted platforms, it's essential reading for parents and educators to help young people stay one step ahead of the scammers.

*Remember to keep checking your child's devices for privacy settings, search and download history and have conversations about safe online use.*

**Stay Safe!**

**Paul Rule**  
**Child Protection Officer**



# MEADOW PARK SCHOOL

THRIVING TOGETHER