

# Newsletter



MEADOW PARK  
SCHOOL

## Message from the Headteacher

Dear Parents and Carers

Community is at the heart of our school and it is always a moving moment to witness the whole school respectfully observing the two-minute silence on Armistice Day. As our students fell silent to the haunting notes of the Last Post, Mr Connor read the Exhortation and Meadow Park remembered all who have given their lives in conflicts past and present.

Year 11 began their mock exams this week and have had their first real experience of full examinations. The students have risen to the challenge and have shown resilience over five challenging days. We are exceptionally proud of them. The exams continue next week and we continue to wish the students luck and know that they will try their hardest to be successful. We know that year 11 are working hard to secure good grades to help them with their applications for Sixth Form or College. Next Thursday evening is our Sixth Form Open Evening 4.30 – 6.30pm and we look forward to welcoming our students as they start to make choices about their future career pathways.

I will never cease to be impressed by the variety of extra-curricular activities that are on offer here at Meadow Park. Every week something different is on offer! Over the last week alone activities have ranged from a HADO tournament, afterschool baking groups and a Warwick University experience

day! There really is something for everyone! but as always Meadow Park students have been a credit to themselves, their families and the school.

I was delighted to announce the winners of our annual Christmas Card competition in my weekly assembly this morning. Congratulations go to Shajana in Y11 who was placed first for her beautiful design, Eliza in Y10 who was runner up and Nethra in Y10 who came third. Well done to all of the students who entered; the quality of the art work was tremendous. You will be able to purchase the Meadow Park Christmas cards, as well as partake in a host of festive fun at our first community Christmas Fare which will be held here on 6<sup>th</sup> December. Full details can be seen on the flyer late in this newsletter. Keep the date free as we look forward to welcoming you all to this festive family event!

On Friday 21<sup>st</sup> November, school will be closed to students as we have a staff training day and only staff will be on site.

I wish you all a lovely weekend.

**Mrs Pettman, Headteacher**

## Nurturing Excellence, Growing Aspiration, Thriving Together

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FINHAM PARK  
MULTI ACADEMY TRUST

Issue: 14 November 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.**



## **Prom - Wednesday 24<sup>th</sup> June 2026**

This year's Year 11 prom will be at Coombe Abbey which is definitely the best venue that we have been able to secure. The letter with the full details is attached to this newsletter. If your child has not yet signed up it is not too late! Please contact the school (by email) if your child would like to go but you need an extension. If you are in receipt of certain benefits you can apply for a reduced ticket price. Again, please contact the school if this is the case.

This is definitely a once-in-a-lifetime opportunity because your child will only leave secondary school once!

Please contact Mrs Secker if you have any further questions about prom.

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

# 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.



*Community Christmas Fayre*

Saturday 6<sup>th</sup> December

11am - 1pm

Raffle • Christmas Crafts • Free Activities • Meet Santa •  
Toy Sale • Refreshments • & *Much More!*



# Help us to raise free funds as you shop this Christmas

Every Christmas present you buy is a present for

**Finham Park Multi Academy Trust**



Scan the QR code to make a difference every time you shop online  
Visit [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk)



1 Visit [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk)

2 Sign up and search for us

3 Your favourite retailers donate to us whenever you shop with them

Get free donations from thousands of retailers including:

*Boots*

ebay

M&S

GROUPON

Argos

Etsy

JOHN  
LEWIS

currys

HM

asos



very

## Anti-Bullying Week: Using Our Power for Good

This week, our newly appointed Anti-Bullying Ambassadors; Favour, Shajana, Ami, Khalid, Bayanda, Mofiyinfoluwa and Masrour led inspiring assemblies to mark Anti-Bullying Week. The theme for this year, “Power for Good,” encourages everyone to recognise the positive impact they can have on others.

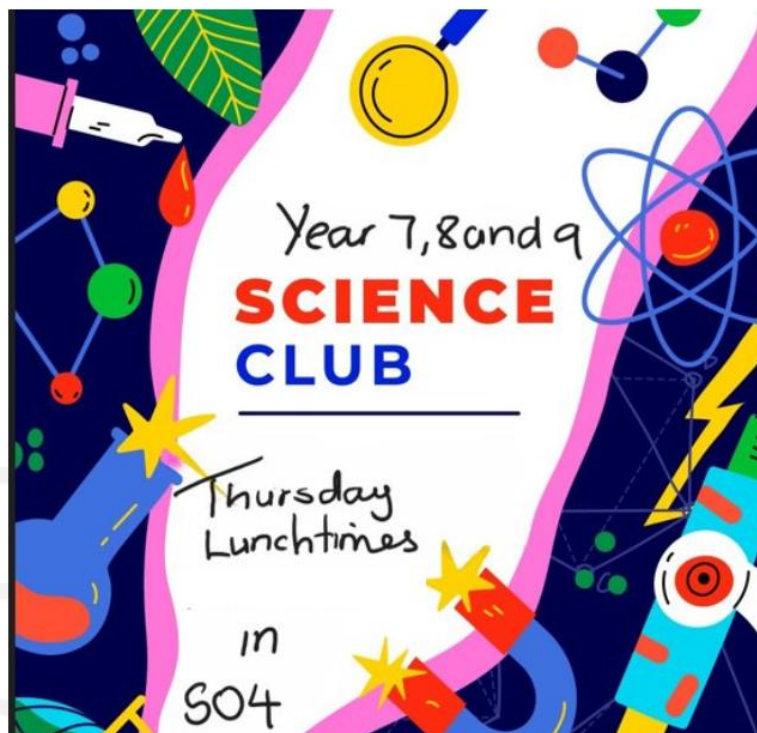
Through engaging presentations and thoughtful questions, the ambassadors reminded pupils that we all have the power to make a difference — by speaking out against bullying, supporting those in need, and promoting kindness and respect in our school community.

Their message was clear: together, we can use our Power for Good to build a world where kindness wins.



# Science Club

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



# Cooking Club

Please come and join us for some fun cooking sessions.  
We will be making different meals, street food or sweet treats for you to take home and enjoy!

## Dates Autum 2 Term

Thursday 13<sup>th</sup> November  
Thursday 20<sup>th</sup> November  
Thursday 27<sup>th</sup> November  
Thursday 4<sup>th</sup> December

## Times:

3.15pm – 4:00pm

## Location:

F22  
Food Room



Places are limited to the 12 students in Year 7,8,9  
For further information please come and see Mrs Haley – Food Technician  
**Please also bring a container with you!**

## Year 7 'Experience Warwick' Trip

On Wednesday 12 November, our Year 7 students enjoyed an exciting and inspiring visit to the University of Warwick as part of the Experience Warwick programme.

The day began with a creative campus challenge, where students worked together to design their own ideal university space. This was followed by an interactive tour of the university grounds. Our pupils were surprised by the range of facilities available, including the quirky Pink Café, an on-site cinema, dance studios, sports and leisure facilities, and the impressive Warwick Arts Centre, which hosts theatre productions, concerts and cultural events for the whole community.

The students were full of enthusiasm throughout the visit. One pupil exclaimed; "I can literally live on the campus without going anywhere!"

Another added; "I love it here, it smells like food everywhere!"

Students also attended an engaging and motivational 'Aim a Little Higher' interactive lecture. Meadow Park students really shone in this session, confidently asking thoughtful questions and contributing to the discussion in front of a large audience. It was fantastic to see them so willing to participate and eager to learn more about the pathways available to them in the future.

The Experience Warwick programme aims to inform, inspire and raise aspirations, helping young people think positively about their futures and make well-informed decisions as they progress through school. This visit is the first stage of a journey that continues each year up to Year 11, providing meaningful experiences of higher education and opportunities to meet university students acting as positive role models. The initiative will support our students' ambitions, raise their expectations, help them to build confidence and resilience and to provide a positive, engaging experience of higher education.

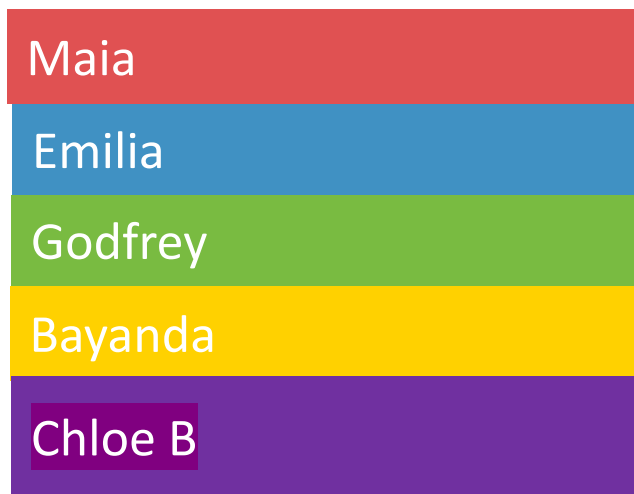
Our next visit to Warwick will take place with **Year 11 on 17 December**, and all other year groups will have the opportunity to take part in 2026. We look forward to continuing this valuable partnership and seeing our students inspired by the possibilities ahead.



**Ms Grover**  
**Head of PSHE**

# Head of House Awards

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



# HOMework CLUB

EVERYONE WELCOME

EVERY TUESDAY

& THURSDAY

3:15PM - 4PM

F23

Receive support from staff to  
complete your homework each  
week.



# Growing Aspirations– Sports Updates

**We recently took a group of lads to a county-wide HADO event an energetic, fast-paced form of VR dodgeball. They faced off against teams from eight other schools, showing real teamwork, sharp reactions, and great sportsmanship throughout the tournament. After a series of intense matches, the boys earned an impressive 3rd place overall, making everyone incredibly proud of their effort and attitude on the day.**



The Y8 girls played in a netball fixture against Grace Academy on Tuesday. This is their first league fixture of the year. Although the girls lost in 4-1, they have played some of best netball I have seen them play as a team.

I'm looking forward to seeing them perform in their next fixture.

Well done Isabella, Lola, Aishatou, Bethel, Aiva, Minnie, Hannah and Paige.

The Y8/9 girls basketball team played in their first league fixture of the year against President Kennedy.

The girls won 25-11, they all played extremely well.

Special mention to Darcie, Reiniea and Alae, for playing their first basketball fixture for Meadow Park School and having a great impact.

Well done Bella, Grace, Imaobong, Iseluona, Darcie, Reiniea and Alae.

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Well done Bella, Grace, Imaobong, Iseluona, Darcie, Reiniea and Alae.

# PE Weekly Competition **(1 more week)** – Your Sporting Autobiography/ Biography!

•We know we have some amazing sporting athletes in our school...  
Now we'd love to find out more about what sports you compete in outside of school – or that your chosen athlete competes in!



•Tell us all about your (or your athlete's) chosen sport **by Friday 21st November – Prizes for 1st, 2nd, 3rd.**

-  What sport do you/they play?
-  Which team or club do you/they play for?
-  How long have you/they been playing?
-  What's your/their greatest sporting achievement so far?
-  What are your/their future sporting goals or dreams?
-  What position, discipline, or skill is your/their favourite?
-  Add photos if you can!



**Mr Kandola**  
**PE Curriculum Leader**

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!

## 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.

# 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)



# 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

## Social Media SPOTLIGHT



**Telegram**- This App has not worked with governments/ authorities or police regarding incidents that have occurred within the app. This is often the app gets used to ferry vulnerable young people from standard apps (i.e Facebook and Snapchat etc) as it's more encrypted. This means it is easier to share harmful content and introduce content that would otherwise be removed from the other apps.

**CHECK YOUR CHILD'S PHONE**

This week has been Anti-Bullying week – At Meadow Park we encourage our students to celebrate their differences and to be an upstander for others around you. Whether you are new to school or just having a difficult time at the moment, there is always someone nearby to talk to and help out.

Sometimes these issues can start or continue online – please read through this week's guide for more information on how to manage this space more safely and have open conversations about the positives and negatives being online can have on an individual.

For help within school please speak to your child's deputy Head of house, and visit Kooth (see below) for support online

**Can you name all these social media platforms?**



## What is Kooth?

Kooth is a free, safe and anonymous online mental health support service, available to anyone aged 11 - 18 (25 in some areas). You don't need a referral or a GP appointment. You can simply sign up and get support that suits you.

- ✓ Anonymous chat with friendly, trained counsellors and mental health practitioners
- ✓ Open every day – counsellors available 12pm–10pm weekdays, and 6pm–10pm weekends
- ✓ Write it out with a private online journal
- ✓ Set goals to help you rebuild confidence
- ✓ Read real stories from others who've been through similar school struggles
- ✓ Join safe discussion boards, all moderated to keep the space respectful and supportive

♥ Sign up for free

**kooth.com**

Please Visit  
and explore  
what  
support is  
available.

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

# 10 Top Tips for Parents and Educators

## SAFETY ON SOCIAL MEDIA

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

### 1 REDUCE DOOMSCROLLING

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

### 2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

### 3 FIND POSITIVE ASPECTS

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

### 4 REDUCE SCREENTIME

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

### 5 FILL THE VOID

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

### 6 REDUCE NOTIFICATIONS

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

### 7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

### 8 DIGITAL DETOX

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

### 9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

### 10 BE CLEAR ON THE "WHY"

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

### Meet Our Expert

John Inley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curricula across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



#WakeUpWednesday

The National College

Sources: See full reference list on guide page at <https://thenationalcollege.com/guides/top-tips-for-safety-on-social-media>



# MEADOW PARK SCHOOL

THRIVING TOGETHER