

Newsletter



MEADOW PARK
SCHOOL

Message from the Headteacher

As part of our continued focus on reading, students and staff across the Trust took part in Drop Everything And Read on Tuesday 15th September, setting aside time simply to enjoy a good book. This was a wonderful way to build on last week's BBC News feature highlighting the reading work taking place at Meadow Park. We are incredibly proud of the strong reading culture we have developed, where students are not only improving the literacy skills that support academic success, but are also discovering the lifelong benefits and enjoyment that reading can bring. We are fortunate to have a well-stocked library with books covering a wide range of genres, and we actively encourage students to suggest new titles that they would like to see added to our collection.

Many of you will remember reading with your children when they were younger, whether helping them sound out words or sharing a bedtime story together. These moments are so important in a child's development, and we are delighted to build upon those foundations as students progress through secondary school. I must admit to being something of a book lover myself, having studied History and English at university. I enjoy exploring new authors and genres, although I often find myself returning to old favourites that I have read time and time again. A good crime novel is always a pleasure, as I enjoy

piecing together the clues, and I regularly revisit classics such as *Pride and Prejudice* by Jane Austen and *Great Expectations* by Charles Dickens. Whatever you are reading at the moment, I hope you are finding time to enjoy it.

Our enrichment programme is now getting into full swing for the Autumn Term, with a wide range of clubs and activities on offer. One club that continues to prove particularly popular is our VEX Robotics Club, which takes place every Thursday from 3.15pm to 4.15pm. There really is something for everyone, alongside our many sports fixtures and enrichment opportunities, so please do encourage your child to get involved. Looking ahead, our Year 7 Progress Evening will take place on Thursday 24th September, and you should already have received information about registering and booking appointments with your child's teachers. Please contact the school office if you experience any difficulties. Finally, two dates for your diary: our Fireworks Night on Thursday 5th November and our Christmas Fayre on Saturday 5th December. Further details about both events will follow in the coming weeks. Thank you, as always, for your continued support, and I wish you and your families a lovely weekend.

Mrs Bernadette Pettman
Headteacher

Nurturing Excellence, Growing Aspiration, Thriving Together



FINHAM PARK
MULTI ACADEMY TRUST

Issue: 18th September 2026

NURTURING EXCELLENCE ATTENDANCE AWARDS



BEST ATTENDANCE TUTOR GROUP	ELITE ATTENDANCE	MOST IMPROVED TUTOR GROUP
	ORBIS 133	
	FULMEN 126	
	SOL 126	
Sol 2: 97.7%	LUNAR 117	Lunar 1: +8.2%
Fulmen 3 +ST13a : 95.7%		Lunar 6: +6.7%
ST12B: 95.5%		Lunar 2: +6.6%

Reminder for upcoming calendar dates:

- Thu 17th September: Year 7 Talk the Talk Workshop
- Thu 24th September: Year 7 Progress Evening 4-6pm
- Thu 22nd October: Awards Evening 5-7pm
- Fri 23rd October: Last day of term
- Mon 2nd November: Term starts
- Thu 5th November: Fireworks Night
- Sat 5th December: Christmas Fayre

Did you know that attending school every day can have a significant impact on a student's learning, confidence and future opportunities? The Department for Education's latest video explains why good attendance is so important throughout secondary school.



Watch here: <https://www.youtube.com/watch?v=IJC06SV3IBY>

At Meadow Park School, we're committed to helping every student thrive. By attending regularly and arriving on time for our 8:40am start, students give themselves the best chance of success.

EVERY DAY COUNTS AT MEADOW PARK SCHOOL!

Important Travel Update: ASDA Roundabout Roadworks

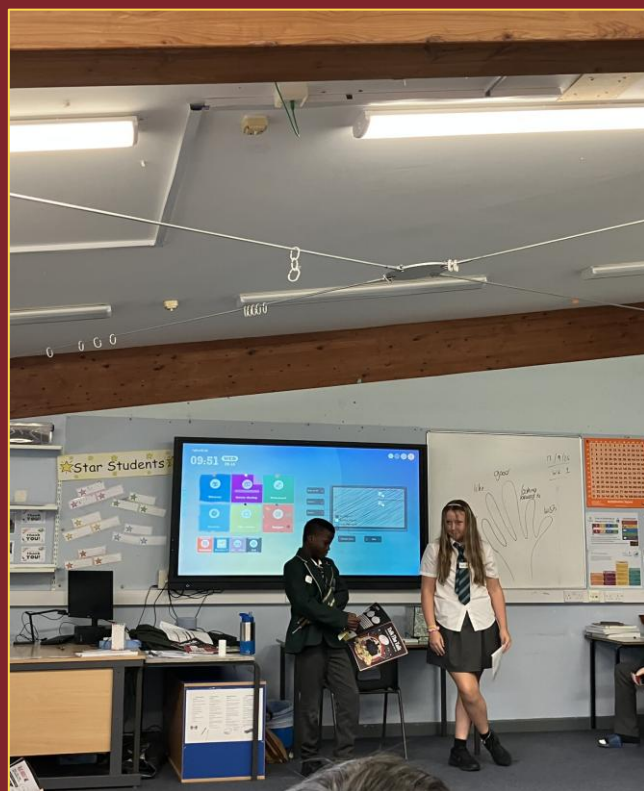
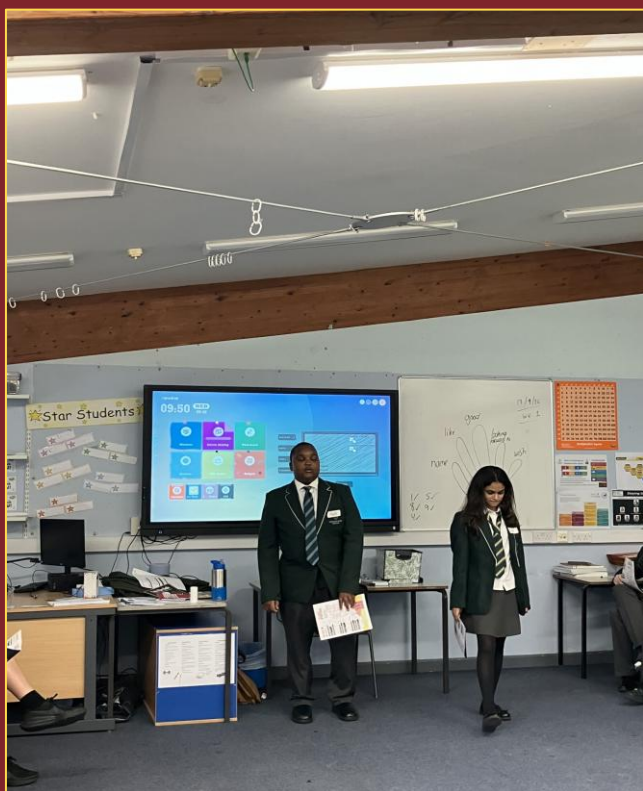
Parents and carers are advised that major improvement works are due to begin at the **ASDA Roundabout (London Road/Humber Road area)** from **Monday 21 September 2026**. The project is expected to continue until **Spring 2027**, with the main construction work commencing from **28 September**. Traffic will primarily be managed through lane closures, which may lead to increased congestion and longer journey times, particularly during peak travel periods. [\[coventry.gov.uk\]](https://coventry.gov.uk)
To help ensure students arrive on time each day, we kindly ask families to **allow extra time for their journey to school** and plan ahead where possible. While we understand the roadworks may cause disruption, students are still expected to arrive punctually and be ready for learning at the start of the school day.
For further information and updates on the roadworks, please visit the [Willenhall cycleway – ASDA roundabout project page on the Coventry City Council website](#).



GROWING ASPIRATION

YEAR 7 – TALK THE TALK WORKSHOP

Talk the Talk came into school to work with our Year 7 students, helping them explore the transition from primary to secondary school. Through a range of engaging activities and discussions, students had the opportunity to talk about meeting new people, making friends and settling into a new environment. They also explored some of the challenges they may face during this transition and discussed positive ways to overcome them. The session encouraged students to build confidence, communicate with others and support each other as they begin their secondary school journey.



GEOGRAPHY WEEKLY AWARD

This week's winners of the 'Weekly Geography Award' for:

- For outstanding effort and achievement
- For demonstrating excellence and enthusiasm during lesson time
- For exceptional progress and commitment during lesson time

Year 11- Marayam, Aswanth, Poppy, Uwakmfon.

Year 10 - Max, Blessing, Baganda, Zaid.

Year 9 - Finlay, Alan, Jensen, Warren, Grace, Saul.

Year 8 - Kayden, Finley, Penny, Eleanor

Year 7- To all the students of Y7Z

CAREERS

Year 11 & Year 13

SEVERN TRENT WORK EXPERIENCE 2026

Severn Trent's 4-Day Work Experience Programme gives you the chance to get behind the scenes and explore exciting careers in:

-  Sustainability
-  Engineering
-  Environmental Management
-  Employability & Career Skills

WHAT YOU'LL GET

- Real insight into the world of work
- Opportunities to develop valuable employability skills
- Experience across different careers and industries
- The chance to meet professionals and discover where your interests could take you

KEY DATES

Applications: 31 August – 25 September 2026

Programme dates:

19–22 October 2026

OR

26–29 October 2026

If you're considering your options after Year 11 or Year 13, this could be your opportunity to gain experience, build confidence and explore your future.

Apply via the Severn Trent Work Experience website or register your interest to be notified when applications open.

 Questions?

Workexperience@severntrent.co.uk



RAF CAREERS VIRTUAL ASSEMBLY

Year 11 & Year 13

Interested in a career with the Royal Air Force?

Join the RAF Careers Engagement Midlands Team for a special online careers assembly!

 Wednesday 23rd September 2026

 9:00am – 9:45am

 Online via Microsoft Teams

What will you find out?

-  The different RAF careers and roles available
-  How to apply
-  What to expect from the selection process
-  What life in the RAF is really like
-  Hear from serving RAF personnel
-  Ask questions about RAF careers and opportunities

INTERESTED IN ATTENDING?

Let your Tutor know by 17th September 2026 that you would like to attend.

This is a great opportunity to find out more about the RAF and the exciting career opportunities available.

Could this be your future? Find out! 

GROWING ASPIRATION SPORTS UPDATE

UPCOMING FIXTURES...

Monday 21st of September - Cross Country all year groups
If you are interested in running and representing the school
please see Miss Taylor or Mr Kandola at breaktime.

Monday 21st of September
Year 11 Football Cup fixture V President Kennedy

Extra Curricular Timetable – Autumn Term



Monday	KS3 and KS4 Basketball – Sports Hall Mr Kandola	Y7 and Y8 Rugby – Field Miss Taylor
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Tuesday	KS3 Football – Field Mr Sneddon	KS3 and KS4 Netball – Courts Miss Taylor
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Wednesday

Staff Training – No Clubs

Thursday	KS4 Football - Field Mr Kandola	Badminton + Table Tennis – Sports Hall Mr Sneddon
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Friday	KS4 and KS5 Basketball – Sports Hall Mr <u>Mavrodin</u>
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Understanding the influence of beauty and fitness content on young people

Social media is a central part of many young people's lives and while it can be a space for creativity and connection, it also exposes children to powerful messages about appearance, body image and self-worth. One growing concern is the rise of beauty and fitness influencers - content creators who focus on appearance, dieting, exercise routines and 'ideal' lifestyles. While some content can be positive or motivating, much of it promotes unrealistic standards that can negatively affect how young people see themselves.

What is this content, why are children seeing it and how can it be harmful?

Platforms like **TikTok, Instagram and YouTube** use algorithms to show users more of what they engage with, so even brief interactions can quickly shape what a child sees. This often leads to repeated exposure to beauty content (more commonly targeted at girls) and fitness content (more commonly targeted at boys), which can appear within minutes of using an app.

While some of this content can be positive, frequent exposure can lead young people to compare themselves to unrealistic or edited images, feel pressure to look a certain way and develop low self-esteem. It can also promote unhealthy habits and narrow ideas about appearance, making it difficult for young people to recognise its impact.



CONVERSATION
starts
FOR
PARENTS

TALKING OPENLY ABOUT THIS TOPIC CAN MAKE A BIG DIFFERENCE. YOU DON'T NEED TO HAVE ALL THE ANSWERS, STARTING THE CONVERSATION IS WHAT MATTERS.

"WHAT KIND OF VIDEOS DO YOU SEE MOST ON YOUR FEED AT THE MOMENT?"

1

2

"DO YOU THINK THE PEOPLE IN THOSE VIDEOS LOOK LIKE PEOPLE IN REAL LIFE?"

"HOW DO THOSE POSTS MAKE YOU FEEL ABOUT YOURSELF?"

3

4

"DO YOU THINK ANY OF THAT CONTENT IS EDITED OR FILTERED?"

"WHAT DO YOU THINK A HEALTHY LIFESTYLE ACTUALLY LOOKS LIKE?"

5



MYTH VS REALITY

It can be helpful to challenge some of the common messages young people may absorb from social media by looking more closely at the reality behind them.



MYTH

REALITY

"Everyone online looks like this."

"If I don't look like that, something is wrong with me."

"Fitness content is always healthy."

Much of what young people see is filtered, edited, posed or carefully selected. It is not an accurate reflection of everyday life.

Bodies develop at different rates, especially during adolescence. There is no single 'ideal' body type.

Some content promotes unrealistic routines, overtraining or unhealthy attitudes towards food and exercise.

How to reduce this content in your child's feed

While you can't control everything your child sees, there are practical steps that can help reshape what the algorithm shows them:

Encourage mindful scrolling: remind your child they don't have to engage with every video. Even pausing on content can signal interest to the algorithm.

Use 'not interested' features: most platforms allow users to hide or reduce similar content.

Diversify their feed: encourage following accounts based on hobbies, interests or positive role models outside of appearance-focused content.

Review screen time and usage together: regular check-ins can help you understand what they're seeing.

Open communication with school is one of the best ways to support your child – At Meadow Park we understand that sometimes other things can impact on our young people and wasn't to support them where we can – With this in mind we wanted to highlight the COVENTRY YOUNG CARERS. our Please take the time to look at the below Postcard from the service and consider reaching out to them, as well as us at school to let us know and see what we can do to support.

ARE YOU A YOUNG CARER?

Young Carers are people aged between 5 and 18 years old who have a responsibility for looking after or helping someone else to look after a person who has any of the following:

- A disability
- A long term illness
- A mental health illness
- An addiction to drugs or alcohol

The person you care for could be your mum, dad, brother, sister, grandparent or even a close friend. As a Young Carer you may help out with some of the following:

- Shopping
- Cooking
- Cleaning
- Making sure the person you care for takes their medicine
- Listening to the person you care for
- Taking care of siblings

Whether you need a chat, information, advice or want to get involved with our groups and activities, **we are here to help and support you!**

If you think you might be a young carer or just want to find out more about our work, please get in touch - **we look forward meeting you!**

CARERS TRUST
Heart of England

Address:
4 Queen Victoria Road
Coventry
CV1 3JH

Contact us:
contactus@carerstrusthofoe.org.uk
www.carerstrusthofoe.org.uk
02476 632972

CARERS TRUST

Heart of England

Next Steps...

Scan the QR code

Complete our short enquiry form

Our team will contact you to talk about your caring role

Receive support, make friends & learn new skills!

Coventry Young Carers Services

YoungCarersCoventry

youngcarers@carerstrusthofoe.org.uk

024 7663 2972

thrive at work
PROVIDING IN PEOPLE
COMMUNITY FUND
Warwickshire County Council
Leamington City Council
FR
REGULATED BY
CARE QUALITY

CARERS TRUST YOUNG CARERS

SCAN ME



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.

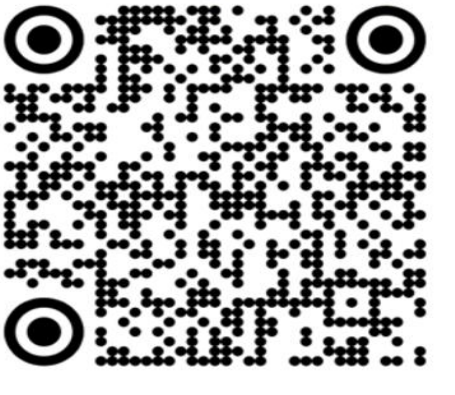
The guide attached will breakdown some of the most currently used terms, what they *really* mean and why they matter. As Parents if we know the language that our children are using it helps use recognise when they are using it to perhaps conceal what they are talking about (especially if it's risky).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



DISCOVER MUSIC AT MEADOW PARK!

BRASS & WOODWIND LESSONS

Ever wanted to learn how to play an instrument?

Now is your chance! We are offering exciting brass and woodwind music lessons for students at Meadow Park School.

WHY GET INVOLVED?

- Learn a brand-new skill
- Have fun and make music
- Build confidence
- Develop your creativity
- Meet other students who love music
- Learn from experienced music tutors



LESSONS START

Week commencing **28th September**

Lessons will take place during the school day, with instruments provided.

INSTRUMENTS AVAILABLE

- Flute
- Clarinet
- Trumpet
- Cornet
- Trombone



FULLY FUNDED TO START!

Your first 10 music sessions will be **FREE**, funded by Meadow Park School.

After the first 10 sessions, parents/carers will have the opportunity to continue lessons by taking over payment directly with Coventry City Council.



SIGN UP & START YOUR MUSICAL JOURNEY!

Speak to Mr Lowe in Music to be added onto the sign up sheet

Alongside Coventry Music we are offering 10 weeks of free instrument lessons for 50 pupils.

25 slots are available for **Brass**: Cornet, Trumpet and Trombone.

25 slots are available for **Woodwind**: Clarinet and Flute.

Pupils from Year 7 through to Year 10 can register their interest with me (Mr Lowe) in T01. It will be first come first serve, lessons will take place in school time, and the loan of the instrument is also included as free. It's an insanely incredible opportunity for pupils to get their hands on an instrument and learn.



Mental Health Support Team
in Schools



Dimensions tool



Free online personalised self-care
information & support for adults and
children in Coventry & Warwickshire

Tips For Wellness Nutrition

Nutrition refers to the nutrients in food and how our body uses them to stay strong and healthy. There are lots of positive benefits for our **physical health**, nutrition is also really important for our **mental health**!

Our brain works hard taking care of our thoughts, movements, breathing, heartbeat and senses (even when we are sleeping!), so we must fuel our brain with nutritious foods to help us function. This can help us to think clearly, increase our energy levels and support concentration. What we eat also affects our mood too!

Our tips:

- 1. Get involved in the cooking**– Can you help your parent/carer to prepare dinner? This can be a fun way to spend time with others and learn a new skill.
- 2. Make it fun**- There are lots of different ways different foods can be prepared. You could try experimenting putting different food together to see what you like and don't like.
- 3. Try something new**- When was the last time you tried a new food? It can be exciting to find out what food we like and don't like. Also, our tastes can change as we grow and develop. See if you can set yourself a challenge to try a new food this week.
- 4. Keep Hydrated**- Dehydration could lead to headaches, difficulty focusing and may impact sleep. Try to ensure you are regularly drinking water, it can be useful to bring a bottle of water to school every day to remind you to stay hydrated!

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.



MEADOW
PARK
SCHOOL

Health & Wellbeing



In School...

At Meadow Park we want to support the Mental and Physical Health of our students and families.

Moving your body is not only good for our physical health but has an impact on our mental health too.

After school sports clubs available this term...

Extra Curricular Timetable – Autumn Term

Monday	KS3 and KS4 Basketball – Sports Hall Mr Kandola	Y7 and Y8 Rugby – Field Miss Taylor
Tuesday	KS3 Football – Field Mr Snedden	KS3 and KS4 Netball – Courts Miss Taylor
Wednesday	Staff Training – No Clubs	
Thursday	KS4 Football – Field Mr Kandola	Badminton + Table Tennis – Sports Hall Mr Snedden
Friday	KS4 and KS5 Basketball – Sports Hall Mr Masrobin	

By Yourself...

Moving isn't just exercising. Things you can do to move and look after your wellbeing include...

- Listen to music and dance
- Go for a walk with friends
- Tidying your room
- Finding a safe space to scream and shout.

If you would like to promote any community event/ service please let us know

Sign up for Emails about Events in Coventry-
www.coventry.gov.uk/whatson

Comunnity/ Events-

ACTIVE FAMILIES-

Alan Higgs- 4pm Mondays- Free sports 11-14
<https://www.coventryrocks.co.uk/things-to-do/active-families>

River Festival at Charterhouse-

Sat/ Sun-
Free crafts/ stalls

<https://www.sherbournevalley.co.uk/post/river-festival-coventry-autumn-2026>



MP-Wellbeing@meadowparkschool.com



Health and Wellbeing



To support the Physical and Mental Health/ Wellbeing of students at Meadow Park the school offers:

- Counselling
- Group Interventions
- Short/Long term Adaptations e.g. Lift Pass
- Referrals to external specialist support e.g. The Mental Health in Schools Team (MHST)
- Mentoring
- Health Care Plans

How to access support for your child.-

Email: **MP-Wellbeing@meadowparkschool.com**

Or Use the QR code to make ask for support online

Key Staff

Physical and Mental Health Lead-

Eve Fraser

School Counsellors-

David Byrne Jo Sparrow



Protect your child from flu

The School Immunisation Team need your correct contact details



Have your email address or mobile phone number changed within the last year? If so, please get in touch with your team:

Coventry schools:

- ✉ bewise.immunise@covwarkpt.nhs.uk
- ☎ 02476 961422

North Warwickshire schools:

- ✉ NorthImms@covwarkpt.nhs.uk
- ☎ 02476 321550

South Warwickshire schools:

- ✉ SouthImms@covwarkpt.nhs.uk
- ☎ 01926 353899

FANTASY
TUESDAYS
 in the LIBRARY

geeky
WEDNESDAYS
 in the LIBRARY

Traditional
THURSDAYS
 in the LIBRARY

creative
FRIDAYS

CANVAS

GAMES CLUB

FANTASY PREMIER LEAGUE

CALLING ALL YEAR 12 SCIENTISTS!

**CALLING ALL
YEAR 12 SCIENTISTS**
Become a KS5 Science Ambassador!

Are you passionate about Science?

As a KS5 Science Ambassador, you will:

- ## As a KS3 or KS4 you will:
- Support KS3 & KS4 students' trips and events
 - Represent the science department at open evenings
 - Help run Science Club (Thursday Lunchtime)
 - Run half termly science quizzes for KS3 & KS4 pupils to earn house points
 - Develop leadership and communication skills
 - Create posters promoting science around school
 - Update KS3 and 4 homework leader board
 - Update KS3 and 4 star of science board

BIOLOGY

CHEMISTRY

PHYSICS

**BTEC
APPLIED
SCIENCE**

PERFECT IF YOU STUDY



INTERESTED? Speak to Mrs Webb to apply!

FOLLOW US ON SOCIAL MEDIA



STAY CONNECTED
KEEP UP TO DATE WITH THE LATEST
NEWS & UPDATES



Meadow Park School



@meadowparkschoolcoventry



MEADOW PARK
SCHOOL



MEADOW PARK SCHOOL

THRIVING TOGETHER