



Message from the Headteacher

I have been incredibly impressed with the start to the new academic year. Our students have returned looking smart, positive and ready to learn, setting a wonderful tone across the school. A particular welcome goes to our new Year 7 students, who have settled in exceptionally well and are already embracing life at Meadow Park. We are also delighted to have unveiled our brand new Sixth Form Centre, which is proving extremely popular with both our Year 12 and Year 13 students, providing them with an excellent environment in which to study and prepare for their next steps. Attendance has also been very positive this week, with Year 7 achieving an outstanding **100% attendance**. Thank you to families for your support in ensuring students are in school every day and ready to learn. Let's keep this up!

We were also delighted to welcome visitors from the BBC into school today. They were filming as part of their coverage of the national Year of Reading and spent time speaking with students and staff about the fantastic reading culture we have developed at Meadow Park. The team were extremely complimentary about what they saw, and we are proud that the school will be featured across BBC News, radio and online platforms next week, most likely on Tuesday. It is always wonderful to be able to showcase the achievements, talents and opportunities that make our school such a special place.

Next week we will host our annual Open Evening for families of current Year 6 pupils who are considering their secondary school choices for next September. This is one

of the highlights of our year and a fantastic opportunity to welcome prospective families into our community. I would like to thank in advance all of the students who have volunteered to support the event. Their enthusiasm, confidence and pride in our school make a huge difference. As Open Evening runs from **5.00pm to 7.00pm on Thursday 10th September**, school will close at lunchtime on that day. This will allow students to return home, rest and prepare before coming back to support the event, while also giving staff time to set up and ensure everything is ready for our visitors.

Finally, I would like to politely remind families that we do not permit vehicles or pedestrians to enter the school grounds to drop off or collect students at the start or end of the day. With almost 1,000 students and adults entering and leaving through our main entrance, it is important that we keep the site safe and manage congestion as effectively as possible. I would also like to take this opportunity to remind parents and carers about the strength of our House system. Every student belongs to a House and is supported by a Tutor, House Leader and Head of House, who should be your first point of contact for any questions, concerns or support needs. Thank you, as always, for your continued partnership and support. I wish you and your family a lovely weekend.

Mrs Bernadette Pettman
Headteacher

Nurturing Excellence, Growing Aspiration, Thriving Together





NURTURING EXCELLENCE

ATTENDANCE AWARDS



ELITE ATTENDANCE

ORBIS 156

LUNAR 149

SOL 150

FULMEN 152

BEST ATTENDANCE TUTOR GROUP

Orbis 6: 98.7%

Stellae 12B: 97.8%

Stellae 12A: 96.5%

BEST ATTENDANCE BY YEAR GROUP

Year 7: 100%

Year 12: 97%

Year 11: 92%





MEADOW PARK
SCHOOL

THRIVING TOGETHER

Nurturing Excellence
Growing Aspiration
Thriving Together

OPEN EVENING

Date: Thursday 10th September

Time: 5:00pm – 7:00pm

Headteacher Presentation:
6:00pm

Visit www.meadowparkschool.com
for more information.

MEADOW PARK SCHOOL, ABBEY ROAD, COVENTRY, CV3 4BD



GROWING ASPIRATIONS SPORTS UPDATE



After school clubs will run from 3:15pm-4:15pm.
You do not need to sign up for these clubs, and you need to arrive
at the PE shutter to take part.

You will need to bring your black school PE kit to take part
in these sessions.

Please try and take part in as many clubs as possible.
We will be handing out stamps to students who are taking part in
clubs, and they will also be rewarded for their attendance effort.

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 Sneddon

KS3 and KS4 Netball – Courts
Miss Taylor

Wednesday

Staff Training – No Clubs

Thursday KS4 Football - Field
Mr Kandola

Badminton + Table Tennis – Sports Hall
Mr Sneddon

Friday KS4 and KS5 Basketball –
Sports Hall
Mr Mavrodin



SAFEGUARDING



Top tips supporting children going back to school (+PDF)

The return to school after summer can be a whirlwind of emotions – a mixture of excitement, nerves, and everything in between. This guide shares ten practical tips to support children during this transition. From re-establishing routines to encouraging conversations about feelings, this guide is designed to reduce stress and build a sense of calm.

Whether children are starting a new school, heading into a different year group, or readjusting after a long break, these strategies can help to ensure a smooth transition. From planning ahead and refreshing social connections to creating calm mornings and supporting healthy sleep habits.

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



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!

SCAN ME



Coventry Young Carers Services

YoungCarersCoventry

youngcarers@carerstrusthofe.org.uk

024 7663 2972

CARERS TRUST
Heart of England

Address:
6 Queen Victoria Road
Coventry
CV1 3JH

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



CARERS TRUST HEART OF ENGLAND (A COMPANY LIMITED BY GUARANTEE), COMPANY NUMBER: 03204963, CHARITY NUMBER: 1057024.



New route to your new school?

Hanging out with your new friends in the community?

Parents allowing you more freedom?

Now is a great time to review these safety tips!

Remember that sharing these tips with your friends helps you ALL keep safe!.

10 PERSONAL

Safety Tips



→ Always **stay alert** and be aware of your surroundings.



→ **Travel in a group** when you can, there's safety in numbers.



→ Before visiting a new place, always conduct thorough research beforehand.



→ Carry a **personal alarm** with you, especially at night.



→ When you feel unsafe, always **contact someone**.



→ Always **trust your instincts**, especially if you feel unsafe in an area.



→ Always choose **well-lit areas** for walking, as criminals are less likely to target these locations.



→ Keep your **valuables in sight at all times** when you're out and about.



→ **Never share** personal information with strangers.



→ **Always check** that your house or car is locked before leaving.



We believe children and young people in Coventry should always...



be & feel valued



be & feel safe



have opportunities



be & feel healthy



be & feel loved



MEADOW
PARK
SCHOOL

Health & Wellbeing



In School...

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

We want to promote the Health and Wellbeing to help our students and family thrive..

In School we offer a range of support including

Lunch/ After School Clubs
Group work- e.g stress.
Mentoring
Counselling
Support with Health Care Plans
and more.

To access support please use the QR code or email us at
MP-Wellbeing@meadowparkschool.com

By Yourself...

Knowing what to do, and sorting good advice from the bad can be overwhelming.

We want to promote student's own resilience and 'Tool Kit' to support themselves.

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

Community/ Events-

Upcoming events for all ages can be found at -

<https://www.coventryrocks.co.uk/>

To see the range of support available in the city for Health and Wellbeing the Coventry Information Directory is a great place to start.

<https://cid.coventry.gov.uk/kb5/coventry/directory/family.page?familychannel=0>

Access Support-



MP-Wellbeing@meadowparkschool.com

10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Returning to school after the summer holidays can be both exciting and daunting for children of all ages. Different routines, classes, schools, and academic pressures can cause anxiety or uncertainty. Parents play a vital role in easing this transition. This guide will help you support your child emotionally, mentally, and practically as they return to school.

1 RE-ESTABLISH ROUTINES

Gradually shift back to school-time routines a week or two before term starts. Regular bedtimes, wake-up times, and mealtimes can help children feel more secure and reduce the shock of change when school begins. Having a routine creates predictability and stability, helping to reduce anxiety while improving sleep and concentration.

2 TALK ABOUT FEELINGS

Encourage open conversations with children about their feelings. Ask them how they feel about returning to school, such as what they're looking forward to and anything they might be feeling unsure or worried about. Validating their emotions can help reduce anxiety and show them it's okay to talk about their emotional wellbeing.

3 SUPPORT WITH SLEEP

Children need adequate sleep for concentration, brain function, memory, and emotional regulation. Establish a wind-down routine without screens at least an hour before bed, and encourage relaxing activities like reading or listening to calming music.

4 LOOK OUT FOR SIGNS

Some children hide their anxiety. Watch for changes in their behaviour, such as withdrawal, stomach aches, and irritability. If worries persist, speak with their teacher or the pastoral team early to ensure your child receives support.

5 REFRESH SOCIAL CONNECTIONS

Help children reconnect with school friends by arranging playdates or video chats in the week before school starts. Familiar faces and social interactions help the transition and provide emotional comfort on that first day back.

6 CREATE A CALM MORNING

Mornings set the tone for the day. Plan ahead with a consistent morning routine that allows time for breakfast, getting dressed, and talking excitedly about the day. Avoid last-minute rushing to reduce stress for everyone.

7 FOCUS ON POSITIVES

Talk about the fun and interesting parts of school - seeing friends, favourite subjects, or exciting activities. One simple but powerful change parents can make is swapping "How's your day been?" for "What's been good about your day?" This invites more of a positive, open response. Focusing on positives can help shift children's anxious thoughts and reframe school as a safe and engaging place.

8 VISIT OR VISUALISE SCHOOL

If possible, encourage visits to the school grounds before the first day, especially if it's a new school. Walking the route or even looking at photos of classrooms and teachers can make the environment feel familiar. The school website is always a great go-to place for this. This is particularly helpful for younger children or those with additional needs.

9 PLAN AHEAD TOGETHER

Involve children in preparing for school - buying supplies, packing their bag, or choosing lunch options. This gives them a sense of control and builds excitement. Use checklists or calendars to prepare together, helping reduce last-minute stress.

10 STAY POSITIVE AND PRESENT

Children pick up on your outlook. Stay calm, positive, and present, especially during drop-offs. Avoid lingering goodbyes, and let them know you'll be there at pick-up. A consistent, reassuring presence builds their confidence and resilience.

Meet Our Expert

This guide was created by Jo Morton-Brown, an Emotional Health Practitioner with nearly 15 years' experience supporting children and young people's mental health. She produces uplifting YouTube content for pupils and trains adults to better support young people's wellbeing, with a mission to help every child feel valued and understood in their emotions.



The National College

Workshops and Programmes for Parents

September to December 2026



Programmes

Keeping The Child in Mind Programme - Promoting healthy parenting relationships

Venue	Date	Time
Park Edge Family Hub	Tues 8 Sep - 29 Sept	9.15 - 11.15am
Park Edge Family Hub	Tues 8 Sep - 29 Sept	12.30 - 2.30pm
Pathways Family Hub	Thurs 5 Nov - 26 Nov	9.15 - 11.15am
Pathways Family Hub	Thurs 5 Nov - 26 Nov	12.30 - 2.30pm

Welcome to the World Antenatal Programme

Venue	Date	Time
Pathways Family Hub	Mon 7 Sept - 28 Sept	5 - 7pm

Baby Five to Thrive (babies 6 weeks - 10 months)

Venue	Date	Time
City of Coventry Health Centre	Thurs 27 Aug - 24 Sept	10 - 11am
Park Edge Family Hub	Weds 4 Nov - 2 Dec	2 - 3pm

The Nurture Programme (10 weeks)

Venue	Date	Time
Christ The King School	Thurs 24 Sept - 3 Dec	9.15 - 11.15am

The Nurture Programme (8 weeks) (S.E.N.D Programme)

Venue	Date	Time
Sherbourne Fields School	Tues 15 Sept - 10 Nov	12.30 - 2.30pm
Joseph Cash Primary School	Weds 23 Sept - 18 Nov	1 - 3pm

Living With Confidence - For Women

Venue	Date	Time
Woodside Family Hub	Fri 2 Oct - 27 Nov	9.30 - 11.30am

The Parenting Puzzle Programme (parents of 0-5s only)

Venue	Date	Time
Families For All Family Hub	Mon 28 Sept - 19 Oct	9.15 - 11.15am

The Parenting Puzzle Programme (parents of 0-5s only)

Venue	Date	Time
Virtual	Tues 17 Nov - 8 Dec	5.30 - 7.30pm

Workshops

Understanding Children's Behaviour Workshop

Venue	Date	Time
Radford Primary School	Thurs 15 Oct	9 - 11am
Aldermoor Farm Primary School	Tues 6 Oct	9.15 - 11.15am
Virtual	Tues 15 Dec	5.30 - 7.30pm

Sleep Workshop

Venue	Date	Time
Virtual	Thurs 3 Dec	5.30 - 7pm
Virtual	Weds 9 Sept	5.30 - 7pm

Talking Teens Workshop

Venue	Date	Time
Virtual	Weds 7 Oct	5.15 - 7.15pm
Virtual	Mon 23 Nov	5.30 - 7.30pm

Booking details

To book onto any programme or workshop please visit www.coventryfamilies.co.uk/parenting-support and click on the booking tab.

Questions and queries:
familyrelationships@coventry.gov.uk
 or Tel: 024 7678 6949

Coventry Families Portal
coventryfamilies.co.uk



LIBRARY CLUBS NEXT WEEK ...

	 FI UNO ELITE 
	HERO SLAM
	SIMILIO MYTHS
	CHESS CLUB
	BLOCK PARTY

AFTER SCHOOL IN THE LIBRARY

	Dungeons & Dragons club COMING SOON!
	
	GAMES CLUB



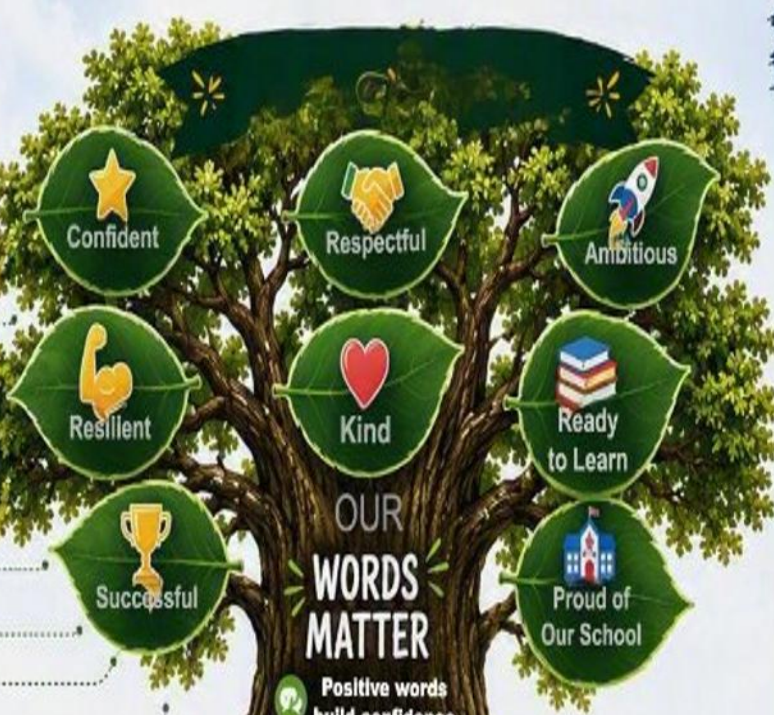
**MEADOW
PARK
SCHOOL**

NURTURING
EXCELLENCE
GROWING ASPIRATION
THRIVING TOGETHER

Thriving Together at Meadow Park

WHERE WE GROW

-  In Lessons
-  With Friends
-  Around School
-  In Tutor Time
-  In Assemblies
-  Clubs & Activities
-  In the Community
-  Online & Digital Spaces



WHEN VISITORS ARE IN SCHOOL

-  Be positive
-  Be respectful
-  Be ready to learn
-  Be proud of your school
-  Be your best self
-  Be Meadow Park

NURTURING EXCELLENCE

-  Always trying our best
-  Supporting each other
-  Believing we can improve

GROWING ASPIRATION

-  Dreaming big
-  Taking opportunities
-  Being ambitious

THRIVING TOGETHER

-  Belonging
-  Respect
-  Positive relationships

The best version of Meadow Park is the best version of you

STRONG ROOTS. POSITIVE WORDS. PROUD STUDENTS.

We show our best version of ourselves. We show kindness, ambition, respect and pride because these values are already part of who we are.



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