

# Newsletter



MEADOW PARK  
SCHOOL

## Message from the Headteacher

Last Friday, a group of students and staff took part in our Meadow Park 'Camp Out', spending the night in tents on the school field and embracing a range of outdoor challenges and activities. Students learned practical camping skills, including putting up and taking down tents, preparing food and working together as a team, before enjoying a night under the stars. Experiences like these are about so much more than camping; they provide valuable opportunities for young people to step outside their comfort zone, build confidence, develop resilience and create lasting memories with their peers.

We are incredibly proud to be a Duke of Edinburgh Award centre, with many of our students currently undertaking their Bronze and Silver Awards, and our Sixth Form students preparing to begin their Gold Award journeys. Camping is just one element of the Duke of Edinburgh programme, which offers young people the chance to develop independence, problem-solving skills, leadership, commitment to volunteering and a willingness to try new experiences. The friendships, confidence and life skills gained through the Award stay with participants long after they have completed it. Having seen the impact of the programme through my own children, who completed their Bronze, Silver and Gold Awards and attended the Buckingham Palace celebration, I would strongly encourage all families to explore how their child could become involved in this fantastic opportunity.

Our enrichment programme continues to go from strength to strength, and there truly is something for everyone at Meadow Park. I am delighted to see our Library team continuing to expand the range of clubs and activities available to students, including the increasingly popular game of Sequence, which I can personally recommend! Alongside this, students can take part in weekly House competitions, sports clubs, performing arts activities and a host of other opportunities beyond the classroom. As we look ahead to next week, a reminder that it is a full school week and attendance every day matters. Every day in school brings new opportunities for learning, achievement, friendship and personal growth. When students are absent, they do not just miss lessons; they miss the experiences, challenges and enrichment opportunities that help make school life so rewarding.

Have a lovely weekend.

***Mrs Bernadette Pettman***  
**Headteacher**

**Nurturing Excellence, Growing Aspiration, Thriving Together**



FINHAM PARK  
MULTI ACADEMY TRUST

Issue: 16<sup>th</sup> October 2026



# NURTURING EXCELLENCE ATTENDANCE AWARDS



| BEST ATTENDANCE<br>TUTOR GROUP |
|--------------------------------|
| Orbis 5: 99.6%                 |
| Lunar 4: 97.1%                 |
| Orbis 2: 96.7%                 |

| ELITE ATTENDANCE |
|------------------|
| ORBIS ?          |
| SOL ?            |
| LUNAR ?          |
| FULMEN ?         |

| MOST IMPROVED TUTOR<br>GROUP |
|------------------------------|
| Fulmen 3: +6.2%              |
| Lunar 5: +4.4%               |
| Lunar 4: +3.5%               |



MEADOW PARK  
SCHOOL

## ATTENDANCE IS A LEGAL RESPONSIBILITY



Parents/carers are  
legally responsible  
for ensuring their child  
attends school regularly  
and on time.



Unauthorised  
absence can  
lead to  
**legal action.**

### TO SUPPORT GOOD ATTENDANCE, PARENTS SHOULD:



#### ENSURE DAILY ATTENDANCE

Every day in school  
matters.



#### REPORT ABSENCES BY 8:40AM

Contact the school by 8:40am  
on the first day of absence.



#### PROVIDE EMERGENCY CONTACTS

Keep your contact details  
up to date.



#### ARRANGE APPOINTMENTS OUTSIDE SCHOOL HOURS

Where possible, book medical  
and other appointments  
outside school time.



#### DISCUSS PLANNED ABSENCES IN ADVANCE

Request leave in advance  
and work with the school.



#### SEEK SUPPORT IF ATTENDANCE BECOMES DIFFICULT

We are here to help—  
let's work together.

**GOOD ATTENDANCE. BRIGHT FUTURES.**

*Every Day Counts.*



# AFTER-SCHOOL INTERVENTION, REVISION CLASSES & MOCK EXAMS

For Year 11 students, after school intervention is an opportunity to revise and prepare for mock exams alongside teachers and other students. Please encourage your child to attend to give them the best chance of success in the mock exams.

| Week | Monday  | Tuesday                                                      | Wednesday  | Thursday | Friday                      |
|------|---------|--------------------------------------------------------------|------------|----------|-----------------------------|
| 1    | English | Art<br>Business<br>History<br>Geography                      | No classes | Maths    | DT & Engineering<br>Science |
| 2    | English | Art<br>Business<br>History<br>Geography<br>Spanish<br>French | No classes | Maths    | DT & Engineering<br>Science |



## **MOCK EXAMS START** **Monday 19<sup>th</sup> October**

with speaking exams for those students studying another language & practical exam for those studying Art

### **Monday 9<sup>th</sup> November**

Exams will continue after half term break



## **REVISION RESOURCES EXAM DATES**

You can find other revision resources on our website, as well as the dates of all mock exams



<https://meadowparkschool.com/keyinformation/exams/>

### **CALENDAR DATES:**

Thursday 22<sup>nd</sup> October:

Awards Evening, 5-7pm

Friday 23<sup>rd</sup> October:

Last day of term

Monday 2<sup>nd</sup> November:

Term starts

Thursday 26<sup>th</sup> November:

6<sup>th</sup> Form Open Evening &

Flu vaccinations

Saturday 5<sup>th</sup> December:

Christmas Fayre

# GROWING ASPIRATION

## Meadow Park School Camp Out



Last Friday Meadow Park held their first school campout!! I was so proud of everyone that attended! You were all amazing and worked so well to help each other out! New friendships were formed and you really showed how amazing Meadow Park students are.

Miss Monteiro



# GROWING ASPIRATION

## SPORTS UPDATE

### UPCOMING FIXTURES...

|                                    |                                                    |
|------------------------------------|----------------------------------------------------|
| Friday 16 <sup>th</sup> October    | – Y7 Dodgeball Values competition                  |
| Monday 19 <sup>th</sup> October    | – Y11 Football Game V President Kennedy (HOME CUP) |
| Tuesday 20 <sup>th</sup> October   | – Year 8 Football game v Lyng Hall (AWAY)          |
| Wednesday 21 <sup>st</sup> October | – Bell Boat Competition                            |
| Monday lunch time                  | – Girls Basketball club all years                  |
| Monday after school                | – KS3 Rugby Club                                   |
| Friday break time                  | – Girl's basketball club all years                 |
| Friday lunch time                  | – Girl's football club all years                   |

### Football Derby Report – Meadow Park vs Finham Park

A massive well done to our football teams from **Years 7, 9, 10 and 11**, who travelled to Finham Park School for the football derby! All four year groups represented Meadow Park brilliantly, showing great effort, determination and sportsmanship.

#### Here are the results:

- 🔥 **Year 7s – WON 8–0!** The Year 7s continued their unbeaten streak with an outstanding performance and a fantastic 8–0 victory. What a team!
- 💪 **Year 9s – LOST 3–2.** A very close contest, with the team battling hard right until the end.
- ⚽ **Year 10s – LOST 5–3.** A competitive, goal-filled game with plenty of effort from the team.
- 👊 **Year 11s – LOST 2–1.** A narrow defeat in a closely fought match.

Although the results were mixed, every team gave their best and represented the school with pride. A special well done to the Year 7s for keeping their unbeaten run going!

**Well done to all the players who took part!**  
Your attitude, commitment and sportsmanship were excellent!



### Badminton Report

#### Meadow Park vs King Henry's School

On Wednesday, we took a group of students to King Henry's School for a badminton fixture, where everyone represented Meadow Park brilliantly! It was a very closely contested competition, with some fantastic performances across all events.

#### Here are the results:

- Singles:** Lost 3–2, with two games going to tie-breaks! It was incredibly close.
- Doubles:** Drew 2–2, showing great teamwork and determination.
- Mixed Doubles:** Lost 3–2 in another competitive round of matches.

A **special shout-out to Grace Clarke**, who won both her singles and doubles games! 🏸️🏸️ An outstanding achievement and a fantastic contribution to the team.

Well done to all the students who took part and represented the school with pride!





## VPNS – What are they and why do I need to know?

Virtual Private Network (VPN's) use has increased following the changes to online safety in the U.K where there has been increased control over safety filters and protection on age-inappropriate content.

The benefits of using a VPN are to improve privacy on public wi-fi, adding protection (especially if you are online shopping/ banking). The dangers of having a VPN would be the ability to bypass safety features and allow access to graphic age-inappropriate content.

Please look at the attached guide to hear how it explains the dangers of untrustworthy providers, malware threats and the false sense of security the VPNs may give children. It also provides top tips from checking devices to having open conversations for parents to guide safe and responsible online behaviour.

### How to Help Keep Your Child Safe Online

- ✓ Take an active interest in the AI tools and apps they use.
- ✓ Encourage your child to talk about how they use AI and what they use it for.
- ✓ Regularly review the apps and websites they access, check privacy settings, and use parental controls where available.
- ✓ Keeping devices in shared family spaces can also help promote safe and responsible use.

### Useful Parental Monitoring Tools

**Microsoft Family Safety** (Windows and Xbox) Allows parents to manage screen time, filter websites, and receive activity reports.

**Google Family Link** (Android) Enables parents to supervise app downloads, monitor screen time, and manage online activity.

**Apple Screen Time** (iPhone and iPad) Provides app limits, content restrictions, and activity reports.

**Bark:** Monitors messages, emails, and online activity for potential safety concerns and alerts parents to issues such as cyberbullying or harmful content.

While these tools can be helpful, they are most effective when combined with regular conversations about online safety, privacy, and responsible AI use. Parents and carers should encourage children to discuss any AI tools they are using and create a family agreement about what is and is not appropriate. <https://www.linkedin.com/pulse/apple-google-microsoft-who-would-fall-first-abhishek-iyer>



### Useful Links:

[Use Parental Controls to Keep Your Child Safe | NSPCC](#)

[Parental controls - Kids Online Safety](#)

[Parental controls and privacy settings guides | Internet Matters](#)



### Have you spoken to your child about Anti-Social Behaviour Recently?

Drugs, Alcohol, Littering, verbal abuse and intimidation. Anti-Social behaviour effects families and the local community. It hurts businesses, creates stigmas around young people socialising and can lead to accusations and police interventions.

Take the time today to share the expectations you have on your child as a parent/ carer when they are out of the house and in the community. It is also worth going through a safety plan with them in case of an emergency – where would they go and how would they get help?

# What Parents & Educators Need to Know about VPNs

VPN use among UK teens is on the rise – with a noticeable uptick following the introduction of the Online Safety Act's age-verification rules. A VPN – or virtual private network – can boost online privacy by hiding internet activity and masking the user's location. But while this technology has legitimate uses, it can also allow children to bypass safety filters and access inappropriate content. This guide covers what parents and educators need to know about VPNs and how to keep young people safe.

## WHAT ARE THE RISKS?

### BYPASSING RESTRICTIONS

VPNs are commonly used by young people to get around blocks on school networks or parental controls. This could include accessing social media, gaming sites or adult content that would otherwise be filtered out.

### ACCESSING INAPPROPRIATE CONTENT

When a VPN is active, content filters can no longer see which sites a child is visiting. This means they could access inappropriate content without detection. This also makes it harder to intervene when a child is engaging in risky behaviour, as it may be difficult to detect it's happening.

### REDUCED TRANSPARENCY

VPNs may make parental monitoring software ineffective, stopping parents from monitoring their child's activities, including their ability to identify potentially harmful or inappropriate content or online contact. This in turn may prevent parents from protecting their children from attempted sextortion or other online threats.

### FALSE SENSE OF ANONYMITY

Children believing that VPNs make them 'invisible' online may seek to explore unsuitable internet content, including content which might otherwise be blocked. This may result in them seeking and accessing increasingly inappropriate – or even harmful – content.

### INCREASED EXPOSURE TO MALWARE

Many free VPN apps are poorly regulated and may carry hidden malware. Young people installing unverified software could unknowingly open up their device (and home network) to spying, data theft, computer viruses, or even remote access by criminals.

### RISK OF MALICIOUS VPN PROVIDERS

Although VPNs may increase privacy from network or service provider filtering and monitoring, this results in providing user and usage data to VPN providers. Some VPN providers may track user activity and sell that data to advertisers – or worse, malicious third parties. Not all VPNs are trustworthy.

## Advice for Parents & Educators

### EXPLAIN THE POSSIBLE BENEFITS OF VPNs

Explain how VPNs can help protect user data and therefore may be appropriate when using public or other unsecured Wi-Fi, or while dealing with sensitive corporate or personal data.

### EXPLAIN THE RISKS OF VPNs

Discuss online risks, including harmful, disturbing, and criminal content. Inform children about criminal contact, such as sextortion, and how VPNs may restrict adults from monitoring children's internet use and helping them avoid these risks.

### FREE ISN'T FREE

Discuss the risk of 'free' VPNs and how they may sell or use people's data, which adds privacy risks. Additionally, discuss the potential for added malware in VPN downloads, and how these compromise devices and apps, leading to potential fraud or theft.

### CHECK DEVICES FOR VPNs

VPNs can be installed as both apps and browser extensions, so regularly check these on the devices used by the young people in your care. If they have been using VPNs, discuss it, listen to their reasoning, and inform them of the associated risks. In some cases, it may be appropriate to block VPN use via parental controls and other settings.

### DISCUSS ONLINE BOUNDARIES

Reinforce the importance of keeping safe online and how filtering and monitoring helps keep young people safe – explain this to them rather than just 'being strict'. Encourage an open conversation around what they're accessing and why.

### Meet Our Expert

This guide has been created in collaboration with Gary Henderson, director of IT at a large independent school in the UK, an ambassador for the Association of Network Managers in Education and the Vice Chair of the Independent Schools Council Digital Advisory Group.



The National College

# Coventry Family Hubs Digital Offer Discovery Event



Come along to our **FREE** family event for a fun-packed session with activities for all ages.

**Tuesday 27 October 1.30pm to 3.30pm**

**At The Salvation Army,** Upper Well Street, Coventry, CV1 4AG

The Coventry Family Portal is your one-stop place to discover services, activities and support for families across Coventry.

From family relationships advice and health support to activities for children and young people, there's something for everyone.

## Take part in our Digital Treasure Hunt!

- Explore the Coventry Family Portal, follow the clues and see what you can discover. Complete the treasure hunt for your chance to WIN a special prize!
- Free to attend - no booking required.

## Fun and activities for children

- Under 5s activity area
- Create your own tote bag
- LEGO
- Pool table
- Football table
- Crafts for older children
- And much more!



**Coventry Libraries presents...**

# THE BIG BOOK BASH

**Wednesday 28 October 2026**

**10am - 3.30pm**

**Coventry Transport Museum**

**FREE event**

**Children and their families welcome**





# Science Club: Slime Recipe

This week in Science Club, we got hands-on with science by making our very own slime! Want to make your own slime at home? Follow our recipe below!

## You will need:

- ✓ Thicker PVA glue – works best 🧴
- ✓ Bicarbonate of soda 🍷
- ✓ Food colouring 🎨
- ✓ Cornflour
- ✓ A mixing bowl & spoon 🥄

## METHOD:

- Put 2 teaspoons of bicarbonate soda in a cup.
- Add 3 teaspoons of water.
- Add 1 teaspoon of PVA & stir the mixture for 1-2 mins.
- Add 3 teaspoons of cornflour and stir well.



MEADOW PARK  
SCHOOL

## GUITAR LESSONS

**SIGN UP THROUGH THE COVENTRY  
MUSIC WEBSITE :**

[Registration - Coventry Music](#)



**Lessons will be taking place on  
Wednesdays!**

# Health & Wellbeing



What's in your fuel tank? Just like a car needs the right fuel to keep moving - our bodies need fuel too! What we eat and drink gives us the energy we need to learn, move, concentrate and make the most of our day.

## In School...

We can help by making sure there are opportunities to eat and drink throughout the school day. Remember to make the most of breaks and lunchtime and stay hydrated. If you find that you're regularly missing lunch because you're busy, worried about queues or socialising, let someone know. We can work with you to find a way to make sure you have time to refuel.

## By Yourself...

Try not to skip meals and keep a water bottle with you to keep hydrated. Most importantly, listen to your body – hunger and thirst are signs that your tank might need topping up. If your energy is feeling low, taking a break and having something to eat or drink can help you refuel. Try not to compare, when you eat or what other people have with what works for you. Everyone's body and circumstances are different.

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

## Community/ Events-

Childline staying healthy  
Breakfast club - Every Day  
Cooking club  
Coventry Food network  
Social Supermarkets in the City-

Cheylesmore Food Hub  
111 Arundel Road, Coventry, CV3 5JL

Email [Cheylesmorefoodhub@gmail.com](mailto:Cheylesmorefoodhub@gmail.com)

Opening / Closing times:  
Friday 12.00PM – 1.00PM /  
Saturday 10.00AM–11.00AM

## Access Support-



# 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](mailto: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





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

### Being Brave

We can show bravery in lots of different ways, such as recognising that we feel a certain way (e.g., sad, anxious), asking someone for help when we need it and trying new things, even if we feel scared!

Feeling scared is often a sign that we are doing something challenging and it is completely normal to feel this way. Even though it can feel uncomfortable, being brave and facing these difficulties can also help us to learn and grow (both physically and emotionally). This can mean we need to step outside our comfort zone at times to be able to overcome challenges, but it is important to remember that being brave does not mean we have to cope alone.

#### Our Tips for Being Brave:

1. **Set yourself a goal to try something new.** Create a plan to break your goal down into smaller, more achievable steps! This can help your goal to feel less overwhelming.
2. **Take chances and make mistakes!** Sometimes it is helpful to fail, so you can practise being brave. Try something you have been wanting to try and take that chance to move out of your comfort zone. You might even find that it wasn't as bad as you thought it would be.
3. Practise **positive self-talk** to help develop your bravery. Repeat these sentences to yourself or out loud - 'I can do hard things'; 'I try my best'; 'I can enjoy challenge'. You might want to write positive statements on post-it notes and stick them around your mirror so you can remind yourself of them every day!
4. **Ask for help** when you need it from someone you trust. Taking the step to talk to someone is one of the bravest things you can do!
5. **Strike a power pose!** Standing up tall with your feet apart, your head held high and with your hands on your hips can help make you feel more confident and ready to take on a challenge. What pose makes you feel more confident?



*Follow the QR code for activities to  
support the theme 'being brave'!*

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.



**UNIVERSITY  
OF WARWICK**



**Rosetrees**

Supports the best medical research



# CBT-T FOR EATING DISORDERS

The University of Warwick is partnering with your school to offer a free, 10-session therapy to pupils with eating and body image difficulties. This therapy is CBT-T (a form of cognitive behavioural therapy). This would take place in school once a week (for 10 weeks) with a member of the research team from the University of Warwick. There will be follow up sessions at 1 month, 3 months, and 6 months.

## You can take part if you:

- Are aged 13 or above.
- Aren't taking part in any other therapy.
- Experience an eating disorder, or related difficulties (with eating, weight, body image, etc).
- Your parent/guardian consents (using the QR code).

That's it! This therapy is available to pupils of any gender.

**Interested?**

You can learn more and your parent / guardian can give consent using this QR code:



**Sign up to the study!**



Questions?  
Speak to Mrs Fraser  
(Physical and Mental  
Health Lead) in The  
Orchard



MEADOW PARK  
SCHOOL

# Christmas Fayre 2026

Saturday 5<sup>th</sup> December

FREE ENTRY

11AM - 1PM



Meet  
Father  
Christmas



Local  
stalls &  
gifts



Raffle &  
tombola



Christmas  
crafts &  
activities



Refreshments

*Bringing our school & community  
together this christmas!*



MEADOW PARK  
SCHOOL

# Christmas Fayre 2026

Saturday 5<sup>th</sup> December

## CALLING ALL SMALL BUSINESS OWNERS!

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Would you be interested in holding a stall at our community christmas fayre? Or are you in a position to donate a prize for our raffle or tombola?



A £10 refundable on the day deposit will be taken for all stalls!  
Please contact [admin@meadowparkschool.com](mailto:admin@meadowparkschool.com) for more information

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*Bringing our school & community together this christmas!*

# CLUBS, LIBRARY & more...

## LIBRARY CLUBS NEXT WEEK

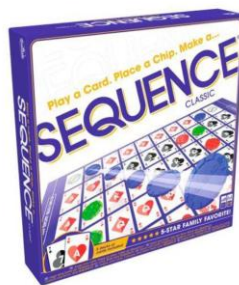
**FANTASY PREMIER LEAGUE**

**TELESTRATIONS**

**Harry Potter Labyrinth**

**CHESS CLUB**

## NEW IN THE LIBRARY



As recommended  
by Mrs Pettman!

|      |    |     |     |     |    |    |    |     |      |
|------|----|-----|-----|-----|----|----|----|-----|------|
| FREE | A♠ | K♣  | Q♦  | 10♥ | 9♠ | 8♥ | 7♦ | 6♣  | FREE |
| A♠   | 7♠ | 3♦  | 9♦  | 10♥ | Q♣ | K♠ | A♦ | 5♦  | 2♣   |
| K♠   | 6♥ | 10♦ | 8♠  | 7♦  | 6♦ | 2♦ | 4♦ | 3♦  |      |
| Q♦   | 5♦ | Q♠  | 8♥  | 7♥  | 6♥ | 5♥ | 3♥ | 3♦  | 4♦   |
| 10♥  | 4♦ | K♠  | 9♥  | 2♥  | 5♥ | 4♦ | 4♦ | 2♦  | 5♦   |
| 9♦   | 3♦ | A♠  | 10♦ | 3♥  | 4♥ | 3♦ | 5♦ | A♥  | 6♦   |
| 8♦   | 2♦ | A♦  | Q♥  | K♥  | A♥ | 2♦ | 6♦ | K♥  | 7♦   |
| 7♦   | 2♥ | K♦  | Q♦  | 10♦ | 9♦ | 8♦ | 7♦ | Q♥  | 9♦   |
| 6♦   | 3♥ | 4♥  | 5♥  | 6♥  | 7♥ | 8♥ | 9♥ | 10♥ | 9♦   |
| FREE | 5♦ | 4♦  | 3♦  | 2♦  | A♠ | K♠ | Q♠ | 10♠ | FREE |



## NOW IN THE LIBRARY



Already set up your team?  
Use code 4asvm5 to join.

**FANTASY  
PREMIER  
LEAGUE**

Year 7 & 8: Are you interested in myths, legends, roman history, or speaking a language nobody else can?

**LATIN  
CLuB**

WEDNESDAY 7/10 AFTER SCHOOL

### POTENTIAL TRIPS TO

The British Museum  
Bath  
London Museum  
Chester  
AND MORE!

Speak to Miss Edwards in  
P11 if interested

## AFTER SCHOOL IN THE LIBRARY

**MON**

**Dungeons & Dragons club**

**THU**

**GAMES CLUB:  
MARVEL UNITED**



**Positive  
Choices**

Support • Advice • Opportunities

REAL  
YOUNG PEOPLE.  
REAL CHANGE.

**HAVE YOUR SAY ON  
POSITIVE CHOICES!**

Complete this survey to be  
in with a chance of winning a  
**£100 gift voucher,**  
and to help us improve  
how we support young people.

One4all  
Gift Card

WIN A  
**£100**  
ONE4ALL  
GIFT CARD!

**ONLY TAKES  
5 MINUTES!**



YOUR  
OPINION  
MATTERS

SCAN THE QR CODE  
TO COMPLETE THE SURVEY



HELP US  
MAKE A DIFFERENCE

BETTER SUPPORT.  
BRIGHTER FUTURES.

# FOLLOW US ON SOCIAL MEDIA



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



Meadow Park School



@meadowparkschoolcoventry



MEADOW PARK  
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## MEADOW PARK SCHOOL

THRIVING TOGETHER