

Newsletter



MEADOW PARK
SCHOOL

Message from the Headteacher

It has been another wonderful week at school, with so much to celebrate both on and off the field. Our Year 7 football team made an outstanding start to their cup campaign, beating Lyng Hall School 10-0 in their very first match together. The boys demonstrated excellent teamwork, determination and attacking quality throughout the game, and it was a fantastic performance from every player involved. We are also incredibly proud of our cross-country team, who travelled to Finham and represented the school superbly. Every student showed great effort, resilience and teamwork across the races, with a special congratulations to our Year 11 boys who secured an impressive 1st place finish.

Our successes this week have not been limited to sport. It has been fantastic to see the launch of our Latin Club, with students showing real enthusiasm and curiosity as they embark on this new opportunity. The level of engagement and commitment from those attending has been incredibly impressive. Opportunities such as these enrich school life and reflect the wide range of talents, interests and ambitions that our students bring to our community every day.

In assembly today, I spoke to students about how proud I am of them and the positive way they contribute to our school. As we move into the next two weeks, our theme will be kindness. We reflected on the power of a smile, a kind word and a thoughtful action, and the difference these small gestures can make to someone's day. Kindness costs nothing, but its impact can be enormous. Thank you, as always, for your continued support in reinforcing these values at home as we work together to help our young people grow into confident, compassionate and respectful young adults.

Mrs Bernadette Pettman
Headteacher

Nurturing Excellence, Growing Aspiration, Thriving Together



FINHAM PARK
MULTI ACADEMY TRUST

Issue: 09th October 2026



NURTURING EXCELLENCE ATTENDANCE AWARDS



BEST ATTENDANCE TUTOR GROUP

Orbis 5: 96.2%

ST13A: 95.7%

Orbis 2 & ST13B: 95%

ELITE ATTENDANCE

ORBIS 117

SOL 110

LUNAR 106

FULMEN 92

MOST IMPROVED TUTOR GROUP

Fulmen 3: +6.2%

ST13A: +5.3%

Sol 2: +5%



MEADOW
PARK
SCHOOL



HOLIDAYS DURING TERM TIME



Leave is only granted in
**exceptional
circumstances**

that are rare, significant, unavoidable,
and cannot be scheduled at another time.



Family holidays are
unlikely to be authorised
and may lead to
penalty notices.



Requests should be
submitted in writing,
via a leave of absence form
which can be collected
from reception.



**ATTEND TODAY,
ACHIEVE TOMORROW.**



Term Time Holidays Reminder

To maximise learning opportunities for all pupils, holidays during term time are only authorised in exceptional circumstances. Family holidays are unlikely to be approved and may result in a penalty notice.

Please submit any leave requests in writing using a leave of absence form available from reception.



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 Business History Geography	No classes	Maths	DT & Engineering Science
2	English	Art Business History Geography Spanish French	No classes	Maths	DT & Engineering Science



MOCK EXAMS START **Monday 19th October**

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

Monday 9th 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 22nd October:

Awards Evening, 5-7pm

Friday 23rd October:

Last day of term

Monday 2nd November:

Term starts

Thursday 26th November:

6th Form Open Evening &

Flu vaccinations

Saturday 5th December:

Christmas Fayre

GROWING ASPIRATION SPORTS UPDATE

UPCOMING FIXTURES...

Thursday 8th October: Y8 Football Game (CUP)
Monday 12th October: Finham Derby – Y7 – Y11 *Both Football and Netball fixtures. If you want the chance to be selected, you need to attend club next week.*
Wednesday 14th October: All Years, Badminton
Friday 16th October: Y7 Dodgeball
Monday 19th October: Y11 Football Game (CUP)
Wednesday 21st October: Bell Boat Competition

Cross Country Team – Outstanding Results!

A massive well done to our cross country team who travelled to Finham and did an amazing job representing our school! Everyone showed fantastic effort, determination and teamwork across all the races.

A special congratulations to our **Year 11 boys, who finished in 1st place!** An outstanding achievement!

Here are the results:

🏆 **Year 11 Boys – 1st place** 🏆

Year 11 Girls – 7th place

Year 7 Boys – 5th place

Year 7 Girls – 5th place



Well done to every student who took part and gave it their all. You should all be incredibly proud of your achievements and the way you represented our school. Keep up the fantastic work!

GROWING ASPIRATION SPORTS UPDATE

Year 7 Football – Cup First Round Report

A fantastic result for our Year 7 football team, who made an incredible first appearance as a team by beating Lyng Hall School 10–0 in the first round of the cup! The boys put in a brilliant performance, showing excellent teamwork, attacking quality and determination from start to finish. What a way to begin their cup campaign!

Goal scorers:

Noah – 4 goals
Nykollas – 2 goals
Farreall – 1 goal
Alfie- 1 goal
Elnathan – 1 goal
Josh – 1 goal



A special shoutout goes to Alan, who was named Man of the Match (MOTM) for his outstanding performance.

A massive well done to all the boys involved.

To win 10–0 in your first appearance together as a team is a brilliant achievement, and you have represented Meadow Park brilliantly.

On to the next round! Let's keep it going!

Year 10 Football – Friendly Match Report

The Year 10 football team faced Lyng Hall School in a friendly, earning a **1–1 draw** after a dominant performance! The team controlled much of the game and created plenty of chances, but unfortunately just couldn't find the finishing touch to turn their dominance into more goals. Despite the frustrating result, the boys showed great effort,

teamwork and quality throughout the match. A special mention goes to **Ampaabeng**, who scored an absolutely outstanding **overhead kick**! What a goal! His incredible finish was a real highlight of the game and earned him the well-deserved **Man of the Match award**. Well done to the whole Year 10 team! A strong performance to build on, and with a little more composure in front of goal, there's plenty to be positive about. Keep it up, lads! 🙌🏻 ⚽



SAFEGUARDING NEWSLETTER



World Mental Health awareness – OCTOBER 10th 2026

The official theme for 2026 is:

"Lived experiences heard: real voices, real change."

This campaign highlights the critical importance of involving people with personal, lived experiences of mental health conditions directly into decision-making processes. Rather than treating individuals as passive recipients of care. So we remind our parents and carers to take part in advocating for their own mental health, as well as their children's. Think about how you can have your say about local mental health provision – a small step could be ensuring you are giving feedback to providers.

- [Mind](#): Running the *See Me Now* campaign, fighting for a "same-day open access" support system to intercept mental health issues before they reach a crisis point.
- [Mental Health UK](#): Providing conversation guides, listening tip sheets, and hosting regional GLOW fundraising walks.
- [Mental Health Foundation](#): Offering free downloadable awareness packs and graphics.

We ask you to consider how you are looking after your mental health and challenge you to make a small positive step to prioritise it this weekend! It might be the best thing you did



CALLING ALL MEN! - it goes without saying that mental health hasn't always been something men have thought they could talk about!

TIMES HAVE CHANGED

Now is the best time to open up and discover for yourself it's good to talk and it's **OKAY** to **NOT** be **OKAY**.

Search Andy's man Club today to see the two locations in Coventry you can access judgement-free support.

**GOING THROUGH
A STORM
OR JUST BEEN
THROUGH ONE?**

ANDYSMANCLUB
are talking
groups for men to
HELP YOU through
those storms.

**FIND OUT
MORE** info@andysmanclub.co.uk
www.andysmanclub.co.uk



#ITSOKAYTOTALK

Coventry Wellbeing Hub is open Monday – Saturday, 1pm – 5pm.

Open six days a week for mental health support, our drop-in hub provides a safe, secure environment for anyone aged 18+ living in Coventry to socialise, partake in activities and chat with our friendly team of support workers.

Visit the hub at Wellington Gardens, Windsor Street, Coventry CV1 3BT

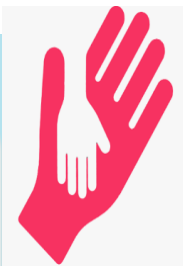
Our team can also support individuals via email, telephone and video chat.

Call (024) 76 017211 or email wbbhub@cwmind.org.uk



Kooth is a digital mental health service – the UK’s largest! Partnered with NHS and Coventry’s Local Authority – It aims to deliver mental health support for young people 10yrs+. Check it out today – it might just make you feel better!

Manage emotions	Manage emotions	Helpful habits
Make your own coping box	Create a 'good mood' playlist	Practice being present
Try activity →	Try activity →	Try activity →



Other Places I can get Mental Health Support:

- **YoungMinds:** The absolute gold standard for parents worried about a child's mental health. They offer a free, confidential **Parents Helpline** (0808 802 5544) staffed by professionals, alongside an online webchat service and comprehensive A-Z guides.  Young Minds +1
- **Family Action:** Provides the **FamilyLine** service, designed directly for adult family members and carers dealing with parenting pressure, isolation, or family conflict. It offers free emotional support via telephone, email, text, and live webchat.  Family Action
- **Carers UK:** The premier network specifically for carers. They host highly moderated, extremely supportive **online peer forums** where you can connect safely with other UK carers facing identical challenges without the data and privacy risks of global chat apps.  Action for Carers
- **Shout:** If a parent or a child needs free, anonymous, **24/7 text support** during a highly stressful moment, texting 'SHOUT' to 85258 connects you to trained crisis volunteers backed by clinical supervisors.  www.parkschooloxford... +1

Coventry Family Hubs

Do you or your family have a worry or concern and not know where to look for advice?



www.coventryfamilies.co.uk have launched their new online portal where parents and carers can find advice on Health, Behaviour, Education, SEND and much more.

From toddlers to teens advice and support can be found as well as contact details for referrals and telephone numbers all in one place!

Please take some time to take a look at what they have to offer and explore their website or *prefer an App – they have that too!*

Alternatively, you could contact your Deputy Head of House at Meadow Park School to talk your concerns through or visit your local family hub and find your closet one here: <https://www.coventry.gov.uk/familyhubs>

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



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

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

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

Tips For Wellness Appreciation



Dimensions tool



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

Appreciation is a feeling of **thankfulness** or an act of recognising something that is important or meaningful to you.

We can appreciate or recognise another person through complementing them and sharing what you like about them. We can say 'thank you' to others when someone is helpful or supportive. This has benefits for both our mental health and for the people around us. We can also appreciate ourselves – you are important and unique! Remember to celebrate when you achieve big and small things and stop to appreciate what you have done.

Learning to appreciate others and ourselves can improve our self-esteem, improve our mood and improve our relationships with others.

Our tips for appreciation:

1. Create a **"be proud"** board at home or at school where you post your drawings or good deeds.
2. Start a **gratitude journal** – write or draw things that make you feel proud or happy every day.
3. **Give a compliment** - think about a person who is important to you and tell them 3 things that you like about them. You could write a letter or a small note to let them know how much you appreciate them. Use these sentence starters to help you:
 - I like how you...
 - You are...
 - Thank you for...
 - You make me happy when you...
4. **Say 'thank you'** – remember to thank other people throughout the day, to show them you appreciate what they do for you. If you have a friend who speaks another language, you could learn to say 'thank you' in the language that they speak. You could also learn to say 'thank you' in Makaton (sign language) too! Have a look at the video above to help you!
5. **Self-appreciation** - think of something small that you have achieved this week. Pause and take a minute to appreciate what you have done. Which of your positive qualities did you use? Kindness, thoughtfulness, curiosity, creativity?



Makaton
video

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

Christmas Fayre 2026

Saturday 5th December

CALLING ALL SMALL BUSINESS OWNERS!

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?

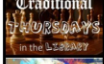


A £10 refundable on the day deposit will be taken for all stalls!
Please contact admin@meadowparkschool.com for more information

Bringing our school & community together this christmas!

CLUBS, LIBRARY & more...

LIBRARY CLUBS NEXT WEEK ...

	TOP TRUMPS BATTLE 
	POETRY FOR NEANDERTHALS
	CHRONICLES OF LIGHT
	TTG: REBEL PRINCESS
	A FAKE ARTIST GOES TO NEW YORK

NEW IN THE LIBRARY



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

FANTASY PREMIER LEAGUE

NEW IN THE LIBRARY



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

FANTASY PREMIER LEAGUE

AFTER SCHOOL IN THE LIBRARY

 MON	Dungeons & Dragons club
 THU	GAMES CLUB

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 F11 if interested





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.



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
SCHOOL



MEADOW PARK SCHOOL

THRIVING TOGETHER