Newsletter

MEADOW PARK SCHOOL

Message from the Headteacher

This week's newsletter gives us another opportunity to reflect on what it truly means to be a Meadow Park student. Recently, we received some wonderful feedback from another school who commented on the conduct, attitude and character of our pupils. Their observations reflected everything we strive to develop in our young people and brought to life our values of Nurturing Excellence, Growing Aspirations and Thriving Together. It is always pleasing when others recognise not only our students' achievements, but also the kindness, respect, resilience and sense of community they demonstrate every day. These qualities are what make Meadow Park such a special place and remind us that success is measured not only by outcomes, but also by the positive impact we have on those around us.

Last night, we had the privilege of hosting our annual Awards Evening, one of the highlights of the school year. It was a wonderful opportunity to celebrate the many successes and accomplishments of our students, alongside their families and staff. While academic achievement and sporting success rightly deserve recognition, the evening also celebrated something equally important: the students who consistently embody our values, who strive to improve, who make exceptional progress, and who contribute positively to our school and wider community. These achievements often happen quietly and without fanfare, yet they play a vital role in making Meadow Park the inclusive, ambitious and supportive school that it is.

As we congratulated this year's award recipients, I was reminded that every student has their own unique journey and their own success story to tell. Whether through determination in the classroom, leadership amongst their peers, dedication to extracurricular activities or acts of kindness and service, our students continue to make us incredibly proud. Thank you to all the families who joined us for the evening and to the staff whose commitment and encouragement help our young people flourish. Together, we continue to nurture excellence, grow aspirations and ensure that everyone at Meadow Park has the opportunity to thrive.

Please remember that next week we are closed for the half term break. Students should return, as normal, on Monday 2nd November at 8:40am.

Wishing you a lovely half term break.

Mrs Bernadette Pettman
Headteacher

Nurturing Excellence, Growing Aspiration, Thriving Together

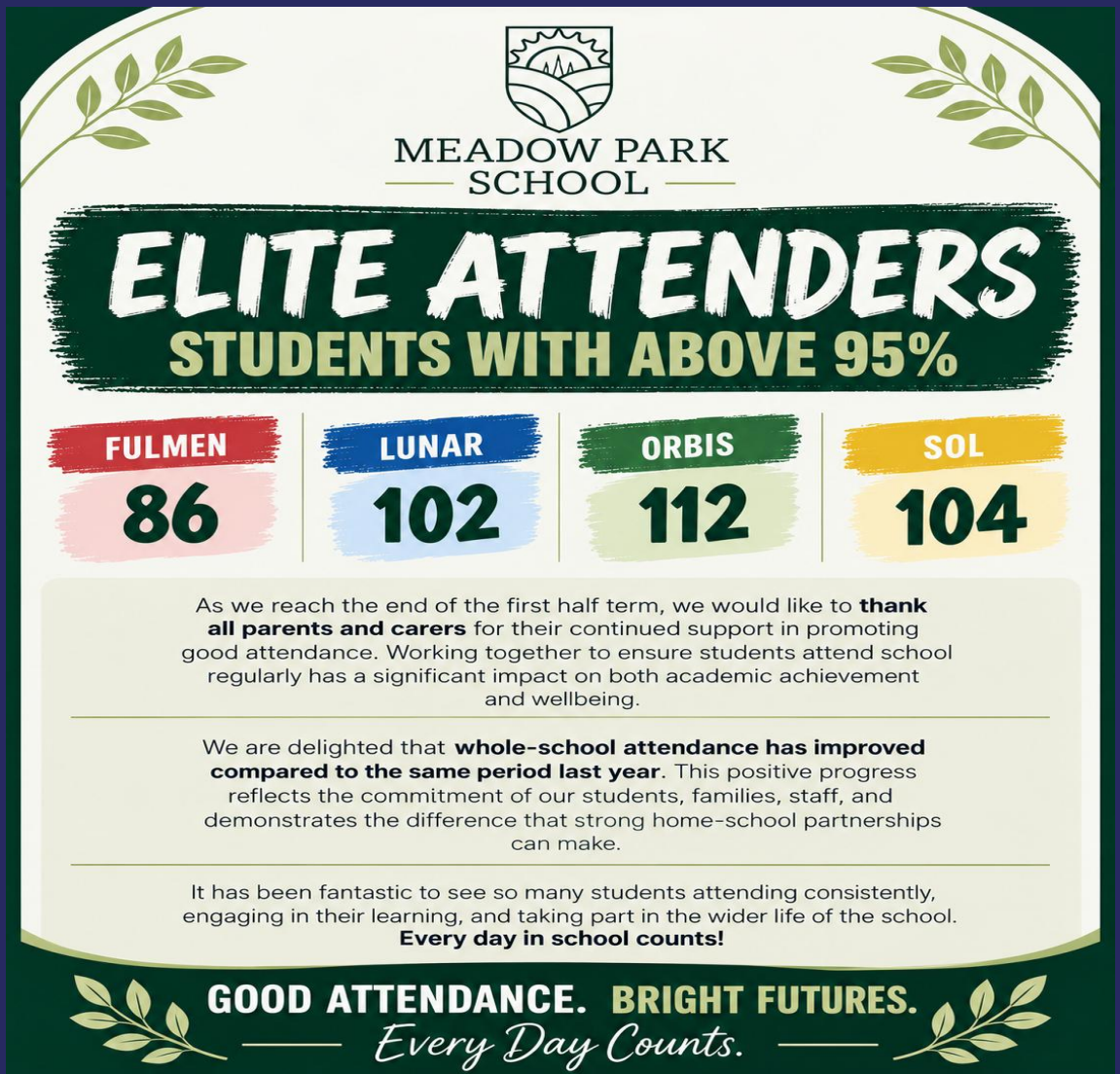


NURTURING EXCELLENCE ATTENDANCE AWARDS

ELITE ATTENDANCE
ORBIS 112
SOL 104
LUNAR 102
FULMEN 86

BEST ATTENDANCE TUTOR GROUP
ST12B: 96.7%
Orbis 6: 96.5%
Fulmen 2: 95.7%

MOST IMPROVED TUTOR GROUP
Fulmen 2 +5.1%
Lunar 6: +4.1%
Fulmen 1:+3.9%



CLASS OF 2027

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 contune 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:

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...

Tuesday 3rd November 2026:	Year 9 Cup V Blue Coat (away)
Thursday 5th November 2026:	Year 7 Cup V President Kennedy (away)
	Year 7 Girls Basketball
	Year 10 Netball
Monday 9th November 2026:	Year 11 Football Cup v Ernesford Grange (home)
Tuesday 10th November 2026:	Year 9 and Year 10 Girls Football
Wednesday 11th November 2026:	Year 9, Year 10 and Year 11 Netball

Year 11 Football – Coventry Schools Cup Victory!

A massive well done to our Year 11 football team, who secured a fantastic **1–0 victory against President Kennedy on Monday** in the Coventry Schools Cup! 🏆

It was an amazing performance from everyone involved, with the team showing incredible determination, teamwork and commitment to get the result over the line.

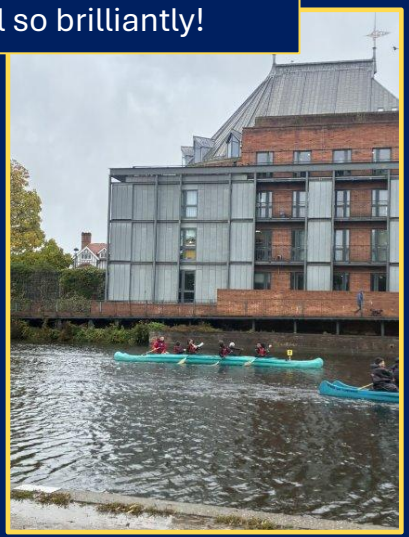
A special congratulations to **Harrison Rossi**, who deservedly took home the **Man of the Match award** for his outstanding performance! Well done to all the players for representing Meadow Park so brilliantly.

The hard work continues, and now it's **ON TO THE NEXT ROUND!** ⚽

Bell Boating Competition update!

Well done to our Year 7 students who took part in the first-ever bell boating competition on Wednesday! Despite the challenging weather, they showed great determination, finishing **2nd in all three races**. A fantastic achievement, and well done to everyone involved for representing the school so brilliantly!





Year 7 Dodgeball

Well done to our Year 7 students who took part in last week's dodgeball competition! They demonstrated excellent respect, teamwork and honesty throughout the event. A special mention to Adam, who was recognised by the event leader for helping other schools reset their games. To top it off, one of our teams qualified for the **County Finals in November**. A fantastic achievement!

SAFEGUARDING NEWSLETTER -23/10/26



When it comes to this time of year- our students and families often have lots of things to look forward to, whether it be a firework display, a bonfire celebration or all of the spookiness and sweets that comes with Halloween!

We want you to spend your time with your family safely and have lots of fun – so wanted to share the guides attached for some advice and things to think about and discuss with your children.
Please take a look at the attached posters around HALLOWEEN and FIREWORKS to ensure you've taken precautions and talk to your children about the risks and dangers especially around flammable materials and naked flames.

Did you know that approximately 350 children are injured in accidental fires every year – don't let it be one of yours!



The guide on Horror Films & Age Ratings explores what to think about when you are choosing what spooky film to show your children, and check that they aren't watching something that it's right for them! Ofcom's Latest study states that most children can stream films on their mobile devices, tablets, games consoles and laptops – **have you checked that there are restrictions or what they have been viewing?**

Children often want to be older than they are or join in what they ***think*** all their friends are doing – but each child is different, what is right for one might not be for another! It is especially hard to with older children to know how to manage their increasing interest in more mature content *(like horror films).* To help avoid interrupted sleep, upsetting content and anxiety as a result of something *'TOO SCARY'* - Please read through the guide for some food for thought!

parentzone

These services and organisations offer free expert support and advice. If you have a question, contact info@parentzone.org.uk

Parent Zone Crisis Messenger: If you or a member of your family is experiencing a mental health crisis and need immediate help, the Parent Zone Crisis Messenger – powered by our trusted partners Shout and Crisis Text Line – is available 24/7 and will connect you to a trained volunteer. Text PARENTZONE to 85258 to get help.

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?

Coventry Young Carers!

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.



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

Getting Support from School:

If you have concerns about your child - please remember we are here to help. Our website has information on Supporting Families through Early Help, where to find your local family hub and how to get in contact with your child(s) House Leader for Advice and guidance.

Please visit:

https://meadowparkschool.com/for-parents/safeguarding/

RESOURCES FOR FAMILIES:

- Food Bank Information
- List of Coventry Social Supermarkets
- Cost of Living Advice
- List of Contacts for Support Services
- Coventry Family Hubs List

Dont get spooked this Halloween

A parent's guide to keeping children and teenagers safe

Trick-or-Treating Safety Tips:

- **Supervision:** Accompany young children while trick-or-treating and set a return-home-time for older kids.
- **Stranger Danger:** Talk to your child about staying with their friends and never going into a property they do not know.
- **Safe Routes:** Plan a safe route in familiar neighbourhoods, use pelican and zebra crossings, and stick to well-lit streets
- **Use Reflective Accessories:** Add reflective tape to costumes and carry flashlights or glow sticks.
- **Visible and Well-Fitting Costumes:** Ensure your child's costume is easy to see in the dark and fits properly to prevent tripping.
- **Mobile phones:** Make sure phones are charged, have location apps turned on, and keep it out of sight when they are not using it
- **Pets:** Keep dogs on a lead and purchase a reflective collar if taking your dog with you
- **Lights On:** Keep a light on in your home to help welcome your children home and prevent burglars

It is always best to check any sweets, gifts, or toys children have been given while trick-or-treating.

We ask that children and teenagers do not visit homes that display a 'no trick-or-treating' sign as this time of year can be unsettling for many. You can download a copy on our trick-or-treat posters on our website.

If you want to report something suspicious call **101** or **999** in an emergency.

For more information about West Midlands Police are helping keep you safe this Halloween, search **WMP Online**.

West Midlands POLICE

NW120923A

Celebrating with fireworks safely

Keeping you and your family safe around firework displays and bonfire night



Fireworks and Bonfire Safety Tips:

It is illegal for anyone under the age of 18 to possess a firework, flare or smoke bomb.

- Professional Displays: Attend a public firework display rather than handling fireworks at home. Never allow children to handle fireworks or sparklers without supervision.
- Anti-social Behaviour: Talk to your children about the danger of pointing fireworks at people or buildings. Police can prosecute for dangerous use of fireworks.
- Stay Visible: Wear high-vis jackets, glow sticks, or give a torch to your children.
- Safe Place: Before visiting a bonfire or firework display talk to your child about a safe meeting place or a time to regroup after the event.
- Bonfires: It's never a good idea to make your bonfire. Attend a professional display or event where the fire can be properly contained and monitored.
- Dispose Properly: After fireworks have cooled, dispose of them in a metal container filled with water.
- Ask Them: What are your child's plans? How are they going to enjoy fireworks and bonfire night safely?

If you see anti-social use of fireworks, flares, or smoke bombs in your local area, please call 101 or 999 in an emergency.

If you would like to report a trader for selling to underage persons, contact Citizens Advice consumer helpline on 0808 223 1133

Learn more about when and where you are allowed to let off fireworks by searching WMP online.

West Midlands POLICE

Coventry Libraries presents...

THE BIG BOOK BASH



Coventry City Council | Coventry Libraries & Information Services

GO ALL IN.

Family Hub

Supporting families, together

With the cost of living rise and temperatures dropping, please remember you can drop in to your local Family Hub when it's open.

Your local Family Hub has **WARM SPACES**

- Your children can play there
- Warm drinks and biscuits available
- Access to the toys
- Parents NEED to stay with their children

This is not a drop and leave your child facility.



We don't want families going cold when they can be **warm**

Pop in, stay warm, and feel supported

Coventry Family Hubs Digital Offer Discovery Event

COVENTRY BEST START FAMILY HUBS

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 City Council | child friendly COV | BEST START IN LIFE

MEADOW PARK SCHOOL

Health & Wellbeing

Enjoy

Assemblies this week focussed on Mental Health and Wellbeing. It stressed the need to recharge your batteries. It stressed the importance of finding time for things that you enjoy, whatever that might be.

In School...

Learning can be hard work and break/lunchtimes are not long. If you are at a loss at what to do the Library always has something on to get involved with. Or looking after school for the clubs.

If there is a club that you think should run, suggest it! Talk to staff and if enough poeple are interested it might just happen!

By Yourself...

Having fun is not linked to age or maturity. The ability to play, be silly is something that you are never too old to do.

Spending time doing things we enjoy is an important part of our lives. It helps keep our lives in balance and helps sustains us throught the stresses and strains of life.

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

Community/ Events-

The upcoming half term is a opportunity to find things to enjoy. Whether that be preparing for Halloween or having a relax we hope you all find some enjoyment over the coming weeks.

Access Support-

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

MHST
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 Mind and Body

Just as we look after our physical health, it's important to look after our mental health. In fact, the two are closely connected!

Most of us will know what it's like to feel worried, stressed or low from time to time. We might be affected by our relationships with friends and classmates or things we see on the news, and we might feel worried about school or our home lives (this is understandable!) Recognising how our mind health and physical health work together can keep us mentally healthy.

Our Tips for looking after your Mind and Body:

To ensure a healthy mind and body, why not try some of the activities below? Can you choose one from each category?

1. **Physical**- healthy eating with plenty of water, time away from technology and get fresh air where you can, regular exercise every day (e.g., walk to school or get off the bus a stop earlier, dance, or stretch), a consistent sleep schedule (children aged 6-12 years should aim for 9-12 hours sleep per night, adolescents should aim for 8-10 hours).
2. **Social**- spend quality time with friends and family, connect with others in person (as well as online), join a club or community group, reach out to others and don't be afraid to ask for help or offer support.
3. **Practical**- keep a daily routine to create structure and stability, use checklists to act as reminders and to hold yourself accountable, get ready for the day each morning, set yourself small and achievable goals to stay motivated.
4. **Emotional**- develop supportive friendships, write down three good things from your day, take time to do something relaxing every day, practise self-kindness (e.g., treat yourself how you would treat a friend!)

Scan the QR code for more ideas around keeping a healthy mind and body.

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate! **thankskids@covwarkpt.nhs.uk.**

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 avaliable 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

Approved by University of Warwick Biomedical & Scientific Research Ethics Committee

MEADOW PARK SCHOOL

Christmas Fayre 2026

Saturday 5th 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 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 tombolla!

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

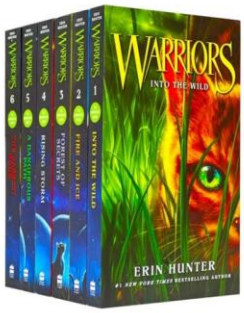
LIBRARY CLUBS NEXT TERM ...

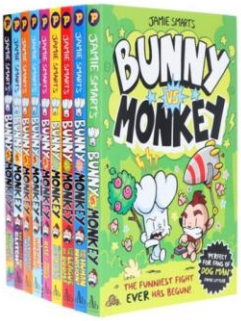
	OVERS
TUESDAYS in the LIBRARY	AIR, LAND & SEA
geeky WEDNESDAYS in the LIBRARY	My Hero Academia card game
Traditional THURSDAYS in the LIBRARY	Ludo
	GUARDIANS OF THE GALAXY DANCE-OFF MIX VOL 1

AFTER SCHOOL IN THE LIBRARY

MON	Dungeons & Dragons club
THU	GAMES CLUB: FunkoVerse

your REQUESTS now in the LIBRARY





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 F11 if interested

MEADOW PARK SCHOOL

GUITAR LESSONS

SIGN UP THROUGH THE COVENTRY MUSIC WEBSITE :

https://ukcoventrymusic.speedadmin.dk/registration#/

LESSONS TO TAKE PLACE ON WEDNESDAYS!



MEADOW PARK SCHOOL

THRIVING TOGETHER