Newsletter

MEADOW PARK SCHOOL

Message from the Headteacher

As we move through another action-packed week at Meadow Park School, it is hard not to notice the theme of time. With the clocks having recently gone back, the darker evenings are now with us, and we ask all students and families to take extra care when travelling to and from school. Whether walking, cycling or travelling by car, road safety is especially important during the darker hours. Time also reminds us of the value of attendance and punctuality. Every lesson counts, and arriving on time each day ensures that students make the most of the learning opportunities, enrichment activities and support available to them. As always, our school week has been full of opportunities beyond the classroom, with a wide range of after-school clubs, enrichment activities and sporting fixtures helping students develop new skills, interests and friendships.

Although the weather remains unusually mild and dry for this time of year, winter conditions are not far away. We would like to remind families that students should come to school prepared for colder and wetter weather by wearing a warm, waterproof coat. Please note that hoodies, sports-style tops, and non-uniform jackets that do not comply with our uniform policy are not permitted in school. These items do not form part of the school uniform and, where worn, will be confiscated in line with our expectations. We appreciate the support of families in ensuring that students arrive dressed appropriately and ready to learn, helping us maintain the high standards and positive culture that we are proud of at Meadow Park School.

We recognise that replacing uniform items can be challenging for some families, and we are committed to providing support wherever possible. Our Pre-Loved Uniform Swap Shop is available free of charge, allowing parents and carers to select blazers, jumpers and other uniform items. We warmly encourage families to donate any good-quality uniform that has been outgrown so that it can benefit others in our community. We also have a selection of donated coats and jackets available for families who may need them. In addition, the school can access the Boot Fund to support families who may be struggling financially to purchase appropriate school shoes. If you would like to find out more about any of these sources of support, please contact the school in confidence. Working together, we can ensure that every student is equipped, comfortable and ready to make the most of every moment as another busy school term continues to tick by.

Mrs Bernadette Pettman
Headteacher

Nurturing Excellence, Growing Aspiration, Thriving Together



NURTURING EXCELLENCE ATTENDANCE AWARDS

ELITE ATTENDANCE
ORBIS 145
LUNAR 139
FULMEN 138
SOL 138

BEST ATTENDANCE BY TUTOR GROUP	
Orbis 5:	100%
ST13B:	97.5%
Lunar 4:	95.8%

MOST IMPROVED TUTOR GROUP	
Lunar 4:	+6.5%
Fulmen 6:	+6.3%
Orbis 5:	+6.2%



https://www.youtube.com/watch?v=IJC06SV3IBY

CLASS OF 2027

YEAR 11 MOCK EXAMS

Mock exams are finally here for all Year 11 students. We are very proud of the work that students have put in so far and mock exams are invaluable to check on the progress that they are making, as well as to understand how and what extra needs to be done.

FIRST EXAMS START Monday 09TH NOVEMBER

ORDER OF EXAMS:

- FURTHER MATHS (Morning Exam)
- SPANISH (Morning Exam)
- GEOGRAPHY (Afternoon Exam)

KEY INFORMATION

- **All students have a copy of their mock exam timetable.**
- Students have also had an assembly on the rules, regulations and expectations for exams.
- **Please make sure that they arrive promptly in the morning so that they have time to register and get to the sports hall for the start of the exams at 9am.**
- Afternoon exams start at 1:15pm promptly and if the exam finishes after 3pm, then your child will be dismissed from school straight from the exam. If it's a shorter exam, they will return to afternoon lessons.



EXAM ESSENTIALS

All students require a clear plastic pencil case and a clear water bottle with any labels removed. Any other pencil cases or water bottles will not be allowed into the exam hall.



REVISION SUPPORT

You can find ways to support your child's revision and preparation on our website here https://meadowparkschool.com/key-information/exams/

CALENDAR DATES:

Monday 2nd November:	Term starts
Thursday 5th November:	Talk the Talk, Year 9
Wednesday 11th November:	Remembrance Day
Monday 9th November:	Mock exams continue
Thursday 26th November:	6th Form Open Evening 4 – 6pm, Flu vaccinations
Friday 27th November:	INSET Day
Saturday 5th December:	Christmas Fayre
Thursday 10th December:	Year 8/12/13 Progress Evening 4 – 6pm
Friday 18th December:	End of term

REGISTRATION NOW OPEN. Scan the QR code below to complete the registration form.



MEADOW PARK
BUSINESS AND INNOVATION SIXTH FORM CENTRE

Why choose Meadow Park Sixth Form?

Diverse courses: Explore our range of A-Level, BTEC and T Level courses.

Academic success: Proud of our students' achievements and pathways to success.

Supportive community: Meet our dedicated staff and student ambassadors.

Excellent facilities: Tour our school and see our outstanding learning environment.

We nurture excellence, grow aspiration and thrive together.

OPEN EVENING

Date: Thursday 26th November
Time: 4:00pm – 6:00pm

Visit **meadowparkschool.com** for more information.

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

GROWING ASPIRATION SPORTS UPDATE

UPCOMING FIXTURES...

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 7 Basketball

The Y7 basketball team played their first game of the league against Stoke Park. All the girls played with great passion and enjoyment, and I am incredibly proud of the effort they put in throughout the game. Although the score didn't go our way, there were lots of positives to take away, and I look forward to seeing how the girls continue to progress throughout the rest of the league. 12 - 6

A special mention to Grace (Y10) for supporting with this fixture. Stoke Park commented on what a fantastic ambassador she was for our school. Well done, Grace!

Year 7 and 9 Football ⚽

Our Year 7s played President Kennedy last night and were narrowly beaten 1-0, which was very unlucky on the night. It was a close contest, and the team can be proud of how they competed. Well done to all the Year 7s involved.

Our Year 9 football team travelled to take on Blue Coat School in the Coventry Schools Cup. It was a tough fixture against a strong, well-organised side, and unfortunately the result didn't go our way. Even when things weren't going our way, the boys never let their heads drop. They kept working for each other, kept talking, and kept fighting until the final whistle. Well done to those who participated.

Year 10 Netball

The Y10 netball team played their first game of the league against Stoke Park, and the girls were fantastic! They played exceptionally well and showed some brilliant netball throughout the game. I was really impressed with how everyone performed, and the girls should be incredibly proud of their efforts in their first league fixture. I look forward to seeing their continual development throughout the league.



THRIVING TOGETHER

Update from last term...

Over the past eight weeks, our outdoor learning sessions have provided lots of exciting opportunities for pupils to develop their teamwork and trust skills. The children have taken part in a range of activities, including orienteering, map reading and drawing, and designing and building their own obstacle courses. They also challenged themselves by working in pairs to guide blindfolded partners safely through the obstacle courses, developing their communication skills and learning the importance of trust.

To round off our outdoor learning sessions, we worked together to build our own fire and enjoyed toasting marshmallows! It was a fantastic way to celebrate our learning, teamwork and achievements over the past eight weeks and we can't wait to start next terms sessions!



Teamwork





Achievements



Trust



SAFEGUARDING

Gambling – A problem for the youth today!

Gambling has become more prevalent over the years, with such practises widely advertised on social media and even incorporated into various apps and games. It's growing easier for children and young people to come across opportunities to gamble, putting parents at greater risk of financial loss or mental and emotional strain.

Micro transactions, Loot boxes, Blind bags, Loot Crates, Mystery items and Bonuses – All are forms of gambling aimed at children to extract as much money from them as possible.

Please read the attached information about the most significant risks posed to under-18s, to help you keep these damaging pitfalls to a minimum.

PARENTS - GAMBLING AWARENESS – it's not just Loot boxes in games!

Why is it a problem?

Loot boxes are **paid "mystery rewards"**—you spend money without knowing what you'll get

This randomness mimics gambling (like slot machines) and can encourage "just one more try" behaviour



- There's **evidence linking loot box use to problem gambling behaviours**
- Kids are especially vulnerable because they don't fully grasp money or odds

Some children end up spending **hundreds or even thousands of pounds** before parents notice

One useful way to explain it to kids

A simple line that works well:

"If you don't know what you're buying, you're not really buying—you're gambling."

Need Help?

GamCare
Gambling Support Starts Here

Understand risky behaviours (including loot boxes)

- *Get advice on how to talk to your child*
- *Access counselling if needed*

Helpline: 0808 8020 133

Warning signs to watch for

Look out for patterns, not just one-off behaviour:

- Sudden or secretive spending in games
- Getting upset/angry after not getting desired items
- Constantly asking for small payments ("just £2 more")
- Obsession with skins, packs, or "drops"
- Hiding screens or lying about purchases

What parents can do (practical steps)

Talk about it directly (this is the most important)

Don't just ban—explain:

- "This is designed like gambling—even adults struggle with it"
- Explain **odds** (e.g. rare items might be <5%)
- Help them understand you're paying for a chance, not a thing

Kids who understand the system are much less likely to get hooked.

Turn off or lock payments

This is huge.

- Remove saved cards from consoles/phones
- Require a password or PIN for purchases
- Disable in-game purchases entirely where possible

Many problems happen simply because spending is too easy

Set clear spending rules

If you allow spending:

- Use **fixed budgets** (e.g. £5/week max)
- Prefer prepaid cards instead of bank cards
- No "top-ups" after losing (prevents chasing losses)



Choose games more carefully

Some games rely heavily on these systems.
Check if the game includes:
loot boxes
paid skins
"packs" or "cases"
Not all games are equal—some are far more aggressive than others.

Keep devices in shared spaces

Simple but effective:
More visibility = less impulsive spending
Easier to notice patterns early

Watch for emotional patterns, not just money

The real risk isn't just cost—it's behaviour:
Chasing losses
Needing bigger "wins"
Mood swings tied to outcomes
These mirror early gambling habits

Be a bit sceptical of "it's just cosmetic"

Even skins (just appearance items):
Can carry **social status in games**
Still encourage repeated spending cycles
Sometimes link to external "skin gambling" systems

What you can do

A balanced approach (what actually works)

Going too extreme can backfire.
✗ Total bans → kids may hide behaviour
✓ Guided use → better long-term habits
The goal is to teach:
"You're in control of money—not the game."

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!



Talk to someone – it helps!

BIG DEAL? GET THE FACTS ABOUT GAMBLING

BigDeal

- *Designed specifically for **young people and parents***
- *Covers gambling and gaming (including loot boxes and skins)*
- *Has a dedicated **parent & professional advice hub***

👉 *Useful for:*

- *Age-appropriate explanations you can share with your child*
- *Real stories from young people*
- *Practical tools like budgeting trackers*
- *Offers live chat support and guidance*

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/

MEADOW PARK SCHOOL

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

At The National College, our #WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about GAMBLING

WHAT ARE THE RISKS?

Gambling can be defined as betting or risking money or something of value on the outcome of a situation involving chance. Under current regulations, gambling is legal for adults in the UK. Its potential impacts on the wellbeing of individuals, families and communities are well documented – emphasising the importance of safeguarding children and young people against these hazards.

MANIPULATIVE ADVERTISING

FREE BET!!

Adverts for online bookmakers and betting exchanges can raise concerns about targeting vulnerable groups, fostering addiction, promoting misleading expectations, impacting mental health, affecting social norms, posing regulatory challenges, influencing minors and other ethical issues. Effective regulation, responsible advertising practices and public education are essential to mitigate these concerns and address the potential harms associated with excessive exposure to manipulative advertisements.

ADDICTIVE FEATURES

All gambling products carry safety concerns, but some can be even riskier and more addictive. The frequency with which people can place bets can encourage them to do so often – with rapid spins and multiple betting options, for example. Betting on sports events, especially with live in-play betting options, can be highly engaging and habit forming. The 24/7 availability of online platforms can also increase the risk of excessive gambling, particularly among young people.

PEER PRESSURE

Exposure to gambling through friends, influencers or social circles can normalise risky behaviour and create unrealistic expectations about the chances of winning. Addressing peer influence requires support services, responsible advertising practices and effective education on the subject to minimise the impact on children and promote healthier choices.

IMPACT ON MENTAL HEALTH

Gambling can exacerbate mental health issues such as anxiety, depression, and stress – especially if it leads to financial loss. Individuals with existing mental health conditions may use gambling as a coping mechanism – but the cycle of gambling can worsen their symptoms, creating a detrimental impact on overall wellbeing. Integrated support services and treatment options are crucial to address these interconnected challenges effectively.

GATEWAY BEHAVIOURS

Certain features of other products – such as video games that offer in-game purchases – can lead to gambling among young people. These mechanisms can sometimes be designed to exploit psychological vulnerabilities, encouraging repeated spending to acquire virtual items or advantages. Such practices can normalise the associated risks and desensitise young people to putting their or their family's money in danger.

FINANCIAL DIFFICULTIES

The most common impacts of online betting come in the form of financial losses and debt. This, in turn, can lead to distorted perceptions of money, deterioration of relationships, social isolation, and poor academic and career outcomes. Regular gambling can even exacerbate other risky behaviour by making it seem less significant – potentially leading to a cascade of health impacts and financial loss.

Advice for Parents & Educators

ENCOURAGE OPEN DISCUSSIONS

Sporting events can be a good opening for conversations about gambling, as some sponsorships may reference and even glamourise it. Talk to children about how these promotions make them feel and encourage frequent conversations about any concerns they may have. Adverts, influencers and online platforms may also feature gambling products. As a child grows, it's important to encourage their critical thinking skills to help them avoid being manipulated by this type of marketing.

KNOW THE WARNING SIGNS

Parents and educators should be vigilant for signs of gambling harm among young people. Look for changes in their behaviour such as increased secrecy, unexplained money issues, mood swings or withdrawal from their usual activities. Open conversations about gambling risks and maintain a supportive, non-judgemental environment. Try to familiarise yourself with resources and helplines for assistance and guidance.

MONITOR SPENDING

In-game purchases can be appealing to children, allowing them to unlock new features or cosmetic items in a fraction of the time it would take to win them by playing. Talk to children about how they spend money online, an interest in what video games they play can encourage the conversation. Consider setting up restrictions on their devices, requiring their parent or carer's permission before making any purchases. Talk about finances regularly and openly.

GET FURTHER SUPPORT

Support and treatment for young people is available via the Young People's Support Service at GamCare, who can be contacted at 0808 8020 133. A link to their website has also been included in the sources of this guide, along with links to several other support networks. Your GP and local NHS gambling clinic are also available if you require additional advice. Don't hesitate to reach out for help if you're concerned about a child's gambling behaviour or their financial situation.

Meet Our Expert

Ygam's mission is to prevent children and young people from experiencing gaming and gambling harms through awareness raising, education, and research. The charity was established in 2014 as a result of the lived experience of their founders.

Ygam

#WakeUpWednesday

The National College

Source: See full reference list on guide page at: https://nationalcollege.com/guides/gambling

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 28.06.2024

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

Strength

Each of us has a unique set of strengths and abilities that help us face life's challenges. Focusing on your strengths doesn't mean ignoring your weaknesses — it means using what you're naturally good at to help you grow, build confidence, and work through tough times. In doing so, you move closer to living a more fulfilling and resilient life.

Our Tips for strength:

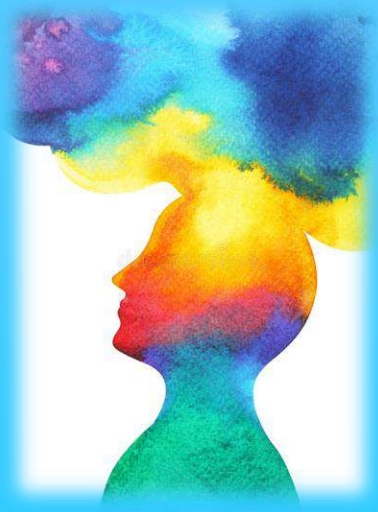
1. **Appreciate your strength** – when you experience a difficult time, it's easy to forget how strong you are! Try and remember other times in your life when you've got through something challenging. Remember how strong you were to get through those circumstances and know you have the strength to get through other difficulties too.
2. Remind yourself **"all we can do is try our best"** and **"you are good enough"**.
3. Being kind to others can help build our own strength as well as others! As a class, have a go at playing **'kindness bingo'** by following the QR code:
4. **Take Time to Rest and Recharge** - your mind needs breaks just like your body. Take a few quiet minutes to breathe, read, draw, or go outside. That helps your brain feel strong and calm.
5. **Ask for Help When You Need It** - being strong doesn't mean doing everything alone. It's *smart and brave* to ask for help — that's how we grow and learn!

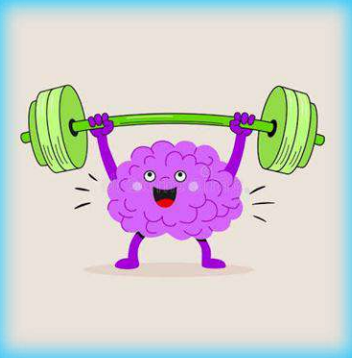
In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

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.







Want some guidance on supporting your child's wellbeing or behaviour?

New Pause Parenting App available FREE for parents in Coventry

Step 1

Download the app here or visit www.mypause.org

Step 2

Enter the code **CV999** for free access



Step 3

Enter a challenge you want help with



Step 4

Get a personal plan with videos and ideas just for your family



Coventry City Council

BEST START IN LIFE

child friendly COV

COVENTRY BEST START FAMILY HUBS

www.mypause.org

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 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, SCHOOL DINER and MORE...

It's Back!

HOME MADE SOUP

FOR SALE IN THE DINER

MONDAY - THURSDAY LUNCH TIME

£1.80 WITH A BREAD ROLL £2.00



WARWICK UNIVERSITY STUDENTS PRESENT

SCI-FI CREATIVE WRITING WORKSHOP

NEW WORLDS AWAIT YOUR IDEAS...

BIG STORIES START HERE...

IMAGINE • CREATE • WRITE • PUBLISH

Have you ever dreamed of creating your own alien worlds, futuristic cities, or space adventures?

Join our **Sci-Fi Creative Writing Workshop**, run by Warwick University students, and develop your storytelling skills while creating an exciting science-fiction story of your own!

FOR STUDENTS IN YEARS 7–10

STARTS TUESDAY 17TH NOVEMBER

EVERY TUESDAY 3:15PM – 4:15PM (After School)

YOUR STORY WILL BE PUBLISHED IN AN ANTHOLOGY!

WHAT WILL YOU DO?

- Create exciting sci-fi characters and worlds
- Learn creative writing techniques
- Develop your own original story
- Work with Warwick University student mentors
- See your work published in a real anthology!

INTERESTED?

Speak to Miss Russell or Mr Spencer for more information and to sign up.



SCIENCE FICTION. REAL OPPORTUNITIES.

MEADOW PARK SCHOOL

GUITAR LESSONS

SIGN UP THROUGH THE COVENTRY MUSIC WEBSITE :

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

LESSONS TO TAKE PLACE ON WEDNESDAYS!

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

Library Clubs, books & more...

LIBRARY CLUBS NEXT WEEK ...

	FLAMME ROUGE
rowdy TUESDAYS in the LIBRARY	WORD IT OUT! Win house points!
geeky WEDNESDAYS in the LIBRARY	Disney Headbands game
Traditional THURSDAYS in the LIBRARY	CHESS CLUB
	DOUBLE JOINTED



Disney+

AFTER SCHOOL IN THE LIBRARY

MON	Dungeons & Dragons club
TUE	COMING SOON SCI-FI WRITING workshop
THU	GAMES CLUB: 5-MINUTE ONE PIECE

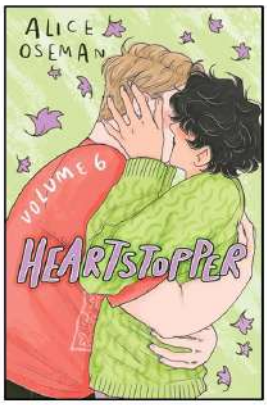
your REQUESTS now in the LIBRARY

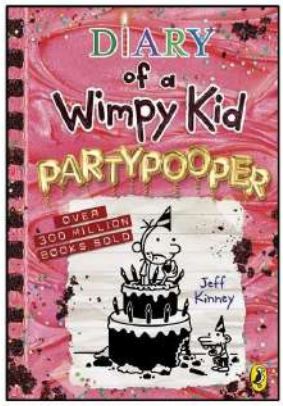


"The more you read
the more things you know.
The more that you learn
the more places you'll go."
-Dr. Seuss

KEEP CALM AND READ ON

NEW books in the LIBRARY





Coventry Multi-Faith Forum

PEACE WALK

Saturday 7th November 2026

10am start at St Stanislaus Kostka, Roman Catholic Church, Springfield Road, Coventry. CV1 4 GR

All faiths and none.

Visiting Christian, Muslim, Hindu and Sikh places of worship.



"Together, our lights build a shared future."

"Together, our lights build a shared future"

1. Church (Christianity)
Christmas

Christians celebrate the birth of Jesus, often using candles and lights to symbolise hope, peace, and God's light in the world.

Discussion question: How can we bring hope and kindness to others in our community?

2. Mandir (Hinduism)
Diwali

Known as the Festival of Lights, Diwali celebrates the victory of light over darkness and good over evil. Families light lamps called diyas.

Discussion question: How can our actions help light the way for others?

3. Masjid (Islam)
Eid ul-Fitr

Celebrated at the end of Ramadan, Eid is a time of gratitude, charity, community, and sharing happiness with others.

Discussion question: How can sharing with others create a brighter future for everyone?

4. Gurudwara (Sikhism)
Bandi Chhor Divas

Celebrated at the same time as Diwali, Sikhs remember Guru Hargobind Ji's release from prison and the importance of freedom, justice, and helping others. Gurdwaras are illuminated with lights.

Discussion question: How can we stand up for fairness and help those in need?

Shared Reflection

"Together, our lights build a shared future."

Although these festivals come from different faiths, they all encourage people to spread kindness, hope, generosity, justice, and community. When we share these values, we help build a brighter future together.

Coventry Multi-Faith Forum Peace Walk Route



1. *Start at 10am*
Christian Church, St Stanislaus Kostka, Roman Catholic Church, Springfield Road, CV1 4 GR

2. - **Shree Krishna Temple**, Harnell Lane West, CV1 4EZ

3. - **Mosque Masjid** 133, Cambridge Street, CV1 5HT

4. *12.30pm finish the walk at* **Sikh Gurdwara Guru Nanak Parkash**, 71 Harnall Lane West, CV1 4FB

And we finally eat together.

The event is part of the 2026 Coventry Peace Festival in partnership with the Coventry City Council, Coventry Lord Mayor's Committee for Peace and Reconciliation, and the Coventry Multi-Faith Forum.

Coventry Multi-Faith Forum
Chair of Coventry Multi-Faith Forum
e.mail address:- pru.godiva@gmail.com

Coventry City Council



MEADOW PARK SCHOOL

THRIVING TOGETHER