

February 2024

PARENT BULLETIN

WELCOME

Welcome to this our latest bulletin. The Christmas break now seems a distant memory and half term is fast approaching.

The start of the new year is an especially busy time academically, with students sitting examinations and PPEs. Also our revision and intervention strategies are in full swing. Our academic mentor and achievement team continue to coordinate a programme of support across all year groups.

Once again this year we held a really successful mock interview event for our Year 11 and Year 13 students. As always, we received really positive feedback from a wide range of employers. They were so impressed by the confidence and maturity that students showed. Well done to all of the students and, as ever, a huge thank you to the employers who took time out of their busy schedules to come along and lead the interviews.

Our Year 9 students have now begun their options programme. Information has been shared via a parents information evening and assemblies and further information can be found in the options booklet and on the website. Taster lessons are next, along with further information sessions and a parents evening. Please reassure your child that there is plenty of time and support in place before they have to make their final choices. Our on-site careers team are always available to help and support if needed.

We continue to witness the success of many of our teams and sporting stars across a range of sports. We are really proud of what our students achieve in both local and national competitions. We also have a wide range of clubs and activities available for all students so if your child isn't already attending a club or activity please encourage them to do so—it is a great opportunity to make new friends.

We are now looking forward to our up and coming show 'Joseph'; students and staff are now well into rehearsals. It looks like it will be a fantastic show so please come along if you can; tickets can be booked via the website.

Thank you for all that you do to support us and your children to be the best they can be. If you have any questions, queries or want to feedback to us, then please do.

Wishing you all a good half term break.

Mike Wilson

Headteacher

Wigston Academy/Wigston College

**MENTAL HEALTH RESOURCES AND ADVICE INCLUDED—PLEASE READ
AND SHARE WITH YOUR CHILD**

YEAR 7

Year 7 have made a fantastic start to 2024. They have returned from the holidays refreshed, motivated and keen to get back to their learning.

With this being a relatively short term in comparison to the autumn term, it is my aim to focus on the positives and reward students for their hard work. I am keen to positively reinforce the good behaviour they are displaying in school both in their lessons and during their social times. The Year 7 team are working hard supporting them in all they do.

To introduce a little friendly competition, our tutor groups will be going head-to-head each week, for a chance to earn weekly rewards and to be the overall winner of this competition.

The interform competition is a round robin type competition where all of our tutor groups will be going head-to-head. The criteria to win is simple, have the least number of behaviour points in a given period versus the tutor group you have been drawn against. If you win, you get the point. The tutor group with the most points at the end of the competition wins. Every member of the winning tutor group will receive a reward.

I know our tutor groups are very excited to take part in this and I look forward to reporting back on this in the next bulletin. We hope to use this opportunity to support our core values in school and the students to learn new skills along the way.

A huge good luck to all our tutor groups!

Mrs Bentley – Head of Year 7

Year 8 continue to show their ability to display the RARER values. They are being rewarded regularly for their achievements through student ambassador, lollies for no B points, teacher recognitions and achievement points. In the next few weeks we will be launching new reward schemes for Year 8. We hope that this will encourage and reinforce the positive behaviours we are currently seeing.

This term we have welcomed two new tutors to the year team who are doing a fantastic job with their tutees.

Please could we ask that you encourage your child to be on time to lessons. As you are aware, if students are late to their lessons they will need to sit a 10-minute detention at break, lunch or after school. Please could we also ask that if you wish to contact your child through the day this is done by ringing the school; mobiles that are seen or heard will be confiscated.

If you would like to contact me, please do not hesitate to email me at rbhagal@wigstonmat.org

Miss Bhogal – Head of Year 8

YEAR 8

YEAR 9

Year 9 have settled really nicely after their Christmas break and we are well into the options process. The options process was launched in assembly by Mr Ashton several weeks ago and all students should now be aware of this. We have recently had an external company come in and speak to all students about what pathways are available to them. All students will have the opportunity to speak to our Careers Team during this process. The deadline for all options to be chosen is 15th March 2024. Before this, all students will be seen by a member of our Senior Leadership Team to make sure they are picking their options for the right reasons.

Date for your diary: 12th February - Parents Evening – 4.00 pm until 7.30 pm. This will be at the Academy and it will be face to face, so it would be lovely to see you all then. Please remember to book appointments.

As ever, thank you for your continued support and if you have any concerns, please do not hesitate to contact me at the Academy on 0116 2881228 or via email at dcarletti@wigstonmat.org

Mr Carletti - Head of Year 9

Year 10 have had a successful half term, the vast majority of students have been working extremely hard in lessons. It is always a pleasure seeing them engaged in their learning. The atmosphere at break and lunchtime continues to be nice and calm.

As a year group, we have accumulated many Achievement Points, our students are regularly rewarded with Golden Tickets for receiving points. The Year 10 team and student council have also put together a rewards calendar which includes early breaktimes and hot chocolate treats, tutor group competitions, finishing with a big Easter egg hunt at the end of the term.

Thank you for your support in helping your child to find a work experience placement, this is such a great opportunity for them and will give them a clearer idea of what they may or may not want to do as a career in the future.

A reminder to Year 10 - attendance is vitally important, everyday counts and every lesson matters - especially at this stage in their education. Please bring your readiness kit and reading book to school every day and remember homework needs to be completed and handed in on time. I hope all students have a safe, relaxing break ready for the next half term. Thank you for your continued support and please do get in touch if you have any concerns.

Mrs Chapman – Head of Year 10

YEAR 10

YEAR 11

Year 11s have been very busy this half term. The vast majority are working very well in lessons, they are engaging and behaving very well. We offer a variety of after school interventions for the year group, many students are attending regularly. It would be nice to see new faces at the sessions as they will be of great benefit when it comes to the live exams. I am hoping all students are revising regularly at home, this really should be part of their daily routine now. All students have been given revision advice and guidance in school however if they do need any additional support they must ask for help.

It was such a great pleasure to see them during the mock interviews, they all interviewed very well and the feedback was amazing to read. Each interviewer nominated two students to receive a "Star Candidate" certificate which will be presented in our next assembly. Well done to each and every student who took part, you presented yourselves very well and I know the experience will be beneficial in your upcoming College interviews, etc. The effort that went into some of the student's CVs was excellent; we were very impressed as were the interviewers, well done.

Recently some students took part in an Intermediate Maths Challenge which involved some of our Year 11s, this was a great opportunity; good luck to all who took part.

Overall it has been a very productive half term. Year 11 please remember the importance of having good attendance, every day counts, every lesson matters. As of 29th January you only have 11 school weeks left until your live exams which is not a lot of time so please make the most of the opportunities you are given.

Parents and carers many thanks for your continued support.

Miss Bramley – Head of Year 11 - cbramley@wigstonmat.org

TOP TEN STUDENTS

Here are our top ten students so far this year. As always, students have been selected for their attitude to learning, good behaviour and excellent attendance. Well done to all of you!

Year 7	Year 8	Year 9	Year 10	Year 11
Sophie Guess	Louise Hayward	Alice Anderson	Oliver Baldwin	Megan Ager
Zak Harris	Lucas Hearne	Joseph Barker	Ayona Biju	Lucas Asman
Joshua Hill	Maisie Hurst	Sebastian Cooke	Millie Bown	Daniel Emery
Charlie Jeffrey	Xavier Jethwa	Grace Garner	Korbin Brennan	Jessica Gledhill
Afia-Shae Lovemore	Lyla Kendall	Leo Gillespie	Alexandra Leeson	Ryan Groves
Hazel Matos	Freya Leeson	Erin Horne	James Martin	Ben Hamilton
Filip Savic	Olly Morton	Ellie Johnson	Joshua Sharman	Sarah Muddimer
Eslija Urkevica	Magdiel Pereira	Hayden Lang	Billy Tinnion	Liam Paling
Georgie Williams	Lucas Wyman	Ellie-May Lunn	Alfie Vann	Daniel Sande
Bailey Wilson	Finn Williams	Matylda Ziolkowska	Stefan Zelenovic	Aheensha Sellathurai

Bikes

If your son/daughter cycle to school it is essential that they have and use a bike lock.

At Wigston College bikes can be locked up in the bike shed at the side of the College or in the Year 11 bikes shed, which is located behind gates locked between 8.30am and 2.55pm.

At Wigston Academy (Years 7 – 10) bikes can be locked up at the bike stands at the side of Site A, these are then kept behind locked gates during the school day from 8.30am to 2.55pm, or the area at the front of the Academy which is covered with CCTV.

Year 11 students can lock their bikes up in the bike shed at Wigston College, which is located behind locked gates during the school day from 8.30am to 2.55pm.

However, given the number of after school activities and clubs that are held across the campus including external lettings, these gates are sometimes open after school. Ideally lock your bike during the school day behind the gated area.

The police further advise:

- Lock your bike with your own lock, one lock for each bike.
- Make sure the lock is a D lock or lock that is not easily cut – the police website will provide more advice.
- Insure your bike, it is unlikely that a bike will be insured on a normal household policy, even if it says other belongings. Bikes often need separate insurance.

The Trust is unable to insure bikes left on campus through its own insurance.

School Bus



The school run a bus service for students and travel must be paid for in advance, via the online payment system. Students will have unlimited use of the bus during the period their pass is valid and will be able to use the morning and afternoon service. We no longer offer a daily or single trip ticket and the current cost for using the bus is £20 per week. This covers any and all journeys on the bus. Students will be issued with a bus pass and they will be required to show this to the driver for every journey. Students who do not have a valid pass will not be eligible to use the school bus and will therefore be refused access to the service.

If you wish your child to use the school bus please visit our school website and under the parent tab you will find the information about our bus service, routes and details on how to purchase a bus pass.

Year 11 Maths Past Paper Practice

A plethora of research suggests that the more exposure to and practice of exam questions that students have, the better they will do in their live exams. One of the ways in which we are increasing the exposure and practice for our Year 11s is through the setting of past exam papers and use of walkthrough videos and shadow papers.

Starting this term, all students will be completing past paper practice homework which is compulsory whilst Sparx homework will remain optional in the background.

Each week, students receive either the odd or even numbered questions from a past paper. Students are expected to complete this to the best of their ability in black or blue ink. Once they have done this, they need to scan the QR code on the front of the paper and use the walkthrough video to mark what they have done. Anything that they got incorrect or weren't able to do should be corrected or answered in a different colour –purple ideally. Any topics/questions that students feel that they need extra practice on should be revised and practiced further through the use of Sparx codes that are on the front of their paper.

Papers are due **EVERY WEDNESDAY**. Any student who has not completed their homework or failed to bring in their paper will be given an **after-school detention on Thursday** so that they can complete their homework. If anyone has any issues completing homework or can't access the internet to use the QR code, a reminder that C1.5 computer room is open every day at lunchtime for students to use and is also staffed by maths teachers Tuesday to Thursday.

Students will then be sitting the shadow paper of their homework during one of their follow up lessons. These are the same style questions but different numbers. This gives them the opportunity to check that what they have learnt from the walkthrough video and Sparx has worked and that they can now answer every question. These will mostly be marked in class.

If students engage in this process, then they will see their scores continue to improve and give themselves the very best chance of reaching their potential and gaining the grades that they want or need.

We look forward to working together to see what amazing grades we can achieve.

If anyone has any questions or would like to discuss this further please contact Mrs Sherriff asherriff@wigstonmat.org

DIARY DATES

Academic Year 2024

Mid Term Break – Monday 19th February to Friday 23rd February 2024

Easter Break—Monday 25th March to Friday 5th April 2024

May Day—Monday 6th May 2024

Mid Term Break—Monday 27th May to Friday 31st May 2024

School Closes—Thursday 11th July 2024

Computer Science



On **Tuesday 6th February**, we joined schools and youth organisations across the UK in celebrating **Safer Internet Day 2024**. We held activities in Computing lessons and assemblies that week. The theme for Safer Internet Day this year was **Together for a better Internet**.

Safer Internet Day is a global campaign to promote the safe and responsible use of technology, which calls on young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers and more, to help to create a better internet.

This year the campaign focussed on change online, this included covering:

- Young people's perspective on new and emerging technology
- Using the internet to make change for the better
- The changes young people want to see online
- The things that can influence and change the way young people think, feel and act online and offline

Using the internet safely and positively is a key message that we promote in **school/our group/our club**, and celebrating Safer Internet Day is a great opportunity for us to re-emphasise the online safety messages we deliver throughout the year.

We would be delighted if you could join us in celebrating the day by continuing the conversation at home.

To help you with this, for the UK Safer Internet Centre have created some free activities and information for parents and carers which are available at: <https://saferinternet.org.uk/blog/safer-internet-day-2024-free-advice-for-parents-and-carers>

Whether you have 5 minutes to start a conversation or hours to spare, there are top tips, quizzes and films which you can use at home with your child. If you have any concerns or questions about keeping your child safe online, please do get in touch with your child's Computing teacher/myself or our Safeguarding Team at the Trust.

Mrs Nemauro - Head of Computer Science

Pen Pals Across the Channel

Letters have been exchanged across the Channel – the MFL Department has teamed up with a French school in the North of France and some of our Year 9 and 10 pupils have written a short letter in French to a mystery friend in the French school.

Letters from the French pupils have recently been delivered and will be handed out shortly to our pupils. No doubt they will enjoy opening their envelope and reading the messages handwritten in English by their pen friend! What a great way to develop the language they learn at school and give them a real-life insight into a different culture! We are looking forward to the next post closer to Easter.



Winners of 12 Tasks of Christmas

The MFL department is pleased to announce the winners of the 12 Tasks of Christmas. Congratulations to:

Year 7:

Aishveen Arora, Adam Atkins , Stephanie Biju, Christella Mhizha , Filip Savic

Year 8:

Spencer Cardwell, Victorious Chulu, Gabby Diaconu, Izzy Kopaczal

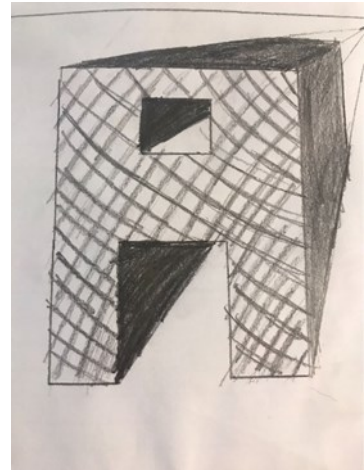
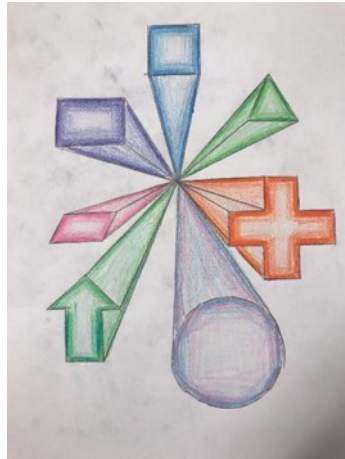
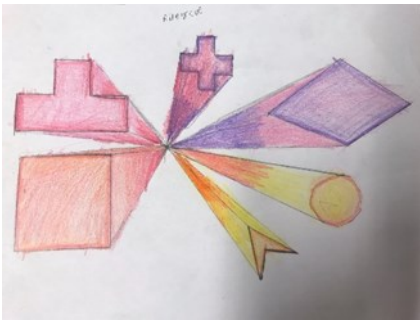
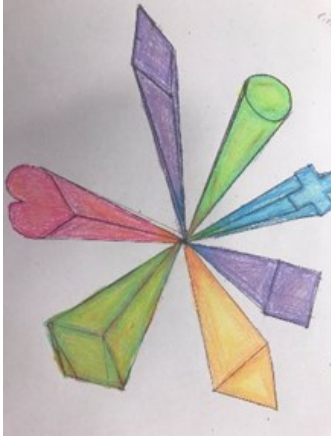
Year 9:

Joseph Barker, Davina Joy King Daniels

Please collect your prizes from Mrs Tinnion or Miss Rigby

ADT

Year 7 have been looking at drawing in perspective and below shows some of their work using central perspective and one point perspective.



ADT Graphics

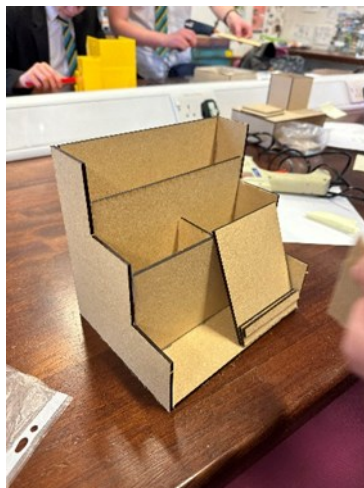
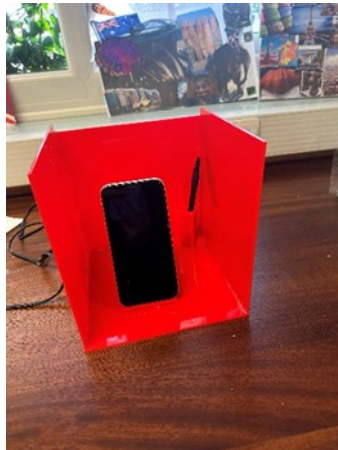
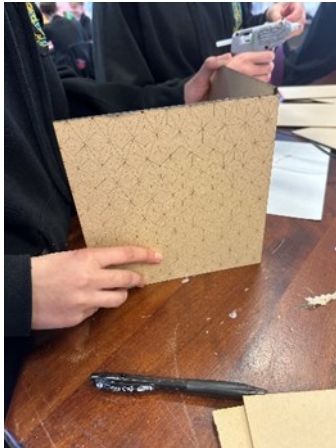
New to this year as part of the KS3 rotation, students are learning to use photoshop as part of a graphics module. Students are developing an understanding of the software using a range of tools and techniques which will help them to develop more complex work as the term goes on.

Miss Robinson—Head of ADT

Design & Technology

The Year 10 GCSE Design & Technology students have been working really hard on designing and constructing their laser cut desk tidy's this term. The students have also been doing a lot of theory work into automation, CAD/CAM and laser cutting to understand the benefits and negatives of using these processes. They have produced some amazing final outcomes. Well done to all students involved!

Miss C Percival - ADT Teacher



Ready Steady Cook Workshop

On Tuesday 23rd January the Royal Navy delivered a fantastic Ready Steady Cook style workshop to a class of Year 10 and selected Year 11 food students.

The workshop began by looking at careers within the Navy, with a focus on being a chef. The Royal Navy chefs then set the task to each group of making spaghetti and meatballs with garlic bread and a sticky toffee pudding desert.

The chefs marked the teams on a number of factors such as team work, communication, how clean their areas were as well as presentation of their dishes and the taste. All these skills will help towards their GCSE exam.



Team 3 won with these wonderful dishes.



PE UPDATE

It has been another busy and successful term in the PE department, with lots of clubs, fixtures and events!

Boys Football

Our final two teams in the National Cup, Year 10 and Year 11, made it all the way to round 6, where, unfortunately, their amazing runs came to an end.

The Year 10s travelled away to Walsall Academy in round 5 and came away with a hard-fought 1-0 win. They then came up against a very strong Thomas Telford side in round 6 and lost.

The Year 11s welcomed Aldridge School in round 4 and ran out comfortable 4-1 winners. They then travelled to Guilsborough School in round 5, where they battled their way to a 2-1 win. Unfortunately, they lost a tight game v Aylesford School in round 6.

Getting to round 6 meant both teams were in the final 32 of over 650 schools nationwide, which is a superb achievement. Well done lads.

Attention now turns to the County Cup Quarter finals for our Year 9, Year 10 and Year 11 teams. Good luck!

Girls Football

Our KS3 girls football teams kicked off their Oadby and Wigston campaigns with 3 games against local opposition.

The Year 7s started their Wigston Academy career with a superb 10-0 win v Manor. They then faced a good Beauchamp side and unfortunately lost but never gave up.

The Year 8/9s started their league campaign with a convincing performance v Manor to run out 10-0 winners. Their second game was a much closer contest v Beauchamp. The match ended 3-3, but the girls showed great resilience to run out 8-7 winners on penalties!

The girls have league matches v Gartree and South Wigston plus the Oadby and Wigston Futsal Tournament coming up. Good luck girls!



Meanwhile the Year 10/11 team played in the South Leicestershire League and in their first game they beat Beauchamp 5-1 to claim the Oadby and Wigston title. They then played an entertaining game v Welland Park which finished in a 3-3 draw!

The girls still have the upcoming Oadby and Wigston Futsal Tournaments plus a league match v Robert Smyth and the County Cup to look forward to. Good luck!

Netball

All of our teams have their South Leicestershire Tournaments coming up. We will report back on the scores in the next newsletter. Good luck!

Badminton

The KS3 and KS4 Badminton teams played their Oadby and Wigston League fixtures v Beauchamp recently. Unfortunately, they came up against some really strong Beauchamp sides and lost, but they showed great team spirit and resilience throughout.

The teams still have fixtures against Gartree and Manor to look forward to. Good luck!

Inclusive Sports

Our KS3 Inclusive Team were back in action – this time at Aylestone Leisure Centre in the Boccia Tournament. They performed brilliantly and were crowned Oadby and Wigston Champions! They will now go on to represent the area in the County Finals later in the year. Well done all!



Sports Leaders

Our amazing Year 10 Sports Leaders have had a busy term as they have been helping LSLSSP to run events here at the Academy.

They got rave reviews from the organisers of the Primary Basketball, Boccia and Dodgeball events, who all commended their enthusiasm, maturity and leadership skills. Well done all!

PE Twitter—up to date information

To keep up to date with information from the PE department, please follow our Twitter account: @WigstonAcadPE

COMMUNITY NEWS

Thank you to all students, parents and staff for supporting our charity and community events last term. This term we will be supporting other local and national events, we are also keen to get our pre-loved uniform shop up and running but we really need support with donation of old good quality clothing items.

WA Pre-loved Uniform Shop

In our previous bulletin we announced the launch of our pre-loved uniform shop. Would you be willing to donate any pre-loved school uniform items to be a part of our Pre-loved Uniform Shop?

We are looking for any good quality, clean, non-damaged items that you would like to donate, please bring them into main reception at the Academy. We will soon be announcing when and where you can purchase our pre-loved uniform items for a bargain price. (Damaged and soiled items won't be able to be sold and will be disposed of).

Making a change – currently only 1% of clothing is recycled, lets help to make a difference!



Comic Relief – Friday 15th March 2024



Friday 15th March is Comic Relief

We will be taking part in a non-uniform day.

Please bring £1 donation

Get involved and wear something red!

RED NOSE DAY FUNNY IS POWER

SOMETHING EXCITING IS COMING JOIN THE REBELLION

RED NOSE DAY FUNNY IS POWER

PERFORMING ARTS

Performing Arts at the Trust have had a very busy time this academic year. We performed two packed programmes to over 850+ audience members. We also visited a care home at Christmas and performed some carols; this was very well received and the residents thoroughly enjoyed us spending time with them. We are currently working on Joseph and the Amazing Technicolor Dreamcoat, which is being performed on the 13th to 16th March. We have over 60 students involved back stage, on stage and in the orchestra; all our students have been working incredibly hard. This is a culmination of many months of hard work. We are thrilled with the amount of new students that we have involved in this production. We also have many staff involved and we would like to say a huge thank you to those that are supporting us in any way.

Alongside this, we are thinking about our last concert of the academic year, Summer Fiesta, which will be performed on the 26th and 27th June. Tickets are available for all our productions and can be purchased through our websites at www.wigstoncollege.org or www.wigstonacademy.org by following the production ticket link. Tickets can also be purchased from the Academy reception with cash or cheque. Please come and support our amazing students who are involved in our productions, some that are performing for the very first time. Thank you for your continued support of Performing Arts and we look forward to seeing you there.

Miss Watkiss - Head of Performing Arts



CAREERS

Mock Interviews—24th January 2024

What an incredible morning – we had over 30 local employers volunteer and conduct mock Interviews with Year 11 and Year 13 students who are planning on going straight into employment /apprenticeships. There was a really positive atmosphere and buzz, with lots of engaging conversations taking place. Students went in a little nervous and came out with smiles on their faces. There was lots of constructive feedback on how the students can improve and what to focus on for their next interview. It was lovely to welcome back some of our alumni to help with the interviews this year.



Thank you to the wide range of businesses who gave up their time to support our students. It is so important for young people to engage with local employers and experience elements of the world of work to help them prepare for their futures.

Year 9 Option Workshops—23rd and 25th March

We are currently working with our lead advisor Jess Moore, from Pathways, on a range of careers advice, engagement and enrichment activities with the Academy and College. Jess is delivering Option Workshops to Year 9 students to help them with their GCSE option choices. Students have explored the range of GCSE options available to them at Wigston Academy and the choices they need to make for their futures. Ongoing support will be given by staff to students in completing their applications for GCSE options.



National Apprenticeship Week

This is a great opportunity for students to find out more information about apprenticeships and the wide range of pathways available. In tutor time during the week there will be lots of activities for students in Years 7 to 13 to explore what following an apprenticeship means and the wide range of apprenticeships available. This is a great way to 'earn while you learn' achieving qualifications up to and beyond degree level. Look out for more information through the WAT App during the week.



CAREERS

National Careers Weeks

This will be the third year we have participated fully in the NCW to raise awareness of the wide range of careers and options available to students. It will provide a focus for careers guidance activity at an important stage in the academic calendar, to help support young people develop awareness and excitement about their future pathways at both Post 16 and Post 18.

Tutors will be sharing lots of information during tutor time with their students in Year 7 to Year 13. Please keep an eye on the WAT App for further information.



Year 10 Work Experience—Monday 29th April to Friday 3rd May 2024

In Year 10 all students have the chance to take part in work experience for one week. This is a great opportunity for young people to find out about the world of work, which will support their development and preparation for leaving full time education. The dates for work experience are: Monday 29th April to Friday 3rd May 2024. We are still looking for local companies who are interested in supporting the programme. If you are able to offer a work experience placement for any of our students, please contact WATcareers@wigstonmat.org



Save the date—Careers Fair—20th March 2024

Wigston Academies Trust Careers Fair will be held at Wigston College on Wednesday 20th March 2024 from 5.00 pm – 7.30 pm. There are many stands to support students from Year 8 through to Year 13, these will include Further Education Colleges, Universities and Local Employers. Any companies who are offering apprenticeships for school leavers will be advertising throughout the evening. Booking is essential so please look out for further information via the WAT App.

For more information about Careers Education at Wigston College and Wigston Academy visit the website [Careers Home | Wigston Multi Academy Trust \(wigstonmat.org\)](https://www.wigstonmat.org)

COLLEGE UPDATE

UCAS Applications 2024

Year 13 students have now submitted their applications for degree courses starting in September 2024. Around 75% of Year 13 students have applied to universities, which remains in line with previous years' applications. Students are currently receiving offers of places and some are already in a position to confirm their first and second choice decisions. The local option for higher education is still the most popular choice for our students – De Montfort, Leicester and Loughborough are top choices followed by universities in the East and West Midlands regions. The most common courses applied for are social science subjects (Psychology, Sociology, Criminology and Law) which reflects our most popular A level courses. However, across the cohort, students have applied for a wide range of course including engineering, medicine, pharmacy, cyber security, music technology, architecture, animation, physiotherapy, sports science and primary teaching plus much more! Once course choices are made, students will begin the process of arranging accommodation and securing student loans. Support continues to be available to students as they finalise their plans, with Life Skills lessons lined up to cover Clearing and how to prepare for the first term at university.

Year 11 Applications to Wigston College

We have now reached the applications deadline of 31st January and we appear to have received a similar number of applications as last year's record numbers. Applicants are being contacted so that they can attend interviews with the Sixth Form Team; these will take place between the end of January and March.

Following the interview, successful applicants will receive their offers of a place for the academic year 2024-2025. All applicants will receive information that explains each stage of the process and we anticipate a strong cohort of students enrolling with us in August following the publication of GCSE results. If you are ever unsure of anything please do not hesitate to get in touch and a member of the Sixth Form team will be more than happy to speak to you.

We would like to take this opportunity (and many others to come!) to wish all of our Year 11 students the very best with their studies as we enter the final run up to the summer examination season.

Academic Calendar

Less than 10 College weeks remain until the summer examination season gets under way.

Students with live exams should be in full swing in terms of their revision plans (and actual revision!) in preparation for these. All students have had input from our Academic Mentor Mrs Dobney. If anyone is still unsure on how to revise or plan revision please speak to a member of staff for support and guidance.

Year 12 PPEs or mock examinations are scheduled to take place at the end of April. These are a great opportunity for students to see what knowledge has stuck and where they may need to focus their efforts moving forward. These are just a mere 9 weeks away. Revision should be a continuous activity that is built in throughout a student's journey if information is to be truly locked into their long-term memory, not an activity that is done at the last minute.

Alumni News

Many of you may remember Luke Beaumont who left us in 2021 after securing a place to study a BA in Musical Theatre at the prestigious Trinity Laban in London. Luke had a number of leading roles in our Trust productions such as *The Beast in Beauty and the Beast* as well as numerous leading roles and vocal performances in our WAT Live series of performances and Summer Showcase events. Luke graduated from Wigston College with fantastic results gaining the grades A*, A*, A* in Drama and Theatre Studies, English Literature and Psychology. We were all thrilled to see his recent West End debut in the hit show *Diana the Musical* as it transferred from Broadway. The show featuring household names such as Kerry Ellis and Denise Welch (and now Luke Beaumont!) was a musical exploration of the life of Diana Princess of Wales. We are very proud of Luke and his achievements and here's to many more roles in the future! Good luck and congratulations Luke.



Wigston College Student Voice

At Wigston College our students are always at the heart of everything we do and we have always taken time to listen and respond to our College community. Each half term our Student Government meet to discuss all aspects of the College. As we have grown and evolved over recent years, their input has shaped many decisions, policies and practice.

This term students shared great ideas about events they would like to organise and things we could do to ensure that our students continue to feel happy, valued and motivated. Present at the meeting were our Student Presidents and Vice President, the Heads of our Committees and representatives from each of our tutor groups. We currently have five committees – Environment Committee, Social Committee, Culture and Diversity Committee, Wellbeing Committee and the Charity Committee. In the past, the Student Government has helped us to make decisions on items such as dress code, food provision and rewards.



This term our student Government members had lots of interesting ideas for events such as fundraising, social events and ways that they would like to see our College move forward. We are excited to see how these plans take shape and look forward to sharing them with you in the future. We are delighted that our students take pride in our College and feel empowered to take an active part in our journey and demonstrate their excellent leadership skills.

My VOICE MATTERS

Place2Be's
CHILDREN'S
MENTAL HEALTH
WEEK

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCGI8](https://bit.ly/3PzCGI8)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...



TELL ME ABOUT
YOUR DAY

WHAT WAS THE BEST
THING ABOUT TODAY?

WHAT IS THE BIGGEST
STRESS / WORRY IN YOUR
LIFE RIGHT NOW?

WHAT'S YOUR
ONLINE LIFE LIKE?



WHO WOULD YOU TALK
TO IF YOU WERE FEELING
WORRIED ABOUT YOUR
MENTAL HEALTH?

WHAT CAN I DO
TO HELP YOU?



Mental Health

NEWSLETTER

FEBRUARY 2024

WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices. Mental health is important at every stage of life, from childhood and adolescence through to adulthood.



Did you know?

One in **five** children aged 5 to 16 were identified as having a probable mental health disorder in 2023. That's **6** children in every classroom!

Source; Mental Health of Children and Young People Survey, NHS 2023)

SIGNS TO LOOK OUT FOR

There are lots of different ways that poor mental health in young people can present.

This includes;

- Crying more than usual or persistent sadness
- Disrupted sleep patterns
- Difficulty in concentrating
- Losing interest in friends and other things they like doing
- Being reluctant to talk
- Irritability and aggression, particularly if this includes unprompted outbursts.
- Changes in appetite or rapid weight loss or weight gain.

The NHS logo, consisting of the letters 'NHS' in white on a blue rectangular background.

THE NHS HAS MORE INFORMATION
ON SIGNS TO LOOK OUT FOR [HERE](#)