

April 2024

PARENT BULLETIN

WELCOME

Welcome to the latest edition of the parent bulletin as the main Summer exam season is now upon us, we wish all of our students who have examinations the very best of luck.

Detailed arrangements about how exams operate across the Trust and the system in place to support students have been shared through assemblies and tutor time. Letters will be sent out to parents and carers shortly, however if you have any questions or queries please contact your child's Head of Year.

Our sports teams continue their stunning run of success, many as County Champions. We continue to wish our remaining teams all the best as we approach the end of the year.

For everyone who managed to get along to see our Joseph musical earlier this year, I am sure you will agree what a high quality, professional and thoroughly entertaining show it was. Thank you and a huge well done to all involved.

The constant changing world of social media continues to raise challenges for school, parents and carers. We continue to support students in school through PSHE and tutor time. However we all know the essential role parents and carers play, so please can you ensure you are talking to your children about how social media, apps and their phones work, especially in terms of risky behaviours. We have included some further guidance in this bulletin for you.

Thank you to everyone involved in making the French trip such a success. Students had a fantastic time and had the opportunity to improve their French language skills during the immersive week at Château de la Baudonnière.

As we approach our final half term, we have lots of events to look forward to: summer concert; Year 11 Prom; Sixth Form leavers event and Academy and College awards evenings are just a few.

Wishing you all a good half term.

Mike Wilson
Headteacher
Wigston Academy/Wigston College

YEAR 7

Spring has begun and it means that students are only one full term away from moving up to the next year group. This is both exciting and a little daunting with the realisation of how quickly this year is going.

We will continue to support and guide our Year 7's to have a positive term.

Before half term some of our students attended a residential to France. This was a successful trip and students returned full of many amazing stories. Staff expressed how pleased they were with our Year 7's and that they were a credit to the school.

Mrs Bentley—Head of Year 7

Year 8 continue to show their ability to display the school values (Respect, Ambition, Responsibility, Engagement and Resilience.) I am really proud of the achievements our Year 8 students have made so far and I hope that this continues. In order to help support Year 8 in developing responsibility, we are no longer collecting after-school detentions. Instead, students are given a detention slip as a reminder of their after-school detention and they are expected to turn up on their own without being collected. Year 8 have responded well to this.

We have also started a new reward called tutor shout-out where students receive a certificate and a shout-out in assembly by their tutor to reward them for their efforts. We want students to feel that these efforts do not go unnoticed. We hope as the year goes on this reward will become popular with the year group.

As a year group we are trying very hard to ensure that uniform is of a high standard. Please could I kindly ask that you support us by ensuring that students are in the correct uniform. If there are any issues with uniform, please do not hesitate to contact me. We are also trying to improve our late to lessons. Where students are persistently late to lessons, parents will be contacted and meetings arranged. Please could you support us by encouraging good punctuality.

A special shout-out to Corey Barry-Rossell who has been working extremely hard. Well done!

Miss Bhogal – Head of Year 8

HOY - rbhogal@wigstonmat.org

AHOY - zhoul@wigstonmat.org

YEAR 8

DIARY DATES

Academic Year 2024

May Day—Monday 6th May 2024

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

School Closes—Thursday 11th July 2024

Year 9 have had a wonderful start to the summer term and I am seeing lots of positive behaviour and attitudes towards school. As always, we look to reward our students and I am putting together a rewards calendar for the remainder of the summer term. There is also a whole school rewards calendar where staff can recognise any student that consistently follows our Ethos and Values.

The students have really embraced our options process and all students in Year 9 have now picked their options. We have conducted a recent survey in Year 9, based around achievements, and the feedback is really positive. Lots of students know what they want to be and the path they need to take to get there. This shows real ambition, maturity and great vision, all of which have improved throughout Year 9.

As ever, thank you for all your support throughout this year, I really appreciate it. If you have any queries or concerns please do not hesitate to contact me via email: dcarletti@wigstonmat.org or call the school on 0116 2881228.

Mr Carletti—Head of Year 9

Year 10 have had a very busy term organising the work experience placements. We hope the students are all enjoying the experience and are making the most of this opportunity. A big thank you to the work experience team for setting up work experience week and to the parents for helping the students look and secure their placements.

We are now counting down to our first PPEs and feel very encouraged by the number of students that have started their revision. PPEs are really important for students and staff as they give us an accurate grade to where the students are currently and any gaps in knowledge. There are lots of ways to revise and it is important that students start early enough so they can find a way that suits them.

With the PPEs fast approaching, every lesson counts, therefore please encourage your child to attend school every day. Hopefully the weather will warm up soon and we can all get some of that much needed vitamin D.

We are currently putting together a rewards calendar that will include various treats and prizes to lead us into the final Summer term, including early lunchtimes, hot chocolates and the very popular VIP assembly seats.

With so much going on in Year 10, please do not hesitate to contact me via email if you have any questions- rchapman@wigstonmat.org

Thank you as always for your ongoing support.

Mrs Chapman—Head of Year 10

Year 10 PPEs

From 17th - 28th June all Year 10 students will be completing PPEs (mock exams) in their GCSE subjects. This is a chance for students to see how well they are doing in their studies. We will be helping students to prepare for these exams with sessions on the importance of revision and forward planning etc, but obviously your support at home is also really important as these grades form a base for predicted grades that go on College applications next year.

YEAR 11

It is hard to believe we are nearing the end of Year 11! Exams are nearly upon us and I know our students are feeling apprehensive about the upcoming weeks; we understand what a stressful time it is for them. All students have access to mental health support with an external agency who come into school every Thursday; many of our young people have found this beneficial.

We have had a busy term; there has been a lot of hard work seen in classrooms during school time and after school. It has been great to see students attending intervention sessions as well as attending school during February half term and the Easter holidays; I am very proud of them for putting so much time and effort into their education. We recently had an end of term rewards assembly; the students appreciated the amount of prizes given out and seemed to really enjoy the assembly. I have included photos of some of the prizes.

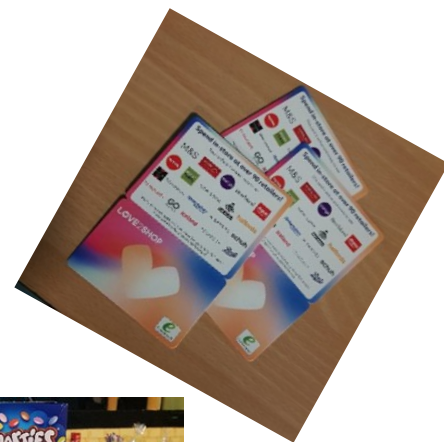
The girls football team have continued to play really well, they have been really successful over the years, well done girls! This boys football team have ended their time at Wigston Academy on a high, we could not be prouder of our County Champions, what a fantastic achievement and so well deserved. They proudly wore their medals the following day, well done boys! Overall it has been a successful term, the vast majority are behaving very well both in the classroom and during social time. Students should be attending school regularly, every day counts, every lesson matters and all students should be revising regularly to give them the best possible outcome.

Year 11 need to make sure they are exam ready; this includes getting enough sleep, having breakfast, making sure they are hydrated and remembering to bring a clear water bottle with them to school. It is vitally important they arrive to school on time. They need to know their seat numbers (they have been provided with this information). Equipment must be in clear pencil case, calculators will be required too and no mobile phones or smart watches. Year 11, good luck, do your best, we believe in you!

Thank you for your continued support, it is much appreciated.

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
Olivia Faustmann	Victorious Chulu	Alice Anderson	Ayona Biju	Lucas Asman
Charlie Jeffrey	Sahibdeep Dhillon	Julia Cichon	Poppy Grace	Charlie Beart
Janel Ogbowu	Lacey Farrell	Grace Garner	Faith Hoy	Cassie Birdas
Ashleyln Paradza	Jack Fletcher	Leo Gillespie	Alexandra Leeson	Daniel Emery
Lily Renshaw	Lucas Hearne	Eloise Hawes	Devina Madhas	Jessica Gledhill
Lola Robins	Xavier Jethwa	Erin Horne	James Martin	Ben Hamilton
Jassica Sarai	Lyla Kendall	Ellie Johnson	Carter Mayfield	Sarah Muddimer
Eslija Urkevica	Olly Morton	Ellie-May Lunn	Joshua Sharman	Daniel Sande
Lily Wells	Shaianna Wade	Alfie Ross	Qasim Sheikh	Caitlin Smith
lylah Weston	Lucas Wayman	Sebastian Supra-Jason	Charlotte Vann	Gracie Vale

WATER BOTTLES

- PLEASE CAN ALL STUDENTS BRING A WATER BOTTLE INTO SCHOOL. IT CAN BE REFILLED WITHIN SCHOOL.
- KEEPING HYDRATED IS AN IMPORTANT PART OF A CHILD'S HEALTH. IT CAN HELP WITH CONCENTRATION AND PREVENTS MANY HEADACHES/ILLNESSES.

Normandy Trip

Bonjour! - Once again our Year 7 trip to Normandy (17th to 22nd March) has been a great success. Students had a fantastic time at Le Château, the picturesque resort nestled in the Normandy countryside. Students took part in many activities ranging from bread making (and what a treat it was to eat one's crusty bread with the evening meal), to completing the mud run or daring to eat garlicky snails ... not forgetting canoeing on the lake or going blind-folded on a forest trail!

Needless to say, French was the order of the day and our group was commended on how good they were at working out what the animateurs (activity leaders) were explaining and how keen they were to try and speak French. They managed to successfully order delicious "crêpes" at the market in the historic town Dinan, ask for ice-creams in the beautiful walled-city of Saint-Malo and buy souvenirs at the famous Mont St-Michel. To top it all, their good behaviour and good manners were commented upon not only by our coach drivers but also by members of the public.

It was such a pleasure to see their confidence and resilience grow day by day, to see them making new friends, get out of their comfort zone and make the most of the opportunities out there. They embraced the whole experience and quite a few of them have decided that they want to live in France when they grow up!

No doubt they will have made some wonderful memories of their week in Normandy and will have shared many happy stories with their family and friends when back home.

Merci et au revoir!

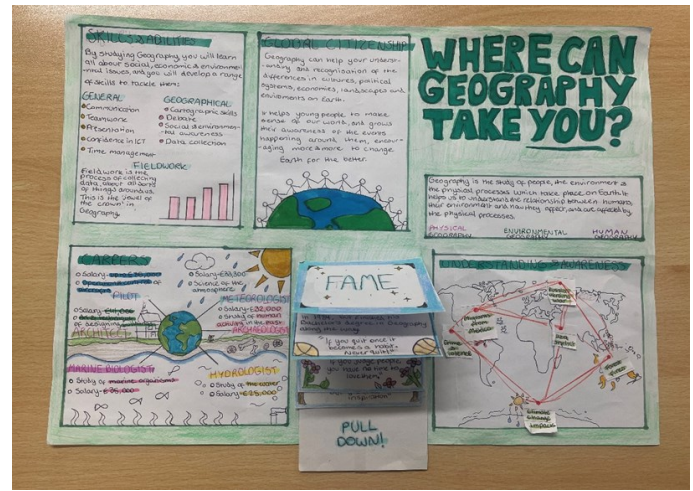
Mme Dubois



Careers in Geography

Over the course of this term Year 9 students in Geography created their entries for our Careers in Geography competition. Their brief was to design an A3 piece of work that clearly explained 'Where Geography can take you'. There were a whole host of fantastic entries and overall we were really impressed with the quality of the work produced, making the judging process all the more difficult.

After consulting with members of our senior leadership team the results of the competition are as follows:



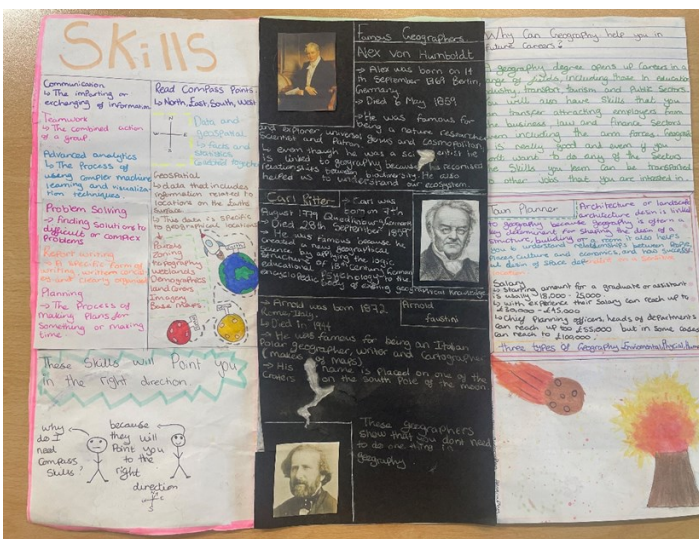
1st Place: Lola Potter



2nd Place: Lucie Arnold



3rd Place: Daniel Zulerons



4th Place: Alice Anderson



Art, Design & Technology

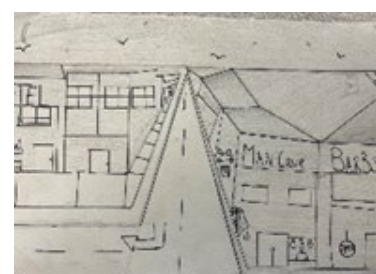
In ADT Year 9 students have been working on a GCSE project based on an artist called Levon Biss. We have created an artist copy, an embroidery sample, appliqué and even learnt how to use the sewing machines. The outcomes are brilliant and students should be very proud of their achievements.

Miss Percival

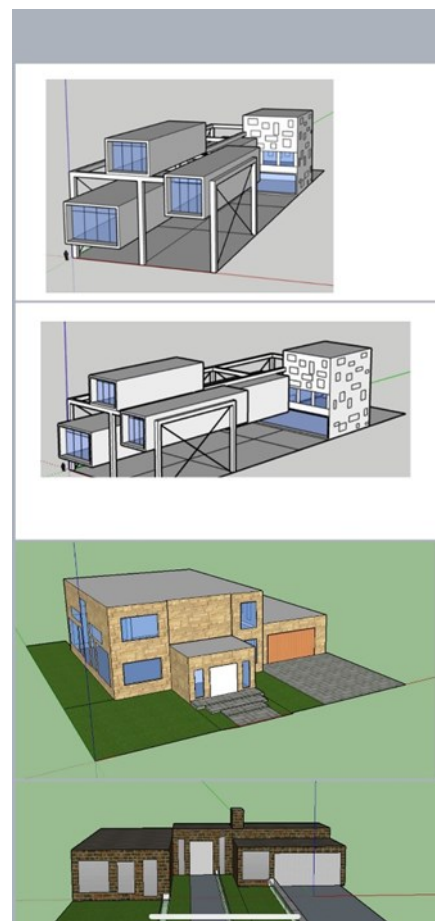
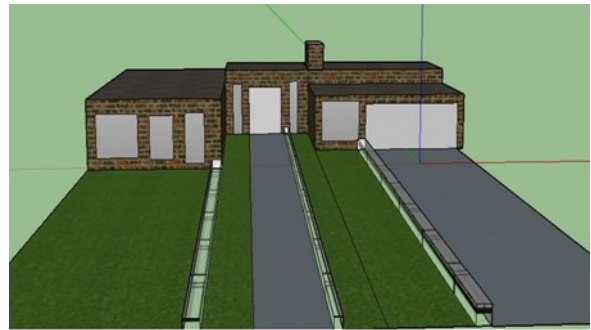


Year 7 have been learning about one-point and two-point perspective in their graphics lessons and have put all of what they have learned into a final piece which consists of a street scene. Students could choose whether to draw in one-point or two-point perspective and created a scene from their imagination. These final pieces show a high level of understanding and skill.

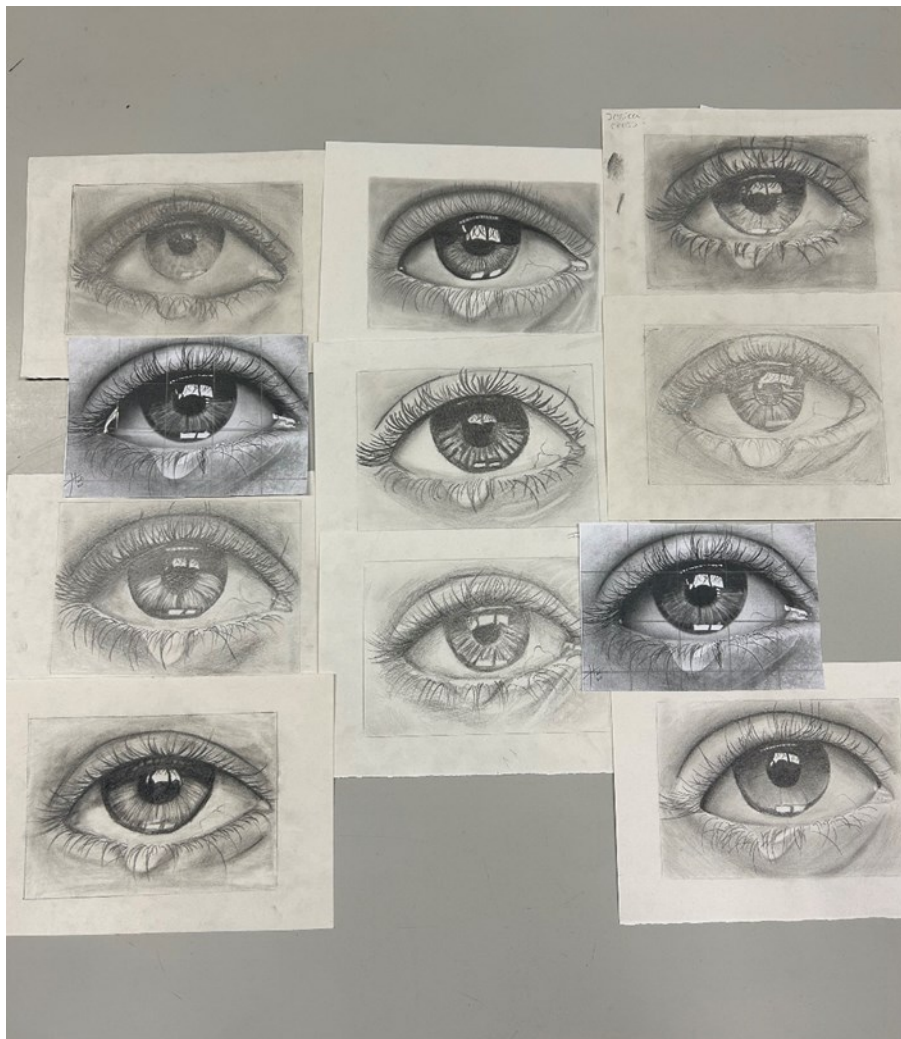
Miss Robinson



Below are Key Stage 3 student's grand designs houses using the software SketchUp.



Year 10 have been creating realistic observational studies for their Identity project. This is an example of the eyes they have been doing. They show excellent tonal understanding and accuracy in shape and realism.



Hayfever Season

As we are now in the season for allergies like hayfever, please medicate your child before school if needed. You can send medication into school if they need it during the day too. It will be kept securely in the medical room for them to access when needed. Blue consent forms are available from main reception or the medical room.

Thank you

PE UPDATE

It has been another busy and successful term for the PE Department with lots of clubs, fixtures and events.

Boys Football

It has been an extremely successful end to the Boys Football season for a number of our teams.

The Year 9 Boys team were crowned County Champions in April, as they beat English Martyrs in the final, played at Leicester City's training ground, Seagrave.

The match did not start well as they boys found themselves 2-0 down at half time. The team showed amazing resilience and team spirit to battle back to 2-2 and take the game to penalties. Our boys held their nerve and went on to take the title. Being County Champions is an amazing achievement. Very well done boys!



The Year 11 Boys team did not want to let the 9's take all the limelight, and after years of coming close, they were eventually crowned County Champions!

The boys faced Lutterworth College in the final, a team they lost to in the Year 9 final. It is safe to say our team were up for the match and put in a brilliant team performance to run out deserved 4-1 winners in a highly competitive match. We are extremely proud of the Year 11 Boys team and the attitude and effort they have shown over their 5 years at Wigston Academy. Being crowned County Champions was nothing less than they deserved and a fine way to finish their time with us...well done lads!



Boccia County Finals



Our Key Stage 3 students competed in the Boccia County Finals at Loughborough University and thoroughly enjoyed their day. They were a credit to the school and showed excellent team work. They were crowned County Champions! Well done!

Girls Football

The Oadby & Wigston league fixtures continued for our teams.

First up was Gartree – the Year 7's put in a great performance and never gave up but unfortunately lost 3-2. The Year 8/9 team continued their winning form as they won 6-0.

The Year 8/9 team then travelled to South Wigston for their final league match. The girls ran out 5-2 winners to be crowned Oadby and Wigston Champions!

The Year 8/9 Girls qualified for the County Cup where they faced Catmose College in the quarter finals. They put in a brilliant team performance to win 6-2. In the semi-final they welcomed Lutterworth College to Wigston Academy. In a dramatic match, the girls showed great resilience to draw 4-4 and then clinch the win on penalties.

The Year 8/9 Girls will now play in the County Cup Final at Seagrave in May. Good luck girls!



Leicester Riders Development Day

On the 1st of March we took 60 students to the Morningside Arena for a Riders Development Day. The students spent two hours with the Riders coaches having a training session on centre court! After enjoying some dinner and watching the players train, they then witnessed a fantastic game of basketball as the Riders beat Phoenix 101-93.

The students were brilliantly behaved and had a fantastic evening. We are hoping to run a similar trip next year, so keep an eye out for details.



Girls Futsal

Our girls teams were back in action, this time at the Oadby & Wigston Futsal Tournament held at Beauchamp.

The Year 8/9 team just missed out on being crowned Champions on goals scored. A great effort girls.

The Year 7 team put in a fantastic display to be crowned Oadby and Wigston Champions. They then went on to the County Finals at Crown Hills where they came a brilliant 3rd!

The Year 11 team also put in a brilliant performance to also be crowned Oadby and Wigston Champions. They then went to the County Finals at Crown Hills where they finished an impressive 3rd!



To keep up to date with information from the PE department, please follow our Twitter account:
[@WigstonAcadPE](https://twitter.com/WigstonAcadPE)

Girls Football Conference

In March we took six of our Year 7 girls to Loughborough University for the #LetGirlsPlay Football Activator Conference ran by LSLSSP, Barclays and Sport England. It was a fantastic day where the girls learnt about what it takes to be an effective leader and were inspired to promote girls football. They will be putting their skills to use later in the year.



Sports Leaders

Our Year 10 Sports Leaders have been busy again as they helped run various Primary Dodgeball Festivals. Once again, they received lots of praise and compliments from the organisers, school staff, parents.

The leaders will be involved in the Little Hill Sports Day, the Birkett House Sports Festival and the Primary Rounders Festival in the summer term to top off a busy and successful year.



Netball

Our Netball teams finished their season with the South Leicestershire Tournament held at Leicester Grammar. The Year 11 team finished their time with us at the tournament and finished a respectable 4th. The Year 10 team put in a good effort, Year 7 team came 3rd, whilst the Year 9 team came a very impressive 2nd!

A big well done and thank you to all our teams – netball will start again in September.

Sports Awards Evening 2024

We are really excited to announce the date for our annual Sports Awards Evening. This year's event will be held on Thursday 4th July! We are sure it'll prove to be another amazing evening where we celebrate and recognise all the sporting successes this year. More information will be available soon.

WIGSTON ACADEMIES TRUST



SPORTS AWARDS EVENING 2024

Thursday 4th July 2024
Site C Main Hall - 6.30pm



Oadby and Wigston Champions!

Congratulations to all our Oadby and Wigston Champions!

YEAR 9 BOYS FOOTBALL:

Louie Munday, Seb Gilliver, Owen Barwell, Stanley Pitts, Oscar Willson, Alfie Knight, Ryley Hancock, Lennon Geary, Zack Hill, Caleb Currie, Logan Weston, Omid Alizadeh, Alex Jones, Joel Osegie

YEAR 10 BOYS FOOTBALL:

Jahvarney Joseph, Olly Frearson, Rocco Moroni, Cahan Frost, Rhys Daines, Lucas Gilbert, Finn White, Paddy McManus, Rhys Noton-James, Ellis Currie, Milo Panting

YEAR 11 BOYS FOOTBALL:

Lucas Asman, Ewan Matts, Caelan Tuck, Alex Wojas, Jack Pace, Charlie Jones, Jacob Cadman, Romaeo Dhindsa, Oli Haggerty, Tinashe Zulu, Dhruv Chudasama, Malachi Simms, Jahshanti Joseph, Leighton Johnson

YEAR 8/9 GIRLS FOOTBALL:

Jaicee Welsh, Isabelle Hamilton, Leila Spencer, Ellycia Watson, Hollie Ball, Khaliyah Razak, Isabelle Wall, Ellie Wells, Luca McAteer, Ava Tyers, Sofia Kerr, Effy Johnson, Ruby Reading, Amber Chamberlain

YEAR 10/11 GIRLS FOOTBALL:

Phoebe Orton, Anya Hawkins, Chloe Dalby, Sophie Ward, Jessica Gledhill, Jasmin Webb, Tawny Dolan, Tayanah Arthurs, Kaylee Sheard, Anaya Meade, Isla Docherty, D'naeya Jeffers, Connie Turner, Kara Western

YEAR 9 NETBALL:

Khaliyah Razak, Chloe Burch, Ruby Dean, Haidee Addison, Ellie Johnson, Ella Ovenall, Sofia Kerr, Megan Timson

KS3 INCLUSIVE BOCCIA:

Lola Robins, Sam Harvey, Naomi Harris, Leo Gillespie, Garret Smith, Finlay Loines

KS3 INCLUSIVE ATHLETICS:

Leo Gillespie, Finlay Loines, Pheobe Love, Garrett Smith, Maisie Hooper, Will Lunn, Lola Robins, Charlie Stevenson

YEAR 7 FUTSAL:

Alicia Barrow-Weston, Marcie Hill, Siyanna Razak, Gracie Coleman, Daisy Davenport, Miya Sargent, Georgie Williams

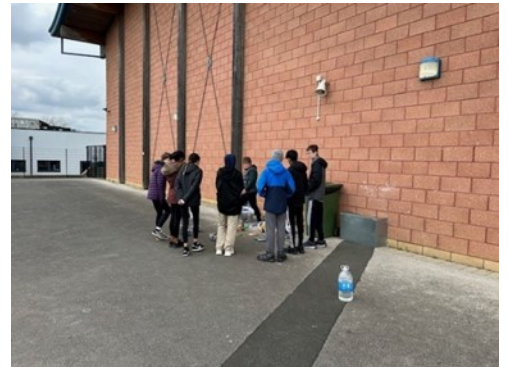
YEAR 11 FUTSAL:

Sophie Ward, Chloe Dalby, Anya Hawkins, Tawny Dolan, Jessica Gledhill

COMMUNITY NEWS

Duke of Edinburgh 2023-2024

Our 20 students were excellent during their training weekend in March. They took part in map reading, cooking, putting up tents, etc. The expedition staff at Mere Lane were very complimentary about the students throughout the weekend!



There was a practice weekend in April and their assessed weekend will take place in May. The students have been great so far and are working hard trying to complete their Volunteering, Physical and Skills sections of the course, with some of the students already having completed these sections.

For the first time, we now run the Silver award too. We have several students from Year 11 and the College who have been enrolled onto the course. They have now completed their practice and assessed expedition weekends and similarly to the Bronze group have been praised by the staff at Mere Lane.

Well done all and keep up the good work!

Mr Carton



Thank you to all students, parents and staff for supporting our charity and community events over the last term. This term we are keen to get our Pre-loved Uniform Shop up and running but we really need support with donation of old good quality clothing items.

Comic Relief – Friday 15th March 2024



Friday 15th March - Comic Relief

Students took part in a non-uniform day and donated £1 in support of Comic Relief.

We also had a joke competition, 1 winner from each year group won a £10 Amazon voucher for the best joke!



On Friday 15th March the Academy took part in a non-uniform day and we held a joke competition to support Comic Relief! We discovered that we have some very funny students and our winning jokes are below – congratulations to the winners who all won a £10 Amazon voucher.

Year 7 Winner - Zachary Jewell – 7SSi

*What do you call two robbers?
A pair of knickers!*

Year 8 Winner - Ciaran Sutton – 8TLp

A man threw milk cheese and yogurt at me, how dairy!!!

Year 9 Winner - Luca Smalley – 9DAb

*What did one orca say to the other after a party?
That was a whale of a time!*

Year 11 Winner - Tinashe Zulu – 11JJo

*Why is Cinderella bad at soccer?
Because she always runs away from the ball!*

Wigston Academy Preloved Uniform Shop

In our previous bulletin we announced the launch of our preloved uniform shop. Now that we are in our final term do you have any pre-loved school uniform items that you can donate 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. Once we are up and running we will let you know when and where you can purchase our preloved uniform items for a bargain price. (Damaged and soiled items won't be sold and will be disposed of.)

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



Reuse School Uniform
Reduce Reuse Recycle

Year 6 Induction – Class of 2024

Congratulations to all the Year 6 students who have secured a place at Wigston Academy for September 2024. We met lots of students and parents on the 16th April at our welcome evening and have all the plans in motion for our Induction days on Monday 8th and Tuesday 9th July. Look out for updates on our website and on our Facebook page WA Class of 2024.


Parents
WELCOME EVENING
2024

KEY EVENTS:

- Induction Days all new Year 7 pupils
Monday 8th July & Tuesday 9th July 2024
- Year 7 Parents' Induction Evening
Monday 8th July 2024



**TUESDAY 16TH
APRIL 2024
5:00PM & 5:45PM**

Vaccinations

THERE WILL BE A 'MOP UP' SESSION
FOR ANY MISSED VACCINATIONS
ON:

24TH JUNE 2024

PERFORMING ARTS

Performing Arts have had a very busy time at the Trust this academic year so far. We have performed three big productions to date and following on from our hugely successful Joseph and his Amazing Technicolor Dreamcoat, we are now working towards our final production of the year. Summer Fiesta is a celebration of all our outgoing students, it will be a culmination of Musical Theatre, Music and Dance, and we look forward to their performances very much. We have students this year that are joining our choreography team and we look forward to their input. We are sad to lose such a strong cohort but thank them for all their support and we wish them well for their future careers. We are thrilled with the amount of new students that we have involved in Performing Arts and I am sure this will lead to many more successful and amazing opportunities for our budding performers.

Alongside this, we are hosting a talent show for KS3 students towards the end of the academic year. This is an opportunity for our younger students to showcase their own talents. We hope to have many acts and are really looking forward to the opportunity to support them and give them this experience. We will be hosting an evening performance where parents will be welcome to come and support.

Summer Fiesta will be performed on 26th and 27th June. Tickets are available for this production and can be purchased through our website at www.wigstoncollege.org www.wigstonacademy.org following the production ticket link. These can also be purchased from the Academy reception with cash or cheque. Please come and support the amazing students involved in our productions, some that are performing for the very first time. We would like to thank you for your continued support of Performing Arts and we look forward to seeing you in the near future. Miss Watkiss - Head of Performing Arts



Careers Guidance Update: Year 7 to Year 13

For more information about the Careers Programme at Wigston College and Wigston Academy, visit the webpage: wigstonmat.org

There are lots of links and resources to help parents and carers support their children in planning for the future:

National Careers Week

Leicestershire Fire and Rescue Service - Thursday 7th March 2024

Leicestershire Fire and Rescue Service came to Wigston Academy and College to give an in-depth talk about career opportunities within the service.

Keira Radford, from LFRS, talked to a selected group of students from Year 10, Year 11 and Year 13 about the different career opportunities and routes into the service, including apprenticeship routes, on call opportunities, Fire Cadets and also the Try It days. The different career roles within the Fire and Rescue had some of our students considering these routes for Post 16 and Post 18 career pathways, including call handlers, HR and IT Support, media and communication, community safety officers, urban and international rescue.

The Try It day for Leicestershire Fire and Rescue is 19th May to be held at the Wigston Station, so keep an eye out for the booking information on their social media sites.



Year 10 Work Experience

Year 10 have prepared for Work Experience week – Monday 29th April to Friday 3rd May. 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. We are hoping that the students have a fantastic week and we cannot wait to hear about their experiences and also read the references written by their employer. Good Luck Year 10's!

Careers Fair

Wigston Academies Trust annual Careers Fair was held at Wigston College on the evening of Wednesday 20th March 2024. All students in Years 8 to 13 and their parents/carers were invited to attend the Careers Fair. It was another successful evening with our students engaging with a wide range of employers, apprenticeship providers, colleges and universities. Students, parents and carers gave extremely positive feedback on the careers fair, saying it has help with understanding options, career choices and the different routes of careers pathways and how the Trust is supporting the students in making choices ready for the world of work.

We look forward to seeing more Academy and College students next year.

Spotlight Careers

Food and Drink

The innovative, creative food and drink production sector is vital in keeping the nation fed. From farm to fork, roles include ingredient growing, product development, food manufacturing, quality assurance, sales and distribution.

In Leicestershire, businesses range from smaller handcrafted goods companies, The Tiny Bakery, Geary's, Vine Farm to large producers such as Everards, Walkers (PepsiCo) and Samworth Brothers.



What could you earn from this industry?

Nutritionist	£22K-£40K
Business Development Manager	£22K-£35K
Baker	£16K-£35K
Food Scientist	£20K-£45K
Production Engineer	£25K-£50K
Quality Assurance Technician	£20K-£35K
Food Production Operative	£17K-£30K
Consumer Analyst	£20K-£45

Please see further information for a deeper dive into this industry [LLEP WORLD OF WORK LEICESTERSHIRE](#)

The World of work booklet shows the most up to date information regarding labour market information in Leicester and Leicestershire.

Local apprenticeship opportunities currently available:

Food and Drink Engineer Maintenance Apprentice	Catering Apprenticeship
Chef Apprenticeship	Production Chef Apprentice
Food & Drink Process Operator	Butchery Apprentice
Apprentice Kitchen Team Member	Brewer Apprenticeship
RAF Chef	Royal Navy Chef
Food Technology Advanced Apprentice	Bar and Waiting Apprenticeship

This can be found at: [Find an apprenticeship - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

COLLEGE UPDATE

Year 13 applications to university courses 2024-2025

Student Finance is now open for students applying for Higher Education courses 2024-25.

Go to [SFE - Student Finance England](#) for more information and a link to the online application form to be completed by both the student and their parent/carer.

Year 13 Leavers' Ball—Friday 28th June

A reminder that students must have paid the full amount of £42 for their ticket by Friday 10th May at the latest. The balance payments are via SCOPay and can be made in one transaction or in instalments.

Year 13 A Level Drama Practical Examinations

On Thursday 21st March we were visited by our Edecxel examiner who witnessed a great evening of performances from our Year 13 A Level Drama and Theatre students. Students had been working and rehearsing hard over the last few months in readiness for this assessment and it really showed on the evening. The examiner was treated to two wonderful group performances from the plays "100" by Neil Monaghan and "Five Kinds of Silence" by Shelagh Stephenson. Students then went on to perform a variety of selected monologues ranging from Lady Macbeth to Flea bag! We were really proud of the students and the quality of what they produced and they should be deservedly proud of their achievements.



Cheerleading World Champion!

This month one of our own, Marcia Begnor, travelled to Orlando, Florida to compete in the Allstar World Cheerleading Championships with Elite Storm Cheerleaders as part of their international competition team. The Allstar World Championships is an exceptional invite only event with a very limited number of invites going to teams from the UK. Marcia was selected by Elite Storm to represent the team at this prestigious competition due to her high skill level and exemplary attitude and she has shown her gift for high level competitive cheerleading. We are extremely proud to say that they won and are now recognised as World champions! Well done to Marcia and all of Elite Storm Cheerleaders, what an achievement!



Wellbeing Committee

With Year 12 PPEs and Year 13 final exams on the horizon, this is a stressful term for Sixth Form students. It is important that along with the hard work and revision, students have the time to unwind and de-stress. As a way of doing this, our Wellbeing Committee organised an afterschool Just Dance activity for Year 12 and Year 13. The Wellbeing Committee arranged refreshments and gave students a chance to unwind from exam stress with music. The students took turns at picking their favourite songs and everyone who was in the hall joined in. One of the students also then taught everyone the line dance Cotton Eye Joe! It was a fun experience that got everyone moving and we hope to do similar events in the future.



Charity Committee

Our Charity Committee organises a number of events throughout the year to support a range of charities. This term they organised fundraising activities to support Comic Relief. Lots of cakes and biscuits were baked and sold and students wore something red to show their support for this great charity. Altogether they managed to raise over £150. We are always proud of how our community pulls together to support others.



Year 13 Art and Design Exams

Our Year 13 Art and Design students are currently sitting their 15-hour exam. They have been working hard developing their ideas for the last few months and now must create them under exam conditions. All students are doing us proud and we are eager to share their achievements. Unfortunately, due to exam regulations, we are unable to share their work until next year so while we wait, here are some of the fantastic pieces that were created by our Year 13 cohort last year.



Internet Safety

NEWSLETTER

MAY 2024

POSITIVES OF THE INTERNET

Being online is an integral part of life today.

The internet can be a great resource for young people. It offers a wealth of information and helps build on their knowledge and understanding.

Playing fun games can support young people's learning skills, concentration, creativity, problem solving and memory.

Screen time allows young people to connect with friends and maintain a social connection.

Increasingly, homework is now online based, so it's important that young people are confident in using computers and have the skills to allow them to access information.



Did you know?

Young people between the ages of 7 and 16 spend an average of 3hrs and 48 minutes online each day. That's an average of over **26 hours each week!**

Source: Childwise via BBC website

STAYING SAFE ONLINE

It's important to understand what young people are doing online.

Agree rules and boundaries, be clear on what your child can and can't do online. Agree times that they can go online during the week.

Stay involved, start a conversation by asking them about the sites, apps and games they use regularly. It helps you to identify any potential risks.

Encourage your child to use their device in a communal area to allow you to keep an eye on what they are accessing.

Set parental controls to filter, restrict, monitor and report.

CLICK THE LOGOS FOR MORE TIPS & ADVICE ON STAYING SAFE ONLINE!

NSPCC

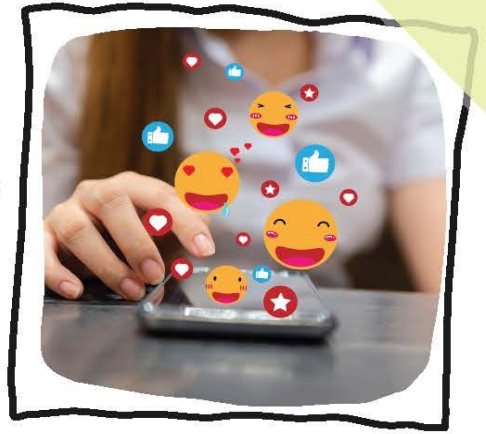
 UK Safer Internet Centre

internet
matters.org

INTERNETMATTERS.ORG HAVE LOTS OF TIPS TO STAY SAFE [HERE!](#)

SOCIAL MEDIA

Children and young people use lots of different social media apps. The most popular being TikTok, Snapchat and Instagram. There are lots of benefits to social networking. It helps to keep young people connected to friends and family. They can also learn things from making slime, learning dance routines and gaming tips. However, there are risks associated with social media use that you should be aware of to ensure your child is safe whilst using it.



- Oversharing; Children and young people can sometimes feel pressure to overshare online
- Sharing their location
- Talking to people they don't know
- Sending or receiving inappropriate content
- Unrealistic sense of body image or reality
- Obsessive focus on likes and comments
- Cyber bullying



Did you know?

According to a 2022 study, **51%** of young people in the UK used **TikTok**, making the short-video sharing platform the most popular social media among users aged between 4 and 18 years.

Source: Statista.com

Key May dates

- National Walking Month
- Screen Free Week
6-12th May
- National Children's Day
12th May
- Mental Health Awareness
Week- 13-19 May



YOUNGMINDS
fighting for young people's mental health

internet
matters.org

ONLINE ADDICTION

Spending time on social media and playing video games are a normal part of life for young people, but for some there is a risk of spending too much time online which can lead to an unhealthy addiction. Signs to be aware of include:

- Showing little or no interest in other activities outside of the house
- Becoming tired and irritable
- Showing signs of anxiety or depression
- Falling behind at school or failing to complete homework
- Not spending as much time with friends
- Not paying attention to things such as personal hygiene and eating proper meals

IF YOU HAVE ANY CONCERNS AND WOULD LIKE SOME GUIDANCE OR ADVICE ON HOW YOU CAN SUPPORT YOUR CHILD, CLICK THE LOGOS FOR INFORMATION.



LET'S GET SOCIAL



EXAM ANXIETY

Simple ideas to help manage stress and anxiety

Make time for the things you enjoy

Find ways to release stress and celebrate your progress. You could listen to music, draw, cook, go for a walk, play a sport or enjoy a treat like a cinema trip!



Take regular breaks

Make sure you take regular breaks, as your brain cannot concentrate for hours at a time. Breaks from revision can boost your energy and motivation



Talk to others about how you feel

Connect with other people, especially your classmates who are also taking exams as they might be feeling anxious too.

Take care of your physical health



Make sure you get enough sleep, food, water and exercise. A good diet and the right amount of sleep can help increase your energy and improve your concentration, focus, and memory.



Focus on yourself

Try not to compare yourself to others. Remind yourself what you like about yourself and what your good at.

Ask for help

Talk through your concerns with your teacher/tutor who can let you know what support your school can offer you. Let your family and friends know if you are struggling so they can support you too.



Create a timetable

Create a simple revision timetable and make sure you are realistic about what you can achieve each day.



Keep things in perspective

Remember, you are more than your exam results. Exams are only a small part of the picture and don't define you.

SUPPORT

If you do feel stressed or anxious, don't feel alone, there is lots of help and support available. Click on the logos to find out more!



Health | Well-being | School Sport | PE | Physical Activity
Supporting South Leicestershire Schools to provide opportunities for all young people

KNOW THE SIGNS OF STRESS!

- Feeling Irritable, angry, impatient or wound up.
- You might experience anxiety, feel nervous or afraid.
- Unable to enjoy yourself
- Depressed
- Uninterested in life
- A sense of dread
- Worried or tense
- Loss of appetite
- Neglected or lonely

You might experience physical signs such as

- Headaches
- Blurred vision
- Feeling sick
- Trembling
- Feeling more tired than usual
- Clammy or sweaty palms
- Dizziness
- Racing heartbeat

YOUNG MINDS HAVE MORE INFORMATION HERE



Exam Anxiety

NEWSLETTER

MARCH 2024

WHAT IS ANXIETY?

Anxiety is when you feel scared, worried or panicked about something. It's a normal, human feeling and your body's natural response to stress or danger. Anyone can experience anxiety, regardless of age, gender, race, culture or faith.

We all feel anxious from time to time. Day-to-day things like friendship, money, exams or work can cause anxiety. Or certain situations, such as travelling home at night, starting a new school or giving a presentation. But the feeling usually passes once we feel safe or solve the problem we had. **Source: YoungMinds**



Did you know?

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

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



EXAM ANXIETY

Tests and exams can be a challenging part of school life for children and young people and their parents or carers. It's normal to feel worried about exams, but sometimes the anxiety and stress can become overwhelming and it might start to affect your sleeping or eating habits.

Don't feel alone, there's lots of help and support available online, click on the logos to head straight there!

CHECK OUT THIS VIDEO TO SUPPORT YOUNG PEOPLE WITH EXAM STRESS [HERE](#)



TIPS TO MANAGE EXAM ANXIETY

- **Make time for things you enjoy.** Find ways to release stress and celebrate progress. You could listen to music, draw, cook, go for a walk, play a sport or visit the cinema.
- **Talk to others about how you feel.** Connect with other people, especially your peers who are also taking exams and might be feeling anxious too.
- **Try to find balance.** Take regular breaks and be realistic about what you can do in a day. Keep things in perspective and remember that exams won't last forever.
- **Take care of your physical health.** Make sure you get enough sleep, food, water and exercise. If you take regular medication, keep up with your routine.
- **Focus on yourself.** Try not to compare yourself to others. Think of things you like about yourself and what you're good at.
- **Ask for help** Talk through your concerns with your teacher/tutor who can let you know what support your school or college can offer you.



IS BACK FOR 2024!

Move it March is our biggest ever physical activity programme! The project aims to encourage children and young people, across South Leicestershire, to become more physically active and increase the number of children achieving the recommended guidelines of at least 60 minutes of exercise every day.

Last year, **12,651** participants in South Leicestershire took part and moved for a total of **3,739,500** active minutes! How many active minutes can you achieve this March? Whether it is a walk, a game of tennis or dancing, it all counts! For more information, click [here!](#)

#MOVEITMARCH2024

RELAXATION

Click [here](#) to learn some new relaxation techniques.

Key March dates

- International Women's Day- 8th
- Nutrition & Hydration Week- 11th-17th
- World Sleep day-15th
- World Oral Health Day -20th



LET'S GET SOCIAL



Healthy Relationships

The Police Liaison Officer has requested that we share the following with our students and parents/ carers as they have seen a rise in the sharing of inappropriate images and young people engaging in unhealthy relationships. The website is designed for young people but also has useful advice for parents, carers and professionals.

[Healthy Relationships - Live Safe](#)

Network Rail Message

OFFICIAL



22 April 2024

Ref No: SPC3 72m 10ch - 95m 38ch

Dear Parent or Carer

ELECTRIFYING THE MIDLAND MAIN LINE

I am writing to inform you that as part of our ongoing programme to electrify the Midland Main Line the railway between Kettering and Wigston will soon be energised.

The purpose of this letter is to make you aware of the potential dangers and to inform you and your family to take extra care when in the vicinity of the railway.

Energisation is the next step in enabling electric trains to run from Kettering to Wigston and will make rail travel greener as well as quieter for passengers and lineside neighbours.

From **28 July 2024** the overhead power lines suspended above the track from Kettering station to South Wigston station will be energised and will remain energised.

The overhead line will be energised at 25,000 volts, alternating current at 50Hz frequency. It is extremely dangerous for any person to be in close proximity (9ft) of the equipment, including supporting masts, switch feeds and cables.

There is of course no danger to any persons provided they do not enter onto railway land (and are always more than nine feet from the overhead lines).

There is a range of helpful resources and information on our web page: www.networkrail.co.uk/alwayson

To learn more about the Midland Main Line upgrade, please visit our dedicated webpage: www.networkrail.co.uk/mml

For further information about our work which takes place on the railway please visit www.networkrail.co.uk/livingbytherailway alternatively if you have any additional questions or concerns, please visit www.networkrail.co.uk or telephone our 24-hour National Helpline on 03457 11 41 41.

Yours faithfully,

A handwritten signature in black ink, appearing to read "Chris Morgan-Jones".

Chris Morgan-Jones
Senior Project Engineer, East Midlands Route - Network Rail