

WEEKLY BULLETIN



Weekly round-up from Mrs Strickland

Dear Parents/Guardians,

I hope you have had a good week.

This week is Children's Mental Health Week. Students have discussed the importance of staying connected and finding key people to share their feelings with. As I mentioned last week, we now have 20 fully qualified Mental Health Champions (pictured above) in school. Last Friday, they spent the day training and learning about the qualities and skills to be a 'Mental Health Champion', students also learned about the 4 stages of mental health and how to spot the signs and symptoms of poor mental health. These 20 students will shortly be awarded with 'Mental Health Champion' badges to wear in recognition of their training, and to help support their peers with their mental health.

Year 7 Parents' Evening took place this week. Thank you to all our Year 7 parents and guardians for booking and attending appointments online. A reminder that our next Parents' Evening takes place on **Wednesday 8th March for Year 8** – more information to follow.

A day in the life of the Wellbeing Room

Did you know that our Wellbeing Room is open to students for 2/3 lessons a day, as well as before school, breaktime and lunchtime? The pastoral team help to run the room and triage students, to ensure they are able to get back to lessons as soon as possible. Sometimes students need a bit of extra help and if this is the case, we work closely with all our internal support teams and external health professionals. See some of our student feedback below:

- "The Wellbeing room is important to me because it is quiet and relaxing at break-time"
- "In Wellbeing they support me, make me laugh and make sure I can access my lessons"
- "Since being in the Wellbeing room at break and lunch I have built my confidence"

Mrs Strickland

Assistant Headteacher: Personal Development Lead

What's In This Week's Issue:

- Weekly round-up
- Why Attendance Matters
- Key dates and lost property
- Rotary Young Musician competition
- PE news
- Exam Invigilators - we need you!

WHY ATTENDANCE MATTERS

Did you know?

Students with no absence are 2.2 times more likely to achieve 5 GCSEs.

Did you know?

17 missed school days a year = GCSE grade drop in achievement

Did you know?

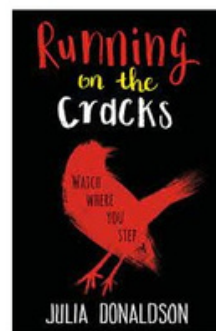
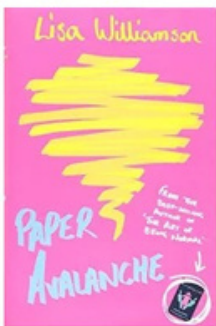
90% attendance for 1 school year = 4 weeks of lessons missed

If you attend school you will learn more and be better able to achieve your full potential - which is brilliant!

Recommended reads this week!



KS3

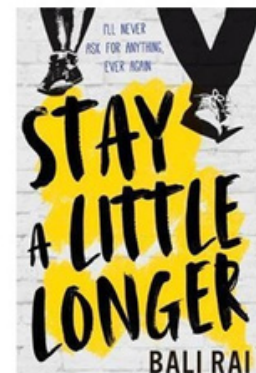
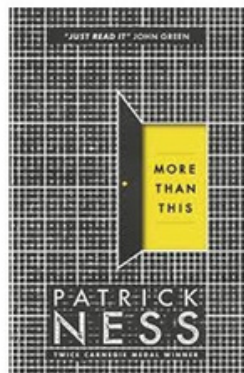
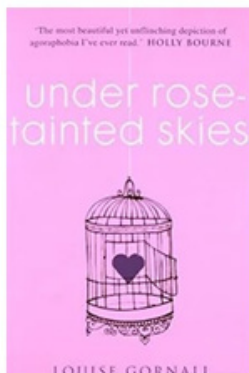


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KS4



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KEY DATES FOR YOUR DIARY

February / March 2023

- w/c Monday 13th February - Year 11 Mock exams
- Wednesday 15th February, 5pm - 6pm - France/History Trip Information evening (Year 10)
- w/c 20th February - Half term
- w/c Monday 27th February - Year 11 Mock exams continued
- **Wednesday 1st March - Industrial Strike Action day** (more information to follow)
- w/c 6th March - Year 11 Mock exams continued
- Monday 6th March, 5pm - 6pm - Milan pre-trip Parent Information Evening
- Wednesday 8th March - Year 8 Parents' Evening
- Thursday 9th March - Year 9 teenage booster and meningitis vaccinations (Year 10 and 11 outstanding also)



Free School Meal vouchers are back for February half term - keep an eye on your inbox before the end of term for more information.

Donated Winter Coats - Thank you

Thank you very much for all your donations over the past few months, they have been gratefully received by a number of students. However, now that we are gradually moving into warmer months, we will not be requiring any further donations this academic year.



Lost Property

If your child has lost a coat or school blazer or other school items, please ask them to speak to a member of staff at the student services desk to search the lost property store.



Last weekend saw the return of the Rotary Young Musician competition with lots of John Ferneley Students competing, including Theia G, EllaRuby L, Grace W and Heidi W, as well as some of VOX who entered as an independent choir.

We are extremely proud of all our young musicians and a huge congratulations to Heidi W who won the senior section with her performances from Waitress and Anastasia.





Some of our Year 7 and 8 students took part in Badminton fixtures against Catmose, Casteron and Longfield this week. A huge well done to all our students involved: Matilda C, Lilybelle S, Holly M, Izzy P, Isaac S, Louie H, Alfie W and Evan W.

DON'T FORGET

Year 11 PE GCSE Intervention weekly theme

Come along every Thursday after school - open to Year 11, in P2/P3, alongside the Sport Studies group.

Focus for: Thursday 16th February

(Paper 1 focus - Aerobic and Anaerobic Exercise and Effects of Exercise)

- Aerobic exercise
- Anaerobic exercise
- Short term and long term effects

WE NEED YOU!



MOWBRAY
Education Trust

SENIOR EXAM INVIGILATORS AND EXA INVIGILATORS

Interviews will be arranged upon receipt of applications.

Apply **here**.

**Pedestrians
please use
other footpath**

Parents/Guardians and students, a polite reminder to please allow extra time for your journey while the roadworks continue outside of school. Earlier this week, Highways placed a temporary closure on part of the pathway leading up to school. Please ask your child to be extra vigilant travelling to and from school, follow the new route and signs installed.

We appreciate your support in reinforcing these messages with your child. Thank you.

