



WOODBROOK VALE

WEEKLY NEWSLETTER

Friday 28th March 2025

CONGRATULATIONS



We would like to congratulate all of our students who received a Headteacher's Commendation this week.

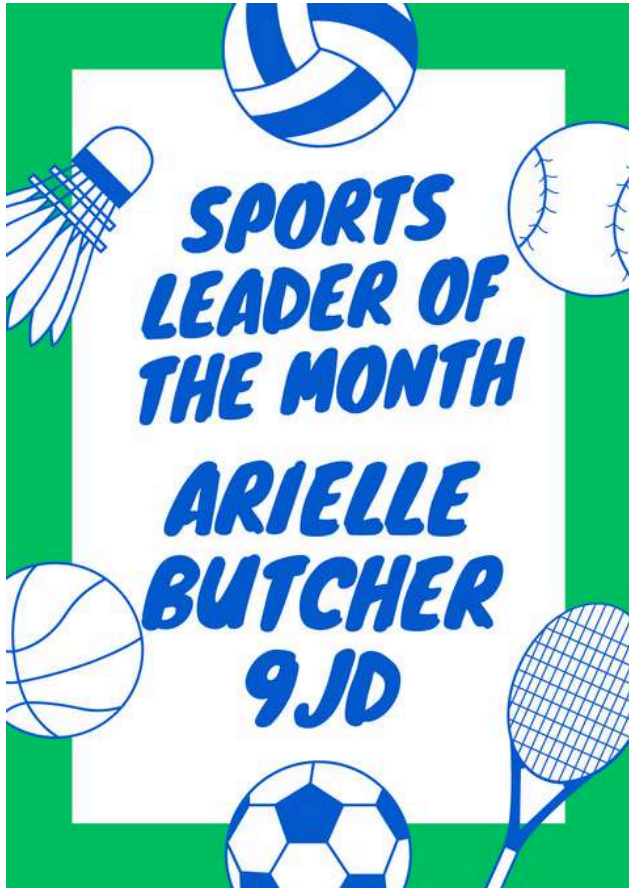
Your hard work, dedication, and commitment to excellence have truly shone, and this recognition is well-deserved.



01509 557560

office@wbvs.co.uk

SPORTS LEADER OF THE MONTH



Arielle is always happy to go above and beyond in her role as a Sports Leader, and will go out of her comfort zone to support others, showing an open mind and enthusiasm to each challenge faced.

She is strong working independently with new tasks, as well as working in groups to achieve a common goal. Arielle uses her initiative, spotting opportunities to improve efficiency in the running and organisation of events, and is creative in her ideas and contributions to discussions.

Arielle is reliable and appreciative of every opportunity, always thanking staff and organisers. Her strong communication skills with staff add to her maturity and engagement, which makes Arielle a great asset to the team.

Well done Arielle!

CAMRYN CARTER LIFTS THE GOLD

A busy weekend for Camryn on the 15/16 March. On Sat Camryn did a weightlifting competition, she lifted 42kgs in her snatch and 48kgs in her clean and jerk. This added 10 kgs on her last weightlifting total in her competition in October, very happy with that.

On Sunday Camryn did the AJA closed Championships and represented Loughborough judo club, she won a 15 year old brown belt girl to secure her place on the squad to go to Holland and got a gold medal. That's it on the competition front Camryn for a while.

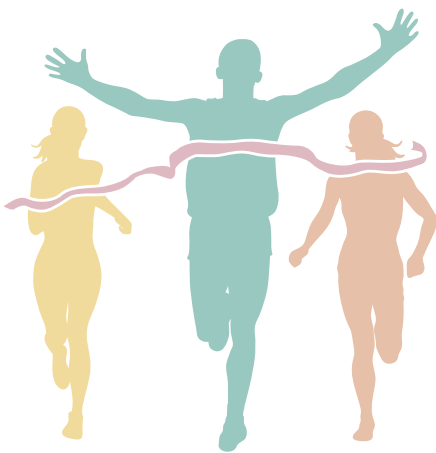
Congratulations Camryn from all at Woodbrook Vale



SPORTS HALL ATHELETICS

On Thursday 20th March, 8 year 7 girls attended the Sports Hall Athletics competition at Charnwood College. Alongside our participants, 10 Sports Leaders also attended to complete their training ahead of the county finals which they are supporting on Monday 31st March.

The year 7's performed incredibly well, finishing with a total of 212 points. Each member of the team showed resilience throughout, and gave lots of positive encouragement to their peers during the track events. The field events were even more successful, with some great scores in speed bounce, long jump and shot.



The Sports Leaders were focused and engaged, and learnt quickly with support from the organisers before taking the lead in officiating both the track and field events. The leaders were accurate in their scoring, and confident in their interactions with both participants and staff.

Overall, it was a great display of skills from our participants and our Sports Leaders – well done to all involved!

GCSE FRENCH AND SPANISH SPEAKING EXAMS

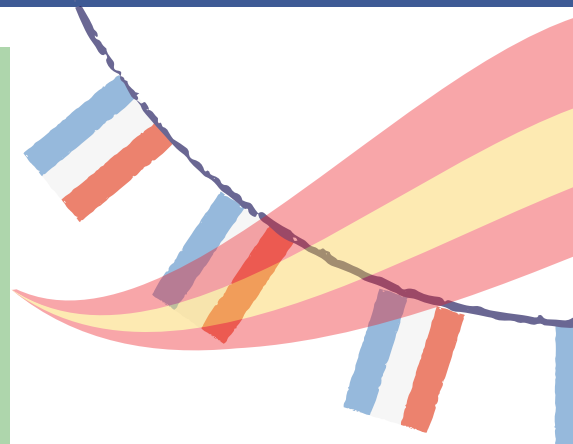
These will take place w/c 28th April.

All students will have an individual time slot and need to have learned their speaking answers on all topics. If students have any medical or dental appointments this week they should check with their teacher to ensure the appointments don't clash.

Thank you to those who attended the information evening for speaking assessments last night. If you were unable to attend and would like an information pack please contact me by email.

fkitching@wbvs.co.uk

Mrs Kitching



Earlier this month we were one of 300 schools to get the chance to have a delivery of canned Alaska pink Salmon for free from Alaska Seafood UK!

Pupils had the opportunity to cook and eat the salmon as part of the national #FishHeroes programme.



Year 10 had the chance to prepare, cook and eat the salmon whilst making fish cakes, as well as potato croquettes. They used their enrobing skills to carefully shape & bread their carefully mashed potatoes, and modified the taste of the fish cakes very well. They did a brilliant job, with many of the students not having cooked with fish before.

Fish is a brilliant source of protein and omega 3 fatty acids. Omega 3 fatty acids are essential for brain and heart health, reducing the risk of cardiovascular disease, and improve cognitive development. In the UK we are recommended to have 2 portions of fish per week, one of which is oily.

We look forward to the opportunity to engage with the Fish Heroes programme again in the future



FOOD WASTE ACTION WEEK - MARCH 2025



It was Food Waste Action Week last week and Year 8 were learning all about sustainability and the relationship with food!

Year 8 came up with ideas of how to reduce food waste, and ultimately ways to save money and prevent food from going to landfill!

Some of the top tips for reducing food waste included:

- Plan your meals
- Make a shopping list
- Buy loose fruit & vegetables
- Store food correctly - e.g. in the fridge between 0-5c, or in an airtight container
- Freeze leftovers
- Compost any food waste



Last weekend nearly 40 year 9 students undertook their Bronze Duke of Edinburgh training. Students spent the day enhancing their navigation, cooking and camping skills. Students showed exceptional enthusiasm, even though they were in school on a Saturday!

On Monday the new navigational skills were put into practice on a training walk. Students were tasked with planning a route around the local countryside. They then developed route cards to describe the key features and directions they would be walking. Inevitably, all groups took the wrong path at some point, but as a group were able to work together to get back on track.

Now all that is left is to plot the routes and carry out the final qualifying expedition in May, which I'm sure all students will be looking forward to.

YEAR 8 DESIGN



Students have been creating their own versions of the popular collectables Funko Pop Toys. Students went through a design process to formulate their final outcome and created additions to enhance the character from the basic provided net. Students then enhanced their technical skills by using Adobe Photoshop to create the final packaging.





We would like to wish a Eid Mubarak to all of our Muslim families celebrating Eid al-Fitr in the coming days

 **IMPORTANT NOTICE TO ALL PARENTS/CARERS** 

There have been concerns regarding the number of parents who have been parking on Grasmere Drive. Complaints have been raised around parents blocking driveways of the local residents, and refusing to move when asked to.

Please be considerate of the residents in our community.

Thankyou for your understanding and cooperation



**LOST
PROPERTY**



We have a number of items in lost property, if you recognise anything please claim from student office. Any unclaimed items will be donated to charity



YEAR 11 SCIENCE REVISION

Lunchtime revision schedule:

Tues: Physics
Wed: Biology
Thursday: Chemistry

Afterschool revision schedule

We look forward to seeing you there!
Science Department



	Room		Topics
21/03/2025	Lab 3	Lab 2	Bio Paper 1
28/03/2025	Room 25	Lab 1	Physics Paper 1
04/04/2025	Lab 2	Lab 1	Chem Paper 1
11/04/2025	Lab 2	Lab 1	Bio Paper 1
EASTER			
02/05/2025	Room 25	Lab 3	Physics Paper 1
09/05/2025	Lab 2	Lab 1	Chem Paper 1
16/05/2025	Room 25	Lab 1	Physics Paper 1



Last weeks answer:

What is osmosis- The diffusion of water molecules from a region where they are in higher concentration to a region where they are in lower concentration, through a partially permeable membrane.

This weeks conundrum question:

What is activation energy?

MFL LANGUAGE LEARNING AND HOMEWORK



www.linguascope.com is a useful website for reinforcing vocabulary and students can work on it independently at home if they wish.

For all students the username = woodbrook password = traveltheworld

Students will also be given an individual username and password for the language learning site www.languagenut.com, this password works for both French and Spanish.

For both sites there is an app which can be downloaded.

SPARX MATHS

Homework will be set on a Thursday, and due by Wednesday 8am.

Need somewhere in school to complete your homework? Come to room 13 on a Monday or Tuesday lunch and use the chromebooks there, or attend the usual homework club.

Parents / Carers – Sparx will tailor questions to the level of your child if they complete the homework independently, using the videos to help if needed.

For more information on Sparx, following this link

<https://sparxmaths.com/parents/>

We look forward to students earning lots of XP points by completing their homework on time and achieving 100%!

-Mr Bruce

HOMework CLUB

Looking for a quiet and supportive space to get your homework done? Come along to the Homework Club in the **school library every Tuesday, Wednesday, and Thursday from 3:00 to 4:00 PM.**

Open to students from all year groups, the Homework Club is the perfect place to focus on your assignments, study, or catch up on work. There's no obligation to stay for the entire hour—drop in for as long as you need!

Whether you're looking for a peaceful environment to concentrate or need some guidance with your tasks, the Homework Club is here to help. We look forward to seeing you there!

SPORTS CLUB TIMETABLE

UPDATED SPORTS CLUB TIMETABLE AS OF MONDAY 31ST MARCH



Woodbrook Vale Sports Clubs



Day	Club	Year Group	Time	Location
Monday	Badminton	KS3	Lunch time (12:25-1pm)	Sports hall
Tuesday	Pickleball	All years	Lunch time (12:25-1pm)	Sports hall
	Netball	Year 7 & 8	After school (3-4pm)	Ball court/Sports hall
Wednesday	Badminton	Year 10	Lunch time (12:25-1pm)	Sports hall
Thursday	Basketball	All years	Lunch time (12:25-1pm)	Sports hall
	Netball	Year 9/10/11	After school (3-4pm)	Ball court/Sports hall
Friday	Badminton	Year 11	Lunch time (12:25-1pm)	Sports hall

SPORTS FIXTURES MARCH 2025



Sports Fixtures

Swimming

All years
Monday 17th March @ De Lisle

Girls Futsal

Year 8 & 9
Wednesday 19th March @ Limehurst Academy

Sports Hall Athletics

Year 7 & 8
Thursday 20th March @ Charnwood College

Boys Rugby

Year 10
Wednesday 9th April @ Charnwood College

Keep an eye on the bulletin for information on how to sign up.

YEAR 11 AUTUMN TERM INTERVENTION 2024/25

Intervention has started for Year 11s to support them in preparing for mock exams and their GCSEs. Well done to all Year 11s who have already been attending. Any questions, please speak to your teacher, or the Head of Faculty in the first instance.

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	ADT	Physics	Biology Geography/History /Sociology English (invite- starting after half term)	Chemistry	
After School	Maths (Invite)	French (speaking) ADT Food (Invite)	Spanish	I Media ADT English (invite - starting after half term)	Science (invite)

Health and Social Care - please speak to Mr Moore about completing coursework.

Invited Students - your teacher will inform you if you have been invited. You are expected to attend these. Attendance will be check and followed up. If you are unsure, speak to your teacher in the first instance.

WOODBROOK VALE CLUBS

Day	Club	Staff Member	Year Group (s)	Time	Room	Starting Date	End Date
Monday	Christian Union	Mr Lewney	All Years	12.30 - 1.10 pm	Room 15	September 2024	ongoing
	Art & Design GCSE	Art Dept Staff	Year 10/11	12.30 – 1.10 pm	Art 1/2/workshp	September 2024	ongoing
	Drama Club	Mrs Hopkinson	All Years	3 - 4 pm	Drama studio	October 2024	ongoing
Tuesday	Darts Club	Mr Clargo	KS3 & KS4	12:35 – 1:10 pm	Room 12	September 2024	ongoing
	Wellbeing & Mindfulness Club	Miss Vaughan	All Years	12:25 – 1:10 pm	Room 3	September 2024	ongoing
	Art & Design GCSE	Art Dept Staff	Year 10/11	3 – 4 pm	Art1/2/workshop	September 2024	ongoing
	Homework Club	Miss Roberts	All Years	3 – 4 pm	Library	September 2024	ongoing
Wednesday	Games & Chess Club	Mr Ayres	All Years	12:30 – 1:10 pm	Room 15	September 2024	ongoing
	Arts Award	Mrs Philippou	Year 9	12:30 – 1:10 pm	Art 1	September 2024	ongoing
	Homework Club	Miss Roberts	All Years	3 – 4 pm	Library	September 2024	ongoing
Thursday	Darts Club	Mr Clargo	KS4	12:35 – 1:10 pm	Room 12	September 2024	ongoing
	Homework Club	Miss Roberts	All Years	3 – 4 pm	Library	September 2024	ongoing
	Art & Design GCSE	Art Dept staff	Year 10/11	3 – 4 pm	Art 1/2/workshop	September 2024	ongoing
Friday	Careers Club	Mrs McSwiney	Years 7 & 8	12:30 – 1:10pm	Room 3	September 2024	ongoing



COMETS NETBALL CLUB

MONDAYS AT CHARNWOOD COLLEGE

U9s & U11s: 6–7pm
U12s & U13s: 7–8pm
U14s & U15s: 8–9pm

LIMITED SPACES AVAILABLE

**COME AND JOIN
LOUGHBOROUGH'S NEWEST
JUNIOR NETBALL CLUB!**



cometsnetball25@gmail.com



IYC Hub

01530 482782


APRIL 14TH-27TH
11-16YR OLDS

★ **HAF Offer (For Pupil Premium Eligible Children)**

- ✓ 4 FREE sessions over the Easter holidays
- ✓ Includes a food voucher for the Snack Shack
- ✓ HAF codes go out this week – check with your school/council!

💰 **Non-Pupil Premium Offer**

- ✓ £10.50 per session (includes a food voucher)
- ✓ Open to all young people who want to join in the fun!

 **Daily Schedule:**

- 🕒 11 AM – 1 PM | Social Time (chill, games, snacks)
- 🌱 1 PM – 3 PM | Urban Innovators Garden Project
- 🎭 3 PM – 6/8 PM | Regular Hub Activities (crafts, mini gym, movie nights & more!)

🚀 **Spaces are limited! Visit our website for full details & booking info.**

www.inspireyouthcollective.co.uk

50, Market Street,
Ashby-De-La-Zouch
Opening Hours:
11-6 Mon, Tue, Wed
11-8 Thurs, Fri
11-3 - Community
Support Saturdays



TeenHealth Drop in's and Appointments:

Woodbrook Vale School work alongside Teen Health and welcomes Mindy, Young Peoples Wellbeing Officer, to Woodbrook Vale School.

Mindy will be available every Thursday to work with student's on the following:

- Confidence and Self Esteem
- Emotional regulation/self-care
- Mental Health & emotional wellbeing
- Body Image
- Friendships

Arranged drop in's: Period 1 and Period 2 every Thursday

If you would like an appointment with Mindy, please see Miss Briers in the inclusion room.

Drop in's:

Mindy will be available for a chat on Thursday mornings during break time. She will be located in the Head of Year Office between 10:25am-10:45am.

Referrals

Self Referral – Students can access the Teen Health service by completing the [Teen Health 11-19 Referral Form.](#)

Refer your child:

If you would like any further information about Teen Health or you would like to make a referral for your young person, please contact Miss Briers (Student Welfare and Behaviour Assistant) on lbriers@wbvs.co.uk


All referrals must have consent from the young person. Please click the link if you would like further information - <https://teenhealth.org.uk>

SUPPORT SERVICES

All numbers are available 24/7

CENTRAL ACCESS POINT

Call for urgent mental health needs or when you are in crisis. This number can be also used by friends or family.

 **0808 800 3302**

SAMARITANS

A free, **completely confidential** number to call when you need to talk to someone.


 **116 123**

They also have an email service:

 **JO@SAMARITANS.ORG**

SHOUT

A free and confidential **text messaging** support service.

 text **"SHOUT"**
to **85258**

CHILDLINE

 **0800 1111**

The ChildLine website is for young people OF ALL AGES! It has message boards and lots of resources on a range of different topics that can affect your mental health.



 **WWW.CHILDLINE.ORG.UK**

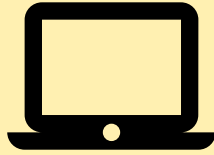
They also have a 1-2-1 counsellor chat feature where you can access support.



Relate

HARMLESS

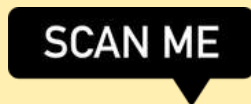
Harmless is a centre dedicated to self-harm and suicide support and prevention.



Their website is full of resources for anyone needing support as well as friends and family members.



WWW.HARMLESS.ORG.UK



They offer face-to-face sessions to anyone in Leicester, Leicestershire and Rutland. They have a self-referral form on their website.

TELLMI

Tellmi is a safe, anonymous **app** where you can talk about absolutely anything.

From anxiety to autism, dating to depression, self-harm to self-esteem.



WWW.TELLMI.HELP

YOUNGMINDS

The YoungMinds website is full of advice and information for young people and family members to help look after mental health.



SCAN ME

WWW.YOUNGMINDS.ORG.UK

Relate