



NEWSLETTER

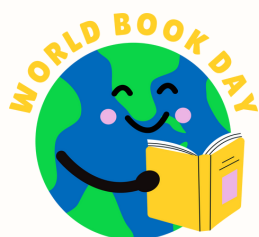
MARCH-APRIL 2024



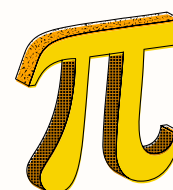
HEAD TEACHER UPDATE

Hello and welcome to our new newsletter! We are aware that while we share all of the amazing things we offer and do with our students and staff, as parents and carers you don't always get to hear about them. We are hoping that this newsletter will give you an insight into all of the amazing achievements and opportunities that happen at TCOLC outside of the fantastic exam results we get. In the coming weeks we have STEAM month, World Book Day and a range of extra-curricular trips booked on top of all the usual in lesson activities we always put on and this first edition of the newsletter will give you a flavour of all this and more!

TCOLC CALANDER (MARCH - APRIL)



March	TCOLC STEAM Month
March 4 - 9	National Careers Week
March 4 - 15	Y11 Core Mock Exams
March 7	World Book Day
March 7	Parent-Teacher Forum
March 14	World Pi Day
March 23 - April 7	School Closed for Easter Break
April 8 - 19	Y12 Mock Exams
April 11	Y10 Parents' Evening
April 22	Stephen Lawrence Day
April 22 - 26	Y11 GCSE Art/Textile Exams



PLANNED TRIPS (MARCH - APRIL)

March 2	LEGO League Competition - Corby
March 6	Y9 Active & Ambitious Girls - Women in STEM at De Montfort University
March 12	Y12 Physics Masterclass at the National Space Centre
March 22	Leicester Literacy Festival at Leicester University
April 24	Y10 Drama Students - Blood Brothers at the Curve Theatre
TBC	Y10 Active & Ambitious - Etihad Stadium Tour and Workshop

IMPORTANT LINKS



Parents' Evening Bookings

Appointments can be made via the booking system - [School Cloud Link](#).

Parent Pay System

We are a cashless school and therefore all payments must be made via ParentPay - [Parent Pay Link](#).

Extra-Curriculum Timetable

Whether a student has a particular skill or interest, or wants to develop new skills, there is a wealth of opportunities waiting to be explored - [Extra-Curriculum Timetable Link](#).

Catering Information

Lunch time menus provided by Academy Catering run on a three week rolling programme. These can be found via this link - [3 Week Menu Link](#).

Absence Information

To report an absence to the school, parents should contact the school by 8:30am on 0116 2413984 (option 1). Please remember to state your child's full name, tutor group and reason for absence. If they are unwell, please can you give a brief description of the symptoms.

For our students to gain the greatest benefit from their education it is vital that they attend regularly and your child should be at school, on time, every day the school is open unless the reason for the absence is unavoidable - [Attendance Link](#).

THE HIVE

The Hive is a one stop information Hub for students that includes a wealth of resources, advice and support around a range of topics, including mental health and wellbeing, sex and relationships, online safety and bullying.

The Hive has been created for TCOLC students and is there for them to access through their school Teams account, whether it is some advice they need around healthy eating or how to cope with exam stress, **The Hive** will have the answer for them.

They can also email **The Hive**, if they would like to speak to one of the team about a specific problem they are having at: hive@tcolc.aspirelp.uk.

The Hive works in association with the following Signposting organisations:



SUPPORTING STUDENTS WHO ARE EXPERIENCING BULLYING

The latest research from the DfE makes for upsetting reading. Almost half (40%) of schoolchildren in the UK have been bullied within the past 12 months.

An understanding and honest conversation can be an immense benefit to children who have become the target of bullying – but it's such a delicate subject that it can often be hard for trusted adults to know where (or how) to start. The guide below contains practical tips for supporting a child who is experiencing bullying.

Top Tips for Supporting Children Who Are EXPERIENCING BULLYING

In a DfE survey, 36% of parents said that their child had been bullied in the past year, while 29% of secondary school headteachers reported bullying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying – so it's important that parents, carers and educators know how to talk to children about bullying.

1. WATCH FOR BEHAVIOURAL CHANGES

Children who are experiencing bullying may become quiet, withdrawn, or anxious; however, they may also act on the pain and anger that they're feeling. A shift in attitude towards their existing friends (or not mentioning them any more at all) or alluding to new friendships which seem notably different could also be warning signs. It's important to be alert to such changes and talk to your child about them if they occur.

2. THINK THINGS THROUGH

Before acting, ask yourself if this is the right time and place to address concerns about bullying. Might your worries trigger strong feelings – perhaps from your own experiences – that could discourage your child from opening up to you? You could try discussing what you've noticed with another trusted adult who knows your child well.

3. BE OPEN AND UNDERSTANDING

Try to outline to your child the changes that you've noticed in their body language, appearance, behaviour, or tone of voice – and do so without sounding judgemental. Help them to describe what they're feeling – be it anger, sadness, fear or something else – as accurately as possible. If they say they're "angry", do they mean "enraged" or "frustrated"? This will help them to understand how they're feeling and why.

4. LET THEM SPEAK FREELY

Use open questions and a welcoming tone to encourage your child to talk. Listen closely and summarise what they've said at appropriate points (ideally without interrupting) to demonstrate that you're understanding clearly. Bullying may have undermined your child's sense of control, and they may fear that you'll judge them, overreact or impose consequences – so this conversation can reassure them being honest with you was the right decision.

5. CALL A TIME OUT

A conversation about bullying could leave both you and your child feeling distressed. It's important to recognise this and pause at suitable moments to calm down. Take deep breaths, enjoy a hot drink or even have a cathartic cry. This can reinforce trust, while also helping you both feel that you have control over the situation and the emotions that you're feeling.

6. STAY INFORMED

Make sure you know your child's school's definition of, response to and relevant contacts for bullying. This information should be in their anti-bullying policy, which ought to be available on the school's website. Class teachers or form tutors are usually the first point of contact, though there may be dedicated support teams or key workers to help your child, depending on the specific situation.

7. PREP YOUR CHILD FOR THE RESPONSE

Schools' responses to bullying vary depending on whether they're resolving disagreements and arguments, or addressing unintended verbal or physical harm and so on. It's important to work out with your child whether any harm was intentional, how much control they had over the situation and how often such incidents have occurred. Reporting concerns accurately will get the best outcome for your child more quickly.

8. SUMMARISE YOUR CHILD'S EXPERIENCE

When you contact the school, make sure you've precisely described what your child experienced: what happened; when; where; and who was involved. This will help the school to investigate further, identifying any witnesses, as well as those who were directly involved. It can also help the school to know how your child is feeling and how they'd like the matter to be resolved.

9. LIAISE WITH THE SCHOOL

Any school has a duty to ensure that the members of its community feel safe and included. It's important for children to learn their role in this. The school must determine how best to restore these feelings of safety and respect. It's often best for schools to keep parents and carers informed of any action taken – and for families to avoid taking matters into their own hands.

10. CHECK IN FREQUENTLY

Once the issue has been resolved and the bullying behaviour has stopped, your child may still feel anxious and might find it difficult to rebuild relationships or develop new ones. Parents, carers and the school should all keep an eye on how the child is feeling and acting over the following months. Any relevant information should be shared, so that further support can be planned if necessary.

TCOLC NEWS



National Space Centre

In January, 45 budding Year 7 astronauts blasted off into space to investigate how to be an astronaut at the National Space Centre as part of a Science trip. The day provided the students with a great experience.



TCOLC Civil Rights Season

From January to June the TCOLC community celebrate and remembers significant events that strengthens and promotes diversity in our community. Through the TCOLC Character education programme students have so far investigated Martin Luther King Day, disability awareness, Holocaust Memorial day, World Hijab Day and LGBT+ History month.



PSHE Performances

In January Year 7, 8 and 10 students watched different performances from the Narrative Alchemy Theatre Company, investigating the themes of resilience, overcoming adversity, supporting positive mental health, sexism, sexual harassment and sexual violence.



National Theatre comes to TCOLC

In January the National Theatre came to school and performed an adapted version of their Jekyll and Hyde show to students in Year 10 GCSE Drama and Music along with some Year 9 students who have demonstrated a commitment to Performing Arts and Music studies.



Tiny Forest

In January students helped plant 600 trees on our school grounds as part of Earthwatch's Tiny Forest programme. Tiny Forests bring the benefits of woodland right into the heart of our city. Connecting people with nature, helping to mitigate the impacts of climate change, as well as providing nature-rich habitats to support urban wildlife.



Sixth Form STEAM Society

The Sixth Form TCOLC STEAM Society held its first two meetings in January and February.

The talks investigated careers in dentistry and medicine to help prepare Year 12 and 13 students for the UCAS process.

International Mother Language Day

In February TCOLC celebrated International Mother Language Day. A day that emphasises the significance of promoting multilingual education. All students shared a virtual assembly and Year 7 students spent time learning about each others mother languages / cultures.



Maths in Space Challenge

Before the half term a group of TCOLC highest attaining mathematicians represented the school at a city wide maths-in-space challenge at the National Space Centre.

The students saw the importance mathematics is in the world of science and how trips to the Moon and Mars would not be possible without maths.



TCOLC Oracy Day 2

On Friday 29th February, TCOLC had its second Oracy Day. Throughout the day students spent time appreciating the importance of oracy in their everyday lives and used the opportunity to practice and develop their oracy skills.

First Lego League

On Saturday March 2nd, our amazing LEGO League team are travelling to Corby to compete in the regional heat of the First LEGO League tournament.

They will be presenting their 'innovation' LEGO robot project and battling other schools for the LEGO League trophy.



HEALTH & WELLBEING

Measles

It is important that if you or your child would like to be vaccinated, or if you are unsure of your vaccination status, you contact your GP. They will be able to either provide information about your vaccination status or organise your vaccination for you.

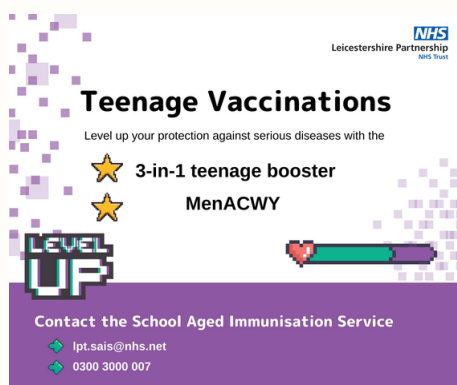
If you have symptoms of measles, stay at home and phone your GP or NHS 111 for advice.

Symptoms include: high fever; sore red, watery eyes; coughing; aching and feeling generally unwell; a blotchy red brown rash, which usually appears after the first symptoms. Go to [nhs.uk](https://www.nhs.uk) for more measles information.



3-in-1 Teenage Booster

Parents and Carers of Year 9 students, don't forget the School Immunisation Service is coming to school on 21st March 2024. Make sure your online consent decision forms are in by 18th March 2024. Visit www.leicsandrutlandimms.co.uk to fill them in. Our school code is LE120297. If you need help or have questions you can call the service on: 0300 3000 007.



Want to find out more about the 3-in-1 teenage booster and MenACWY vaccines? Take a look at this gaming-themed animation that explains what the vaccines are and what they protect against: tiny.cc/3in1andmenACWYanimation.

TCOLC WORD OF THE WEEK

Every week TCOLC students are encouraged to use the 'Word of the week'. Using the word in the correct context, students will be issued with positive intellectual behaviour points. This is a proven strategy to increase all learners' ability to understand and use more advanced academic language.

Listen out for these words:

Diligent, Reticent, Incessant, Perseverance, Exemplary, Pernicious