



# NEWSLETTER

MAY - JULY 2025



## HEAD TEACHER UPDATE

Welcome to the latest edition of our TCOLC Newsletter. This is a time of year where students in Year 11 and 13 in particular, get to show off how much they have learned in the last couple of years. Both year groups should be very proud of themselves for what they have achieved already, but this is a particularly demanding time so we will be doing all we can to make sure that the students feel supported and in the best place to perform at their best! It will of course not be long before the leavers' assembly, prom and the Year 13 leavers' meal so there is also plenty to look forward to ahead of what will no doubt be lots of smiling students and proud parents/carers on results days in August!

While these great results will open doors for our young people, we will never lose sight of the importance of developing the character needed to step through and make the most of those opportunities. You will see yet again in the following pages, some of the many and varied experiences that our students have had access to in the last few school weeks.

I would like to take this opportunity, as I always do, to say thank you for continuing to support the school so positively.

Kind regards,  
Mr Vernon



## TCOLC CALENDAR (MAY - JULY)

5 May - 6 June	Summer Examinations
12-18 May	Mental Health Awareness Week
26 May - 1 June	<b>School Closed for Half Term</b>
19 June	TCOLC Pride Month
23-27 June	TCOLC Careers Week
19 June	Y7 Parents' Evening
24 June	Y6 Parents' Information Evening
27 June	TCOLC Culture Day
July	South Asian Heritage Month
3 July	Y8 Parents' Evening
11 July	<b>School closes for the Summer break</b>



## PLANNED TRIPS (APRIL - JULY)

30 April	Houses of Parliament, London
2 May	LCB Comic Experience, Leicester
13 May	Leicester Athletics Meeting, Leicester
6 June	Religious Studies Trip to Gurdwara, Leicester
6 June	Loughborough Lightning Netball Match, Loughborough
11 June	Y10 Sports Studies Kayaking, Leicester
13 June	1884 Theatre Production, Leicester
19 June	Y10 Geography Fieldwork, Hunstanton
19 June	Big Band Science Festival, Birmingham
16 & 26 June	Y8 Hampton Court Palace, London
24 June	Bronze Duke of Edinburgh Expedition 1, Leicestershire
27-28 June	Bronze Duke of Edinburgh Expedition 2, Leicestershire
& 3-4 July	Y10 History Trip, Lincoln
3 July	Y7 Ninja Warriors, Leicester
7 July	Y8/9 Drayton Manor, Tamworth
9 July	Y10 Alton Towers, Stoke-on-Trent

Students can access a huge range of books on our digital library free of charge. Go to <https://tcolclibrary.eplatform.co> or download the eplatform app, search for The City of Leicester College on 'Find Your Library', and then sign in with your student's school username and the password Library1.

Click, borrow and read your loaned book!

You can borrow up to 2 books at a time for 14 days. They are automatically returned so you do not need to worry about forgetting them!

## DIGITAL LIBRARY



# FRIENDS OF TCOLC (PTFA)

Our Parent Teacher Friend Association (PTFA), The Friends of TCOLC, has had an exciting and productive first year since its establishment in June 2024. Our mission is twofold: to foster a strong sense of community through lifelong learning and to raise funds for additional facilities and resources that enrich the experiences of the children in our care.

## Community Events

Over the past year, we have hosted three highly popular parental education events, culminating in a well-received session on May 14th. In collaboration with the Workers' Education Association (WEA) and the Central Coop, we explored key topics such as social media misinformation and disinformation, anti-bullying strategies, healthy lifestyle choices, and British values. Looking ahead, we plan to run more sessions in September—stay tuned for updates, and let us know if there are particular topics you'd like us to cover!



## Fundraising Efforts

Our fundraising journey has been steadily gaining momentum. From Saturday morning drink sales and a student tuck shop to generous contributions via our JustGiving page ([donate here](#)) and through our EasyFundraising page ([sign-up here](#)) to help us raise money while you shop. We have raised nearly £1,000 and due to our charity status (charity number 1210642), we will be able to maximise those contributions. If you have any good ideas of how to raise or spend money, please do get in touch.

## Our next event

Our Annual General Meeting will be held promptly at 4.30pm on Thursday the 5th June in the school library. Please come along if you are interested in supporting the PTFA, you want to know more about it or you have any ideas about how we can achieve our aims. Everyone from the community is welcome. If you are unable to get to the event, but want to know more, please do get in touch.

Thank you for your continued support.

Mrs Hurdley-Lees  
Chair of Friends of TCOLC

## PHS DIRECT - PROVIDING FREE PERIOD

### PRODUCTS IN SCHOOLS

All girls at TCOLC are able to access free period products if they need them. This may include, for example, where individuals:

- have forgotten their products
- cannot afford products
- have come on unexpectedly.



Packs of sanitary towels, boxes of tampons or period pants can be obtained at anytime during the school day from the following locations:

- Main office (Y7 - Y13)
- Head of Year office (Y7 - Y11)
- Sixth Form LRC (Y12 - Y13)
- Attendance office (Y7 - Y11).



### SCHOOL SERVICE ROAD



Please note that parking on the service road, on the right of the school, is not permitted. This road is for emergency vehicles and deliveries only.

Thank you for your cooperation.

### UNIFORM

All students in years 7-11 are required to wear College uniform.



For more information on our college uniform, visit the [Uniform](#) tab on our website.

### PENALTY NOTICES - FINES FOR SCHOOL



#### ABSENCE

Please be aware that parents may be issued with a Penalty Notice if their child has unauthorised absence from school. Parents also face prosecution in the Magistrates' Court; a fine of up to £2,500 or a community penalty could be imposed together with a Parenting Order. A criminal record will then exist for the parent.

You can download the Penalty Notice Code of Conduct, and the council's Enforcement Policy which are available on the [LCC website](#).

**Look out for the Parents Survey being sent out on Monday 2<sup>nd</sup> June!**



# TCOLC NEWS

## One Nepal Fundraising so Far

Two non-uniform days, a bake sale and the community Iftar event have currently raised over £2750 for the One Nepal Charity. These funds instantly help the children at an orphanage in Nepal to buy school uniforms, books and resources for learning.

## History Trip to Lincoln



In January, Year 11 History students visited Lincoln Castle and Cathedral as part of their GCSE exam studies. They really enjoyed Lincoln Castle and Cathedral and asked a lot of interesting questions, and engaged with all of the tour guides. They showed great intellectual and moral character.

## Wonderstruck - Science on Fire Workshop

Over 100 students had the opportunity to participate in a STEAM workshop run by Wonderstruck.

Wonderstruck explore science in a hands-on, creative and spectacular way. The students were challenged, in teams, to design and build their own fan-powered cars.



## TCOLC Celebrates World Hijab Day

On Friday 31<sup>st</sup> January, the TCOLC community were invited to wear a Hijab of their choice, colour and style. This was to celebrate World Hijab Day, a day to celebrate and honour the diversity and strength of women who choose to wear the hijab. World Hijab Day is one of many opportunities for our school to celebrate diversity and promote understanding and respect for different cultural and religious practices.





## International Women and Girls in Science Day

Tuesday 11<sup>th</sup> February marked the 10th anniversary of the **International Day of Women and Girls** in a significant milestone in the global effort to promote gender equality and women's empowerment. Gender equality in science is crucial for building a better future for all, yet women and girls continue to face systemic barriers and biases in pursuing scientific careers. Students investigated the gender gap in science and the need to break stereotypes, promoting role models to inspire girls, supporting women's advancement through actions that promote **inclusion, diversity and equity**.



## International Mother Tongue Day

To celebrate International Mother Language Day students investigated the significance of promoting multilingual education. Students were asked to share “Hello” in their mother tongue to a different person every day during the week.

## Year 7 go into Space

45 Ambitious and Active Year 7 students blasted off to the National Space Centre during February. They investigated the secrets of the universe whilst considering the potential STEAM careers.



## Community Performance

Before Half term, the Year 8 Drama Club and the GCSE Drama students performed, ‘Socks’ and ‘Leicester 2019’, to an audience of care home residents from Evington.

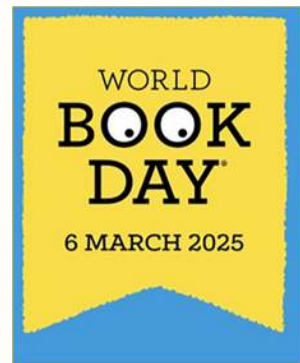
This was a great opportunity to perform in front of an audience from outside the school. Despite lots of nerves, the students delivered their performances like true professionals and received rounds of applause from our guests.



## World Book Day Fun

World Book Day is all about the love of reading, making books more accessible, and giving more children the choice — and the chance — to discover the joy of reading!

TCOLC had a fantastic day full of readings, quizzes and competitions for World Book Day. The library was a hive of activity as this international day to celebrate the enjoyment of reading was acknowledged.



## National Careers Week

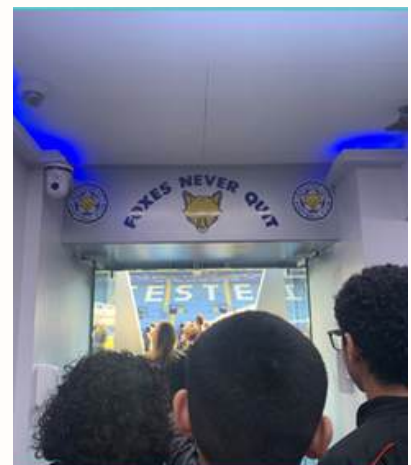
**National Careers Week (NCW)** is a one-week celebration of careers guidance and free resources in education across the UK. The aim is to provide a **focus for careers guidance** activity at an important stage in the academic calendar to help support young people develop **awareness and excitement about their future pathways**.

Students had activities, assemblies and information across the school to help question **their future career choices and pathways**.



## Maths in Football trip to the King Power Stadium

A group of 10 Year 9 students attended the King Power Stadium for an exciting "Maths in Football" conference. During the visit, they explored how mathematical concepts like probability and expected goals (xG) are applied in football, gaining insights into how data analysis influences team strategy. They also delved into the geometry behind the game, discovering how angles in polygons played a key role in the design of the first football ever created, combining sports and mathematics in a fun and engaging way. The trip included a tour where they had access to the pitch and locker room too.



## Health and Social Care Guest Speaker

We had the pleasure of welcoming **Victoria Cockram of Children and Family Services at Leicestershire County Council** who ran a workshop with our Year 10 Health and Social Care students around careers in childcare. Students were given an insight to the pathways into childcare and also delved into the framework needed when accessing the progress of the child from birth to 5 years old.

## Literary Leicester Trip

During March a group of ambitious Year 8 students attended a literary event at the University of Leicester. They were picked based on Sparx Reader points and positive conduct points. They took part in writing workshops with writers Andrew Craven-Griffiths and John Berkavitch in creating their own poems. The students were hardworking, creative and represented TCOLC incredibly well.



## Maths Feast Challenge

A huge congratulations to our Year 10 students for their outstanding participation in the "Maths Feast" competition. Their ability to work together as a team and support one another through every challenge was truly remarkable. They collaborated and problem-solved with great intensity as they competed against Leicester Grammar, Manor High, Judgemeadow, Crown Hills, Krishna Avanti and Kibworth Mead.



## Duke of Edinburgh Award Training Begins

This year's Year 9 Duke of Edinburgh Bronze Award students completed their first practice walk before Easter exploring the Leicestershire countryside and developing their map reading skills.





# FREE SCHOOL MEAL CHECKER

If you think that your child may be eligible for free school meals, you can use this checker:

[Free School Meal Checker Link](#)



## NUT-FREE SCHOOL

A reminder that we are a **NUT-FREE** school. We have students who have severe nut allergies. If your child brings snacks or a packed lunch from home, we please ask you to check they are completely nut-free.

## TERM DATES 2025/2026

Children are expected to attend 190 days in each school year. Schools identify five other days for staff training, these are known as INSET days. Schools can choose different dates on which to close for INSET days, the local authority recommends some of these days.

Our term dates for 2025/2026 can be viewed on our website [here](#).

## THE CITY HERALD

The City Herald is our student's very own newspaper and Podcast. It is an opportunity for them to raise their voices, share their concerns and engage with our community.

**JOIN THE SCHOOL BROADCAST TEAM. BE PART OF THE CONVERSATION.**

**RUN BY THE STUDENTS, FOR THE STUDENTS.**

Two posters are shown side-by-side. The left poster is for "THE CITY HERALD RECRUITING NOW" and features a list of positions available: Reporters, Journalists, Copy Editors, Columnists, News Editor, and Editor-in-Chief. It also mentions a live broadcast on Wednesday at 3:20-4:00. The right poster is for "THE CITY HERALD PODCAST" and features a microphone icon and the text "IF YOU HAVE SOMETHING TO SAY, GET IN CONTACT". Both posters include the contact information "MISS MIRZA | HERALD@TCOLE.ASPH.PK" and "WEDNESDAY | 6/11". Arrows point from the text "SCHOOL NEWSPAPER" and "NEW PODCAST!" to their respective posters.

GET IN CONTACT WITH MISS MIRZA OR SIGN UP ON PARENT PAY.



# 10 Top Tips for Parents and Educators

## SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

### 1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



### 2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



### 3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



### 4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



### 5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



### 6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



### 7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



### 8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



### 9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



### 10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



## Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



#WakeUpWednesday

The National College



# 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](#).

## 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](mailto:hive@tcolc.aspirelp.uk).

**The Hive** works in association with the following Signposting organisations:

