

A HUGE WELL DONE TO ALL OF OUR STUDENTS RECEIVING A HEADTEACHERS COMMENDATION THIS WEEK



YEAR 10 RUGBY FINAL

A few of our Year 10 Students who play rugby outside of school went on to win the Under 15s Leicestershire Rugby Union Plate Final on Sunday.

They beat Oakham RFC by a convincing 45-7.

The students, Oscar Ennis, Jacob Malpas, Corey White, Harry Robinson-Vaux and Kamil Soni. They did amazingly well and this being the second year in a row that the team have won the plate competition.

Congratulations



YEAR 7 & 10 NETBALL

On Friday 28th February, Woodbrook Vale hosted Charnwood College for some friendly Netball matches.

The year 7A team started brightly, scoring two goals in quick succession to take an early lead.

A strong fight back from Charnwood College however was too much for Woodbrook who unfortunately lost by just 1 goal, with a final score of 4-5. Player of the match went to Lola in GD for her many intercepts and tips in the defensive end.

The Year 7B team showed huge resilience in their match against Charnwood. It was a tough game for the team, who lost 17-3, however the players didn't give up and showed great team spirit, with each member of the team happy to play a range of positions. Player of the match went to Kaiya for her hard work in attack.

The Year 10 team had an excellent game against Charnwood, coming from behind to win 13-10! There was some great Netball skills on display throughout the match from each player in what was a tightly contested game throughout. Player of the match went to Catherine for her accurate shooting.

Well done to all involved!
Mrs Blaze, Miss Wilson & Miss Phillips



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

VIRTUE OF THE WEEK

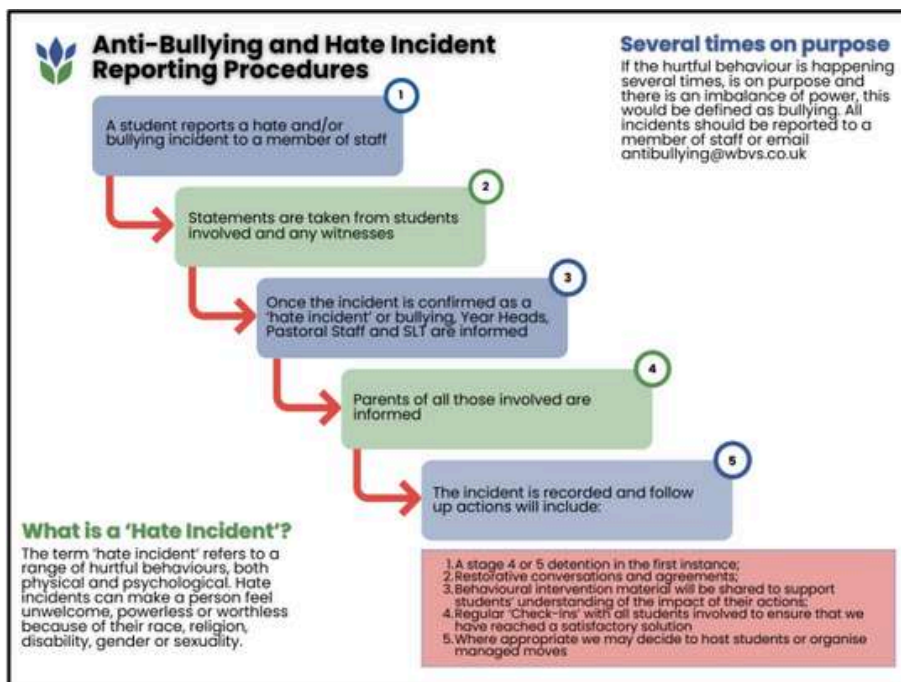
RESOURCEFULNESS



Resourcefulness means being able to solve problems, come up with new ideas, and use whatever you have around you to make things work. It is an important virtue because it helps handle challenges, think creatively, and become more independent. When you are resourceful, you do not just give up when something is hard – you find different ways to tackle the problem, whether it is using what you already know, asking for help, or looking for information. Being resourceful builds confidence because you learn that you can handle tough situations on your own.

Parents can support resourcefulness at home by encouraging family member to figure things out independently, ask questions, and see mistakes as chances to learn. You can also develop resourcefulness through being involved in simple decisions, like planning a family activity, making a family meal or by fixing something broken. If you are finding fun and creative ways to be resourceful this week please share with your form tutor by adding to your Futures Award. Well done to all who have been given a character reward point this week

ANTI-BULLYING FLO CHART



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!

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

YEAR 11 SCIENCE INTERVENTION SESSIONS

**FRIDAY AFTERSCHOOL 3-4PM
STARTING FRIDAY 17TH
JANUARY**

LUNCHTIME REVISION CONTINUES ON
TUESDAY (PHYSICS ROOM 25),
WEDNESDAY (BIOLOGY LAB 3) and
THURSDAY (CHEMISTRY LAB 4) AS USUAL.

	Room		Topics
17-Jan-2025	Lab 2	Lab 1	C6
24-Jan-2025	Lab 3	Lab 1	B5
31-Jan-2025	Room 25	Lab 3	P5
7-Feb-2025	Lab 2	Lab 1	C7
14-Feb-2025	Lab 3	Lab 1	B7
HALF TERM			
28-Feb-2025	Room 25	Lab 3	P6
7-Mar-2025	Lab 2	Lab 1	C8
MOCKS W/C 10TH MARCH			
14-Mar-2025	Lab 3	Lab 1	B6

Science
Conundrum

Last weeks answer:

Where would you find the reaction that converts ethanol to ethanal, then to ethyl ethanoate, then finally to carbon dioxide & water - In the liver, as the dehydrogenase enzymes break down any alcohol that has been consumed. Typically 10 mls of pure alcohol are broken down every hour by this process.

This weeks conundrum question:

Why does the rate of a chemical reaction increase with a higher atmospheric temperature.

SPORTS CLUB TIMETABLE

UPDATED SPORTS CLUB TIMETABLE AS OF MONDAY 3RD 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
	Football	Year 8 boys	After school (3-4pm)	Field
	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



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**

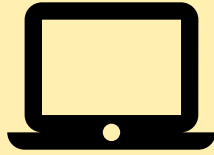
They also have a 1-2-1 counsellor chat feature where you can access support.



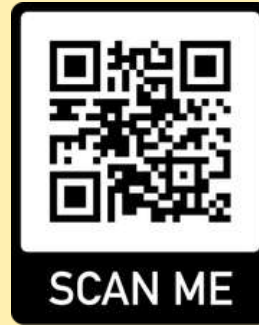
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HARMLESS

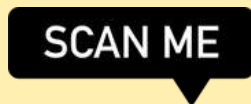
Harmless is a centre dedicated to self-harm and suicide support and prevention.



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