



Woodbrook Vale
School



WOODBROOK VALE

2026/2027

WEEKLY NEWSLETTER



UPCOMING EVENTS/DEADLINES

Please visit our school website for more information

**Year 11 Post 16
Information Evening**

Thursday 15th October

Half Term

**Monday 19th October - Friday
23rd October**

**Blood Brothers GCSE
Drama**

Wednesday 28th October

Year 8 Parents Evening

Thursday 26th November

Ski Information Evening

Wednesday 16th December

Congratulations



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FUTURES AWARD

Superstars



A huge congratulations to our Futures Award Superstars of the Month: Isla-Rose Mitton, Tishya Miglani and Dominic Flint. All three students have completed every aspect of their Futures Award and have demonstrated the character, commitment and personal qualities we are so proud to see in our students.

Isla-Rose has shown fantastic community spirit through her strong involvement in her local Guides group. She has also taken the initiative to create posters encouraging people not to litter, helping to make a positive difference in her local community. Tishya has demonstrated bravery and leadership through her involvement in Taekwondo, alongside multiple examples of supporting her community. She has also challenged herself to develop her cooking skills, showing great initiative and a willingness to learn. Dominic Flint has shown impressive resilience in preparing for assessments and bravery through climbing. He has also demonstrated compassion and community spirit through his support for local charity John Storer House.

It has been fantastic to see hundreds of pieces of work submitted to the Futures Award throughout September. The quality and variety of the submissions have been a wonderful reflection of the caring, kind and resilient young people we have at Woodbrook Vale.



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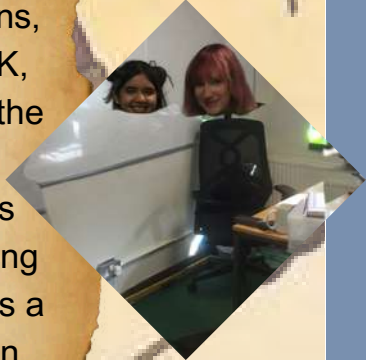
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HP

Harry Potter Book Day was a magical success! Students celebrated this year's Spells and Potions theme through Harry Potter poetry in English lessons, a whole-school Form Quiz (congratulations to 11FK, our winners!), a Golden Snitch treasure hunt using the Marauder's Map, and a visit to Platform 9¾. Our Basilisk is still collecting students' favourite scenes from the books. Students added to the fun by wearing a Harry Potter-themed item of clothing. The day was a fantastic way to promote reading, spark imagination, and share a love of books across the school community. ⚡📖✨



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Black History

Black History Month is an annual celebration which is celebrated throughout the month of October. Black History Month began in the US but was launched in London in 1987 with the aim of challenging racism and educating people about aspects of British history that were not taught in schools.

This year's theme, Honouring Black Britain, will celebrate people whose contribution has often taken place quietly within their communities. This includes people who have spent years teaching, caring, mentoring, serving, campaigning, creating opportunities and opening doors for others.

We would like to share with you some examples of what was happening in our very own county of Leicestershire at the same time significant national events were occurring.



In 1787, William Wilberforce became the leader of the abolition movement. This movement campaigned to end slavery in England. At the same time, in 1800, Thomas Babbington, the owner of Rothley manor became a Leicester MP. This enabled him to support Wilberforce in the successful passing of a bill to end slavery.

In 1948, Empire Windrush brought the first wave of Caribbean migrants to England. At the same time, the West Indian Sports and Cultural Club was established in Leicester.

In 1964, Nelson Mandela was sentenced to life imprisonment and the first Notting Hill Carnival took place in London. Here in Leicestershire, Elaine Hinds became Leicester's first Black telephonist for the Leicester General Post Office.

We pride ourselves at Woodbrook Vale in having a diverse curriculum which enriches student's knowledge and understanding of how people from a range of different backgrounds have shaped, and are still shaping, the world in which we live in today. Examples of which were shared in last week's assembly which was expertly delivered by members of 8TG: Jack Goodwin; Georgia Whitehead; Evelyn Crouchman; Noah Bastawy; Karmen Aly; Charlotte Yung; Sam Fung; Aahil Rahman; Samik Ajmani; Jayden Chan; Reuben Dent.

KS3 students were given the task of exploring an individual from the current period they are studying in history. We were blown away by the quality of work they produced, examples of which are now on display in school.





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**BLACK
HISTORY
MONTH**



YEAR 8 FRENCH COMPETITION

Create a piece of work (poster/ mind map/ fact file, whatever you like) about Josephine Baker.

You should try to include ;

- Where and when she was born
- Where she lived in 1925 and her job
- What she did during the war
- Information about her Rainbow Tribe
- Her experiences after the war
- What she stood for

Entries to Mrs Kitching in Room 11 by Friday 16th October.

MACMILLAN CANCER SUPPORT



A huge thank you to all our staff who came together to support Macmillan Cancer Support. From baking delicious cakes and pastries to enjoying a chance to come together for a fantastic cause, it was wonderful to see such generosity and community spirit.

Thank you to everyone who donated, baked and supported the event. Every contribution helps make a difference!



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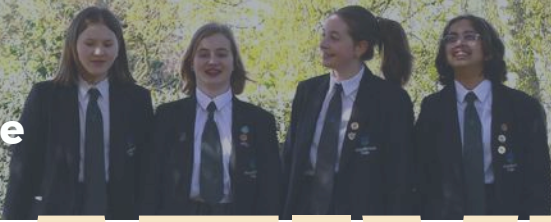
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CREATIVE FACULTY

Year 8

Year 8 in the Create 2 rotation have looked at the work of Hannah Hoch (Dada) Romero Britto, Craig Redman and Picasso.

Following this research, observational drawing and analysis work students have designed and painted a Self Portrait personal response.

The artwork looks fantastic as a collective when displayed in Art 2. The wider school will be able to see more of the portraits on the digital display boards in the canteen this coming week.

Well done Year 8



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CREATIVE FACULTY

GCSE Outcomes: Food Project



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'Off and Away' Poster Competition



Congratulations to Josie-Mae, Josh, Arnab and Brahmi on winning the 'Off and Away' Poster competition and each being awarded £15 vouchers to spend!

Congratulations all!

Homework club is
cancelled 14th and
28th October due
to staff training

SHREK The MUSICAL

Rehearsals are in full swing for this year's school production. As well as acting, singing and dancing students take responsibility for sound, lighting, costumes and props and have been working really hard.

Tickets will be on sale around Christmas for the shows on the evenings of Wednesday 27th, Thursday 28th and 29th January 2027.

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



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Take a look...

**YOUR VOTE
MATTERS**

Linguascope is a great website for revising content covered in class by playing the games.

There is an addition "construction of sentences" section which is more challenging. Why not challenge yourself to learn one of the other languages over the summer? The linguascope password had been changed

username = woodbrook
password = cultural20

We are pleased to share that Woodbrook Vale has been selected for the Tesco Fruit and Veg schools grant program starting from the 3rd August to Nov 2026, you can support our project by blue token in selected Tesco's Stores.

Our project is creating a sensory garden designed with students; supporting wellbeing, inclusion, multi-sensory learning and responsibility.

Please remember us when leaving the local Tesco stores.

THANK
YOU

Everyone who has helped with the Blue tokens for our sensory garden,
Keep up the great work, we have till Nov 30th 2026 for the final count!



Go 4 Schools

As part of our commitment to inform parents/carers about students' progress whilst at Woodbrook Vale, we have Go 4 Schools an on-line internet based package that allows you to access your child's timetable as well as, attendance, homework and behaviour data.

Parents follow this link: <https://www.go4schools.com/parents/>

This information is also available through the Go 4 Schools Mobile App which can be downloaded from the App Store and Google Play

If you require help to set up your account please contact Julia Perry on 01509 557560 ext 1044 or jperry@wbvs.co.uk

**Free school meals
information**



Leicestershire
County Council

SCIENCE

CONUNDRUM
of the WEEK

What is 'natural
selection'?



Last Weeks Answer

An appliance gets its electricity from the live (brown) wire, but where does the electricity go to in the neutral (blue) wire which completes the circuit - It carries the current out of the room and then exits the building via the main neutral service cable back to the local distribution transformer, where it connects to the common winding to complete the circuit loop.



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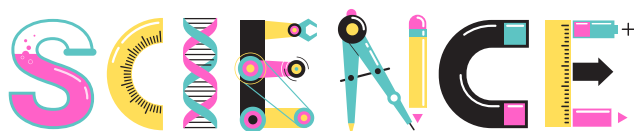
INTERVENTIONS

Year 11 Intervention Programme – Autumn 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Science	Science	Science History		
Afterschool	Maths	MFL / Creative Science		English / iMedia	Geography

Teachers will inform you if you have been invited to interventions

Tuesdays: History / MFL / Creative will take priority



YR 11 AFTERSCHOOL REV		Triple Room	Combined Room
TUESDAY 8TH SEPTEMBER	Phys	25	25
TUESDAY 15TH SEPTEMBER	Bio	Lab 1	Lab 3
TUESDAY 22ND SEPTEMBER	Chem	Lab 1	Lab 3
TUESDAY 29TH SEPTEMBER	Bio	Lab 1	Lab 3
TUESDAY 6TH OCTOBER	Phys	25	Lab 1
TUESDAY 13TH OCTOBER	Chem	Lab 1	Lab 3
TUESDAY 27TH OCTOBER	Phys		25
TUESDAY 3RD NOVEMBER	Bio	Lab 1	Lab 3
TUESDAY 10TH NOVEMBER	Chem	Lab 1	Lab 3
TUESDAY 17TH NOVEMBER	Phys	25	25
TUESDAY 24TH NOVEMBER	Bio	Lab 1	Lab 3
TUESDAY 1ST DECEMBER	Chem	Lab 1	Lab 3
TUESDAY 8TH DECEMBER	Phys	25	25

YR 11 Science Lunchtime Revision STARTS 12.25 prompt

	TRIPLE	COMBINE D
MONDAY	PHYSICS ROOM 25	
TUESDAY	CHEMIST RY LAB 1	CHEMIST RY ROOM
WEDNES DAY	BIOLOGY LAB 3	BIOLOGY ROOM 24





Woodbrook Vale
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STEAM Club presents... HALLOWEEN SCIENCE!



Year 8: Tuesday 27th October

Year 7: Thursday 29th October

3-4pm

Letters available from Science!
*There are 20 spaces per session
available.*

Sign up with your Science
teacher by Thursday 15th
October!



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Woodbrook Vale
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SPARX MATHS

Your homework. Your progress. Your success.

COMPLETION RATE

91%

Keep up the great work!

Consolidate your learning from lessons and earn A points!

Woodbrook Vale School

83,169

questions answered correctly
in Sparx Maths so far this year

Sparx Maths



Woodbrook Vale School

Students in your school have completed

1,120 hours

of personalised learning
on Sparx Maths this year!

Sparx Maths



STUCK? TRY THESE FIRST

▶ Watch the help video • ▶ Write down your working out • ▶ Ask for help in school

GET SUPPORT IN SCHOOL

MONDAY

Lunchtime

Room 13

TUESDAY

Lunchtime

Room 14

TUES, WEDS, THURS

After school

Library • Homework
Club



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Sports Fixtures: Autumn 2



Boys Basketball

Year 11
Wednesday 18th November

Year 10
Tuesday 24th November

Year 9
Thursday 26th November

Year 8
Wednesday 2nd December

Year 7
Thursday 3rd December

Table Tennis

U13 Boys & U13 Girls
Thursday 5th November

U16 Boys & U16 Girls
Thursday 12th November

Boys Futsal

Year 7
Tuesday 8th December

Year 8 & 9
Tuesday 15th December

Girls Basketball

KS4
Tuesday 17th November

Year 9
Thursday 19th November

Year 8
Wednesday 25th November

Year 7
Tuesday 1st December

Please ensure you are returning any borrowed sports kit to the PE office as soon as possible after your fixture so they can be washed ready for other teams to wear.

Year 7 boys football club is on Friday 2nd October & Friday 9th October, 3-4pm ahead of their tournament on Tuesday 13th October.



Woodbrook Vale Sports Clubs



Day	Club	Year Group	Time	Location
Monday	Badminton	KS3 Girls	12:25-1pm	Sports Hall
	Volleyball	All years	3-4pm	Sports Hall
Tuesday	Badminton	KS3 Boys	12:25-1pm	Sports Hall
	Netball	All years	3-4pm	Ball court
	Football	Year 10 Boys	3-4pm	Field
Wednesday	Football	Year 9 Boys	3-4pm	Field
Thursday	Badminton	Year 10	12:25-1pm	Sports Hall
Friday	Badminton	Year 11	12:25-1pm	Sports Hall





**Woodbrook Vale
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CAREERS

QUORN FOOTBALL CLUB TRIAL DAY

20th October

Quorn FC, Farley Way Stadium.



The trial provides an opportunity within the grassroots football pathway for students interested in developing football to showcase ability, experience the coaching environment, and be assessed by coaching staff.



Trial Day Details:

Date: Tuesday 20th October 2026

Time: 9:30am – 1:00pm

Throughout the session, players/learners will take part in a variety of technical, tactical and small-sided games, designed to assess key areas including technical ability, game understanding, decision-making, physical attributes, attitude, and overall potential.

Quorn FC are particularly interested in hearing from learners who want to developing their game and looking to take the next step within their football journey.

Places for the trial day are limited, and therefore early registration is recommended.

If you have the right skills, potential and ambition, register your interest via <https://hoet.activehosted.com/f/79>

POST 16 OPEN DAYS

Brooksby College - Saturday 10th
October

De Lisle Sixth Form- Thursday 29th
October

Rawlins Academy Sixth Form -
Saturday November 14th

Melton Ignite - Tuesday 17th
November

WORK EXPERIENCE AND INTERNSHIPS

For students seeking work experience or future internships JutJut is a useful platform. Some work experience is virtual and it includes for example medical placements for those looking to study medicine, there are also taster sessions for certain subjects at Oxford or Cambridge.



**Join De Montfort
University's free
National Saturday
Club in Fashion &
Business**



Join a Saturday Club

Young people across the UK are receiving expert tuition in exciting and inspiring subjects – for free. Joining a Saturday

club. National Saturday Club



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CAREERS

WORK EXPERIENCE OPPORTUNITY FOR FUTURE HEALTHCARE PROFESSIONALS

this is an important time for those considering healthcare careers to start building the experiences that will strengthen their future university applications.

Our next Allied Healthcare Virtual Work Experience Programme takes place on Sunday 4th October, from 8:30am - 5pm, and we would be very grateful if you could share this opportunity with your students.

Register here:



We strongly encourage students in Years 10 - 13 / S3 - S6 / NI11 - NI14 who are considering healthcare to get involved now. One of the biggest advantages students can give themselves is starting early. Work experience should not simply be something they complete just before applying to university. By taking part throughout the academic year, students have more time to explore different professions, reflect on what they learn and build a genuine understanding of working within healthcare.

During the programme, students will follow realistic patient cases from initial presentation through to treatment and recovery, seeing how different healthcare professionals work together as part of an NHS multidisciplinary team.

Students will explore careers including:

Nursing
Midwifery
Paramedicine
Physiotherapy
Occupational Therapy
Dietetics
Radiography
Speech and Language Therapy
Prosthetics and Orthotics
Pharmacy

Rather than simply observing, students are encouraged to think about patient-centred care, communication, teamwork, clinical decision-making and the different responsibilities of healthcare professionals.

These are experiences that students can reflect upon later in their university applications and interviews, while also helping them make a much more informed decision about which healthcare career is right for them.

Students will also receive a Work Experience Certificate for each session they complete, allowing them to build a record of their participation throughout the programme.

Allied Healthcare Virtual Work Experience
Sunday 4th October
8:30am - 5pm

Register here:



GET INTO MEDICINE CONFERENCES

Our next Get Into Medicine Conferences are:

- Saturday 24th October, 9am - 1:30pm
- Sunday 25th October, 9am - 1:30pm

Our next Get Into Dentistry Conference is:
- Saturday 17th October, 9am - 1:30pm

<https://dental-mentor.org/get-into-dentistry-conference-sign-up/>





'OFF AND AWAY'



Beginning on Monday, June 29, 2026, education in England has changed under new government-imposed rules.

The Children's Wellbeing and Schools Act 2026 mandates that all state-funded schools create a completely phone-free environment during school hours. We wholeheartedly agree that the pressure of social media and constant connectivity is harmful to young people's focus and attention for learning.

Woodbrook Vale School operates an 'Off and Away' policy. This relies on students having a school bag in which to put their switched off phone. They can use it on their journey to and from school but not whilst on the school site.

Any student who has the phone in a pocket or on their person is breaking the school rule of 'Off and Away' and will have to hand the phone in for collection by the parent. Please have the necessary conversations in families to make sure our young people have understood the message.



Education - News, views, pictures, video

Most people in the UK stay in education until the age of 18, with nearly half of 17-30 year olds going on to Higher Education. The coalition government made the controversial decision bring student fees up to £9,000.

The Mirror





**Woodbrook Vale
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The laptop you need. Without the cost.

Tech4Youth helps eligible young people aged 11-19 in Leicestershire get a free laptop to keep, with connectivity and digital skills support also available.

Apply now.
digitalpovertyalliance.org/tech4youth

**digital
poverty
alliance**

Access to the digital world is now an essential part of everyday life.

From school and college work to applying for jobs, building skills and staying connected, having access to the right technology can make a real difference.

Tech4Youth supports young people aged 11-19 in Leicestershire who do not have access to a suitable laptop at home. If your application is successful, you will receive a free laptop of your own, with connectivity and digital skills support also available.

A laptop that is yours to keep

There is nothing to return and no rental agreement. The laptop belongs to you and can be used at home for education, looking for work, developing your skills or anything else you need a laptop for.

Who can apply

You must be aged 11-19, live in Leicestershire and not currently have access to a suitable laptop at home.

If you are aged 16-19, you can apply directly. If you are under 16, a parent or caregiver must apply on your behalf.

A teacher, youth worker, councillor or another trusted professional will also need to verify that you would benefit from receiving a laptop.

Resources are limited, so meeting the eligibility criteria and having your application verified does not guarantee a laptop.

Apply online

digitalpovertyalliance.org/tech4youth

Prefer a paper form?

Text **T4Y**, followed by your name, street address and postcode, to **07984 445 476** to request an application form by post.

Digital Poverty Alliance is a Registered Office, 3rd Floor, 36-38 Paul Street, London EC2A 4PF. (Registered Company No. 1076161) (Registered Charity in England and Wales No. 1085504) (Registered Charity in Scotland No. SC038910) (Registered Company in the Isle of Man No. 080020) (Registered Charity in the Isle of Man No. 100)

Digital Poverty Alliance

For 25 years, the Digital Poverty Alliance has worked across the UK to tackle digital poverty and help more people access the technology they need.

As a national charity, we combine practical programmes with research, partnerships and advocacy to address barriers including access to devices, connectivity, digital skills and support.

Tech4Youth is part of that work, helping young people access the technology and skills they need for education, employment and everyday life.

More than a laptop

Tech4Youth is designed to give young people more than access to a device. Alongside a laptop to keep, the programme can provide connectivity and support to build digital skills, helping young people make fuller use of the technology available to them.

Leicestershire

Tech4Youth is open to eligible young people aged 11-19 living in Leicestershire who do not have access to a suitable laptop at home.

Through our partnership with the Barratt Redrow Foundation, more than 150 young people in Leicestershire have already received laptops, with the programme continuing to support more young people across the county.



Scan the QR code to learn more about Tech4Youth and apply for a laptop. Check your eligibility, read the terms and conditions and start your application online.

Bandwise 2026

WORKSHOP DAY & CONCERT FOR ALL YOUNG WIND, BRASS & PERCUSSION PLAYERS



EXPERIENCE ENSEMBLE PLAYING

Workshop Day: Saturday 7th November
Concert: Sunday 15th November

Music
for everyone

www.music-for-everyone.org



@MfENotts

Stringwise 2026

WORKSHOP DAY & CONCERT FOR ALL YOUNG STRING PLAYERS



EXPERIENCE ENSEMBLE PLAYING

Workshop Day: Sunday 8th November
Concert: Sunday 15th November

Music
for everyone

www.music-for-everyone.org



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LEICESTERSHIRE & RUTLAND

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RUN • BELONG • BE YOUR BEST

HEALTHY
CHILDREN
BRIGHTER
FUTURES

Run,
Challenge,
Achieve!

FUN
FRIENDLY
INCLUSIVE

STRONGER
SCHOOLS

BRIGHTER
COMMUNITIES

ALL
ABILITIES
WELCOME

CHALLENGE YOURSELF
BE PART OF SOMETHING SPECIAL



2026 DATES (Saturdays)

Race 1: Saturday 3 October 2026

Race 2: Saturday 31 October 2026

Race 3: Saturday 28 November 2026



VENUE

Herewoode Academy

Glenfield Road, Leicester LE3 6DN
(New College Leicester site)



OPEN TO

All primary and secondary schools
in Leicestershire & Rutland



ALL ABILITIES WELCOME

It's about participation,
perseverance and personal bests!

ENTRIES NOW OPEN

SCAN THE QR CODE TO ENTER



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ation



HEALTHIER
CHILDREN



STRONGER
SCHOOLS



BRIGHTER
COMMUNITIES

RUN FOR LIFE LEAGUE 2026

✉ runforlifeleague2026@outlook.com

Running today for a brighter tomorrow



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NHS Guidance

Sometimes it can be difficult to know whether your child is too ill to attend school. NHS guidance says it's fine to send them in with a minor cough or common cold, as long as they don't have a temperature – we will keep an eye on them.

See [NHS guidance sheet 'Is my child too ill for school'](#)

Is my child too ill for school?



UK Government



Does your child have a high temperature (38°C or more)?

YES

Keep them off school until it goes away.

NO

Follow the guidance below.

Your child can usually go to school with a mild cough or cold if they are otherwise well. If you do keep your child at home, it's important to phone the school or nursery on the first day and give them the reason.

Should go in	Should go in (let the school know)	Seek treatment before returning to school	Keep them off (at first)
A cough, cold or sore throat Fine with slight cough or common cold symptoms, such as a runny nose, sore throat or headache, as long as they're otherwise well and do not have a high temperature. Threadworms Speak to your pharmacist, who can recommend a treatment.	Cold sores Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels. Conjunctivitis Fine unless they are feeling very unwell. Seek advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly. Head lice & nits You can treat head lice and nits without seeing a GP. Hand, foot & mouth disease If they seem well enough to go to school, there's no need to keep them off. Encourage your child to throw away any used tissues straight away and to wash their hands regularly. Slapped cheek syndrome Once the rash appears, they're no longer infectious. Let the school or teacher know if you think your child has slapped cheek syndrome.	Impetigo They'll need treatment from a pharmacist or GP, often with antibiotics. Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment. Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school. Ringworm See your pharmacist unless it's on their scalp, in which case you should see a GP. It's fine for your child to go to school once they have started treatment. Scarlet fever They'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks. Your child can go back to school 24 hours after starting antibiotics. Chickenpox Keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.	Ear infection If your child has an ear infection and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away. Measles They'll need to see a GP. Call the GP surgery before you go in, as measles can spread to others easily. Keep your child off school for at least 4 days from when the rash first appears. They should also avoid close contact with babies and anyone who is pregnant or has a weakened immune system. Vomiting & diarrhoea Stay away from school until they have not been sick or had diarrhoea due to illness for at least 2 days (48 hours).

Feeling worried or anxious: It's normal for any of us to feel worried sometimes. We may get a tummy ache or headache, or have problems eating or sleeping. Avoiding school can sometimes make a child's worries about going to school worse. If your child is struggling, please speak to school as soon as possible to explore available help. If your child is still struggling and it's affecting their everyday life, you should contact GP or school nurse.

To find out more, search www.NHS.uk for the specific illness or infection, or 'Is my child too ill for school?'





Woodbrook Vale
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Mental Health Support
Teams **in Schools**



Leicestershire Partnership
NHS Trust

Looking for NHS advice on mental health for teenagers?

Find information, advice and support on mental health and emotional wellbeing on the Health for Teens website.



To be referred for mental health support, speak to your teacher or mental health lead.

Find more support at:

[www.myselfreferral-llr.nhs.uk/
bit.ly/YouandYourMentalHealth](http://www.myselfreferral-llr.nhs.uk/bit.ly/YouandYourMentalHealth)

HEALTH for TEENS



www.wbvs.co.uk



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How Parents Can Access This Support:

Families do not need a school referral to access these specific early intervention programmes.

Parents can self-refer directly by visiting the NHS LLR Self-Referral Portal which can be accessed from our website [The Early Intervention Service \(EIS\)](#) | [The Relationships Centre - Leicester, Leicestershire & Rutland](#)

Early Intervention Service

Emotional wellbeing and therapeutic support for children and young people, and their parents/carers, living in Leicester, Leicestershire and Rutland.



Flourish

Our Flourish groupwork programme is for children and young people aged 8-17. It aims to equip young people with a better understanding of mental and emotional health, coping strategies and emotional resilience through a range of creative and engaging interventions.

The programme runs for 6-8 weeks, groups are separated by age range and tailored to better fit the needs of each age group.

Prosper

Our Prosper programme is a 3-hour Zoom session for parents/ carers of children experiencing anxiety. Our Prosper deliverers support parents to understand anxiety and how they can best support their children and young people to cope better.

Children and Young People's Counselling

A safe space for children and young people aged 8-18 to talk about challenges they're facing one to one with a trained counsellor, and learn better ways of coping.

ADHD support

We offer support to young people and their families where there is diagnosed or suspected ADHD. Our practitioners work with young people to support them in understanding ADHD and how this can impact them in their daily lives, and explore better ways of regulating their emotions. We also offer workshops for parents/ carers, supporting them to understand ADHD and how they can best support their children and young people to cope better.

Heads Up

The service is made up of two organisations: The Relationships Centre and Heads Up, and offers a range of support interventions for children, young people and parents/carers. You can find information on the services offered at Heads Up here:

www.headsupleicester.org.uk

To access this, you will need to be assessed and referred by your GP or you can complete a self-referral to see whether The Relationships Centre is the best fit for you:
www.myselfreferral-llr.nhs.uk/



Woodbrook Vale
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Mental Health Support
Teams **in Schools**



Leicestershire Partnership
NHS Trust

Looking for NHS advice on mental health for children?



Find information, advice and support on mental health and emotional wellbeing on the Health for Kids website.



To be referred for mental health support, speak to your child's teacher or mental health lead.

Find more support at:
[www.myselfreferral-llr.nhs.uk/
bit.ly/MentalHealthForChildren](http://www.myselfreferral-llr.nhs.uk/bit.ly/MentalHealthForChildren)



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