



LuttHigh



Lutterworth High School Academy Trust

Friday 6th March 2026



Dear Parent/Carer

Welcome to our weekly newsletter. I had the pleasure of attending our annual dance show this week. As always, the standard of performances was very high. There were 26 performances and over 90 students participating, which is incredible. Thank you to Miss Curtis for once again delivering a great show. Look inside for photographs.

Thank you to everyone who came to yesterday's Plan, Prepare, Achieve Evening. I hope you found it useful. The powerpoints from the evening with key dates are available here:

[Plan Prepare Achieve Presentation 2026](#)

[How to Revise - A Parent's Guide](#)

We've also had our annual trip to see Les Misérables in London. This is always very popular. Inside we also have a write up of our visit to Bletchley Park.

Next week will be a drop down week for the following two issues we are experiencing in school. We are still experiencing modified skirts and we are also having students chewing gum. Any student with a modified skirt or chewing gum will be issued with a level 3 detention.

Have a nice weekend.

Kind regards

Julian Kirby
Headteacher



NOTICEBOARD

HOW TO REPORT A CONCERN AT LUTTERWORTH HIGH SCHOOL

- Tell a teacher, your tutor or go to KS3/KS4 Hubs to speak to a member of staff
- Tell your parents or a friend, who can report on your behalf
- Self report to ks3@lutterworthhigh.co.uk or ks4@lutterworthhigh.co.uk
- Forms outside KS3 and post in the letterbox
- Speak Out button on the school website www.lutterworthhigh.co.uk/student

House Points

KS3	Maddie East 9HA (57)	Eleanor Taken 8HB (78)	Harneer Mann 8HH (64)	Archie Paterson 7LJ (78)
KS4	Will Demery 11HG (74)	Joshua Bodman 10HG (84)	Ethan Styring 11HM (93)	Noah Lisseman 10HM (67)

'School Wars'

We would like to make you aware of some recent social media posts initially circulating across several London boroughs, but has now reached the Midlands area, referring to "school wars." This is a new TikTok trend which lists groups of schools and asks children from the 2 opposing teams (blue and red) to fight each other, film and post these fights to get "points".

Please be reassured that the school, local authority and the police are fully aware of this online activity. We are working closely in partnership with our local Safer Neighbourhood Teams, and there is a **zero tolerance approach to any form of disorder**.

At this time, we have no indication of any specific risk to our students, and this communication is intended purely as a precaution.

How you can help:

- Please speak with your child about staying safe, avoiding online rumours, and not engaging with any social media challenges connected to this trend.
- We would also encourage parents to ensure that students are not bringing items to school that could be associated with rival identifiers (for example, coloured bandanas)
- If you or your child become aware of any information that may be helpful, please report it directly to the police via 101, or 999 in an emergency. Please also keep us informed.

What is being done:

- We are closely monitoring the situation and liaising with local agencies and partners should anything arise in the local area.
- We will continue to maintain a vigilant and visible presence at the start and end of the day to help monitor and deter any inappropriate behaviour.

A reminder of our expectations:

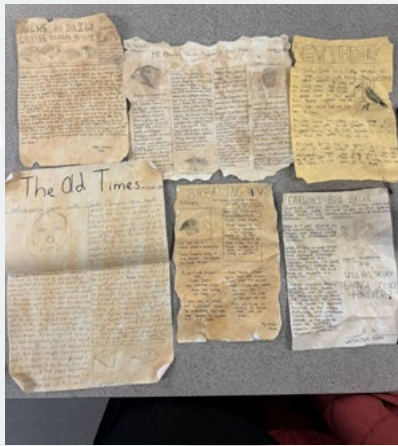
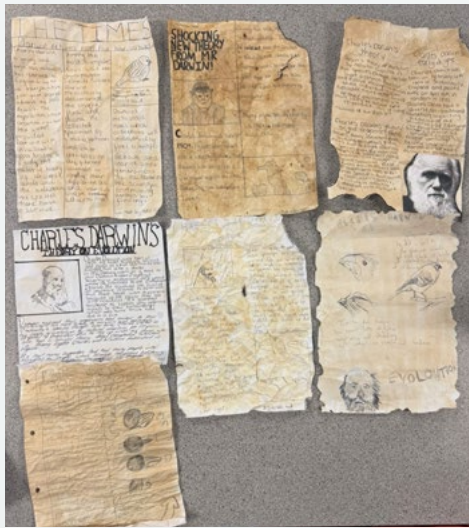
- We have a zero-tolerance approach to anti-social behaviour both in and out of the school, and online. It is important that students feel safe both in school and in the community.
- We will always take the most rigorous steps to sanction any student who becomes involved in this type of activity, either as an individual or as part of a group. This includes sharing and encouraging online.

Thank you for your ongoing support in helping us maintain a safe and calm environment for all our students, staff and community.

NOTICEBOARD

Wow work

Well done to these year 8 biologists who created some fantastic newspaper articles about Charles Darwin.



Attendance

Year 7	95.7%
Year 8	94.4%
Year 9	93.3%
Year 10	91.7%
Year 11	93.3%
Whole School	95%

Hot Choc Friday

Well done to the following students who have achieved a Hot Choc Friday this week.



Distinction Awards Well done to the following students who have achieved distinction awards this week.

Isabelle Anderson 7LA
Giovanni Backus 9LM
Bea Bailey 8HH
Elsie Baldwin 7LA
Florence Bell 7HE
Stanley Bigham 7LA
Isla Blockley 9HR
Aiden Bose 7LA
Mia Brown 8LA
Alfie Burgess 7HE
Zara Butcher 8HB
Matthew Button 8LS
Skye Castledine 8HB
Liv Coleburne 7HE
Tilly Coleman 9HH
Darcey Cooke 8HB
Frankie Crisp 9LC
Jacob Cross 9HA
Alfie Deas 8LA
Nathan Dew 9LH

Ted Dufty 7LA
Maddie East 9HA
Freddie Fewz 7HE
Chloe Fradley 7LA
Lilly Gardner 9HH
Ellie Garness 7LA
Amelie Gibson 10HO
Zara Giovanelli 9HR
Belle Green 9LH
Luke Green 9LH
Poppy Greenhalgh 8HW
Jesse Hall 7LA
Lewis Hawthorne 9HH
Sam Herriott 9LC
Lacey Heywood 7LA
Thomas Hicks 7HE
Alex Holyoak 10LT
Zackary Horsewood 10HM
Liam Hufton 8LB
Henry Hughes 7HE

Lana Jackson 8HB
Josh Jacques 10LS
Jerina Joshi 7LL
Arya Kang 7LA
Olivia Kowalska 7LA
Lena Kuczynska-Lenczewska 10LT
Harvey Langley 7LA
Agatha Leuzy-Hall 8LS
Jake Lord 9HA
Eve Loxley-Watkins 8HW
Elodie Marston 7LL
Pavan Marwaha 7LA
Taylen Milbourne 7LA
Katie Mills 10LK
Rian Mistry 8LS
Sienna Mistry 8HH
James Moore 8HB
William Murphy 7LA
Olivia Newman 7HE
Karena Ng 7HH

Isabella Nicoll 9HR
Ida O'Connor 8LS
Barney Parkinson 8HW
Amelia Parsons 7LA
Evie Pateman 8HH
Kacie Peters 10LT
Charlotte Pollock 10HO
Tisya Rana 9LM
Sebastian Satchwell 10LS
Ava Spibey 9LH
Megan Sykes 8HB
Eleanor Taken 8HB
Edward Vesty 8LS
Vanessa Vitolina 10HO
Harvey Walter 7LL
Kayla Whitehead 10HO
Lottie Willdig 11HC
Jaeda Wilson 11SP
Alex Winterton 11FR
Ameerat Yekini 9HA
Joseph Yeomans 7LA
Jake Yip 8LB
Kyle Yip 10LK

NOTICEBOARD

Easter Revision

	Morning Session 10am-12pm	Afternoon Session 1pm-3pm
Monday 30 th March	Science Foundation - Learning Hub Science Higher - Hall	Food and Nutrition - D3
Tuesday 31 st March	Maths Higher - Hall	Maths Foundation - Hall
Wednesday 1 st April	English language - Writing P1 Grade 4+ - Hall	English language - Writing P1 Grade 7+ - Hall
Thursday 2 nd April	History - Hall	
Easter Weekend		
Tuesday 7 th April		
Wednesday 8 th April	English language - Writing P2 Grade 4+ - Hall	English language - Writing P2 Grade 7+ - Hall
Thursday 9 th April		
Friday 10 th April	French Foundation & Higher - Writing & Speaking - Room 14 Spanish Foundation - Room 15	French Foundation & Higher - Listening & Reading - Room 14 Spanish Higher - Room 15

Revision Block 3

Monday 13th April to Friday 8th May 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Before school 8.15am - 8.30am	English	Biology - Rm16 6 mark questions	Physics - Rm16 6 mark questions	Chemistry Rm16 6 mark questions	English
Lunchtime		DT - NEA		Geography - Rm7 (selected students only) Computer Science Rm13	
After School 3.15 – 4pm	Maths F Rm5 H Rm1 Drama drop in Drama studio Spanish Rm14 French Rm15	English - 4/5 RmE2 English 7+ RM E4 Business - Invite only Dance	GCSE PE Rm13 Drama drop in - Drama studio RE	Science F Rm17 History Terrace, JKl	Geography Rm8 RLE
After School 4pm – 4.45pm		DT Revision Business D3	Food D3	Science H LH	

Bletchley Park Visit

Students from Year 9 Maths and Computing departments enjoyed an exciting visit to Bletchley Park, the historic home of British codebreaking during the Second World War. The trip offered a unique blend of mathematical problem-solving and computing history, allowing pupils to explore how wartime codebreakers used logic, patterns and early machine design to crack encrypted messages.

Throughout the day, students explored the original codebreaking huts, handled interactive exhibits, examined the Enigma machines and Bombe machine - giving them valuable insight into how mathematics and computing were crucial in shaping modern technology. It was fantastic to see pupils connecting classroom learning to real-world applications - from number patterns and ciphers to the foundations of computer science. Their engagement, enthusiasm and thoughtful questions made the day a great success, and they represented the school brilliantly.

Mr Patel



World Book Day 2026

World Book Day at LHS was a wonderful celebration of reading, stories and the memorable characters that inspire us. This year, we interpreted the national theme of 'Go All In' by celebrating 'Childhood Favourites', capturing the imagination and creativity of both students and staff across the school.

All students received a £1 World Book Day token, which can be exchanged for a published book available in shops and supermarkets. Across the day, the whole school took part in themed activities at the start of lessons to celebrate stories, characters, writers and the joy of reading.

Our student costume competition showcased some brilliantly inventive entries: from Oliver Twist to a futuristic robot.

- First Place: Oliver Twist, winning a £10 Amazon voucher.
- Second Place: A collaborative win for the three bears from Goldilocks and the Three Bears.
- Third Place: A Year 7 student made an impressive mask and costume to be Robot 23 inspired by Mega Robot Bros.

A huge well done to all students who took part and helped make the event so enjoyable.

Staff also embraced the theme, dressing as classic favourites old and new, including Paddington Bear, Winnie the Pooh, the Cheshire Cat, The Highway Rat and characters from the Mr Men series.

Thank you to everyone who supported and celebrated World Book Day with such enthusiasm.



Spelling Bee

Year 9 students showcased their dedication and confidence in this year's LHS Spelling Bee. Participants were selected following an initial spelling test completed during tutor time, and each student was given a list of words to support their preparation.

The final took place in front of the whole year group, who were a respectful and supportive audience throughout. The last round was incredibly close, with staff and students agreeing that the final words were especially challenging to spell aloud.

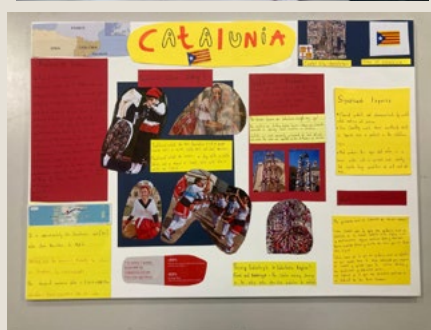
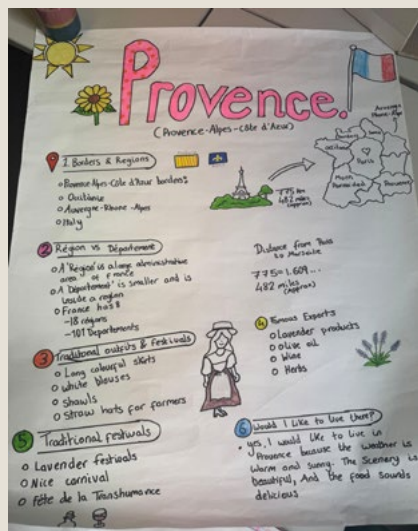
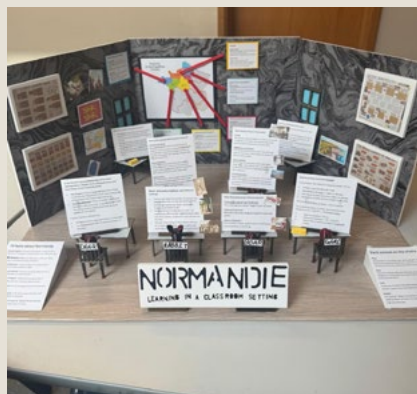
A huge well done to all our finalists, and an extra special mention to the volunteers who bravely stepped forward on the day without prior preparation. Rewards have been issued to recognise the positivity, resilience and courage shown by all who took part.



Y8 MFL project homework on a region of France/Spain

Some fantastic examples of some project homework done by our Y8 last week. Students had to research a region of France or Spain, searching for information about its location, distance from Paris/Madrid, its culinary specialties and traditional costumes.

Well done Year 8!



Team Maths Challenge

On Thursday 5th March, these four students represented the school at the Regional Final of the Team Maths Challenge.

They competed against a mixture of both state and private schools, and had a very enjoyable day.

They finished a very respectable 12th place out of 20 other schools and should be very proud of their efforts!

Mr Johnson



LHS DANCE SHOW 26



On Monday and Tuesday, we held our annual dance show. The dancefloor was an array of colour and sparkle with 26 fantastic performances and over 90 students taking part. The students showcased a variety of dance styles and music choices. Students have been practising tirelessly to get show-ready and we were lucky to welcome back alumni Poppy Lane to choreograph some routines. Elise Clinton, a professional commercial dance teacher/choreographer and dancer for Rita Ora, also ran a workshop for the students and choreographed some of the routines. We are very proud of the students and it was an excellent show thoroughly enjoyed by all!

Miss Curtis - Teacher of Dance





SPORTS HIGHLIGHTS

Netball - Tuesday 3rd March at home against Lutterworth College

7B Squad won 7 - 2.

A well rounded performance by the whole team. Everyone working together really well to progress the ball up the court. Loads of interceptions in every position and some great shooting in the circle. Well done!

Players' player: Dottie Moore

Coaches' player: Willow-Rose Symonds

7C Squad won 32 - 2.

What a performance! The shooters were on fire in the circle barely missing a shot. The ball rarely made it into the opposition circle due to the hard work of the mid-court players and defenders. Elodie made an incredible amount of interceptions. A really good performance, lots of players pushing for the B squad and beyond. Well done.

Players' player: Isabelle Anderson

Coaches' player: Elodie Marston

8B Squad won 7 - 4.

Although this was the closest score of the evening, the girls dominated the match. Lots of strong performances across the court. 100% effort and enthusiasm as always. Well done.

Players' player: Evie Burns

Coaches' player: Toni Adewale

Netball fixtures on Wednesday 4th March v Lutterworth College

Y9B Won 15 - 2

The girls were in command across the court, all areas playing really well. There was no drop in performance as the subs came on in the second quarter. Some students took the opportunity to test themselves in new positions in a game situation. Well done everyone!

Players' player: Alice Vigrass

Coaches' player: Mandi Madziba

Y11A Lost 23 - 25.

The High school were challenged by the College sixth form team to a match. The game was unbelievably close, both sides playing out of their skins. Level after the first quarter 5-5. Level at half time 13-13. One in it after the third quarter 19-18. But the College came back in the last quarter to win 23-25. A fantastic match! Well played all.

Players' player: Isabella Heneghan

Coaches' player: Iris Pateman

SPORTS HIGHLIGHTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY		
		AFTER SCHOOL 15:00-16:30			
Sign up on SOCS					
Rugby 7/8 GMC	Rugby 9/10 JJO	Girls Rugby MHO	The Games STO		
Netball 7/8 ZTU & STO	Netball 9-11 MCU & ZOD	Dance 7-9 MCU			
Basketball 7 AMA	Girls Football LJA	Girls Basketball STO			
		Lunch-Boccia STO			
		X Country MNI			

Sports Photography / Sports Journalist
 Feature in the school's newsletter

ACTIVITY OVERVIEW - TERM 3

Days	Lunch 12.30-1.15pm	After School 3.00pm 3.00-4.00pm/4.15pm/4.30pm
Monday	Sports Journalist Sports Photographer Sports Leadership Buddy Club Student Librarians	Silver DofE Basketball 7 Boys KS3 Art Club KS4 GCSE Art Catch Up Dance Leaders Netball 7 Netball 8 Rugby Year 7/8 Science7 School Production - Joseph Backstage School Production Joseph
Tuesday	Map Club French Cinema Club Buddy Club (Lunchtime) Chess Club Student Librarians	Girls Football Netball 10 Netball 11 Netball 9 Bollywood Dance School Production - Joseph Backstage School Production Joseph
Wednesday	Boccia (lunch) Buddy Club (Lunchtime) Chess Club Student Librarians	Bronze DofE Further Maths Basketball Girls Girls Rugby Textile & Craft Club Cross Country Club Rugby 9/10 STEM Club
Thursday	French Spelling Bee Yr8 TeenTech Buddy Club (Lunchtime) Chess Club Student Librarians Choir	Games Club Young Artists School Production Band
Friday	French Spelling Bee 7 Buddy Club (Lunchtime) Chess Club Student Librarians	Debate Society

THE
EMERALD
WAY

COMMUNITY NOTICES

Easter Holidays:
Mon 30th March -
Thurs 2ND April
Tues 7^h April -
Fri 10th April

**4 HOURS OF ACTIVITY FOR 4
DAYS
INCLUDES LUNCH**

LOPC



-HAF PROGRAMME-

Holiday Activities and Food programme providers FREE provision to all children and young people in receipt of BENEFITS RELATED Free School Meals, places are subject to eligibility checks



Hayley@LOPC.CO.UK

BOOK NOW!



**Leicester
City Council**
Department
for Education

COMMUNITY NOTICES



March 2026 Timetable

All sessions delivered live online via zoom. 90 minutes long

£24 each

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours (excluding Free Talk)

Improving Family Communication	2 Mar 10am
Autism - Improving Communication	2 Mar 7pm
Understanding Addictive Behaviour	3 Mar 10am
Supporting a Child with ADHD	3 Mar 7pm
Anxiety Based School Avoidance	9 Mar 10am
Understanding Anger	9 Mar 7pm
Supporting Healthy Screen Use	10 Mar 10am
Facing Defiance	10 Mar 7pm
Cannabis and Ketamine Awareness	16 Mar 10am
Anxiety Explained	16 Mar 7pm
Introduction to OCD	17 Mar 10am
What is ACT	17 Mar 7pm
Raising Self-Esteem	23 Mar 10am
Decreasing Depression	23 Mar 7pm
Supporting Healthy Sleep	24 Mar 10am
Understanding the Teenage Brain	24 Mar 7pm
FREE Anxiety Based School Avoidance	26 Mar 7-8pm

COMMUNITY NOTICES

SAFEGUARDING NEURODIVERGENT YOUNG PEOPLE



RECOGNISING RADICALISATION RISKS AND BUILDING RESILIENCE



This workshop will help families keep young people safe from risks such as online extremism, grooming, radicalisation, and wider harms.

THESE SESSIONS WILL:

- Explore how to recognise when a young person might be at risk of radicalisation
- Support you to manage challenging conversations around online safety and wellbeing
- Help distinguish between red flags and everyday neurodivergent behaviours
- Support you to connect with local safeguarding provision

*For more information please email:
kanika@groundswell.world*

SCAN THE QR CODE OR CLICK HERE TO REGISTER NOW

- Tue 10th Mar, 10AM-12PM
- Wed 11th Mar, 7PM-9PM
- Thu 12th Mar, 1PM-3PM
- Tue 17th Mar, 1PM-3PM
- Wed 18th Mar, 10AM-12PM
- Thu 19th Mar, 10AM-12PM



Delivered online via Google Meet

**GROUNDSWELL
PROJECT**

GROUNDSWELLPROJECT.ORG



COMMUNITY NOTICES

SELF HARM *Newsletter*

MARCH 2026



Funded by
UK Government

Self-harm is defined as intentional self-poisoning or self-injury, regardless of the apparent purpose of the act.

Source: NICE Guidelines 2022

Self-harm is a means to manage difficult emotions or feel some control, keeping a sense of hope. It does not necessarily mean that the person wants to die.

Common forms of self harm

Self-harm can take many different forms, but here are some of the common forms to be aware of:

- Cutting the skin (using sharp objects)
- Scratching or burning the skin
- Hitting or punching oneself or objects
- Interfering with wound healing (e.g. picking scabs)
- Hair pulling
- Ingesting harmful substances (non-lethal amounts of medication, chemicals, etc.)



DID YOU KNOW?



Around 20% of young people in the UK have self-harmed. That's equivalent to one in every five teens.

Source: The Mental Health Foundation

why do people self harm?

Self-harm is not a "cry for attention." Young people may do it to:

- **Cope with overwhelming emotions:** Some young people feel so upset, angry, anxious, or sad that they don't know how else to express or release those feelings. Self-harm can feel like a temporary way to "let the pressure out." It may bring a brief sense of relief — though that relief doesn't last and often leads to guilt or shame later.
- **To feel something when they feel numb:** Sometimes, emotional pain can turn into numbness — feeling nothing at all. Self-harm might be used to feel something real again, even if it's physical pain.
- **To regain a sense of control:** When life feels chaotic or out of control — due to stress, trauma, or conflict — self-harm can seem like one thing the person can control. It can become a private, secret way to manage what feels unmanageable.
- **To express feelings they can't put into words:** Some young people struggle to talk about emotions or might not have the words for what they feel.
- **To punish themselves:** Feelings of guilt, shame, or self-hatred can lead someone to believe they "deserve" to be hurt.
- **Underlying mental health issues:** Self-harm often occurs alongside: Depression, Anxiety, Trauma or PTSD, Eating disorders, Borderline personality traits, Substance use.

COMMUNITY NOTICES

Supporting a young person who may be self harming

Stay calm and listen – Don't judge or panic. Listen with empathy and thank them for trusting you. Avoid insisting someone stop self harming immediately. Removing a coping strategy without support or alternatives can increase distress and risk.

Acknowledge feelings – Understand that self-harm is often a way of coping with deep emotional pain.

Encourage safer coping – Suggest alternatives like writing, drawing, breathing exercises, or talking to someone they trust.

Keep checking in – Show ongoing care and help them build a support network.

Get professional help – Tell a family member, GP, or counsellor. In an emergency, call 999 or go to A&E.

If they're in immediate danger: stay with them and call emergency services or contact Papyrus HOPELINE247 (0800 068 4141 / text 88247).

Support & Advice

There are a number of services and organisations that can offer advice and support.

Click on the logos to head straight to their websites!



Move it March is our biggest ever physical activity programme! The project aims to encourage children and young people, across South Leicestershire, to become more physically active and increase the number of children achieving the recommended guidelines of at least **60 active minutes** per day. Last year, **15,919** participants in South Leicestershire took part and moved for a total of **9.2 MILLION** active minutes!

How many active minutes can you achieve this March? Whether it is a walk, a game of tennis or dancing, it all counts!

LET'S GET SOCIAL!



Health | Well-being | School Sport | PE | Physical Activity
Supporting South Leicestershire Schools to provide opportunities for all young people

COMMUNITY NOTICES



Leicester Tigers AoC Programme based at Brooksby College

Run in collaboration with Leicester Tigers, this programme for boys and girls is open to all abilities and aims to combine education with a comprehensive and aspirational rugby programme.



THE OFFER

- **Four sessions of rugby and physical development** each week guided by Leicester Tigers coaching and conditioning staff.
- **Regular competitive fixtures** in the AoC League against other colleges.
- **Comprehensive athlete support**, including strength and conditioning, nutrition, psychology, and lifestyle guidance from expert staff.
- **Fully catered accommodation** is available from Sunday evening to Friday morning.

WHAT CAN PLAYERS STUDY?

BTEC Level 3 Extended Diploma
Sport and Exercise Science

BTEC Level 3 National Extended
Diploma **Sports Coaching and
Development**

BTEC Level 2 **Sport**

Level 3 **Agriculture**

Level 2 and Level 3 **Equine**

To see what life on the programme is like, we are hosting experience sessions on the following dates:

BOYS
Sat 28th February, 10^{am} - 2^{pm}

GIRLS
Sat 21st March, 10^{am} - 2^{pm}

**EXPRESS AN
INTEREST AND
FIND OUT MORE**



COMMUNITY NOTICES



Health | Well-being | School Sport | PE | Physical Activity
Supporting South Leicestershire Schools to provide opportunities for all young people

South Leicestershire Community Board

The All Languages Group
Runs from Oadby Youth Centre on Tuesdays,
11am-1pm for those who have English as a
second language – chance to connect and
socialise, and local trips arranged.
Contact Louise 0752 692 7372 for more information

Family Hubs Leicestershire
Leicestershire County Council

Chill, Chat & Connect

Are you a parent or carer of a young person aged 0-19?
Come along to our family wellbeing advice and drop in session
A safe space to chat

A time for family wellbeing workers to look at any services that
may be helpful to you & your family. Children welcome!

Braunstone Town Family Hub, Kingsway North, Braunstone Town,
LE3 3BD
Every Monday 12.30pm-2pm



Warm Space
Warm Space at Oadby has now
started up and is a very welcoming
and lively social group held at the
church next to Launde Primary every
Friday 11:30-1:30pm.
Contact Louise 0752 692 7372 for more information

JUST SIGN UP
JUST GET ACTIVE
JUST GET INVOLVED

19th January - 22nd March '26

WHAT IS JUST GET INVOLVED?

Want to be more active but don't know where to start? - Let us help you!

- » Access to 60+ classes ran by friendly instructors in South Leicestershire
- » FREE taster sessions
- » FREE reward for your attendance

Let us help you make 2026 your most active year yet!

WHAT IS JUST?

JUST is a physical activity programme which provides the opportunity for women of all ages and abilities to get involved in activity sessions across South Leicestershire. You don't even have attended an exercise class before to take part in JUST- it's for everyone!

JUST will run between 19th January - 22nd March 2026. During this time, you will have the opportunity to attend a large selection of local activities and collect some free merchandise along the way!

Interested? Want to JUST Get involved?
Sign up to our newsletter for exclusive updates!

[f JUST Get involved](#) [@JUSTGetInvolved](#)

ACTIVE MUMS CLUB | JUST | LET'S GET MOVING



COMMUNITY NOTICES

Mental health and wellbeing support

To view the brochure, click [here](#).



The brochure features the title 'Mental health and wellbeing support' in large blue font. Below it, a subtitle reads: 'Information about services across Leicester, Leicestershire and Rutland that provide support for your mental health and wellbeing.' To the right is a photograph of a digital display showing a man's face and the text 'Alex found their anchor' and 'Dedicated help which eased their anxiety'. At the bottom of the brochure are logos for 'Better Mental Health for All', 'Leicester, Leicestershire and Rutland Health and Wellbeing Partnership', and 'NHS'. The date 'V1 SEPTEMBER 2025' is printed in the bottom left corner.



Mental Health Support in Leicestershire

GUIDE FOR YOUNG PEOPLE

In this guide you will find information, advice and support on your feelings and mental health, from these Leicester, Leicestershire and Rutland services:

Health for Teens – www.healthforteens.co.uk

ChatHealth – www.chathealth.nhs.uk/start-a-chat

Tellmi – www.tellmi.help

My Self Referral – www.myselfreferral-llr.nhs.uk

Leicestershire Educational Psychology Service – www.bit.ly/3XxsrqF

ALWAYS REMEMBER:

IT'S OKAY NOT TO BE OKAY, AND YOU ARE NOT ALONE.



Hey, how are you feeling?...

There are lots of things you can do to keep yourself well and feeling good, like:

- Getting a good night's sleep
- Doing something you enjoy like playing games
- Spending time with friends and family
- Exercising and eating well to look after your body
- Learning a new skill or taking on a challenge
- Helping other people
- Spending time outside in nature

... I feel great! I am happy and healthy



... I'm okay, but I sometimes feel a bit worried or sad

It's normal to feel this way. We all experience lots of emotions and these can change over time.



Try some of the things in the box above and talk to someone about how you're feeling. This could be your friends, a parent or carer - or a teacher or adult at school.

If you're struggling, it's important to speak to someone. People want to help you. If you need it, you or your parents or carer can support you to get professional help. A good place to start is by talking to a mental health and wellbeing lead or trusted adult at school, or your GP.

You can also find free and safe support on these websites:

- Kooth: www.kooth.com
- Health for Teens: www.healthforteens.co.uk

... I am struggling and need some help

... I am so upset or overwhelmed that I need help now

If you need to speak to someone urgently, you or a parent or carer can call the Mental Health Central Access Point on **0808 800 3302** or **NHS 111**. The lines are open 24/7.

If there is an immediate or life-threatening emergency, call 999 or attend A&E. People are there and ready to help you now.



For more advice about mental health support for young people in Leicester, Leicestershire and Rutland, scan the QR code.



eServices

KEEPING US CONNECTED

EduLink

The EduLink App provides a convenient and accessible way for us to communicate with parents on some of the main aspects of daily school life.

It's easy to use and is accessible from a smart phone, tablet or PC. You can use the app to report an absence easily and also book appointments for your child's Parents' Evening.

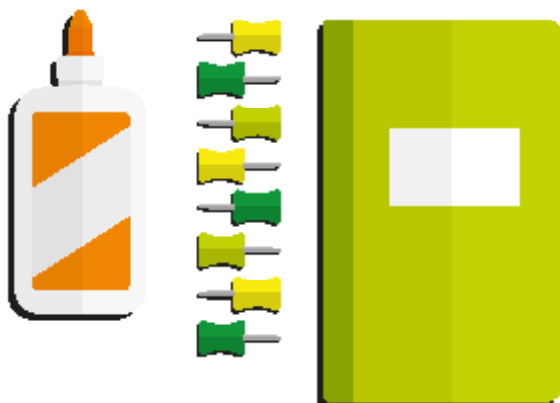
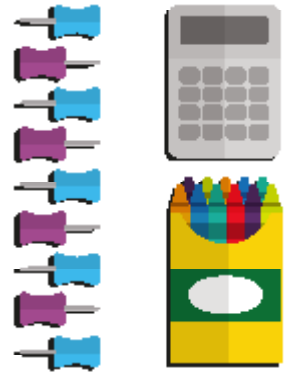
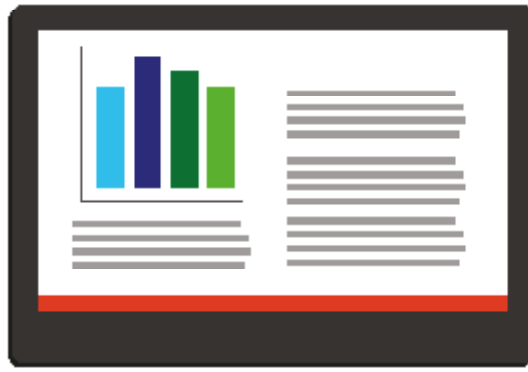
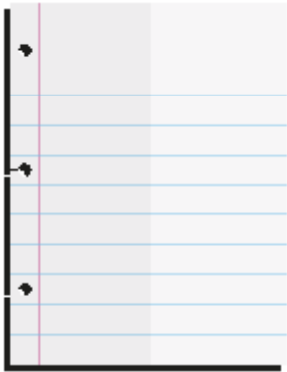
If you haven't already been issued with login details, please contact the EduLink team on the below email address edulinkapp@lutterworthhigh.co.uk.

NEED HELP?

If you have any queries or need IT assistance, do not hesitate to email eservices@lutterworthhigh.co.uk



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DATES FOR YOUR DIARY

AUTUMN TERM 2025	FROM THE MORNING OF:	UNTIL THE END OF:
Autumn 1st half-term	Tuesday 26th August 2025	Friday 17th October 2025
Mid-term break	Monday 20th October 2025	Friday 24th October 2025
Autumn 2nd half-term	Monday 27th October 2025	Friday 19th December 2025 at 12.30pm

SPRING TERM 2026	FROM THE MORNING OF:	UNTIL THE END OF:
Spring 1st half-term	Monday 5th January 2026	Friday 13th February 2026
Mid-term break	Monday 16th February 2026	Friday 20th February 2026
Spring 2nd half-term	Monday 23rd February 2026	Friday 27th March 2026

SUMMER TERM 2026	FROM THE MORNING OF:	UNTIL THE END OF:
Summer 1st half-term	Monday 13th April 2026	Friday 22nd May 2026
May Day	Monday 4th May 2026	Monday 4th May 2026
Mid-term break	Monday 25th May 2026	Friday 29th May 2026
Summer 2nd half term	Monday 1st June 2026	Tuesday 7th July 2026 at 3pm

AUTUMN TERM 2026	FROM THE MORNING OF:	UNTIL THE END OF:
Autumn 1st half-term	Monday 24th August 2026	Friday 16th October 2026
Mid-term break	Monday 19th October 2026	Friday 23rd October 2026
Autumn 2nd half-term	Monday 26th October 2026	Friday 18th December 2026 at 12.30pm

DATES FOR YOUR DIARY

SPRING TERM 2027	FROM THE MORNING OF:	UNTIL THE END OF:
Spring 1st half-term	Tuesday 5th January 2027	Friday 12th February 2027
Mid -term break	Monday 15th February 2027	Friday 19th February 2027
Spring 2nd half-term	Monday 22nd February 2027	Friday 19th March 2027
Easter Holidays	Monday 22nd March 2027	Friday 2nd April 2027

SUMMER TERM 2027	FROM THE MORNING OF:	UNTIL THE END OF:
Summer 1st half-term	Monday 5th April 2027	Friday 28th May 2027
Mid -term break	Monday 31st May 2027	Friday 4th June 2027
Summer 2nd half-term	Monday 7th June 2027	Wednesday 7th July 2027 at 3pm

Bank Holidays

Thursday 25th December 2025
Friday 26th December 2025
Thursday 1st January 2026
Friday 3rd April 2026
Monday 6th April 2026
Monday 4th May 2026
Monday 25th May 2026
Monday 31st August 2026
Friday 25th December 2026
Monday 28th December 2026
Friday 1st January 2027
Friday 26th March 2027
Monday 29th March 2027
Monday 3rd May 2027
Monday 31st May 2027

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