



## Message from the Principal

As always, this has been a very busy term, with so many achievements and experiences to celebrate. Please take some time to read what our wonderful students have been up to.

As you know, at Sir Jonathan North, we take pride in celebrating our diverse community, and this term students have led assemblies on Anti-bullying Week; Black History Month, Hidden Disabilities, Rosh Hashana, Diwali, and Christmas. In addition, there have been lots of opportunities for our students to demonstrate their wonderful leadership skills and inspire younger children. Read inside for more information.

It has been fantastic to see all the different trips and visits, and the excitement around the residentials that are planned for 2024 – Yorkshire, France and Iceland. I would like to thank staff who work so hard to make these experiences a reality for our students, and look forward to sharing their reflections with you in the future.

We are aware that this time of year can be difficult and challenging for many people. Please make a note of the organisations listed on page 11 which can offer support.

I would like to extend seasons greetings to you all, and thank you for your continued partnership with us in ensuring that our students are able to flourish and excel in all areas.

I wish all of you a restful holiday and a peaceful new year.

Best wishes

Mrs Angus



### AUTUMN TERM 2023

<b>College Closes</b>	<b>12.25pm on Friday 22 December</b>
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### SPRING TERM 2024

Staff Training	Monday 8 January
<b>College Opens</b>	Tuesday 9 January
Feb Half Term	Monday 19 to Friday 23 February
College Closes	Friday 22 March
Easter Holidays	Monday 25 March to Friday 5 April

### SUMMER TERM 2024

<b>College Reopens</b>	Monday 8 April
May Day Bank Holiday	Monday 6 May
May Half Term	Monday 27 to Friday 31 May
College Reopens	Monday 3 June
College Closes	Friday 12 July



**CONTACT US:** Knighton Lane East, Leicester, LE2 6FU | T: 0116 270 8116 | E: [contactus@sirjonathannorth.org.uk](mailto:contactus@sirjonathannorth.org.uk)  
[www.sirjonathannorth.org.uk](http://www.sirjonathannorth.org.uk)

### FOLLOW US ON OUR SOCIAL NETWORKS

To keep updated with of the fantastic work, events and celebrations we have at the College;

<https://facebook.com/SirJonathanNorth>
<https://www.instagram.com/sirjonathannorth/>
<https://twitter.com/SJNCCSchool/>



### YEAR 7



Year 7 have continued to settle exceptionally well and have demonstrated resilience throughout a very long term. Collectively Year 7 students have received 11, 547 achievement points this term alone, alongside 181 students receiving their Bronze and 53 students receiving their Silver certificates.

As a Pastoral team we are very proud of how well students have transitioned into secondary school and look forward to continuing to celebrate students' successes in the upcoming terms.

Ms John and Mrs Lambat  
Year 7 Pastoral Team

#### KEY DATES

TG 7.1—7.4 English Trip- Stratford	Tuesday 23 <sup>rd</sup> January 2024
TG 7.5—7.8 English Trip- Stratford	Friday 9 <sup>th</sup> February 2024

### YEAR 8

We have finally arrived at the end of the longest term this academic year and what a positive one it has been!

We would like to recognise the 64 students who have had 100% attendance and 82 students who behaviour exemplary every day! This is a fantastic achievement, well done.

There have been lots of opportunities for year 8 to be involved in the wider school community. We have students who attend PE clubs, Latin club and Debate club to name a few. We also have many talented musicians in the year group who showcased their skills in the Winter Arts Festival held last week. I may be biased, but we definitely have a very gifted year group! Finally, students have all had the opportunity to go on trips which include the Leicester Tigers trip and the more recent History Trip to the National Justice Museum. Going into 2024, there will be plenty more visit opportunities for students to experience.

We wish everyone a restful break over the festive period and look forward to seeing the year group in 2024!

Ms Wiltshire & Mrs Dunn  
Year 8 Pastoral Team



### YEAR 9

Year 9 have had a very positive first term to finish 2023. We had 160 students who attended the end of term reward event on Thursday 14 December. We enjoyed hot chocolate, cream and marshmallows with a cookie whilst listening to Christmas music. Well done to all of these students.

We are extremely proud of the 42 students who have attended school every day so far this term. We also have 93 students who have behaved exemplary so far this year. This positive behaviour and attendance will be hugely beneficial to the students as they look to start their GCSEs in year 10. We have started to think about the future during the recent personal development lessons. We looked at where the students can go after year 11 as they look to make their options choices next term.

We are really excited about our residential in February. We have 100 students attending to complete activities such as spiders web, Labyrinth, low ropes, moon walk, bouldering, marble walk, climbing and abseiling.

We hope that all of the students reflect on their first term and think about what they want to achieve in the new year. We will continue to support the students as best we can so they become the 'good people' we want them to be in the future.

Mr Pope and Mrs Sidpara  
Year 9 Pastoral Team





## Year 10



Year 10s are ending the Autumn Term on a high with a week full of reward events and celebrations due to their hard work, focus and resilience throughout a very long term. Last Friday, we held a reward event for students in Year 10 which has been followed by a reward assembly this week. All students were entered into a draw to win LOVE2SHOP vouchers and we had 2 successful winners! All tutor groups received a prize for all of their hard work this year. In addition, students who had the highest achievements points, excellent levels of attendance and those who have been selected to have breakfast with the Principal on Thursday they were also given a shout out.

We will be ending the week with Christmas lunch on Wednesday and a half day on Friday where all students can wear non school uniform.

We wish everyone a safe and happy holiday and look forward to welcoming everyone back in the new year.

Happy holidays, everyone!

Ms Ladha and Mrs Hatwell  
Year 10 Pastoral Team



## YEAR 11

As we end our first term of Year 11 it has been great to see our students engaging with the Connexions process and completing their college applications for their next stage in education.

Year 11 have tackled their personal statements and it has been heart warming to read their dreams and ambitions when they leave SJNGC. We continue to build resilience looking at revision techniques, as well as the wider world of work.

The behaviour during the mock weeks was exemplary. The mock results will be handed out on 12th Jan. Next term we will be running exam stress drop in with an outside agency, as well as looking at ways to support our own well being as we continue our journey in Year 11. As part of this please look out for the free Elevate parent forums that we will continue to mail out.

The date of the Prom has now been set for 20th June 2024 at the Leicester Tigers ground, please refer to the previous letter regarding the criteria for this wonderful event.

Ms Carrington and Mrs Lymn  
Year 11 Pastoral Team



## ARRIVAL TO SCHOOL IN THE MORNING

Just a reminder that in order to be respectful of residents in the area and our local community, students need to move straight onto the school site when arriving to school in the morning.

## KEEP YOUR DETAILS UP TO DATE

If you have recently moved house, changed your phone number or email address please let us know by email including your child's name, tutor group and previous details for reference to;

[contactus@sirjonathannorth.org.uk](mailto:contactus@sirjonathannorth.org.uk)



## SJN CHRISTMAS CARD

Congratulations to Silvia in year 9 who designed this year's beautiful Christmas card.



## CONGRATULATIONS!

We would also like to congratulate our year 11 and 10 students who have recently completed their practical exams in Performing Arts, Drama, Dance and Art.



Keep up the hard work!

## WINTER ARTS FESTIVAL

On Thursday 14th December we hosted our annual Winter Arts Festival and both performances were a sell out!

Over 70 students took part in the show and the evening was a real celebration of dance, drama and music. We were entertained with a variety of pieces from class work, extra curricula clubs and the battle of the band winners the Bluebirds played us out with their rendition of 'Since you've been gone'.

We would like to congratulate all the students from year 7 – 11 that took part, you showed such confidence and resilience on stage. We look forward to seeing new and existing students in our next show!



## EVITA

The Expressive Arts team took the Speak Up group to watch 'Evita' the musical at Curve Theatre recently courtesy of Curve.

Everyone was wowed by the amazing performance, however the icing on the cake was watching one of our year 9 students Sophia perform alongside the cast as part of the Curve young performers!



## PRIMARY DETERMINATION FESTIVAL

Some of our students organised and lead a primary sports personal best festival on Wednesday 13th December involving 22 primary schools from across the city.

They planned and delivered several sporting activities for the students to try and beat their personal best, offering support and help throughout the activities. Focussing on developing their own and the primary student's resilience and confidence throughout the day.

Well done to:

Aarifa	Tilly	Sydney	Aiza	Rhiannon	Maise
Adelaide	Haadiya	Florence	Vishuya	Alicia	Zahraa
Jezreel	Prabjot	Ayah	Safa	Tanosha	Ashnoor

Ms Lowther  
PE Curriculum Team Leader

## CELEBRATING NATIONAL CHEMISTRY WEEK!



Students have had a fantastic week participating in a whole host of activities to celebrate National Chemistry Week.

As part of chemistry week at SJNGC, over 100 students attended lunchtime sessions hosted by Science teachers and led by student ambassadors in KS4. The theme celebrated was "Chemistry - making the world a better place". The activities that students took part in involved making alginate worms, creating seed bombs, and investigating the role of emulsifiers.

Additionally, during the week a scavenger hunt activity was set up around the college. Students had to find as many Scientists as possible, learning about their inventions, across the site, all of which contributed towards making the world a better place.



This is what a KS4 student ambassador had to say about the week.

"This week, SJNGC has held its annual Chemistry week; this has included a multitude of experiments with the intention of encouraging global sustainability. As a year 11 student, participating in Chemistry week has been an opportunity to develop both leadership and communication skills whilst also encouraging younger students to consider how they can use Chemistry to contribute towards climate change solutions. We helped younger students create seed bombs - recycled cardboard spheres with seeds placed in them – and explained how an increased number of plants would result in a reduction of carbon dioxide levels in our atmosphere. Furthermore, we conducted an experiment involving the emulsification of oils to prompt students to consider methods to combat oil spills in the ocean. Personally, I felt it was a good opportunity to encourage those interested in chemistry to peruse it further and to consider how they can act against climate change. Overall, this year's Chemistry week has been a great experience for all involved."



The college would like to say a huge thank you to Mrs Yusuf for organising and arranging these activities, all science staff and student ambassadors who gave up their time to deliver the lunchtime activities and Mrs Vyas for organising and conducting the scavenger hunt.



## SPEAK UP!



SJNGC are proud to be working with partner theatres Curve Leicester and National Theatre London as one of the five regional schools participating in Speak Up. The scheme was set up by The National Theatre following the pandemic with the aim of providing young people an opportunity to share their voice and Speak Up about things that are important to them. We are now in the second year of the three-year project and were fortunate to have two members of staff attend a weekend visit to the Big Speak Up Get Together. This was an opportunity to meet with teachers and practitioners across the country to see how the project has been working in their schools and centres.

Whilst at the event we were given an excellent presentation by the speak up council – this is a group that were selected from all participatory regions who sit together to shape and advocate for all the young people who are involved in the project. The group of 15 young people presented at the National Theatre to over 100 representatives from the partner theatres and schools. Sir Jonathan North are proud to have Isobel in year 10 selected as part of the Speak Up Council. She spoke so eloquently and passionately on what must have been a very high pressure and nerve-wracking national platform.

Our first year Speak Up students have now moved on to start their Drama GCSE and so we have a new group of students from years 7 – 9 starting the project with our Curve Rep Kitty. This year we are planning to meet with all Leicester Schools to share our work at Curve. With the final Performance and Get Together planned for London 2025 at the National Theatre London.

Keep an eye on the school website and socials for updates to see how we are getting on.

Mrs Glynn and Miss Hilditch  
Expressive Arts



## SPORTSHALL ATHLETICS COMPETITION!

In November, we took our year 7 and 8 teams to compete in the West area sports hall athletics competitions at Fullhurst Community College. The year 8 team started the competition by competing in several field events. Then the track events started. Our students showed resilience, pace and demonstrated excellent behaviour and sportsmanship. Congratulations to the team for coming 1st place and thank you to Lily - Rose for being chief supporter, time keeper and for looking after the first aid bag.

Team: Ifunanya, Omnya, Mia M, Salwa, Mia H, Daaniya-Aroush, Emma and Amami

For the year 7 competition we took two teams to compete. They started the competition by competing in several field events, presenting their excellent techniques and competitiveness. After this, the track events started. Again our students showed resilience, pace and demonstrated excellent behaviour and sportsmanship. The year 7 A team won overall gaining victory over 9 other teams, with a fantastic result for the B team placing fifth.

Well done from Miss Bryan and Miss John.







## NATIONAL POETRY WRITING COMPETITION!

Following a study of the Social and Protest poetry unit during Year 8 English lessons, Martha (now in Year 9) was entered and placed as joint winner in the Gloucestershire Wildlife Trust's recent contest, in the Youth Competition category.

She won a voucher and goody bag! Her heartfelt poem, 'Gone', is about human responsibility towards our planet and is published here: <https://www.gloucestershirowildlifetrust.co.uk/poetry-competition-2023results>

Well Done!

Ms Bhogaita  
English



## FELT MAKING WORKSHOP!

Recently, thirty Year 7 Design and Technology students were invited to join a felt making workshop.

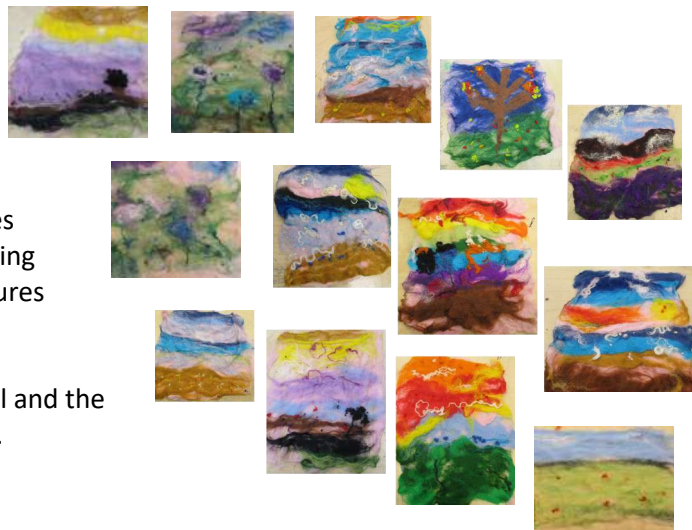
The Museum Educators team taught the group how to use inspiration from landscapes and seascapes to create hand felted pictures using a range of Marino wool, Sari silks and other small shapes made from strands of natural fibres.

Students used an original photograph to help merge colours and recreate details like flowers, clouds and water.

A natural olive oil soap was used to felt the pictures together which involved agitating the fibres by rolling them. The soap was then washed out and the pictures dried.

It was a fun and interesting way to learn a new skill and the students were all proud of the pictures they made.

Ms E Eldredge.



## UNBOX YOUR FUTURE—YEAR 9 CAREERS!

Thirty of our Year 9 students having been working with a company called Cavendish Nuclear as part of the 'Unbox your future' careers programme. Over the three week period, their teams created projects and then did presentations to industry experts.

The students were fantastic and Cavendish were really impressed. The winning group will be taking part in a workshop at their site in February and all groups received a goodie bag for all their hard work.

Well Done!

Mr Hartley



## WET SPONGE EVENT!

In November we held an event where our students got the opportunity to throw wet sponges at teachers as part of our Active Citizenship project.

The aim of this was to raise awareness and money for a local charity, Hope Against Cancer who help to support local people and families that are suffering from the impacts of cancer. We are very grateful for all the staff, students and parents who got involved and donated.

Thanks to you we raised over **£500!**

Isla and Lilac  
Year 10 GCSE Citizenship Students



## YEAR 7 TRIP TO WARWICK CASTLE!



Students from year 7 were able to visit Warwick Castle and enjoy exploring the grounds. Students were able to speak with the educational officer who linked the history of the site to the Norman Conquest that we have studied in lessons. We were even able to get involved in role play from the Battle of Hastings in 1066.

Well done year 7s for being a credit to our school!

Mr Singh  
Head of History

## SJN HOSTS ECO SCHOOLS ROADSHOW!

On the 15th November we held an eco roadshow at Sir Jonathan North. Beauchamp College, Knighton mead Primary and our eco club attended three workshops on the day. The first session we went to was Saving Soil. Did you know that 1 acre of forest gets turned into farmland every second? It takes 500 years just to make one inch of good quality soil. We learnt about why it was important for us to protect soil. We then looked at our wildlife in college during the Wildlife in our School Grounds session. We studied a map of our college to identify places where we could increase the amount of wildlife. Then we carried out a bug hunt to see what wildlife we had. We found a hibernating baby newt, an adult newt and various insects. Our final session was led by Leicester Space Centre. We learnt about how satellites can monitor changes to the land and how our carbon footprint is important. We discovered that beef and poultry have the highest carbon footprint whilst fruit and vegetables have the lowest.

The roadshow was so much fun and has made us even more passionate about climate change and making a difference to our environment.

Eco Club





## MONDAY NIGHT 'JAM SESSION'!

Since the start of October around 28 students from years 7 - 11 have been attending our music 'Jam Session' that has been delivered by Craig Thurlow from Leicestershire Music service. Students have worked brilliantly as soloists, duos and groups preparing musical pieces from many different styles and genres in preparation for an 'open-mic' performance at a live music venue in Leicester (see below for review!).

We are all immensely proud of the achievements of each and every student who has been attending the sessions and look forward to hearing even more brilliant music in the new year.

Well done everyone!

Mr Lee  
Subject Leader Music

### Monday Night 'Jam Session' Culminates in Live Open Mic Performance

"On Monday 4th December, a group of pupils from SJNGC attended an open mic session held at the Big Difference, organised by Leicestershire Music. Students were given the opportunity to perform in front of a live audience in a professional setting, giving them a valuable 'real-life' musical experience. The venue was quite small, but very cosy; amidst the darkness, strings of Christmas lights hung along the walls, giving the room a happy, colourful glow. The stage held a keyboard, a drumkit, amps, and microphones; strong lights bathed the space in the warm and professional light, eliciting the excitement one would expect from a professional gig.



People of all ages attended – Years 7-11 from SJN, as well as older students connected with Leicestershire Music – and there was a wide variety of performances – multiple bands, singers, a talented drummer, and guitarists.

It was an utterly unique experience, only enriched by the strong community atmosphere. Those who attended were enthusiastic and kind; when a performer struggled, anxious or having made a mistake, the audience were quick to help them get back on their feet and make them feel supported and welcome. There were multiple heartwarming moments where the audience sung along or gave words of encouragement when a performer needed it. It was a very enjoyable event, one I think everyone should have the chance to experience, and one I would love to have again."

Matilda 11.5.

# LEICESTERSHIRE MUSIC



## NATIONAL CHEMISTRY WEEK SCAVENGER HUNT PRIZE DRAW!



27th November - Friday 8th December 2023

SJN celebrated 2023 National Chemistry Week on the theme of 'Chemistry making the world a better place!'

Students participated in a whole school scavenger hunt by filling in a task sheet by hunting for as many pictures of Chemists and the discoveries they had made that were posted round the school; their discoveries which have made a huge difference to the world we live in today! Well done to all students taking part. We had 13 correct entries and the winner Caitlin Ann, year 7 was selected in a prize draw by Miss. Yusuf, winning 'Nasty Nature Kit'. All other participants got a free reading book!



## BOOKBUZZ!



In September, Year 7 and 8 were offered a free book to choose from 16 titles to encourage Reading for Pleasure. Reading gives huge power in boosting children's life chances and accessing curriculum across all subjects. Here is the very first group to receive their books during their English Library Reading Lesson, just in time for the Christmas Break - Enjoy the gift of reading!



## DIWALI DISPLAY MAKING!

In Week 23-27 October, Students participated in creating a Diwali Display making origami 'Diyas' to celebrate the 40th Anniversary of Leicester City's first lights switch-on and Diwali celebrations on the 'Golden Mile' - Belgrave Road. Their 'Diyas' were displayed in the school foyer for Diwali for everyone to see. Safiya Yr7 said "The diya making was very fun, thank you!"



## CHRISTMAS IN THE LIBRARY!

To build upon the school's rich curriculum we also value the enrichment and real-life experience we arrange as a means to connect with learning and understand the world we live in.

Students have been busy making Christmas Jar Lanterns for Library display and to take home - a well-attended event with festive mood, cheers and joy at the glowing lanterns they took home.

Below is a comment from Year 8 student, Angelena: "I really liked making lanterns with all my friends. My family really liked my lanterns. Enjoy your Christmas with your family and friends. Happy Christmas to you all!"



## BOOK CHAT CLUB!

Students continue to read for pleasure, promote new books and discuss the books they have read in our monthly Book Chat Club meet ups. As a result, one of the student's review was praised by the author Josh Silver who wrote HappyHead and posted it on his social media. Well done Isla, year 10.



Sir Jonathan North College

Year 10 student Isla created an outstanding book review through our Library BookChat Club.

Her chosen book was "HappyHead" by Josh Silver, which is also on this year's 9 for 9 reading challenge. Her review received such praise that it was forwarded onto the Creative Learning Services who shared it with the author, and he absolutely loved it!







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- ⇒ **8 January** Staff Training Day
- ⇒ **9 January** College reopens to students
- ⇒ **18 January** Yr 11 Parents' Evening
- ⇒ **25 January** Yr 9 Options Evening
- ⇒ **16 February** Yr 7 What's My Job Event
- ⇒ **26 February** College Closes for half term
- ⇒ **26 February** College reopens



## ATTENDANCE MATTERS!

As you are aware—attendance matters!

Without a regular pattern of attendance, students struggle to maintain an effective routine and do not perform as well as their peers. The following table shows the impact of attendance on the amount of time and lessons that will be lost over an academic year.

Attendance during the school year	Equates to days absent	Which is approximately	Which means the number of lessons missed
97%	6 days	1 week of learning	36 lessons
94%	10 days	2 weeks of learning	60 lessons
90%	19 days	4 weeks of learning	114 lessons
85%	29 days	6 weeks of learning	174 lessons
80%	38 days	8 weeks of learning	228 lessons
75%	48 days	10 weeks of learning	288 lessons
70%	57 days	11.5 weeks of learning	342 lessons
65%	67 days	13.5 weeks of learning	402 lessons

You are able to view the on-going attendance of a student through the Beehive application. Full details of the college attendance policy can be found on our website.

## UNIFORM REMINDERS

Thank you to all parents and guardians who are ensuring that the correct uniform is being worn.

At Sir Jonathan North we have high expectations of our students and we ask for your support in ensuring that students comply with our uniform requirements which are fully detailed here:

<https://www.sirjonathannorth.org.uk/prospective-students/key-stage-3/uniform/>

Here are some key reminders for the start of the new term :

- ⇒ Pleated skirts are to be worn to the knee (not rolled at the waist)
- ⇒ Jewellery (only allowed one pair of stud earrings and a watch). Nose keepers (plastic clear nose studs) are allowed. No other jewellery.
- ⇒ False lashes—need to be removed
- ⇒ False nails/acrylics—need to be removed or cut down
- ⇒ Natural nails—worn at an appropriate length
- ⇒ Make-up—must be minimal
- ⇒ Weather-proof coat—no hoodies/cardigans





**TINSEL**  
By  
Sibéal Pounder

What if somewhere along we've all got the Santa story a bit wrong...? Join Blanche Claus and her best friend Rinki for a funny festive sleigh ride you'll never forget!



**THE VERY MERRY MURDER CLUB**  
By  
Seben Patel & Robin Stevens

A Festive collection! Ali and Tulip, known as the Double Detectives, are investigating who has stolen the presents from the children's grotto at the local hospital.



**A TASTE OF DARKNESS**  
By  
Various Authors

13 spooky stories to savour over Christmas. From supernatural thrillers to contemporary horror, creepy ancient legends to murders gone wrong - impossible to put down



**MERRY KISSMAS TO YOU**  
By  
Jenni Jennings

Best friends Milly, Robert and Sam are counting down to their High-school Christmas snow Ball. Although Christmas jumpers are on, the decorations are up, the season is not filled with comfort and joy.



**THREE HOLIDAYS AND A WEDDING**  
By  
Uzma Jalaluddin & Marissa Stapley

One snowstorm.  
Two strangers.  
Three times the holiday magic . . .



**RWBY**  
By  
E. C. Myers

(pronounced "Ruby") is an American 3D computer animated web series set in the fictional world of Remnant, where young people train to become warriors to protect their world from monsters called Grimm. The name RWBY is derived from the four main protagonists' forenames: Ruby Rose, Weiss Schnee, Blake Belladonna and Yang Xiao Long, and their respective thematic colours - red, white, black and yellow. Great read for anime and computer game fans.

Milly is worried about her dad, Sam is getting over her ex Nadia, and Robert is wondering if he will ever meet a girl that likes him. Will they get their magical moment under the mistletoe?



**WHAT A DESI GIRL WANTS**  
By  
Sabina Khan

Mehar hasn't been to India since moving to United States at age 4 and her father refused to move with them. When her father announces his engagement to socialite Naz, Mehar agrees to attend in the hope she can heal their broken relationship - after all, her father is an Indian royalty, and his home is a palace, so, the wedding a once-in-a-lifetime affair. But, her father doesn't make any time for her. Meanwhile, Mehar's dislike for Naz and her social media influencer daughter, Aleena, deepens as they are just using her father for his money and Mehar thinks putting a stop to this wedding might be the best thing for everyone.



**LET IT SNOW**  
By  
John Green, Maureen Johnson, Lauren Myracle

It's Christmas Eve and the worst blizzard for fifty years has blanketed Gracetown. But as well as snowflakes, love is in the air - and appearing in the most unexpected ways . . . Who'd have thought a trip to the Waffle House through four feet of snow could lead to romance with an old friend? Or that the path to true love begins with a painfully early morning shift at Starbucks? Touching, hilarious and filled with festive cheer, the magic of the holiday season shines on these three interconnected tales of love, romance. The perfect book for a cold winter's night.

# HELP AND SUPPORT

**Anxiety UK** is a user-led organisation that supports anyone with anxiety, phobias, panic attacks or other anxiety-related disorders. **03444 775 774** or text **07537 416 555**



**Kooth** is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop.



**Muslim Youth Helpline** is a charity that provides free and confidential faith and culturally sensitive support services targeted at vulnerable young people in the UK. **0808 808 1111**



**Rethink Mental Illness** helps those affected by severe mental illness



**Beat** act as a champion, guide and friend to anyone affected by eating disorders, giving individuals experiencing an eating disorder and their loved ones a place where they feel listened to, supported and empowered. **0808 801 0711**



**LifeSIGNS** provide information about self-injury and support people as and when they choose to make changes in their lives. You can call any time and leave them a message on their voicemail, asking for a call back when we're open again.



**The National Association for Children of Alcoholics (NACOA)** provide a free helpline and support service to help address the needs of children growing up in families where one or both parents suffer from alcoholism or a similar addictive problem. **0800 111 111**



**Samaritans** offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. **116 123**



**CALM** (Campaign Against Living Miserably) is a helpline for young males aged 16 to 35 years, suffering from depression and low self-esteem. It offers counselling, advice and information. **0800 58 58 58** (or London based callers can dial **0808 802 5858**)



**Mind** provide advice and support to empower anyone experiencing a mental health issue. They campaign to improve services, raise awareness and promote understanding. **0300 123 3393**



**National Self Harm Network** is a forum that provides support for individuals who self harm, and for families and carers that may be affected by self harm.



**School Nurse**

The school nurse service can still be contacted by text **07520 615386** or call on **0116 215 3230**.



**Childline** provides help for anyone under 19 in the UK with any issue they're going through. **0800 1111**



**MindEd for Families** give safe and reliable advice to parents and carers about young people's mental health.



**OCD Action** provide support and information to anybody affected by OCD. **0845 390 6232**



**Selfharm UK** (Now ALUMINA) exist in order to support and nurture young people who may be experiencing difficulties with self-harm.



**Ditch The Label** help young people navigate through issues related to bullying, such as improving mental health, body image, coming out and building confidence and self-esteem.



**The Mix** is the UK's free, confidential helpline service for young people under 25 who need help, but don't know where to turn. **0808 808 4994**



**Papyrus** gives non-judgemental support, advice and information for those dealing with suicide, depression or emotional distress. **08000 68 41 41**



**Young Minds** provides information, advice and training for young people, parents, carers and professionals.



**Doc Ready** is a digital tool that helps young people to prepare and make the most out of mental health related GP visits. It helps young people to know what to expect during a GP consultation, plan what to say and record the outcomes of their appointments.



**Moodscope** exist in order to help people to positively manage their moods.



**Recover Your Life (RYL)** is one of the biggest and best Self-Harm Support Communities on the internet.





# WHAT'S ON



**Kings  
Coffee House**

2 ZERO HUNGER



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## Kings Coffee House (within Holy Trinity Leicester)

**THE PAROCHIAL CHURCH COUNCIL OF THE ECCLESIASTICAL PARISH OF HOLY TRINITY, LEICESTER**  
CHARITY NO. 1132601

Kings Coffee House, opened in 2019, is a coffee shop with a difference, run by a diverse volunteer base, with profits supporting the homeless and vulnerably housed, food bank, money advice, asylum seekers & refugees and support groups for vulnerable adults. We are located in the foyer of Holy Trinity Leicester and are open to all throughout the wee...

**Address:** 2 Upper King St, Leicester, LE1 6XE, UK

**Hashtag:** #kingscoffeeleicester

[Website](#)  
[Facebook](#)

## PLACES WHERE KIDS EAT FREE (OR FOR £1) CHRISTMAS HALF TERM 2023

### MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

### BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

### ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

### SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

### THE REAL GREEK

Free Kids Meal for every £10 spent by an adult from Friday 22nd December 2023 until Sunday 7th January 2024.

### TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' buy any adult meal (Via App)

### HUNGRY HORSE

Kids eat for £1 on Mondays

### IKEA

Kids get a meal from 95p daily from 11am

### SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

### GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

### BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

### WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

### PRETO

Kids up to age 10 eat free all day on weekends and from 4pm weekdays with paying adults at Preto in Half Terms

### PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

### TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

### FUTURE INNS

Under 5s eat for free with any adult meal.

### NOT ANNOUNCED...

M&S, Tesco, YO! Sushi & Bills





# WHAT'S ON

www.leicestersouth.razzamataz.co.uk

## RAZZAMATAZ THEATRE SCHOOLS

**Singing, Dance & Drama lessons**

High Quality Performing Arts classes for **4-18** year olds. Your child can build confidence, make friends and be part of exciting opportunities!

**#TheGiftOfConfidence**

### FREE Taster Session!

Sign up by 7th January for your FREE TASTER SESSION 13/01/24

**Limited Spaces - Book Today!**

Join us at **Sir Jonathan North College, Leicester, LE2 6FU** contact **Charlotte** on **07553031067** or email **leicestersouth@razzamataz.co.uk**

**LAUNCHING JAN '24**

## AFTER SCHOOL TENNIS SESSIONS!

Fridays - 14:45 - 15:45 at the Tennis Centre.

The session is run by a level 4 LTA approved coach and tutor. This is suitable for any ability and anyone who wants to give tennis a go or fine tune their skills

**FNL+B**

**SPORTS + EDUCATORS**

**Leicester City Council**

**Department for Education**

### HOLIDAY ACTIVITIES & FOOD PROGRAMME (HAF)

The HAF criteria is only for children who meet all the following:

- Live in Leicester City or attend a city school.
- Aged between 10 to 16 & in full-time education.
- Receiving benefits related free-school meals.

Free paid places are available at a cost of £64 for the four days to those who do not fall into the criteria above.

**The aims of the programme are:**

- Have Fun!
- Eating healthily over the school holidays!
- Be active during the school holidays!
- Take part in activities which support the development of resilience, character, and wellbeing!

**Fancy being part of the team, making new friends?**

The Sport of Football, and Personal Trainer (PT) fitness, and nutrition, along with basic key stage learning (English & Maths) aimed at re-kindling the key fundamentals in a new and engaging way.

**Other sports & games include:**

- Quizzes,
- Challenges,
- Table Tennis,
- Basketball
- Circuit training

**CONTACT**

**PHONE NUMBER:**  
0 7770 456 446

**WEBSITE:**  
fnbisporsed.com

**EMAIL ADDRESS:**  
info@fnbisporsed.com

**Dream! Believe! Achieve!**

### Come And Join Us

Register for a programme place at:

Winter 2024



**Venue:**

Sir Jonathan North Girls' College,  
Knighton Lane East,  
LE2 6FU

**Programme Dates**

Tuesday 2<sup>nd</sup> January 2024  
to  
Friday 5<sup>th</sup> January 2024

**Between**  
10am to 3pm daily

Visit the website for more information.  
[Family Information | Apply for a HAF Place \(leicester.gov.uk\)](#)

HAF email: [haf@leicester.gov.uk](mailto:haf@leicester.gov.uk)  
or call HAF Professionals on 0116 4547140.