



Dear Parents and Carers,

It has been a fantastic half term. One of the highlights for me has been the number of students who have been receiving recognition every lesson for their hard work and getting their superstars awards.



We have managed to pack in a full range of activities as well as an excellent curriculum this half term. Our first residential trips have been taking place, both in this country, and abroad. Our Belgium Trip has made a welcome return and has left many students and staff with powerful memories.

I would like to express huge gratitude to the staff who tirelessly volunteer their time and effort in planning and supervising these trips. Without their dedication to giving our students the most



enriching time at Ivanhoe, we would not be able to offer such a breadth of opportunities.

We are proud that our careers provision was identified as a strength during our recent Challenge Partner review, and we are continuing to build new relationships with businesses and learning providers. Read about a visit to Leicester University and De Montfort University and the Royal Navy in this issue.

Let's not forget our two family evenings this half term too, with the Ivanhoe Family Quiz and Family Wellbeing Evening. Both were fantastically attended and we hope to run at least one more event before the end of the year.

As promised in last week's Headteacher Bulletin, this issue we are sharing more about the launch of our brand new Support and Wellbeing area of the website, we hope and your child will find it useful and informative.

I wish you all a relaxing half term and fingers crossed for a little sunshine.

Mrs Allford
Headteacher



INCLUDED IN THIS ISSUE

- Support and Wellbeing
- School Trips
- Careers Update
- Eco Club
- And more.....

WELLBEING AND MENTAL HEALTH FAMILY EVENING

We had a fantastic evening hosting our very first family wellbeing event as part of Children's Mental Health week. During the evening students and parents were introduced to our brand-new online Wellbeing Hub, on the school website, and given guidance on how this can be used to support the wellbeing of themselves and others. Much of the evening was then spent enjoying a wide range of self-help wellbeing activities that could also be done at home.

Dance

Miss Brown delivered an upbeat and energetic dance session which brought to life how dance and movement can boost your wellbeing whilst also burning calories and building fitness!

Art

There was also a jam-packed art therapy session ran by Mrs Eaton which explored a variety of ways individuals can use creativity and self-expression to support their mental health. Those involved had several creative crafts which they were able to take away and complete at home!

Forest School

For those wanting to enjoy the great outdoors, Mr Priestland and Mr Berrow offered a Forest School experience where those involved had the opportunity to plant their own daffodil bulb to take home and grow themselves, whilst also learning about the benefits of gardening on wellbeing.

Bullet Journaling

Mrs Hill delivered a detailed session on bullet journaling which explored a variety of creative methods to support you with tracking the past, organising the present, and planning for the future.

Reading

For those wanting a more calming environment and a chance to escape reality, Mr Bonsell offered a quiet room where you could dive into a book of your choice and read for pleasure. Regular reading has been shown to reduce stress and improve sleep quality whilst also promoting mental and emotional fitness.

Mindfulness Colouring

Mrs Sanders provided a variety of mindfulness colouring worksheets which aims to improve your ability to focus and stay in the present moment, allowing you to concentrate on a specific task and disconnect from surrounding thoughts. This is a healthy tool for relieving stress!

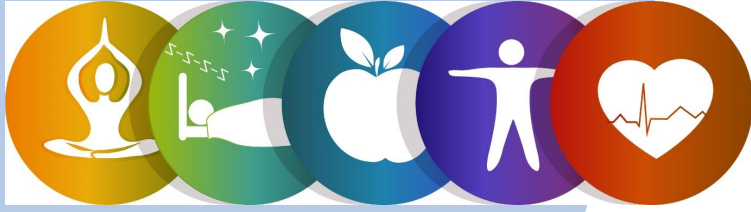
Yoga

Mrs Thompson ran a session including bamboo body tapping, EFT (emotional freedom technique), breathing techniques like 'box breathing', finishing the session with a yoga flow and a guided body scan meditation

Thank you to the staff who volunteered their own time to run this fantastic event.



WELLBEING & SUPPORT



Wellbeing Hub

During their time at Ivanhoe School, students will be faced with lots of challenges – both academic and personal. There may be occasions when yourselves or your child

are looking for reliable advice or support at home to gain reassurance, practical tips or to signpost you for further professional support.

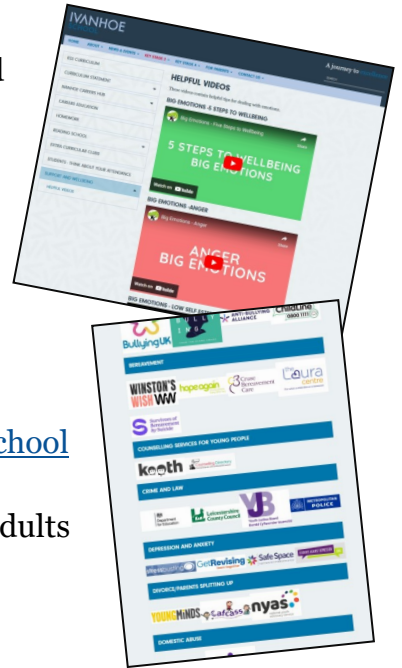
We have worked hard to create our new wellbeing hub, on the school website, to direct students and parents to a wide range of self-help support including wellbeing documents, videos and support websites.

Separated into clear topic areas, the external sites we have recommended are trusted and informative.

You can also find some guides and videos directly on the page.

To access our Wellbeing Hub, please visit: [Support and Wellbeing | Ivanhoe School](#)

Students should remember that they can also ask help and support from their form tutor, Care and Guidance and SEND Team, or one of their trusted adults in school.



KS4 BELGIUM TRIP



Our KS4 Humanities students had the amazing opportunity to visit the Belgium Battlefields. On the three day trip they visited the Vimy Ridge, Beaumont-Hamel Newfoundland and Thiepval memorials.

An evening trip to the Menin Gate to experience the Last Post was very emotional for all. (The Last Post is a 'final salute to all the fallen of WW1 accompanied by the bugle players.) Callum and Lauren represented the school wonderfully in laying a wreath on behalf of Ivanhoe at the memorial.

Students were able to spend some time exploring the trenches, to get a real feel of how the soldiers would have felt in the cramped conditions, which really helped to bring their studies to life. And seeing the magnitude of the plots at some of the cemeteries was a stark reminder of the cost of war.

Harry, one of our Head Students, created a moving experience by reading the poem 'In Flanders Field' by John McCrae, which inspired the use of the Poppy as the symbol of Remembrance.

Our students and their behaviour were a credit to the school, well done Year 10 and 11.



MANCHESTER CITY FOOTBALL DEVELOPMENT

In January we took 49 Year 8 & 9 students to Manchester City FC to experience a 'once in a lifetime' visit, experiencing life inside a professional club. The students invited to come were those who had shown a regular commitment to attending our Football Extra-Curricular Clubs and those who have represented the school team.

On day 1 the students went on a "behind the scenes" tour of the Etihad Stadium and learnt about the history of the club, as well as enjoying a player's lunch in their restaurant over looking the pitch.

Over the 3 days they took part in three training sessions delivered by the expert City Academy coaching staff at the state-of-the-art City Academy site. They also had the rare opportunity to train on the indoor pitch. They also experienced attending a match to see Man City thrash Burnley 3-1 in an exhilarating play.

The students on the tour were left feeling inspired and confident within their football, with student and parent feedback saying what an amazing trip it was.

You can see more photos from the trip on our Facebook page.



FOREST SCHOOL

This term students have been looking at Fire Starting, students have been learning about how to start fires - including the fire triangle, fire safety and how to put out a fire. Students celebrated with a marshmallow and even made s'mores. We've also looked at using our greenhouse and have planted some seeds ready for spring, with the help of Mr Berrow.



Leicester University Trip

On February 7th, Year 7 and 8 students embarked on a trip to the University of Leicester for a 'Medicine Calling' taster day focused on mental health-related careers. Throughout the day, students participated in multiple workshops led by professionals in the field.

One workshop involved practical skills in medicine, where they learned to use a stethoscope, take blood pressure, pulse, and calculate BMI, providing hands-on experience in healthcare. Another workshop, led by a psychiatrist, delved into case studies of mental health conditions, offering valuable insights into the complexities of such disorders. Additionally, a session with a mental health nurse covered various aspects of careers in mental health, providing a comprehensive overview of the profession.

The day also included a tour of the university, giving students a glimpse into campus life and facilities. The trip proved to be both educational and inspiring, offering students a deeper understanding of mental health-related careers and the field of medicine as a whole.

The trip was a fantastic opportunity for students to consider career opportunities and start to think about what KS4 options they may want to choose to help them on their journey.



De Montfort University CV Workshop

De Montfort University hosted a workshop for some of our Year 9 students. They ran a 'Visual CV' session which got the students thinking about their personal strengths and skills. They also discovered more about their personalities and what sort of careers would suit them. The students had opportunities to speak to current De Montfort University students and ended the session with a physical CV they could use for the future.

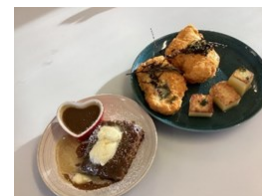
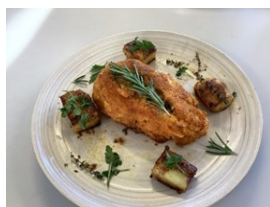


Careers focus- The Royal Navy

We were fortunate to host a visit from The Royal Navy who came to talk to our GCSE students about life within The Royal Navy, including entry requirements and career opportunities. They then led a highly interactive practical session where by students worked against the clock, in teams, to create a meal of Chicken Kiev which saw them preparing raw meat, adding a filling, coating and enrobing—this was then served with fondant potatoes.

This activity developed employability skills such as team work and communication, resilience and problem solving, working within time constraints, demonstrating good hygiene and safety practices and presenting up a plated and well-presented dish. Students also made sticky toffee puddings with a toffee sauce.

It is always great to be able to welcome members from different industries into our classrooms to provide such a useful insight to our students as they embark upon their own careers and make informed decisions about potential careers pathways to follow.



ECO CLUB



This half term we have considered how we can grow our own food from food waste created within the food tech room or our kitchen at home, by extracting seeds that would normally be thrown away.

Lots of our dishes in school use fresh, nutritious ingredients and we are often de-seeding items such as peppers, so have begun to use the seeds to grow plants on our classroom windowsills. We are continuing to experiment with other items such as celery hearts, pumpkins seeds- (from our recent donation of pumpkins) and avocado stones etc- in fact anything that can be regrown from food waste. We are also growing some herbs that will benefit from the warmth of being indoors before we can venture outside to grow more. We hope to be able to use these herbs to garnish our dishes within the food room. To make it even more eco friendly we have used recyclable containers for our planting such as yoghurt pots, paper coffee cups, egg boxes - items that would normally be thrown away.

We have also created bird feeders to support wildlife during the colder months. The RSPB birdwatch event took place at the end of January and to encourage birds into gardens we made some bird feeders using fat and birdseeds. Again, we recycled old yoghurt pots and reused items where we can to support the environment. We have even experimented with using grapefruit shells filled with birdseeds that can be hung in your garden to attract birds and other wildlife too.

As Spring approaches and the weather warms up, we hope to get outdoors much more than we have recently. We have plans to plant some bulbs around school as well as planting out our indoor seedlings regrown from the food waste. We want to get out into the local community and school grounds, to support with projects such as litter picking etc. We would also like to tidy up and revive our school garden. If anyone has anything they can donate to help us on our way, it would be very appreciated.

Can you help us to be more eco -conscious? In Food Tech we love recycling and always ask that students to bring in a container from home that can be used and then reused to take their food home in. We often lend out these containers but sadly rarely get them returned which prevents us helping another student without a container. By providing a container from home, this reduces the need to waste resources which can be recycled and saves money too as the number of foil dishes being handed out is far fewer. Students are always taught in Design lessons the fundamentals of the 6 R's- reduce, reuse, recycle, rethink, refuse, repair and this is a really easy way of achieving this. Thank you for your support.

If you would child would like to join the Ivanhoe Eco club please ask them to email or speak to Mrs Thomas.



Girls Futsal

Our girls' footballers took part in North West Leicestershire's Futsal tournaments playing against; Ashby School, Castle Rock and Ibstock. Our Year 7's played really well throughout and finished 4th overall. Our Year 8&9 girls finished third overall and their team spirit shone throughout. The Year 10&11 team were unlucky not to progress through to the county rounds after beating Ashby School but they narrowly lost to Castle Rock.

The boys are looking forward to starting their season after half-term.

Year 8 Netball

The Year 8 Netball team progressed through the county knock out rounds in January where they met Martin High in the quarter finals. They beat Martin High in a tightly fought contest winning 7-3. This resulted in the girls playing Saint Martins in the semi-final. Sadly, they didn't make it through to the final but a massive well done to the girls!!

KS3 Badminton

Our KS3 students represented Ivanhoe at the North West Leicestershire's Badminton tournament held at Castle Rock. The boy's managed to win six out of ten games with our girls winning four out of a possible ten games. Both boys and girls enjoyed the event and represented Ivanhoe superbly.



Upcoming Events

<u>Date</u>	<u>Event</u>	<u>Year groups</u>
Wednesday 28 th February	Sports Hall Athletics	Year 7 Boys & Girls
Wednesday 6 th March	Sports Hall Athletics	Year 8 Boys & Girls
Wednesday 13 th March	7's Rugby Festival	Year 7,8,9
Wednesday 13 th March	Sports Hall Athletics	Year 9 Boys & Girls

COMPETITION ENTRIES

Don't forget this half term is the perfect time for students to finish off their entries to the Rotary Young Artist and Rotary Young Writer competitions. Details for both can be found in our news section on the website.

The 12th March is our 7th annual STEAM Show. We have a record number of students signed up and some great support from local businesses, so students should start making sure their presentations are looking top notch to be in with a chance to win one of our top prizes.

FOOD NEWS

This half term has been a busy one celebrating festivals and traditions through our love of food! February has seen lots of festivals and celebrations which has allowed us to broaden our awareness of a range of different cultures and traditions.

Shrove Tuesday

Students made pancakes to celebrate Shrove Tuesday. They weighed dry ingredients and measured liquids applying their numeracy skills, cracked eggs, whisked, controlled the heat on the hob, flipped, prepared fruit, decorated and rolled, and not forgetting eating their creations too!



Developing cultural awareness through our love of food

Chinese New Year

Students in each year group marked the festival of Chinese New Year by making a range of Eastern inspired dishes. Year 7 students made vegetable packed stir fries, Year 8 created nutritious chicken and vegetable chow Mein and Year 9 made sweet and sour chicken. Here are a sample of some of the colourful and well-presented dishes produced!



Valentine's Day

Year 8 students have perfected their skills in using the rubbing in method to make shortcrust pastry which was used to create these delicious fruit parcels. They prepared fruit and carefully cut out the pastry to create these jam and fruit filled treats!



Fibre February

A spotlight on 'Fibre for February' has seen us using our oracy skills within lessons to discuss modifications that could be made to our usual meals and dishes that we make in school in order to incorporate more fibre. This has been valuable in allowing us to consider the nutritional value of alternative ingredients.

For example, we have discussed using wholegrain items instead of standard white pasta, rice, bread and introducing more fibre rich cereals for meals such as breakfast. Also, by adding oats as a crunchy topping within Year 7 fruit crumble making and banana and blueberry muffins, wholemeal flour in Year 8 bread making and as the base of a pizza. We considered how using sweet potatoes and adding accompanying vegetables could make a meal more fibre rich and nutritious when making cottage pie and meatballs could be adapted to include a vegetable packed sauce and wholegrain pasta for our year 9 students.

When we return after the half term break Year 8, we will be modifying dishes like spaghetti Bolognese, Chilli con carne and Keema Matar to incorporate more fibre. Year 7 will be amending and improving pizzas to create healthier choices. Look out for the results of this experimentation with fibre rich ingredients!

UPCOMING DATES

26th February	Back to School
27th Feb-1st March	Yr 9 Plas Gwynant Trip
5th March	Yr 10 Face to Face Parent's Evening
6th- 8th March	Yr 8 London Trip
7th March	Yr10 Online Parent's Evening
12th March	STEAM Show
20th & 21st March	Matilda Performance
22nd March	Last Day of Term

CONCERNS OUTSIDE OF SCHOOL HOURS

We seek to do everything we reasonably can to ensure the safety and wellbeing of our students. I am sure you will appreciate that there are limits to this outside of school hours and especially during the holidays.

We would therefore recommend that you:

- Monitor closely your child's activity on social media. Most of the problems we have to deal with at the start of each term relate to antisocial behaviour that has taken place online during the holidays. If your child is being seriously abused online, contact the police. <https://www.ivanhoe.co.uk/protecting-your-child-online>
- Let us know if there have been any issues that we need to be aware of as soon as possible so we can respond promptly and appropriately when school reopens. We cannot guarantee that we will be able to respond to emails etc. out of school hours.
- Contact Social Services if you feel they should be aware of an issue.

You can call the Social Services Central Duty Team on 0116 305 0005 or

make an online referral via the following link <https://www.leicestershire.gov.uk/leisure-and-community/community-safety/report-abuse-or-neglect-of-a-child>

- Contact the police on 999 straight away if you believe a child is in immediate danger.

Thank you for your support on this matter.

Emma Boussida

DSL/Assistant Headteacher