



Friday 12th June 2026

Church Langton Church of England Primary School Newsletter – Updates and Announcements

Dear Parents and Carers,

Another busy week at Church Langton Primary School has come to its conclusion and as usual the children have all been working hard and impressing both myself and the teachers in a myriad of ways.

It has been fantastic to have year 6 back with us this week. Although the school was emptier last week, it was great to hear that year 6 had a fantastic time on their residential in the Peak District. I know the challenging weather didn't phase their adventurous streak and I was particularly proud to hear that multiple members of staff at the centre commented on the conduct and attitude of our children. We are always proud of how our pupils represent this school but to have it noticed by adults who regularly host multiple schools was very pleasing. We are very proud of all that year 6 achieved last week.



Year 1 have been busy this week challenging their phonetical knowledge in the statutory phonics screening and the year 1 team have been really proud of their focus and concentration. Phonics forms the basis for successful reading and therefore successful learning so to see their enthusiasm and endeavour has been great.

A similar excitement for a challenge has also been seen this week in year 4 where they have been working hard to demonstrate their times table knowledge. The times table check at the end of year 4 is a useful indicator of all the prior learning that has gone into this mathematical concept that often underpins more complex maths.

Huge thanks to pupils represented Church Langton School at Market Harborough Carnival last weekend. The Taiko drummers sounded fantastic and Year 6 football team played superbly (despite losing the game 1-0). A special thank you to Miss Wade for organizing such a fantastic event.



Last, but by no means least, I would like to send a heartfelt thanks to Miss Daniels from all staff and the wider school community. Today is Miss Daniels last day before she embarks on some exciting new challenges. I know that she has had a huge impact on so many children within the school community, and we wish her all the very best and look forward to her visiting us again in the future. The dedication and care she has shown will be missed.

Lockdown

As part of our ongoing work to keep everyone at school safe, we are reviewing and strengthening our procedures in line with national guidance around security and preparedness, including aspects of Martyn's Law.

One part of this is ensuring that we have a clear **invacuation (lockdown) procedure**, and that pupils understand, in a calm and age-appropriate way, what to do if this is ever needed. An invacuation simply means that it is safer for everyone to remain inside the school building. The reasons may include:

- smoke from a nearby fire affecting air quality,
- an animal loose on the school grounds,
- severe weather conditions, or
- other unusual events in the local area (for example, an air ambulance landing nearby).

The focus for pupils will be straightforward and reassuring: to listen carefully to adults, move indoors or stay inside, and remain **quiet, calm and safe**.

Our plan is to hold an assembly with the children in W/B 22nd June to explain invacuation before practising with them in in W/B 29th June.

Frequently Asked Questions

Why is the school practising this?

Like fire drills, practising invacuation helps ensure that pupils and staff are

familiar with the routine. This means we can respond quickly and calmly in the unlikely event it is ever needed.

Will there be more practices?

Yes. From time to time, we will revisit this procedure so that it becomes familiar and routine, in the same way as other safety drills.

How can I support my child at home?

You may wish to reinforce that school adults are there to keep them safe and that this is simply another way we practise staying safe together.

Will this worry my child?

Practices are carried out in a calm, supportive manner and to reassure pupils. The emphasis is on what to do, rather than why it might be needed, and pupils will always be reassured throughout that adults will always keep them safe.

What does the practice involve?

Pupils follow simple instructions from staff to remain or move indoors and to stay quiet and calm while adults ensured everyone was safe.

If you have any further questions, please do not hesitate in get in contact via the school office.

Thank you for your continued support.

Kind regards



Mr Ross

Year 4 and 5 Boys football tournament

We took a squad of 9 boys to Harborough Town Football club on possibly the hottest day of the year. We played our round robin matches, winning 3, drew one and lost one. The boys played in different positions allowing all to play in each match. We qualified for the semi-final where we came up against a stronger team in Fleckney, the eventual winners. They sadly beat us, but the boys picked themselves up and prepared for the third and fourth playoff. We had most of the possession but were unable to score and the opposition scored in the last few minutes! Fourth was still a very respectable place to finish out of 12 teams, and the boys played so well and showed all the usual Church Langton team spirit.

A HUGE thank you goes to Mr Ludden-Roughley, who instantly saw I was out of my depth with football and offered to stay and coach. We certainly wouldn't have done so well without him!

Mrs Maclean



Sports Day

Sports day is on 19th June this year and we are all getting very excited for all the different events. The children have been practising enthusiastically during the last few weeks. We would love to invite you on site to watch your child and will set up a spectator area on the opposite side of the track to the children.

During the event, we ask that you only photograph your own children and that no photos of other children are shared on social media platforms. We also continue to encourage parents to update their permissions on Arbor for photos and filming so that when appropriate we can share pictures of the children's success on our own platforms.

The sports day will take place separately for each key stage with key stage 2 going first in the morning and key stage 1 in the afternoon. We have put timings below but sometimes the events can be finished earlier or later than the advertised time. If the weather is not conducive to a nice experience, we will look to reschedule the event for 3rd July.

Children can come dressed for sports day in a t-shirt that is the same colour as their house should they wish to. However, if they do not have a t-shirt in the same colour they can be given a bib in the corresponding colour and should wear their normal PE t-shirt.

Timings

Key Stage 2 (years 3, 4, 5 and 6)

9:15am to 11:30am

Key Stage 1 & EYFS (reception, year 1 and 2)

1:30pm to 2:45pm

FOCL's will be on site selling refreshments on the day, so please do bring change.

Once the event has finished, children will be taken back to their respective classes. We would also like to ask that **no dogs** are brought onto site and that any siblings that come to watch are supervised at all times.

Mrs Jones

Summer 2 Term Dates -1st June - 9th July

<u>Great Athlete event</u>	15 th June
<u>Secondary School Experience</u>	Year 5 - Welland Park Academy 24 th June
<u>Day Trips</u>	Year 2 – Twycross Zoo 26 th June Years 1+2 – Multi Skills 23 rd June Year 3 – Mini Olympics 25 th June
<u>Sports Day</u>	19 th June Reserve 3 rd July
<u>Transition Morning</u>	30 th June
<u>Y6 Leavers play</u>	2 nd July at 6 PM
<u>Leavers Church Service</u>	9 th July at 9:15 AM
<u>Last day</u>	9 th July at 3:15 PM



Social Media Please follow our Instagram page, which is linked to Facebook

@churchlangton_ce_primary

Monthly Sunday
Children and Parent Craft Sessions.

Sunday June 28th

Sunday July 26th

Sunday August 23 rd.

Time 1 pm- 2 pm Or 2.30.- 3-30

£5 per child and parent.

Come along with your child and their friends to Glooston Village art hub for an hour of play with a range of creative materials.

To book contact Paula Willis 07973897496

Or email paulawillis4@gmail.com with your name and which slot you would like.

Payment by bank transfer prior to arrival

Glooston V Hall

40-32-04

Acc number 00388017

Reference - children's art



EYFS

Leicestershire Partnership NHS Trust's School Nursing Service are encouraging you to complete your child's Reception Digital Health Contact; a quick and easy health and wellbeing questionnaire that enables you to get advice around a range of subjects including behaviour, toileting, healthy eating, development and much more.

Available to all parents/carers of children in Reception, on answering all the questions, you'll be presented with a personalised care plan full of advice, information and signposting. The School Nursing team will also be in touch if they feel you need any additional support across certain areas covered in the contact.

Complete your child's Reception Digital Health Contact here: bit.ly/receptionDHC3
. Please complete before 26.06.25. Feel free to find out more about the contact in our video guide: bit.ly/IntroducingReceptionDHC



Is your child in reception at our school?

**It's time to complete the
Reception Digital Health Contact**

Complete the online form to get support and advice around behaviour, toileting, development, eating habits and much more



bit.ly/receptionDHC3

Please complete before 26.06.26



Did you know...

The school nursing service is available during every school holiday to support you and your child?



How to get in touch



ChatHealth

Leicestershire Partnership NHS Trust runs a dedicated, confidential and secure text messaging service called ChatHealth for parents/carers of children aged 0-11 in Leicestershire and Rutland, which enables you to get professional health advice and support.

07520 615 382

Available Monday to Friday 9am - 5pm, excluding bank holidays



Leicestershire Partnership NHS Trust runs the Healthy Together Helpline for parents and carers in Leicester, Leicestershire and Rutland. The Helpline's qualified health and administrative professionals offer easy to access, safe and free advice, support and signposting.



0300 300 3001

Calls are answered from 9am - 4.30pm on weekdays, excluding bank holidays.

Kibworth Books, The Children's Room 3.45- 4.45pm

Tuesday, 16th June

Join award-winning author and illustrator Tor Freeman here in the bookshop for a very special graphic novel workshop!

Perfect for fans of graphic novels and any budding artists and illustrators, this is a great opportunity to meet with Tor and find out just what it takes to create your own comic strip artwork.

Suitable for all ages from 6+

Pre-booking required

Ticket price includes workshop entry plus a copy of Boss of the Underworld: Shirley vs the Huge Beast

Pens and paper will be provided but please feel free to bring along any sketchbooks or your own drawing equipment, should you have a favourite drawing pen!

About Tor Freeman

Tor is an award-winning author and illustrator whose work includes Ten Fat Sausages by Michelle Robinson, The Book That No One Wanted to Read by Richard Ayoade, and regular strips for The Phoenix magazine, so she's very well known to comic-loving KS2 readers. Her books are hugely popular with schools thanks to their humour, visual storytelling and accessibility.

Need to know:

This event will take place in the Children's room at The Barn. We have limited space for buggies and scooters etc outside, weather permitting. Regrettably we do not have dedicated inside space for buggy storage but we will do our best to accommodate everyone.

Please note we do not have a customer toilet available. We'd recommend encouraging toilet trips beforehand if possible (though we do appreciate children can be unpredictable in this regard!).

Photos may be taken during the event for social media purposes. Please rest assured that backs of heads only will be photographed unless explicit permission

has been given by the accompanying adult. If you would prefer for your child not to be in any photos do just let us know and we will be sure to honour this.

**Go All In:
Graphic Novels & Comics Workshop
With Tor Freeman**



Tue 16th Jun 2026

Colour Run 2026



COLOUR RUN 2026

THE FOCLS COLOUR RUN IS BACK!

SAVE THE DATE - **FRIDAY 3RD JULY 2026** FROM 3:15PM ON THE SCHOOL FIELD
TICKETS GO ON SALE NEXT MONTH
MORE DETAILS COMING SOON!

CAN YOU HELP MAKE THIS YEAR EVEN BIGGER AND BETTER?

WE'RE LOOKING FOR PARENTS WHO COULD HELP WITH:

- *EVENT ORGANISING (ONE-OFF HELP WELCOME!)
- *OBSTACLES OR EQUIPMENT WE COULD BORROW
- *SPONSORING A COLOUR STATION
- *FOOD STALLS OR REFRESHMENTS
- *ON THE DAY VOLUNTEERS

IF YOU CAN HELP IN ANY WAY, PLEASE EMAIL:
FOCLS123@GMAIL.COM

The Jubilee Food Bank website below includes an up-to-date list of items they are currently short of (which, at the moment, is most essentials). Tinned vegetables and fruit are always especially useful.

🔗 Website: <https://www.jubileefoodbankmh.uk/>

There is also an Amazon shopping list available, and any items purchased can be delivered directly to The Roebuck in Market Harborough, where we will collect them.

Please note: the collection points in Lidl and Aldi do not go to the Jubilee Food Bank.

We greatly appreciate all donations, no matter how small.

Thank you for your support.



**We would like to invite you to
the Jubilee Foodbank Market Harborough's
Annual Gathering**

on

Thursday 25th June 5.45pm for 6pm until 7.30pm

at the Market Harborough Building Society, Newcombe House, 16
The Point, Market Harborough, LE16 7QU

This is a great opportunity to chat and catch up with volunteers. You
can also find out more about past achievements and the future of
Jubilee Foodbank.

Light refreshments will be provided.

Please RSVP to

jubileefoodbankmh@gmail.com

We'd love to see you there.

Year 6 Transition to secondary school

Please click on the link below to access the FREE Teen Health Transitions booklet

<https://www.teenhealth.org.uk/stories/moving-to-a-secondary-school>

Please click on the link below to access the Teen Health website:

<https://www.teenhealth.org.uk/11-14-early-teen>

Have you heard about the new Teen Health Transitions booklet - a guide to help children who are starting secondary school?



Teen Health have created a transition booklet to help children feel more prepared for starting secondary school. It focuses on lots of different things such as organisation, routines, friendships, support networks, and emotional wellbeing. It's full of fun and exciting information, activities and challenges to help children feel more confident and supported.

"I liked the tips from other kids because they have been through it"
year 6/7 pupil

"I loved the activities, and it made me feel less worried about starting in year 7"
year 6/7 pupil

"It's good to know that others are worried too, not just me"
year 6/7 pupil

It includes top tips from young people too!

The booklet is free to download, for children, parents/carers, schools and professionals.

Alternatively, you are also welcome to print the booklet (printable version available) and work through this as a class or as individuals.

This can be found at:

<https://www.teenhealth.org.uk/stories/moving-to-a-secondary-school/>



We welcome you to:

- Use this resource in class or in small groups
- Share with parents/carers
- Add to your school newsletter
- Support children to access the booklet via the download or providing printed copies for children to take home

What is Teen Health?

Teen Health is a team of caring and dedicated Wellbeing Officers, working across Leicestershire in **ALL** mainstream secondary schools. We are commissioned to provide support to young people aged 11-19, **once they have started secondary school**. Teen Health aims to help all children and young people live happier and healthier lives by providing support with focus around emotional wellbeing, healthier choices, sexual health and healthy relationships.

You can find out more about our service and offer of support, including a wide range of resources, via our Teen Health website:

<https://www.teenhealth.org.uk/11-14-early-teen/> or click the QR code -



Once a child starts secondary school, Teen Health will look to provide the following:

- Pop up information sessions** - focussing on managing change, feelings, emotions and friendships.
- Drop ins** - an opportunity for meeting the Health & Wellbeing Officer and sharing any concerns about starting secondary school.
- A referral only, six-week wellbeing group** - aimed at young people who require extra low level, preventative support, with their transition. We encourage you to link with your feeder secondary schools to refer.



LITTLE ROCKETS

Big fun for little ones!

Our Little Rockets Camp is designed especially for our youngest adventurers – giving them the same fun and variety of Rocket, but in a way that's perfectly suited to their age.

Each day is built around our much-loved Sports, Stage & Solve areas, but with sessions tailored for younger children. Little Rockets enjoy a planned mix of activities across all three areas.



STAGE



SPORT



SOLVE



Running alongside our main camps at the same venue, Little Rockets have their own dedicated group for activities, before joining the wider camp for break times – so siblings can still attend together see each other throughout the day.

For Children aged 4-5 and currently in Reception/foundation.
Born between September 2020 and August 2021.

WWW.ROCKETHOLIDAYCAMPS.CO.UK

☎ 0116 350 0748



ROCKET
HOLIDAY CAMPS

AT MEADOWDALE
PRIMARY SCHOOL

Every school holiday!
Children aged 5-12

Children pick and choose which
activity area they want go to
throughout the day, making it flexible
& unique experience for all!

Join us this
summer!
13th July -
21st August



STAGE

Dance - Gymnastics -
Drama - Cheerleading - Singing
- Musical Theatre - Performances
- Fun Confidence Building
Games -



SOLVE

Problem Solving Games - Arts
And Crafts - Treasure Hunts -
Quizzes - Fun Experiments -
- Fort Building - Water Fights -
Nature exploring - Orienteering -



SPORTS

Football - Basketball - Cricket
Dodgeball - Tennis - Capture the
Flag - Ninja Kids - Obstacle
Courses - Hockey - Badminton -
Netball - Rounders -



WWW.ROCKETHOLIDAYCAMPS.CO.UK

0116 350 0748

Summer Holiday Club



The Village Hall, Tilton on the hill,
Leicester, LE7 9DB.

Tiddlywinks holiday club

2026!

**Come and join us for fun outdoor and indoor activities.
For age 2-10 years**

Summer holiday

Monday 20th – Friday 24th July week 1

Monday 27th – Friday 31st July week 2

Monday 3rd – Friday 7th August week3

8.30am – 5pm

**Sibling and full week discount
Flexible time and hours to suit you
Ofsted registered**

Please contact us:

Tiddlywinks – 07722092146 or 07960298751

Or email us on: preschooltiddlywinks@yahoo.com



Serving up a Summer of Fun Tennis Sessions for Children

There will be a lot of opportunities for children, aged from 3 and over, to join in the fun tennis sessions at Kibworth Tennis Club during the Summer Holidays, **from 27th July to 21st August**. There will be suitable sessions for beginners through to team players. Information about the Summer Holiday sessions can be found on the Kibworth Tennis website.



**COME
AND SEE US
IN ACTION!**

LEADERSHIP



'We believe that Thomas Estley students should never be at a disadvantage within their future career and life journey compared to any other young person from any other school, whatever its location and even if parents have paid for their children to go there.'

With this in mind, we focus heavily on developing leadership qualities, skills and experiences in our young people through our embedded three tier leadership programme, which helps them develop into confident young adults well equipped to lead with confidence, work within a team, communicate and organise well, maintain positive health and wellbeing and thrive within their future studies and work.'

Mandi Collins, Principal

'The school prioritises pupils' wider personal development. There is a well-considered programme that helps pupils develop their character and leadership skills. This includes a wide range of opportunities. For example, pupils can take on roles of responsibility, including as eco- or well-being ambassadors, teaching and learning researchers, or pre-school readers.'

In the wider community, pupils are involved with charity work and projects in local primary schools.

A variety of clubs support the development of pupils' talents and interests in sport, the performing arts and other pursuits.

Pupils have access to information about colleges, apprenticeships and employers. They are well informed about their future choices.'

Ofsted, November 2024

CHARACTER



We encourage our young people to develop their character traits in their lessons, in their wider school life, through their talents and interests, and within the wider community.

Our Thomas Estley Way focuses on kindness, respect, courage, resilience and perseverance, and these are celebrated, encouraged and rewarded at every opportunity alongside academic success.

'The school is aspirational for all pupils. There are high expectations for pupils' academic achievements. The majority of pupils, including those who are disadvantaged or pupils with special educational needs and/or disabilities (SEND), are successful in most subjects.

Questions are designed carefully to check understanding and challenge pupils to think deeply. Pupils respond well. They try hard in lessons and produce work of a good quality.

Pupils behave well in lessons and around school. They understand the consequences of poor behaviour. Staff apply these fairly. Pupils are proud to earn rewards for good conduct and hard work.'

Ofsted, November 2024



Are you interested in joining us at Thomas Estley Community College?

Part of Success Academy Trust

Come and see us in action!

College tours on Tuesday 8th September: 8.50am

Wednesday 9th September: 8.50am & 11.40am (plus evening event at 5pm)

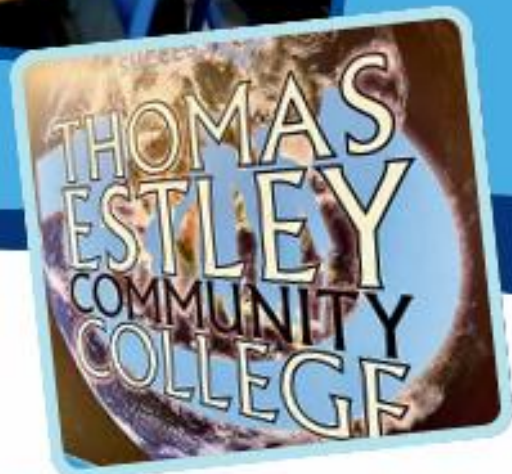
Thursday 10th September: 8.50am & 11.40am

Friday 11th September: 8.50am

The 'Thomas Estley Way' guides pupils to show kindness, respect, courage, perseverance and resilience in classrooms and around the school. This is the foundation for a culture of mutual respect. Pupils are happy. Relationships between pupils and staff are strong. The school is calm and orderly. Pupils benefit from high-quality pastoral guidance. They trust staff to keep them safe - Ofsted 2024



SCAN ME 
Book a place here



Contact
01455 283 263
PAtothePrincipal@thomasesley.org.uk

Thomas Estley Community College,
Station Road, Broughton Astley, LE9 6PT

BODY IMAGE Newsletter

JUNE 2026



Funded by
UK Government

What does body image mean?

Body image is a term used to describe how we think and feel about our bodies – whether those feelings are positive, negative, or a mix of both. It can relate to aspects such as body size and shape, height, skin colour, overall appearance, and any physical disabilities or differences.

It is normal for children and young people to compare themselves to others, especially as they get older. However, there are signs to be aware of which could indicate that they have an unhealthy view of their body, which is negatively affecting how they feel about themselves.

Some of the signs to look out for include:

Emotional effects

- Low self-esteem and lack of confidence
- Anxiety or depression
- Feeling ashamed, embarrassed, or “not good enough”
- Constant comparison with others

Social effects

- Avoiding social situations (e.g., swimming, sports, parties)
- Withdrawal from friends or activities they once enjoyed
- Being more vulnerable to bullying – or being deeply affected by it

Behavioural and physical effects

- Unhealthy dieting or extreme exercise
- Disordered eating or eating disorders
- Wearing certain clothes to hide their body
- Frequently checking mirrors – or avoiding them completely



DID YOU KNOW?



In the UK, **52%** of children aged 11–16 worry about their appearance, with body image issues affecting children as young as 3–6 years old. Nearly 1 in 3 teenagers (**31%**) feel ashamed of their body image.

Source: Mental Health Foundation

Supporting young people experiencing poor body image

childline

ONLINE, ON THE PHONE, ANYTIME



Parent
Talk

YOUNG MINDS

be body
positive
NHS

Eating Disorders

An eating disorder is a mental health condition where a person has unhealthy thoughts, emotions, and behaviours related to food, eating, body weight, or body shape. These patterns can affect someone's physical health, emotional wellbeing, and daily life.

Eating disorders often involve:

- Extreme restriction of food, overeating, or cycles of both
- Intense worry about body weight or shape
- Feeling out of control around food
- Using harmful behaviors (like vomiting, excessive exercise, or laxatives) to try to control weight

Common types

Some well-known eating disorders include:

- Anorexia nervosa – severe restriction of food and an intense fear of gaining weight
- Bulimia nervosa – cycles of binge eating followed by purging (vomiting, laxatives, extreme exercise)
- Binge-eating disorder – frequent episodes of eating large amounts of food with a feeling of loss of control



Eating Disorders support

Many individuals are currently facing the challenge of eating disorders, often made more difficult by social pressures. Eating around others can trigger feelings of judgment or anxiety, while social media can reinforce unrealistic standards and comparisons. These influences can affect a person's relationship with food, highlighting the need for greater understanding and support. If you're concerned about eating disorders or are supporting a loved one who might be experiencing one, it's important to seek professional help and offer compassionate, non-judgmental support. There are a number of organisations that can provide advice and support, but it's important to speak to a GP in the first instance.

KEY DATES

- Volunteers' Week - 1st - 7th June
- Great Big Green Week - 6th - 14th June
- Bike Week - 9th - 15th June
- Learning Disability Week - 15th - 21st June
- National Clean Air Day - 19th June

Click the logos to find out more!



Advice for parents

Beat
Eating disorders



YOUNG MINDS



LET'S GET SOCIAL!



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



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

South Leicestershire Community Board



Anti-Social Behaviour (ASB) Awareness Week 29 June - 4 July

Summer is a time for young people to relax, spend time with friends, and enjoy being outdoors and we absolutely want them to make the most of it. Alongside this, we're encouraging families to have a quick conversation at home about the importance of being respectful, considerate, and mindful of others in the local community.

If you or your family experiences anti-social behaviour, there is support available.

- Dadby & Wigston Borough Council**
0116 2333 961
[Report Online](#)
- Leicestershire Police**
101 (non-emergency)
[Report Online](#)



The Cube have free summer events for young people aged 11-16, on Tuesday afternoons (21st, 28th July, 4th 11th and 18th August) 1-4 pm. There will be activities such as crafts, water games and cooking. To find out more, email youthwork@thecubeyouth.uk

Healthy Together Leicestershire Partnership NHS Trust

Did you know...

The school nursing service is available during every school holiday to support you and your child?

How to get in touch

ChatHealth

Leicestershire Partnership NHS Trust runs a dedicated, confidential and secure text messaging service called ChatHealth for parents/carers of children aged 0-11 in Leicestershire and Rutland, which enables you to get professional health advice and support.

07520 615 382

Available Monday to Friday 9am - 5pm, excluding bank holidays

Healthy Together Helpline

Leicestershire Partnership NHS Trust runs the Healthy Together Helpline for parents and carers in Leicester, Leicestershire and Rutland. The Helpline's qualified health and administrative professionals offer easy to access, safe and free advice, support and signposting.

0300 300 3001

Calls are answered from 9am - 4.30pm on weekdays, excluding bank holidays.

Active Blaby

TAI-CHI

A gentle exercise class to improve posture, balance and support your mental and physical wellbeing. SUITABLE FOR ALL AGES AND ABILITIES.

JOIN OUR FRIENDLY ACTIVITY
Blaby Scout Hut
Skippers Close
LE18 4JD

THURSDAYS 2PM - 3PM
No previous experience necessary

www.activeblaby.org.uk
0116 272 7703 info@activeblaby.org.uk



Active Blaby

LADIES SOFTBALL CRICKET

JOIN OUR FRIENDLY ACTIVITY
Beauchamp College
Ridgeway
Oadby
LE2 5TP

THURSDAYS 6PM - 7PM
No previous experience necessary

www.activeblaby.org.uk
0116 272 7703 info@activeblaby.org.uk

Starting secondary school soon?

The Moving On Up! guide from Teen Health is packed with tips, activities and advice from young people to help you feel confident about the transition. Download the booklet [here!](#)

