



# NEWSLETTER

JANUARY - MARCH 2025



## HEAD TEACHER UPDATE

Hello,

I am once again proud to present The City of Leicester College's latest newsletter. While I see all of the great work taking place every day, I am still always amazed when I see everything pulled together in one place. I think it is amazing how much our community achieves above and beyond the fantastic academic work that leads to great results every year. In this edition of our newsletter you will see the results of the young poetry competition winners, the History trip to Lincoln, our STEAM workshops, information about our focus on disability as part of our work on protected characteristics and community cohesion and much, much more. The children and adults that make up our community all have a huge number of demands on their time and that so many find time to give back to the TCOLC community shows what a wonderful school we have. I often say it, but it remains true that to achieve such a great community requires buy in from everyone and I thank you all for your contributions.

As we pass the halfway point of the academic year, many of our students are turning their attention to the next phase of their lives. Year 9 are starting to pick their courses for Year 10 while Year 11 are applying for Year 12 courses and beginning the final preparation for their exams. Year 13 are also preparing for exams, while making applications to University, employment or other training. This is a term where students have their character tested and it is always wonderful to see them grow as they face these tests with confidence. It is for this reason that we focus so much on developing character from the moment our students arrive. Children will not always get it right as they learn and mature, but we want to ensure that our students are prepared for life long success when they leave us.

I hope that this newsletter gives you an insight into some of the many ways that we go about supporting our students to develop as well rounded young adults while we also help them achieve the best possible grades. Until the next edition, I wish you all the best and extend my thanks once again for all of the support you continue to give all of us.

Kind Regards,

Mr Vernon



## TCOLC CALENDAR (JANUARY - MARCH)

- 15 January TCOLC Numeracy Day 2  
20 January Martin Luther King Day  
January - April TCOLC Civil Rights Season  
21 January Y8, 9 & 10 BeScience Conference  
23 January PTFA Meeting from Sustrans  
27 January World Holocaust Memorial Day  
31 January World Hijab Day at TCOLC  
February LGBT+ History Month  
5 February DofE Expedition Parents' Information Evening  
7 February Poetry By Heart Information Session  
**17-23 February School Closed for Half Term**  
24-28 February International Mother Tongue Week  
March TCOLC STEAM Month  
5 March Ramadan Iftar Event for One Nepal  
8 March International Women's Day  
14 March Pi Day  
**31 March School Closed (Monday only)**



## PLANNED TRIPS (JANUARY - MARCH)

- 9 January Y11 GCSE History to Lincoln Castle/Cathedral, Lincoln  
21 January Y8, 9 & 10 BeScience Conference, TCOLC  
21 January Y10 English Careers Event, Moat Community College, Leicester  
7 February All Years Poetry By Heart, TCOLC  
14 February Y7 National Space Centre, Leicester  
25 February Y12 Religious Studies Conference, Leicester Grammar School  
25 March Y12 & 13 Hamlet at the RSC, Stratford-upon-Avon

Students can access a huge range of books on our digital library free of charge. Go to <https://tcolclibrary.eplatform.co> or download the eplatform app, search for The City of Leicester College on 'Find Your Library', and then sign in with your student's school username and the password Library1.

Click, borrow and read your loaned book!

You can borrow up to 2 books at a time for 14 days. They are automatically returned so you do not need to worry about forgetting them!

## DIGITAL LIBRARY





# FRIENDS OF TCOLC (PTFA)

**Making the shift to a healthier, more enjoyable school journey.**

Our next Parental Information Workshop is on **Thursday 23rd January at 5:30pm**. The workshop will be run by Sustrans to support your child to get active on their commute to and from school.

Book your place via [ParentPay](#).



## **Help the PTFA raise money whilst you do your shopping!**

We are now registered with easyfundraising to help raise funds whilst we shop. This doesn't cost the shopper money, but gives the school's PTFA a small percentage.

We also have a JustGiving page.

Both pages can be found by clicking on the links below.



If you would like more information about our PTFA or if you are interested in helping on our committee, please get in touch with Mrs Hurdley-Lees, Chair of the committee, at [hhurdley-lees@tcolc.aspirelp.uk](mailto:hhurdley-lees@tcolc.aspirelp.uk)

**Thank you for your continued support.**

## **BREAKFAST SERVICE**

TCOLC runs a Breakfast Service, Monday - Friday, for all students. Free bagels, plus other breakfast items can be purchased.



The main entrance doors open at 8:00am. Once students come in for breakfast they are not permitted to leave the building.

# STUDENT PUNCTUALITY

Punctuality is a crucial life skill that extends beyond the school environment. By consistently arriving on time for school, students develop the character and habits that will benefit them in their future endeavours, such as college, work, and social engagements.

- All students will be expected to in school, ready to learn in their designed areas at **8:30am** promptly.
- The Community Gate, Main Entrance and Post 16 Entrance will open at **8:20am** providing students with ample time to get to their designated area ready for **8:30am**.

## Entrance and Line Up Area

Year 7 Community Gate Purple Hub

Year 8 Main Entrance Green Hub

Year 9 Community Gate Blue Hub

Year 10 Main Entrance Amphitheatre

Year 11 Post 16 Entrance Outside Tutor Room



- Students who arrive to their area after **8.30am** will be marked late and will be issued with a break time detention.
- There is no longer an allocated 5-minute grace period between 8:30am-8:35am for students to arrive at their designated area.

## PENALTY NOTICES - FINES FOR SCHOOL



### ABSENCE

Please be aware that parents may be issued with a Penalty Notice if their child has unauthorised absence from school. Parents also face prosecution in the Magistrates' Court; a fine of up to £2,500 or a community penalty could be imposed together with a Parenting Order. A criminal record will then exist for the parent.

You can download the Penalty Notice Code of Conduct, and the council's Enforcement Policy which are available on the [LCC website](#).



# TCOLC NEWS

## TCOLC students perform on stage at the Curve Theatre

In November, a group of TCOLC drama students performed at the Curve Theatre for the Shakespeare Schools Festival. They had already taken part in a workshop in school before a final performance on Thursday 14th November in front of a packed theatre audience.



## TCOLC Oracy Day

The first TCOLC Oracy Day of the year took place in early November giving students the opportunity to showcase their oracy skills! Students were challenged to focus on the clarity of their speech, active listening and ambitious vocabulary.



## Inter Faith Week

In mid-November, TCOLC celebrated Inter Faith Week. Each year Inter Faith Week begins on Remembrance Sunday, and runs until the following Sunday. During the week, the Religious Studies department welcomed two local schools and 12 local community leaders into the school for an afternoon of Q&A for students to better understand the tapestry of faiths within our community.



## Odd Socks Day for Anti-Bullying Week

TCOLC marked National Anti-Bullying Week with an Odd Socks Day. A day designed to be fun! It was an opportunity to encourage staff and students to express themselves and celebrate their individuality and what makes us all unique. It was also a day to help raise awareness of bullying.



## Athletic Success

Our Year 7 & 8 indoor Athletics teams performed brilliantly at a local schools' meeting. They showed great character and determination throughout. The highlights being our Year 7 girls' and Year 8 boys' teams finishing 2nd, our Year 7 boys' team finishing 3rd and the Year 8 girls' team finishing 4th.

## College Captain 24-25 Elections

After a long election campaign, 1180 votes cast, TCOLC elected Daren (11 ZUT) as its College Captain 2024-25!

One of Daren's first responsibilities was to lead younger members of the student council, and deliver Christmas cards with festive wishes to the residents of a care home for the elderly in Evington. The residents were delighted to receive the cards.



### Bletchley Park Visit

At the beginning of December, Y12 and Y13 Computer Science students visited the 'Home of the first computer' at Bletchley Park and witnessed how the BOMBE machine, designed by Alan Turing, helped end WW2 and save thousand of lives.

## Opening of Our Sensory Room

12th of December saw the opening of our sensory room by the Lord and Lady Mayor of Leicester - a dedicated space available to our students who might need a calm, quiet space to fully enjoy their day at school.

The Lord and Lady Mayor were incredibly impressed by the maturity and sense of community among our SEND Ambassadors.

The sensory room would not have been feasible without Ben, an ex-student who won the Lord Lieutenant's Award back in April, who has left a legacy at TCOLC.



## Christmas Pantomime Trip

On Monday 16th December, 180 Y7 and Y8 students headed to the Mountsorrel Community Theatre to watch a Christmas pantomime performance of Beauty and the Beast. Oh yes they did!

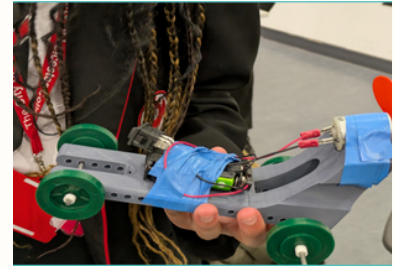


## Sno-tubing and Tobogganing Adventures

During the last week of the Autumn Term, 270 Y9, Y10 and Y11 students headed for festive fun at the Swadlincote Snowsports Centre for a day of sno-tubing and tobogganing adrenaline fuelled excitement.

## Wonderstruck STEAM Workshop

On Wednesday 18th December, approximately 100 students had the opportunity to participate in a STEAM workshop run by Wonderstruck! The students were challenged, in teams, to design and build their own fan-powered cars. The final part of the challenge was a race...who would be the winners?



## Poetry Competition

KS3 students took part in 'The Beautiful Truth' poetry competition. The competition was to empower and inspire students, create a passion for poetry and help them discover the freedom of creative expression.

There were some amazing entries and out of the students who took part, 157 students poetry has been chosen to be published. Fantastic work!

## Non-Uniform Fundraising for the One Nepal Charity

The One Nepal non-uniform day at the end of term raised £729.18. These funds instantly helped the children at the orphanage in Nepal to buy uniforms, books and resources for their learning.



## UNIFORM

All students in years 7-11 are required to wear College uniform.

For more information on the college uniform, visit the [Uniform](#) tab on our website.

# What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

## WHAT ARE THE RISKS?

### NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

### WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be **disposable** (once the liquid or battery runs out, the vape is thrown away) or **rechargeable** (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

### LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction; that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

### POTENTIAL TOXICITY

Many vape liquids have been found to contain "heavy" metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

### UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

### ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

### ENVIRONMENTAL EFFECTS

In the UK alone, around 5 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

### WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

### UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

### SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

### VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term "natural and artificial flavourings". Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

## Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



HEALTHY SCHOOLS  
CAMBRIDGESHIRE & PETERBOROUGH

The National College

Source: <https://www.bbc.com/news/health-65329424>



[nationalcollege.com](https://nationalcollege.com)



@thenatcollege



/thenationalcollege



# Innovate CATERING

For more information on Innovates menus visit the [School Meals](#) tab on the TCOLC website.

Free school meals will also work in the same way. If you think that your child may be eligible for free school meals, you can use this checker:

[Free School Meal Checker Link](#)

## NUT-FREE SCHOOL

A reminder that we are a **NUT-FREE** school. We have students who have severe nut allergies. If your child brings snacks or a packed lunch from home, we please ask you to check they are completely nut-free.



## THE CITY HERALD

The City Herald is our students very own newspaper and Podcast. It is an opportunity for them to raise their voices, share their concerns and engage with our community.

**JOIN THE SCHOOL BROADCAST TEAM. BE PART OF THE CONVERSATION.  
RUN BY THE STUDENTS, FOR THE STUDENTS.**

GET IN CONTACT WITH MISS MIRZA OR SIGN UP ON PARENT PAY.

# IMPORTANT LINKS



## Parents' Evening Bookings

Appointments can be made via the booking system - [School Cloud Link](#).

## Parent Pay System

We are a cashless school and therefore all payments must be made via ParentPay - [Parent Pay Link](#).

## Extra-Curriculum Timetable

Whether a student has a particular skill or interest, or wants to develop new skills, there is a wealth of opportunities waiting to be explored - [Extra-Curriculum Timetable Link](#).

## Absence Information

To report an absence to the school, parents should contact the school by 8:30am on 0116 2413984 (option 1). Please remember to state your child's full name, tutor group and reason for absence. If they are unwell, please can you give a brief description of the symptoms.

For our students to gain the greatest benefit from their education it is vital that they attend regularly and your child should be at school, on time, every day the school is open unless the reason for the absence is unavoidable - [Attendance Link](#).

## THE HIVE

**The Hive** is a one stop information Hub for students that includes a wealth of resources, advice and support around a range of topics, including mental health and wellbeing, sex and relationships, online safety and bullying.

**The Hive** has been created for TCOLC students and is there for them to access through their school Teams account. Whether it is some advice they need around healthy eating or how to cope with exam stress, **The Hive** will have the answer for them.

They can also email **The Hive**, if they would like to speak to one of the team about a specific problem they are having at: [hive@tcolc.aspirelp.uk](mailto:hive@tcolc.aspirelp.uk).

**The Hive** works in association with the following Signposting organisations:

