

The Wolfreton Way Newsletter

Issue 29

As January draws to a close, it's a pleasure to look back on an industrious and uplifting fortnight. Democracy has been a key theme for us—whether through our sixth form visit to London and the Houses of Parliament, the inspiring Year 7 ambassador speeches, or today's whole school participation in our pop up Polling Station for the UK Youth Parliament elections, in which two of our own students are standing as candidates. Our sports teams have also been as busy as ever. We are delighted to celebrate our Year 11 team becoming East Riding Champions, Year 9 progressing to the next round of the Humberside Cup, and our Panathlon and Cross Country teams representing the school with real pride. As we look ahead to February, I wish you all a restful weekend. Thank you for your continued support.



Sixth Form students from the History, Politics, and Law departments enjoyed a valuable and enriching day in London. The visit began at the Imperial War Museum, where students paid their respects on Holocaust Memorial Day. This meaningful start set the tone for a day that blended history with the realities of modern politics.

From there, the group travelled to the heart of British politics, the Houses of Parliament. Students took part in a guided tour of the Palace of Westminster, visiting both the House of Lords and the House of Commons. A particular highlight was the opportunity

to see the Chancellor of the Exchequer, Rachel Reeves, in action as she defended government policies on private sector taxation—bringing political debate to life right before their eyes.

The learning continued with a hands on workshop where students designed their own political policies and manifestos before competing in a lively mock election. This interactive experience deepened their understanding of how ideas become political action. The day continued with a visit to the UK Supreme Court, where students observed two live hearings, before concluding with a visit

to Buckingham Palace, the home of the British monarchy.

Maura described the trip as *“fun, informative and knowledge enriching, really bringing the subject of politics to life.”* Emily, the school's Youth Parliament candidate, added: *“It was amazing to see politics in action and it gave me hope for my future ambitions.”*

The day offered not only memorable experiences but also a powerful insight into how history, politics, and law shape the world students live in—providing motivation, inspiration, and a deeper understanding that will stay with them long after the visit.

Students Experience Inspiring London Trip



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UK Youth Parliament



Today, students from Years 7–13 actively participated in the UK Youth Parliament elections, engaging in an authentic electoral process that offered valuable insight into how democratic systems operate.

By casting their votes, students were empowered to express their views on issues that matter to young people and to recognise the importance of having their voices heard. This experience provided a highly valuable learning opportunity, helping to develop essential life skills such as informed decision-making, civic responsibility, and respect for the views of others—skills which underpin one of the key British Values: democracy.

We are particularly proud that two of our own students stood as candidates in this election. Candidate 47 has pledged to increase opportunities for young people with hidden disabilities and to challenge negative stereotypes affecting those aged 11–18. Candidate 48 has committed to tackling period poverty, campaigning for more affordable public transport, and advocating for equal, dependable youth services and safe spaces.

Both candidates spoke confidently to their peers during assemblies this week, clearly outlining their priorities and explaining why they should be elected. We are extremely proud of both students for demonstrating our key values of excellence, endeavour, and respect, and we look forward to the election results being announced later in the year.

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An Inspiring Evening of Insight and Community

On Tuesday evening, we were delighted to welcome Rob Page, Communication and Interaction specialist from East Riding of Yorkshire Council, into school to deliver a powerful and engaging seminar on Understanding Autism for parents and staff.

Rob's session offered useful insights into how students with Autism experience the world around them, helping us all gain a deeper appreciation of their perspectives. The evening also created a valuable space for parents to share their own stories, challenges, and successes. This open exchange fostered a real sense of community, with families offering one another support, understanding, and encouragement.

We are very much looking forward to welcoming Rob back later in the academic year for further sessions, where we'll



A Fantastic Start to the Day for Year 7!



On Thursday morning, we held a special Year 7 assembly to celebrate our brilliant tutor representative finalists. Students had the opportunity to progress to Year 7 ambassadors by standing up and speaking to the audience. Every student who took part did an outstanding job, demonstrating confidence, leadership and real Wolfreton spirit. The Year 7 cohort voted for the two winning students—stay tuned for the results!

We were delighted to present congratulatory letters from Mrs Bates and Mrs Reed, and of course, all our newly appointed Reps received one of our legendary ducks — a much loved symbol of recognition in Year 7! Well done, Year 7. Your enthusiasm and commitment are already making a difference. Keep it up!

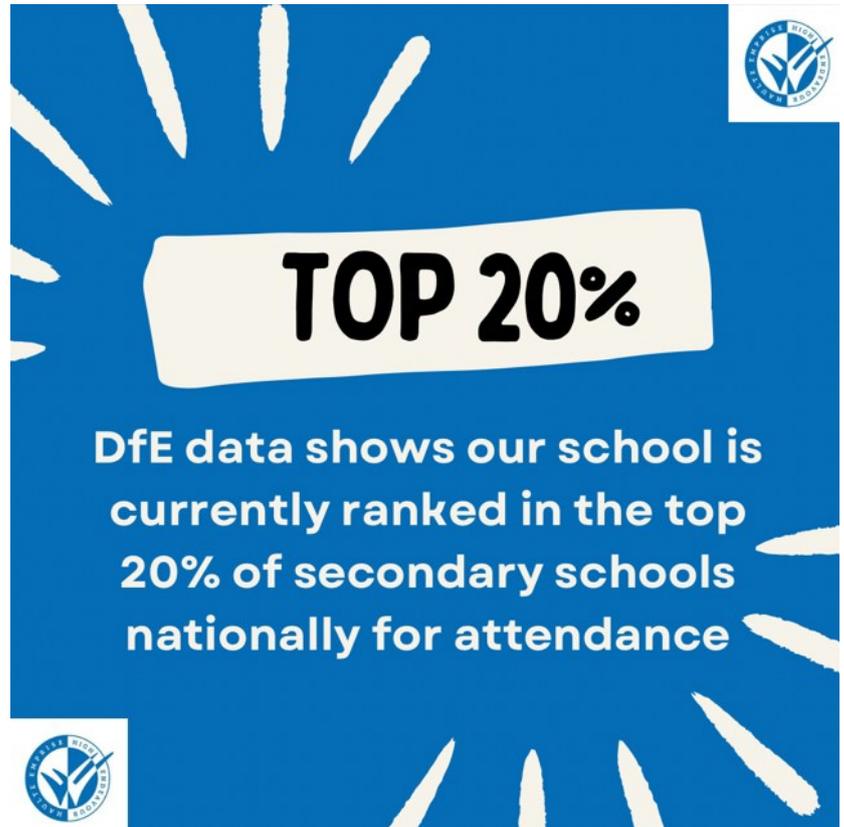
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Attendance Matters at Wolfreton

We are delighted to share that, according to the latest Department for Education (DfE) data, our school is currently ranked in the top 20% of secondary schools nationally for attendance. This is a fantastic achievement and one we are incredibly proud of.

Strong attendance plays a vital role in students' wellbeing, learning, and long-term outcomes. Being in school every day helps students build positive routines, maintain strong friendships, and make the most of every learning opportunity.

This success reflects the commitment and resilience of our students, and we would like to extend a huge thank you to our parents and carers for their continued support in promoting the importance of regular attendance.



TOP 20%

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Jump into January

As our 'Jump into January' initiative continues, we were delighted to award 'Perry' Pens today, to students who have achieved 100% attendance. Well done!



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Year 11 Seven-a-Side Finals



Mr Rowe reported that the Year 11 football team capped off their final seven-a-side tournament in style, travelling home as the newly crowned East Riding Champions.

Dominant Start The team set the tone early in the tournament, playing with flair and defensive solidity. They won their opening two matches with identical **2-0 scorelines**, effectively putting the rest of the competition on notice.

Tactical Resilience Following their early dominance,

Wolfreton was marked as the "team to beat." Opposing schools adjusted their tactics, sitting deep and playing defensively to try and frustrate our attackers. Despite the tighter, low-scoring games that followed, the team remained disciplined and composed.

Champions Their early points haul proved insurmountable, securing them the title. It was a poignant victory for the Year 11s, marking a successful end to their seven-a-side careers at the school. The attached photos show the squad celebrating their well-deserved medals and the championship trophy.

UK Panathlon Challenge



Seven of our Key Stage 3 students had an amazing time at the UK Panathlon Challenge at Haltemprice this week!

Mr Marshall reported that they threw themselves into every activity with energy, teamwork, and huge smiles. Their effort, encouragement for one another, and brilliant attitude made us incredibly proud.

A fantastic event celebrating inclusion, confidence and fun — and our students absolutely shone! Well done to all involved!

Humberside Cup Victory



In a display of tactical discipline and sheer grit, Wolfreton B secured their place in the next round of the Humberside Cup with a clinical victory over Malet Lambert School.

Mr Marshall reported that while the scoreline told one story, the real narrative of the afternoon was the mastery of "Marshallball"—the signature tactical philosophy that has become synonymous with this Wolfreton squad.

The Tactical Masterclass: Marshallball in Motion

From the opening whistle, it was clear that Malet Lambert had no answer for the Wolfreton's unique system. For the uninitiated, Marshallball is built on three unbreakable pillars:

- High-Intensity Suffocation: Closing down space before the opponent can even look at the ball.
- Verticality over Vanity: Bypassing the midfield with pinpoint accuracy to catch defenders on their heels.
- POMO: Position of Maximum Opportunity

Beyond the tactical brilliance on display, what truly stood out was the exemplary character of the squad. In a high-stakes cup environment where emotions can often boil over, the Wolfreton lads were a total credit to themselves and the school.

Humber Cross Country Finals

Wolfreton students delivered a masterclass in endurance at the Humber Cross Country Finals this week.

Competing against the best runners in the region, our team showed incredible grit and tactical awareness.

Mr Rowe reported that Megan secured a magnificent podium spot, finishing 3rd overall. Her performance was a testament to her consistent training and explosive final kick.

Amber also broke into the elite rankings, earning a hard-fought 10th place finish in a very competitive field.

The depth of Wolfreton's talent was on full display as several other runners pushed the pace. Mila, Jacob, Oliver, and Stanley all performed incredibly well, finishing just outside the top 10. Their efforts contributed significantly to the school's overall standings and highlight a bright future for the athletics program.

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Curriculum Corner

Holocaust Memorial Day

Monday 27 January 2025 marked International Holocaust Memorial Day, a time when people around the world came together to remember the six million Jewish people, and the millions of others from persecuted groups, who were murdered under Nazi persecution.



Wolfreton has proudly supported the important work of the Holocaust Memorial Day Trust by delivering assemblies centered on this year's theme, *Bridging Generations*. This theme invites us to connect with and learn from the testimonies of those affected by the Holocaust, reminding us that the responsibility of remembrance belongs to all of us. Our Year 7 and Year 8 students have received age appropriate Holocaust education lessons, delivered by our History team, giving our younger students the opportunity to deepen their understanding of prejudice, discrimination and persecution, and to reflect on why these themes remain so important today.

Students in Year 9 are beginning their Holocaust education unit as an integral part of their History curriculum, building the knowledge and context they need to engage thoughtfully with this period.

We have been incredibly proud of the mature, respectful and thoughtful attitudes our students have demonstrated during these sessions. Their willingness to engage with such significant and sensitive themes reflects our values of Excellence, Endeavour and Respect which we strive to uphold as a school community.

If you would like to learn more about the work of the Holocaust Memorial Day Trust, please visit their website using the following link [Holocaust Memorial Day Trust](#)

Year 11: Supporting Revision for February Mock Exams

A reminder of what students need to revise can be accessed by clicking on the link below:

[Year 11 February 2026 Mock Exams - What to revise](#)

Paper copies were distributed to Year 11 students in mid-December.



To support their revision, Year 11 students continue to benefit from a range of structured opportunities:

- Completion of the *How to Revise* Study Skills programme during tutor time, building on the foundations laid in Year 10. These sessions equip students with practical strategies for independent and effective revision.
- Intervention-focused tutor times on Monday, Wednesday and Friday, delivered by subject specialists.
- Afterschool intervention sessions, which many students are attending regularly—well done to all who are engaging so positively.

If your child is unsure how to begin their revision, the following online platforms are an excellent way to complete focused 30 minute study sessions:

- **Seneca Learning** – All students have an account and can log in using 'continue with Microsoft'. The platform offers revision reading and quizzes for most subjects. www.senecalearning.com
- **Save My Exams** – Notes, quizzes and past papers to support exam preparation. <https://www.savemyexams.com/>
- **Tassomai** – A helpful tool for science revision. www.tassomai.com
- **Sparx Maths** – For targeted Maths practice and revision. www.sparkmaths.com

Sixth Form News

Last Friday, our Sixth Form Café was buzzing with excitement as we welcomed our Year 11 applicants to receive their official offer letters—the next big step in their 7 year journey with us!

It was wonderful to see so many enthusiastic students. The atmosphere was fantastic, with plenty of smiles, conversations about future plans, and a real sense of pride in how far our students have already come.

To mark this important milestone, everyone enjoyed a celebratory treat of hot chocolate and luxury muffins—well deserved after all their hard work so far.

We are incredibly proud of each and every student. We wish them the very best in their upcoming GCSE examinations and look forward to welcoming our new Sixth Form cohort in September 2026.

The future is bright, and we can't wait to be part of the next chapter!



THE CONSORTIUM
SIXTH FORM COLLEGE

WOLFRETON CAMPUS

House Points

All rewards earned by each House since the start of the year.



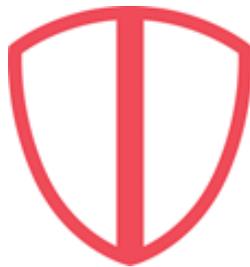
201,577



226,250



191,920



209,132



251,880

**Total House
Points
1,080,759**

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At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night. It's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind-down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up "the military sleep method": it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself, while it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



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Notices

Arbor Lunch Account

Please can parents be reminded to top up their child's lunch account at the beginning of each week. Students can check their lunch account balance on the ID Readers located in student reception.

Extra-Curricular Clubs

Please ensure you have signed your child up for any clubs on Arbor. Further guidance can be found by clicking the link below:

[Signing my child up for a Club on the Parent Portal or Parent App – Arbor Help Centre](#)

Key dates

Thursday 5 FebruaryYear 7 Progress Evening (M and N Bands)

Friday 13 February.....School Closes for Half Term

Monday 23 FebruarySchool Re-Opens

Thursday 26 FebruarySixth Form Progress Evening

Have your contact details changed?

If you have changed any contact details such as home address, mobile number, email etc. this must be updated on the Arbor Parent Portal so we can ensure our system is up to date and can remain in contact with you.