



**We are  
Lyng Hall  
20.10.26**



# World Class Festival of Poetry Event

**Built on Respect, Driven by Resilience, Defined by Excellence**

We are gifted by being part of a MAT community; National Poetry Day was a perfect example of this. Coming together alongside other schools, we had our own World Class Festival of Poetry. Our English team nominated students for their excellence and determination: they joined approximately 80 students from across our trust schools.

We were privileged to have 5 guest poets: Emilie Lauren Jones, John Bernard, Dreadlock Alien, PEP the Poet and Spoz. Our students had the opportunity to learn from their expertise and creativity.

I really enjoyed how the poets communicated with us; they allowed us to be involved. No-one was left out. I liked the different activities: it was inclusive. Everyone had a voice, any poem. It was interactive, fun; and I believe I personally learnt not to be scared. To say something in front of others, whether your class or others. On a technical level, I learnt how to rhyme in my head.

– Daniel Jalloh



There was a specific poet, his name was Spoz, and I thought he was really funny. He encouraged us to write a poem: a rap about chocolate! It showed how a poem isn't just a pen on paper; you can express it in different ways. I realised that a poem is not one thing – it can begin from a single word, you can rhyme into a poem.

– Evie Jolliffe

What a great day it was! I thought it was marvellous that Finham Park Multi-Academy Trust put such value on poetry, that you organised a great event like that! Writing and performing all genres of poetry is so beneficial for young people in so many ways...well done for organising.

- Spoz the Poet





# Every Diamond Starts as a Rock

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Students in Years 10, 11, 12 and 13 took part this week in an inspirational session with motivational speaker Stephen Seki, who challenged our young people to think about their attitude, resilience, confidence and aspirations for the future. Stephen shared his own powerful story, speaking openly about the challenges and setbacks he experienced throughout his life and education, and how determination, resilience and self-belief ultimately enabled him to pursue his ambitions.

One message particularly resonated with our students: every diamond starts as a rock. Stephen explained that it is the pressure, cuts and experiences along the way that shape a diamond, encouraging students to recognise that the challenges and setbacks they face can help shape the person they become. His message encouraged students not to allow failure, their background or other people's expectations to determine what they believe they can achieve. The messages shared throughout the session aligned closely with our school's core values of Respect, Resilience and Excellence, encouraging students to believe in themselves, learn from challenges, respect their own journey and strive to achieve their very best.

Student voice following the sessions has been overwhelmingly positive. Students reported feeling more confident about their next steps, and strongly agreed that they felt more motivated to work towards their future goals. Most importantly, students were able to identify ways in which Stephen's message could influence their own choices and attitudes.

**Ms Middleton**  
**Subject Leader of Performing Arts**

## Student Reflections:

"I am going to take further opportunities I would usually say no to and make the most of the position I am in to focus on my future."

Another recognised the importance of opening themselves up to new experiences:

"Saying yes to opportunities opens further doors which stay closed otherwise."

Students were also inspired by Stephen's determination to overcome the challenges he had faced. One student reflected that failure "does not define a person" and has learned that "No matter where you come from or who you are, work hard and you can achieve anything in life."

Perhaps one of the most powerful reflections came from a student who said the session had encouraged them:

"To do more, reject negative labels when people tell me I can't achieve... I don't want to settle for less."

Stephen's story encouraged our young people to reflect on their own attitudes, recognise their potential and think about the actions they can take now to shape their futures.



# An Inspiration: Stephen Seki

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lindon

Your story made me cry from the heart, yet feel proud of the man you become. From the poverty in your hometown to a motivational speaker who had to dig and keep digging to get his way, and you've done it to a crisp. It was immense, electrifying quotes and memorising speeches that hit me in a different way 🥹🥹🥹🥹

4m Reply



A huge thank you to Stephen Seki for sharing his story so openly with our students and for leaving them with such an important message:  
Your starting point does not determine your destination. Challenges can shape you, failure can teach you, and every diamond starts as a rock."



# College Highlights

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### Centaur Highlights:

**Layla McTigue -**

Has shown a phenomenal turn around with her behaviour from last academic year. She is trying her upmost best and always have a positive attitude towards her learning.

**Stanislav Rakas -**

Has made an amazing turnaround with his attendance and punctuality to school. You can see that Stan wants to make the most of each day in school which is represented in his improved punctuality from last year .

**Stanislav** putting in additional hours too in his work at the High-Life Centre.

The students are working hard on their compositions; and they will be involved in an event at Fargo Village at the end of October.



## YOUTH VISION FESTIVAL

27th to 31st October 2026

Five incredible events celebrating young people, creativity, enterprise, culture, performance, fashion, food and community.

|                                                                                                   |                                                                                                    |
|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| <b>FOOD &amp; DRINK FESTIVAL</b><br>27 OCTOBER 2026<br>4:00PM TO 8:00PM<br>Fargo Village, CV1 5ED | <b>AUTUMN BUSINESS FAIR</b><br>28 OCTOBER 2026<br>1:00PM TO 5:00PM<br>The Highlife Centre, CV2 4LY |
| <b>YOUTH TALENT SHOW</b><br>29 OCTOBER 2026<br>6:00PM TO 9:00PM<br>Fargo Village, CV1 5ED         | <b>FASHION FORWARD</b><br>30 OCTOBER 2026<br>6:00PM TO 9:00PM<br>Square One, CV1 5QT               |

## FIVE DAYS OF CREATIVITY, CULTURE & COMMUNITY

### Griffin highlight:

Matilda Oduro has demonstrated outstanding commitment, resilience and creative in her partnership programme with the High-Life Centre.

She has developed her own brand; and spent her time baking cookies and shortbread to support the wider community.

Like Stan, she will be involved in the Youth Vision Festival at Fargo Village.

We are incredibly proud of the attitude she has shown; and her desire not just to support at the food festival with her baking; but additionally for her skills to be used to donate to the local Salvation Army too.



# College Highlights

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### Dragon highlight:

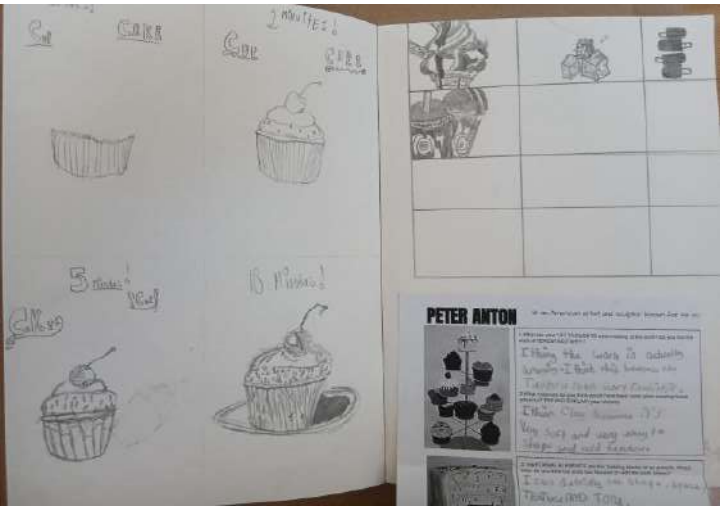
Deciding what to highlight from Dragon college in the newsletter let me to check the top achieving dragon students so far this year. Out of the top 10 students in dragon 6 of these are from one tutor group!!! This is absolutely brilliant.

7KMA - well done and congratulations to:

- Ava
- Lorisa
- Purity
- Zofia
- Sanaya
- Corey

This is an amazing start to Lyng Hall and very impressive that you are all in the same tutor group. Keep up the hard work. Well done!

On an academic front, Lucas McNeeand Daniel Piele have stood out for working extremely hard in Art lessons on their ceramic cake design work. They have been focused on observational drawing as well as creative design work in preparation to complete some ceramic work where our designs come to life. Amazing designs and drawing skills shown by the year 8 classes but particular shout out to these two who go above and beyond in effort and skill. Keep it up!



### Pegasus Highlight:

#### Fatima Noor -

For consistently embodying all of our school values across every lesson. She demonstrates outstanding commitment, respect, and positivity in all that she does, serving as a shining example to her peers. Her excellent attitude and dedication make her a valued member of our school community.

“The oak fought the wind and was broken, the willow bent when it must and survived”  
– Robert Jordan



# National Recognition

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Ministry of Housing,  
Communities &  
Local Government

Ministry of Housing, Communities & Local  
Government  
2 Marsham Street  
London  
SW1P 4DF

Our reference: TO2026/00887

I am writing on behalf of the Prime Minister to thank you for your kind letter expressing appreciation for the Government's support for Interfaith Week and the Coventry and Warwickshire Peace Festival in November 2025.

I am delighted to hear of the success of these events, and I am grateful for the accompanying booklets which provide a wonderful record of the initiatives.

It is heartening to learn about the Children's Commonwealth Service on Foleshill Road and the inspiring ways in which young people shared their hopes for peace and understanding through poetry and reflection. Events such as these are a vital reminder that building a more compassionate and inclusive society begins with education, dialogue, and the active participation of the next generation.

I also welcome your recognition of the crucial role that women have played, both historically and today, in sustaining families and communities, and in shaping the pursuit of peace. Your acknowledgement of the lasting impact of conflict and the value of collective remembrance underscores the importance of community-led initiatives in fostering reconciliation and mutual respect. The Department remains committed to supporting interfaith engagement and partnership work across statutory and non-statutory sectors. Initiatives such as Interfaith Week and local peace festivals are excellent examples of how communities can work together to strengthen cohesion, understanding, and shared purpose.

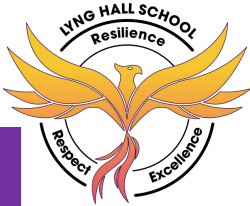
Please convey my thanks and congratulations to all those involved in organising and participating in these events. Your dedication, leadership, and collaborative spirit continue to make a tangible difference in the lives of communities across Coventry, Warwickshire, and beyond

Thank you for taking the time to write to us.

Yours sincerely,

Shuma  
Correspondence Unit

We continue our work with the SACRE Community and are proud to be partners in the development of the Interfaith Curriculum programme this year. **Interfaith Week is from the 8th to 15th November** – we look forward to sharing how our student body engage in conversations about what faith and community means; and our role in creating a cohesive, peaceful space.



# Opportunities in the Community

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# Threads of Remembrance

## UNESCO Ambassador Exhibition

Created by students of Lyng Hall School, staff and members of the local community, this special exhibition showcases handmade crocheted poppies, artwork and poetry in a beautiful display of remembrance.



Book your place



Launch to open  
**Monday 2<sup>nd</sup> November**  
4.30-5.30pm



Exhibition run  
**2<sup>nd</sup> - 14<sup>th</sup> November**  
Holy Trinity Church  
Coventry





# Opportunities in the Community

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# OCTOBER HALF TERM CAMP



# FUN. FOOD & GOLF



-  **FREE TO REGISTER**
-  **FREE BREAKFAST & LUNCH**
-  **DRIVING RANGE ACCESS**
-  **PUTTING GREEN ACCESS**
-  **GOLF GAMES & CHALLENGES**
-  **FOOTGOLF & PAR 3 ACCESS**

 **THURSDAY 29<sup>TH</sup> & FRIDAY 30<sup>TH</sup> OCTOBER**

 **10AM – 2PM**

 **7 TO 14 YEAR OLDS  
BOYS & GIRLS**



**TO REGISTER YOUR INTEREST  
PLEASE EMAIL KRISSIE MISTRY ASAP**

 [krissie.mistry@getgolfing.org](mailto:krissie.mistry@getgolfing.org)



**DEADLINE  
9<sup>TH</sup> OCTOBER**

 **THIS CAMP SUPPORTS INDIVIDUALS IN RECEIPT OF FREE SCHOOL MEALS.**

“When I was a teenager, I began to settle into school because I'd discovered the extracurricular activities that interested me: music and theatre.” — Morgan Freeman

“The extra curricular activity in which I was most engaged - debating - helped shape my interests in public policy.” — Joseph Stiglitz



# Messages from the Wider Community

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## COVENTRY SCHOOL NURSING NEWSLETTER

Secondary Schools

### Welcome

A big welcome to the autumn 2026 term! We hope you had a lovely summer and have settled into the back-to-school (or, for some of you, new to secondary school) routine. The school nursing service works all year round, Monday to Friday excluding public and bank holidays! Our details are at the bottom of the page.

We can support with the following:

- Sleep
- Challenges with eating and diet
- Changes to your body (puberty)
- Emotional health and how to relax
- Managing behaviour
- Hygiene
- Sexual Health

#### Consent and Confidentiality

In secondary schools, young people can access the School Nurse independently for advice and support without parental consent. However, we always encourage young people to speak with their parents/carers. We will talk to you about confidentiality.

### Sexual Health

Did you know that September was Sexual Health Awareness Month? The month helps raise awareness and encourages young people to learn more about staying healthy and looking after their wellbeing. If you live in Coventry, you can access free and confidential support from The Sexual Health Hub. Their friendly team can provide information, advice, and support whenever you need it.

Call: 0300 247 0069

Visit: <https://thesexualhealthhub.co.uk/coventry-and-warwickshire>

Remember, it's okay to ask questions and seek advice. Getting information from trusted professionals can help you make informed choices and take care of your health.

Need support? Don't hesitate to reach out. Help is available.

### It's time to Catch it, bin it, kill it!

As the weather becomes cooler, we can expect an increase in seasonal illnesses such as colds, flu, and other infections, including Norovirus. With this in mind, we'd like to remind everyone of the importance of practising good hand hygiene and following the 'Catch it, Bin it, Kill it' guidance.

Remember to wash your hands thoroughly after blowing your nose, sneezing, or coughing to help prevent the spread of germs and protect those around you.

To refresh your knowledge of effective handwashing techniques, please watch the short video using the link below:

<https://www.nhs.uk/live-well/best-way-to-wash-your-hands/>



During your time at Secondary School, you will be offered the following vaccines:

| School year                        | Vaccine                                            | To protect against                                                                                                                                 |
|------------------------------------|----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| 12 to 13 years old (school year 8) | HPV vaccine                                        | Human papillomavirus (HPV) which can cause cancer including cervical cancer and penile cancer                                                      |
| 14 years old (school year 9 or 10) | Td/IPV (3-in-1 teenage booster)<br>MenACWY vaccine | Td/IPV vaccine protects against 3 serious illnesses: Tetanus, Diphtheria & Polio<br>Meningitis and septicaemia (blood poisoning)                   |
| Flu vaccine                        | Annual vaccine offered to all in years 7 to 11     | Protects against flu, which can lead to acute bronchitis and pneumonia.<br><b>Please note - porcine free (gelatine free) option now available.</b> |

The **School Aged Immunisation Team** will be visiting your school to administer vaccinations. They are also available to offer expert advice to young people and families concerning immunisation and vaccination matters.

To learn more about the team, [click here](#), call 02476 961 422.

A free, time-limited vaccination programme is now available to protect young people against meningococcal B (MenB) disease, which can cause life-threatening meningitis and sepsis.

Find out where to have your vaccinations by visiting: [nhs.uk/book-menb](https://nhs.uk/book-menb) ([nhs.uk](https://nhs.uk))  
For more information about the MenB vaccine visit: [gov.uk/havemenb](https://gov.uk/havemenb)



### OUR NEW WEBSITE IS LIVE!

Our brand new Coventry Family Health and Lifestyle Services website is now live!

We're excited to launch our brand-new website, bringing together information, advice and support for children, young people, and families.

Find the information you need when you need it. Visit our new website today:

[www.coventryfamilyhealthandlifestyleservices.nhs.uk](https://www.coventryfamilyhealthandlifestyleservices.nhs.uk)



Contact us (Monday to Friday, 9:00 AM - 5:00 PM, excluding bank holidays)

01926 495321 Ext 7494 Text via [ChatHealth](#) 07507 329 114 (Parent Line)

[swg-tr.contactschoolnursescoventry@nhs.net](mailto:swg-tr.contactschoolnursescoventry@nhs.net) [www.coventryfamilyhealthandlifestyleservices.nhs.uk](https://www.coventryfamilyhealthandlifestyleservices.nhs.uk)

[Coventry School Nursing Team](#)  
[COVSCHOOLNURSES](#)



# Messages from the Wider Community

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# COVENTRY SCHOOL NURSING NEWSLETTER

Secondary Schools

## Stoptober

October is all about raising awareness of the benefits of quitting smoking and helping people take their first steps towards becoming smoke-free.

If you're thinking about quitting or just want some advice, support is available. You can contact the National Smokefree Helpline on 0300 123 1044 and let them know you'd like help to stop smoking.

Don't forget, there are other ways to get support too:

The NHS Quit Smoking App

Our ChatHealth service, where you can reach out for advice and support

Keep an eye on our social media pages throughout the month for helpful tips, information, and updates to support your smoke-free journey.

Every step towards quitting is a positive step for your health! 🌟

Stoptober launches to give smokers the confidence to quit - GOV.UK

<https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/>

## World Mental Health Day

Thursday 10th October is World Mental Health Day, a great opportunity to focus on your wellbeing and remember that looking after your mental health is just as important as looking after your physical health.

Here are some simple ways you can support your mental wellbeing:

🗣️ **Talk to someone**

Share your thoughts and feelings with trusted adults, friends, or family members. Talking can help you feel supported and understood.

🏃 **Get active**

Being active can boost your mood and help reduce stress. Whether it's dancing, singing, painting, playing sport, or going for a walk, find something you enjoy and get involved.

🍽️ **Eat well and stay hydrated**

A healthy, balanced diet and drinking plenty of water can help both your body and mind feel their best.

😴 **Get enough sleep**

A good night's sleep can improve your mood, concentration, and overall wellbeing.

🧘 **Take time to relax**

Try mindfulness activities, deep breathing exercises, listening to music, or other calming activities that help you switch off and recharge.

💡 **Remember:** It's okay not to feel okay sometimes, and it's always okay to ask for help.

For more information, advice, and support about mental health, please visit the resources listed below. 🌟

YoungMinds - fighting for young people's mental health

<https://www.youngminds.org.uk/>

NHS-Every Mind Matters <https://www.nhs.uk/every-mind-matters/>

## Firework, Bonfire & Sparkler Safety

Bonfire Night can be great fun, but it's important to stay safe. Check out these top safety tips:

✅ Make sure an adult is supervising fireworks and bonfires.

✅ Watch displays from a safe distance.

✅ If you're lighting fireworks, always do it at arm's length.

❌ Never carry fireworks in your pockets or light them in the street.

❌ Don't go back to a firework once it has been lit, even if it doesn't seem to work.

✅ Always make sure bonfires are completely out before leaving.

🧤 Wear gloves when using sparklers, as they get extremely hot and can cause burns.

🗑️ Keep sparklers away from other people and place them in a bucket of water once you've finished with them.

🔥 If your clothes catch fire, remember: Stop, Drop and Roll! Stop where you are, drop to the ground, cover your face, and roll until the flames are out. Tell your friends and family too so everyone knows what to do.

Want to learn more? There are lots of useful resources available about fireworks, sparklers, bonfires, and the laws around using them. Take a look at the links below for more information.

RoSPA- Firework safety tips | RoSPA

<https://capt.org.uk/stop-drop-and-roll/>

<https://capt.org.uk/firework-safety/>

**Contact us** (Monday to Friday, 9:00 AM - 5:00 PM, excluding bank holidays)

📞 01926 495321 Ext 7494

Text via 🗣️ ChatHealth 07507 329 114 (Parent Line)

✉️ [swg-tr.contactschoolnursescoventry@nhs.net](mailto:swg-tr.contactschoolnursescoventry@nhs.net)

🌐 [www.coventryfamilyhealthandlifestyleservices.nhs.uk](http://www.coventryfamilyhealthandlifestyleservices.nhs.uk)

📘 Coventry School Nursing Team

📱 COVSCHOOLNURSES



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