



24 March 2025

Dear Parents/Carers,

## Re: 'Developing resilience, during periods of reflection' (March 2025)

As we step into the final weeks of the spring term, we reflect on the season we are in; one of renewal, resilience, and reflection. March is a time of transition, not only in nature as we welcome longer days and new beginnings but also in the spiritual journeys many of us are undertaking.

This month, many of our families are observing Lent, a period of fasting, prayer, and self-discipline in preparation for Easter. Lent teaches us the power of perseverance, the importance of self-reflection, and the value of gratitude; qualities that help us build resilience in the face of challenges.

We have also recently come together as a school community to celebrate Iftar, the evening meal that breaks the daily fast during Ramadan. This special event, organised by our wonderful students, was a true testament to the strength of our school's values; kindness, perseverance, humility and integrity as students came together with compassion and joy in these shared experiences. Ramadan is a time of self-restraint, patience, and generosity, all of which contribute to a deeper sense of resilience, reminding us that strength is not just about endurance but also about kindness and unity.

Although we continue to prepare students for the demands of upcoming external exams, resilience is not just needed for academic success. It is about emotional well-being and the ability to navigate life's changes. This March also marks the five-year anniversary of the first national COVID-19 lockdown in England. Looking back, we remember a time of uncertainty, sacrifice, and change. But we also recall the resilience we built together; the way our students adapted, the strength of our families, and the commitment of our staff to keep learning and support alive. While that time was difficult, it also shaped us in many ways into a more connected and understanding community. It is a powerful reminder that resilience is not just about overcoming hardship but growing through it.

We saw that same resilience and positivity shine through during Finham Park School's recent health check last week. The inspectors were incredibly impressed by the way our students spoke with fluency and confidence, articulating their thoughts with passion and positivity. We have also seen improvements in attendance levels in recent weeks with students therefore accessing the social, emotional, physical and educational opportunities of the day, demonstrating great resilience. A testament to their character, this places us highest in the city for attendance and the lowest for persistent absence levels (ie: pupil's attendance is less than 90%).



This is also true for staff who face many challenges each day. Wellbeing charters and employee assistance programs are an important mechanism to ensure that all are supported in a structured way. But there is also the need for less formal support. Adapting to new ways of working is made much easier by the support of excellent colleagues which enables them to work each day with a positive mindset.

As we move forward following periods of fasting, reflection and remembering past challenges, we continue to build the resilience that helps us navigate an ever-changing world. I am incredibly proud of our students for their dedication, their empathy, and their ability to lead by example. Thank you for your support, and I wish you a peaceful and fulfilling season ahead.

Yours faithfully,

Mr C Bishop (Headteacher)

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