

WEST GRANTHAM UPDATE



Friday 13 June, 2025

WEST GRANTHAM

Church of England Secondary Academy

Scones, Showers & Short Stories

It's been a slightly quieter fortnight at WGSA, but the energy and enthusiasm from our students hasn't dipped one bit. Clubs and enrichments continue to thrive, and there's still been plenty going on to shout about.

The Food Tech corridor has smelled like a country tea room recently, with Year 9 students preparing full afternoon teas. The scones have been rising, the jam has been spreading, and we can confirm that everything tasted as good as it smelled! A huge well done to all involved for their hard work and culinary skills.

Outdoors, students in the Cross Country enrichment have been battling the elements, undeterred by wind and rain – nothing like a bit of British weather to build resilience. The Gardening Club has been revitalised with the generous donation of new flowers, and the group has been working hard to brighten up the school grounds in full bloom.

Elsewhere, students have been taking aim in our Archery enrichment.

Concentration, patience, and a steady hand are the name of the game – and we've seen some impressive

sharpshooting already. Meanwhile, the creative and alternative options continue to flourish. Junk Journaling has provided a quiet and expressive space for students to craft, collage and reflect. Escape Room enrichment has kept brains whirring with logic puzzles and lateral thinking, and the Makaton group are making excellent progress with their signing.

It's also been a big fortnight for our budding authors. Students from Years 7–10 were invited to take part in a national short story challenge, writing a 100-word retelling of a classic fairytale – with a dark twist. Inspired by the Brothers Grimm, the "Grim Tales" competition saw 79 of our students' entries accepted for publication. Their work will feature in a printed anthology that's available for purchase – and a copy is already in our library for anyone keen to read their sinister storytelling. A huge well done to all the writers involved, and make sure to read the excellent example we've included. Even in a quiet spell, WGSA continues to buzz with creativity, curiosity, and community – come rain, shine or fairy tale frigate!

A word from...

Kaitlyn, Y9

Title: Deep in the Ocean

"Oi, get back here right this second you scallywag! You're gonna pay one way or another!"

Continuing to chase after this horrific creature of human I noticed a siren in the distance. It was game over for this guy. At this point, I didn't care about the money because if she got a hold of him that was the end!

"No! Stop! Don't go any further. Cover your ears!" Screaming, shouting, warning him. I could tell he was mesmerised.

He murmured something... then he was gone! All that was left was a few bubbles in the glowing sunrise.

WEEK A - JUNE 16

Mon

Football Clubs, Fitness Gym, Gardening Club, Library Club

Tue

Library Club
Table Tennis

Wed

Fitness Gym
Library Club
Y11 Leaver's Assembly

Thu

Homework, Fitness Gym, Debate, DT, STEM Clubs
Positive Futures

Fri

Christian Union Club (Lunchtime)
Art Club
Library Club

WEEK B - JUNE 23

Mon

Football Clubs, Fitness Gym, Gardening Club, Library Club

Tue

Library Club
Table Tennis

Wed

Fitness Gym
Library Club

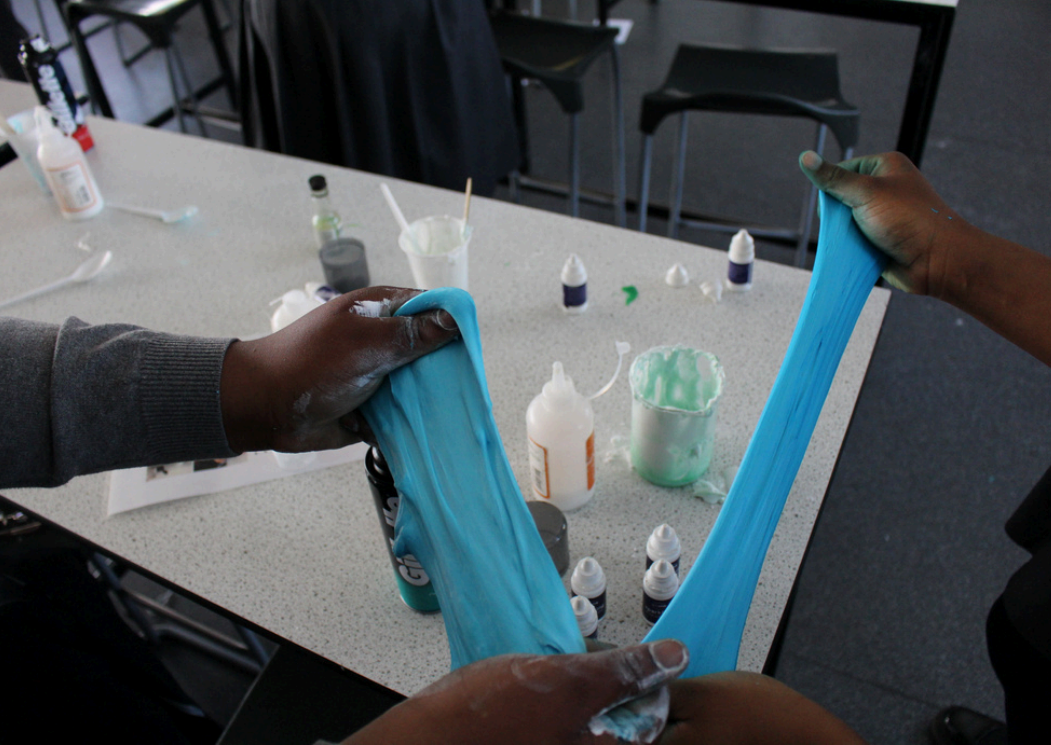
Thu

Homework Club, Fitness Gym, Debate Club, Design Tech and Art Club, STEM Club
Positive Futures

Fri

Christian Union Club (Lunchtime)
Library Club





Managing Stress

Stress is an uncomfortable experience of pressure or worry caused by problems in your life. Stress can cause many different symptoms and may affect how we feel physically, mentally, how we behave and make choices. It is not always easy to recognise when stress is the reason you are feeling or acting differently.

This guide will give you some top tips so that you can take action to reduce the symptoms of stress in your life.

1. WARNING SIGNS, PART 1

Warning signs of stress include emotional symptoms such as anxiety, fear or loss of confidence and cognitive symptoms such as poor concentration, poor memory or repetitive thoughts.



2. WARNING SIGNS, PART 2

Warning signs also include physical symptoms such as excessive sweating, racing heart rate, headaches and muscle tension. Behavioural symptoms might include, poor sleep, irritability, drinking excessive amounts of coffee or alcohol or losing your temper.



3. UNDERSTAND YOUR TRIGGERS

Take time to reflect on situations which may be causing stress. Once you know what they are, you can begin to reduce your exposure to the stressors and/or manage the causes.



4. TAKE CONTROL

Often stress symptoms are caused by feeling out of control. Not doing anything about the stress triggers or symptoms will make things worse, so start by understanding what you can and what you can't control.

5. MAKE HEALTHY CHOICES

Plan regular, healthy activities which will reduce stress symptoms. These will be a non-negotiable part of your week and a regular antidote to stress.

6. INDUCE CALM

Activities known to help induce calm range from deep breathing, meditation and mindfulness to walking, outdoor exercise or gardening.



7. USE YOUR SOCIAL NETWORK

Plan opportunities for fun and enjoyment with people you care about and who care about you. This could be sharing a new experience or an activity you enjoy doing together. Share and talk about your feelings too, sometimes that is all that is needed to cope.



9. MANAGE YOUR TIME

Prioritising tasks, including emails and wellbeing activities, will be a crucial first step to change and taking control. Get someone to help you to keep on track with the change.



8. CHANGE YOUR PERSPECTIVE

Amend your thinking and expectations of what is possible or doable. Reduce the pressure on yourself by reframing the problem or accepting that not everything will be finished or perfect. Most of the time, good enough is ok.

10. PRIORITISE WELLBEING

As a way of preventing stress, you should prioritise your wellbeing and be consistent about it. A one-off activity will have some impact, but it won't help you manage stress or maintain wellbeing in the long term.



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