

WEST GRANTHAM UPDATE



WEST GRANTHAM
Church of England Secondary Academy

Friday 6 March, 2026

Costumes, Careers and Cross Country

It's been another busy and brilliant fortnight at WGSA, packed with careers inspiration, costumes, competitions and even a little sunshine. Our Year 10s kicked things off with a trip to the Skills Summit at the Meres Leisure Centre, where around 50 local companies set up stalls to showcase apprenticeships, career pathways and future opportunities. Students spent the morning chatting to employers, gathering ideas and (in some cases) realising that perhaps Mum and Dad were right when they said there are more jobs in the world than you think. It was a fantastic event, and our students came away buzzing with possibilities.

World Book Day brought the school to life with characters leaping straight from the page into the corridors. Staff dressed up as some of their favourite literary icons, and students loved every moment of trying to spot who was who. Among the cast were the Mad Hatter, Miss Havisham, an Oompa Loompa, Matilda, Wally, and a whole host of Harry Potter characters. There were even a few mysterious figures no one quite managed to identify, not even the great Sherlock Holmes himself, who decided to grace our corridors for the day. The costumes added colour, chaos and plenty of chuckles to the day. Outdoor enrichment has also been taking advantage of the (slightly) improved weather. Golfers have been working on bringing their

swings up to par - some with surprising accuracy, others with surprising enthusiasm. The football and Junior Lionesses groups have been making great progress, sharpening their skills and showing excellent teamwork each week. American Football continues to be a hit too, with students practising plays, passes and the occasional dramatic touchdown celebration. Next stop the Superbowl. Cross Country runners have been embracing the challenge of the course, proving once again that they're miles ahead in determination. On the pitch, WGSA's football teams have been battling it out in a run of fixtures against Charles Read. The Year 10s secured a strong 1-1 draw in a well-fought match full of confidence, teamwork and impressive build-up play after an excellent start to their season. Year 9 faced a tougher test and, despite a narrow defeat, showed real character by pulling one back in the second half and finishing the game on the front foot. Year 7 rounded things off in style with a fantastic 5-1 away win, turning the second half into a showcase of teamwork and clinical finishing. Across all year groups, students represented WGSA with passion, resilience and plenty to be proud of. From skills fairs and storybook characters to cross-country sprints and cracking goals, it's been a fortnight filled with growth, creativity and great effort all round.

A word from...

Oscar, **Y7**

Since starting at school, I've felt really welcome. At first I was nervous because everything felt new and a bit bigger than primary school, but everyone has been kind and helpful.

I had lots of friends from before when I came here but I've made new friends, and all the teachers have helped me settle in and find my way around. I like that there are lots of clubs and things to get involved in, and I feel much more confident now than I did in September.

I'm really enjoying being part of the school. I worry about the tests we have to do but I keep getting good scores in them, which is good. The teachers help me out a lot when I need help and are really nice to me.

WEEK A - MARCH 9

Mon

Football Clubs, Fitness Gym, Gardening Club, Library Club

Tue

Library Club
Basketball (Positive Futures)
Christian Union

Wed

Fitness Gym
Library Club
STEM Club
Dodgeball
Sewcial Club

Thu

Homework Club
Fitness Gym
Debate Club
Chess Club

Fri

Library Club

WEEK B - MARCH 16

Mon

Football Clubs, Fitness Gym, Gardening Club, Library Club

Tue

Library Club
Basketball (Positive Futures)
Christian Union
Y7 Parents' Evening

Wed

Fitness Gym
Library Club
STEM Club
Dodgeball
Sewcial Club

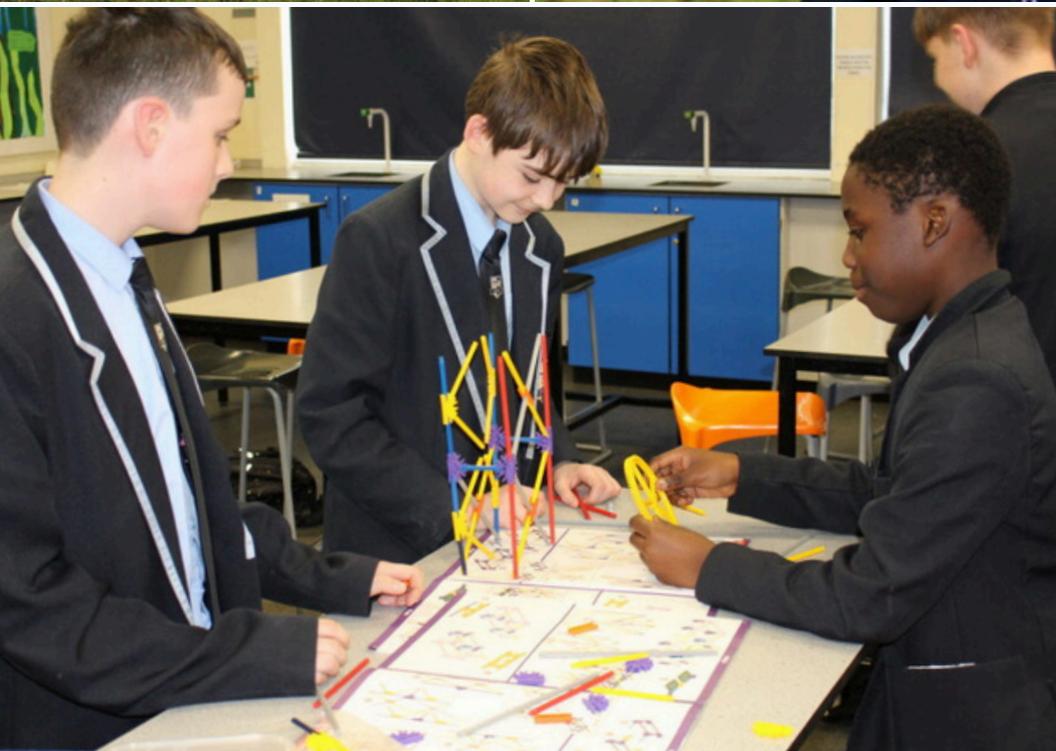
Thu

Homework Club
Fitness Gym
Debate Club
Chess Club

Fri

Library Club







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Sources of Support

 <p>This is the home for health advice. Call 111 / www.111.nhs.uk</p>	 <p>You can talk to Childline about anything. No problem is too big or too small. Call 0800 1111 / www.childline.org.uk</p>	 <p>Fearless is a branch of Crimestoppers for young people. You can give info about crime anonymously. Call 0800 555 111 / www.fearless.org</p>	 <p>Helping young people to feel safe. www.barnados.org.uk</p>
 <p>Support for people experiencing thoughts of suicide. Call 0800 0684141 / www.papyrus-uk.org</p>	 <p>Offers support for individuals around self-harm. https://harmless.org.uk</p>	 <p>If you experience online sexual abuse report to CEOP www.ceop.police.uk</p>	 <p>Chat health is a school nursing text service for young people. Text 07507 329952 and receive confidential advice on a wide range of issues.</p>
 <p>Sign up for free and chat with Kooth counsellors online www.kooth.com</p>	 <p>Mental health service for young people. You can self-refer if you are 12+. They also have a crisis number if you need urgent support 0115 8440560</p>	 <p>Find advise guises, help and signposting for mental health concerns. www.youngminds.org.uk</p>	 <p>Find tips and signposting for ways to keep safe. www.nspcc.org.uk</p>
 <p>Whatever you are going through a Samaritan will face it with you., 24 hours a day, 365 days a year. Call 116 123 / www.samaritans.org</p>	 <p>A free, confidential 24/7 text support service. Text the word 'shout' to 85258 to find support.</p>	 <p>Support and signposting around eating disorders. www.beateatingdisorders.org.uk</p>	 <p>A free and confidential support service for individuals in Lincolnshire dealing with drug and alcohol use. 0800 304 7021</p>
 <p>Free, online grief support to children and young people (aged 25 or under) https://winstonswish.org</p>	 <p>How Are You supporting young people with LGBT services, Exam pressure, Sleep advice and much more https://haylincolnshire.co.uk</p>	 <p>Supporting people with Mental Health issues, so no-one feels alone www.mind.org.uk</p>	 <p>No young person should ever feel alone https://here4you.co.uk</p>



Stress Awareness Month 30-DAY CHALLENGE

It's fair to say that the past 12 months have been more demanding than most of us would have imagined. A recent study by the Stress Management Society found that 65% of people have felt more stressed since the pandemic began. Even before Covid-19, modern life had created an epidemic of anxiety, with high stress levels damaging the health of millions. To mark the start of Stress Awareness Month, we're joining in with the Stress Management Society's 30-day challenge. Below, we've given you 30 tips to get you started: each day, simply pick a stress-busting action to complete from our categories and give your physical, mental and emotional wellbeing a lift. Why 30 days? Because that's how long it takes for an action to become a habit. Our social media details are at the bottom of the page – let us know how you're getting on as the month progresses!

PHYSICAL

- 1 LEAVE YOUR PHONE AT HOME**
Now the weather's turning nicer, go for a long walk ... without your phone! 
- 2 EAT WELL, FEEL WELL**
Find a recipe online for a tasty, healthy meal. Eating well is a great way of reducing stress. 
- 3 PUT THE 'NO' INTO 'NOTIFICATIONS'**
Turn off ALL your phone's notifications for the day. No pings, no FOMO, no distractions. 
- 4 APP-LY YOURSELF**
Download one of the thousands of fitness apps that can help banish stress – from crunches to push-ups to simply counting your daily steps! 
- 5 GO TOTALLY TECH FREE**
Digital detox: organise a tech-free family day. No phones, no consoles, no tablets for 24 hours. 
- 6 STREAM SOME STRESS AWAY**
Find a new workout or yoga routine on YouTube and try it out. Exercise is stress kryptonite! 
- 7 TIME FOR A CUPPA**
Working from home? Take regular screen breaks. Even just five minutes can do the trick! 
- 8 LAUGH YOUR CARES AWAY**
They say laughter is the best medicine. And they're right! Make time to watch a classic TV or movie clip that always makes you giggle. 
- 9 TAKE A BREATH... OR TWO**
FitBits and Apple Watches have built-in breathing exercises to lessen stress. If you don't have wearable tech, YouTube has lots of breathing exercise videos. 
- 10 PUSH THE ENVELOPE!**
Write and post a card or a letter to a loved one. It'll make them feel good too! 

MENTAL

- 1 SOUNDS RELAXING**
Stream some stress-busting audio. Ocean waves, jungle sounds or ambient music are a blissful way of winding down before bed. 
- 2 WELL, FANCY THAT**
Go online and learn something new. Just any random fact that you didn't know this morning! 
- 3 ELIMINATE SOME EMAILS**
Few things scream "mental clutter" louder than an overflowing inbox. Weed out those emails you've actioned that are now just taking up space. 
- 4 BEAT THIS**
Create a feelgood playlist on your phone ... all those tracks that never fail to give you a boost! 
- 5 CLEANSE YOUR SOCIAL MEDIA**
Tidy up your Twitter and streamline your Snapchat. Unfollow accounts, leave groups, hide updates – all the stuff you never look at. 
- 6 LET THEM WAIT**
It's OK not to reply to friends' messages immediately. Maintaining a chat when you're already busy can create more stress. 
- 7 GET PRODUCTIVE**
Download an app to boost your productivity and help combat stress. It could be a sleep monitor, a memory training app or a 'to-do' list manager. 
- 8 PEACE IN A POD**
There are some brilliant stress management podcasts out there. Fire up your podcast app and see which ones appeal to you. 
- 9 SPRING CLEAN YOUR PHONE**
De-clutter your phone: notifications, the camera roll, unused apps. Your phone will benefit and so will your brain! 
- 10 HELP YOURSELF**
Apps like SAM (Self-help for Anxiety Management) can help you to understand and manage your stress levels better. 

EMOTIONAL

- 1 FABULOUS FACETIME**
Video call a friend or family member, just to catch up. Or, if you have time, do both! 
- 2 SPREAD SOME GOOD VIBES**
Choose your favourite post of the day from your social feeds and share it. 
- 3 CUTE, CUDDLY AND CALMING**
An old school classic: just google image search "adorable kittens" or "cute puppies", whatever. It literally never fails to make your day better! 
- 4 READY PLAYER ONE**
Gaming is good! The achievement and enjoyment you get from progressing can really lift your mood. Just don't play too long! 
- 5 BRIGHTEN THEIR DAY**
Share some love! Message someone just to tell them that you're thinking of them. 
- 6 U OK HUN?**
Go online and reach out to someone you think might be struggling with stress too. Just talking about it can help both of you. 
- 7 LIKE THIS, LIKE THAT**
Spread some positivity by reacting to your friends' social posts. Sprinkling those hearts and thumbs up will make you feel happier, too. 
- 8 START ON THE FRONT FOOT**
Set an automated reminder about something you were proud of today. Time it to go off within an hour of getting up tomorrow. 
- 9 PIC AND CHOOSE**
Scroll through your phone's camera roll. When you find a pic that makes you smile, share it with whoever else is in it! 
- 10 SHARE SOME LOVE**
Someone you know achieved something special? Go online and publicly congratulate them! 