

WEST GRANTHAM UPDATE



WEST GRANTHAM
Church of England Secondary Academy

Friday 19 June, 2026

Art, Appreciation, and Added-Time Drama

It's been a memorable and emotional fortnight at WGSA, filled with celebration, appreciation and a few fond farewells. Our Sports Ambassadors were out in force this week, with 14 students representing the school at the Meres Stadium. Their energy, teamwork and enthusiasm were a fantastic showcase of WGSA's sporting spirit, and they did us proud both on and off the field.

We also said goodbye (for now!) to our Year 11 students, who have officially completed their final exams and marked the end of their journey with a leavers' assembly. It was a moment filled with laughter, reflection and, inevitably, a few tears. They leave behind a strong legacy and a lot of happy memories, and we wish them all the very best for the future. Of course, there's still one more big event to come, with their prom taking place next week. We're sure it will be a fantastic way to celebrate everything they've achieved.

In a lovely show of appreciation, our Year 9 students have been busy preparing and delivering afternoon teas for staff, prepared in their cooking lessons, complete with an impressive spread of treats including cupcakes, cheese twists, shortbread, pizza rolls, blondies, goujons and mini burgers, amongst others. The food was exceptional, and the students should be very proud!

Sporting rivalry was reignited as the Year 11 leavers faced off against our current Year 10s

in their final football match, bringing an end to a long-running contest between the year groups that dates back to 2022. In a match that had more tension than an England penalty shootout, the sides couldn't be separated in normal time, finishing 0–0 after a closely fought battle. It all came down to penalties, and in true World Cup style, the Year 11s held their nerve to secure a 3–2 win and claim ultimate bragging rights. A little taster of victory, before football finally comes home again.

Our Year 11 Art students have also been showcasing their GCSE work, and the standard has been nothing short of exceptional. From detailed drawings to imaginative mixed-media pieces, the creativity and skill on display has been truly impressive. While we're unable to share images just yet until final marks are confirmed, it's definitely something to look out for in future editions.

Meanwhile, in Science Club, students have been getting to the root of biology by investigating osmosis in potatoes. There's been plenty of discussion, experimentation and, of course, some top-tier spud-tacular science. It just goes to show that even the humble potato can help students chip away at big scientific ideas.

We've had a fortnight that highlights the hard work, character and sense of community we have at West Grantham. As we say goodbye to Year 11 and look ahead to what's next, it's clear that the spirit of the school continues to shine through in everything our students do.

A word from...

Betsy, Year 10

I really enjoyed Duke of Edinburgh because it has given me a chance to try new things and develop my skills in the skills, physical and volunteering sections of the DofE.

For example, in the DofE enrichment I learned how to build tents, which is a key skill to know. I haven't yet done my expedition, but I know it will be a great opportunity to make many memories that I will always remember. I also think the expedition will help me improve my teamwork skills, which will benefit me in day-to-day life.

It has also developed my confidence and taught valuable life skills.

Over the past two years, I have really enjoyed taking part in Duke of Edinburgh because it has given me the opportunity to learn new skills and challenge myself. Although I haven't completed my expedition yet, I am looking forward to it and know it will be a great experience.

Overall, I feel that Duke of Edinburgh has been an enjoyable experience and I am excited to finish it. It will be a great achievement and something I can be proud of. It is also a great thing to have as it will look good on applications, and I can carry on afterwards and progress to a Silver or Gold award.

WEEK A - JUN 22

Mon

Football Clubs, Fitness Gym, Gardening Club, Library Club

Tue

Library Club
Basketball
Christian Union

Wed

Athletics, Rounders, Fitness Gym, Library Club, STEM Club, Dodgeball, Sewcial Club

Thu

Homework Club
Fitness Gym
Debate Club
Chess Club
Y11 Prom

Fri

Library Club

WEEK B - JUN 29

Mon

Football Clubs, Fitness Gym, Gardening Club, Library Club
Y6 Transition
Y10 Work Experience

Tue

Library Club
Basketball
Christian Union
Y6 Transition
Y10 Work Experience

Wed

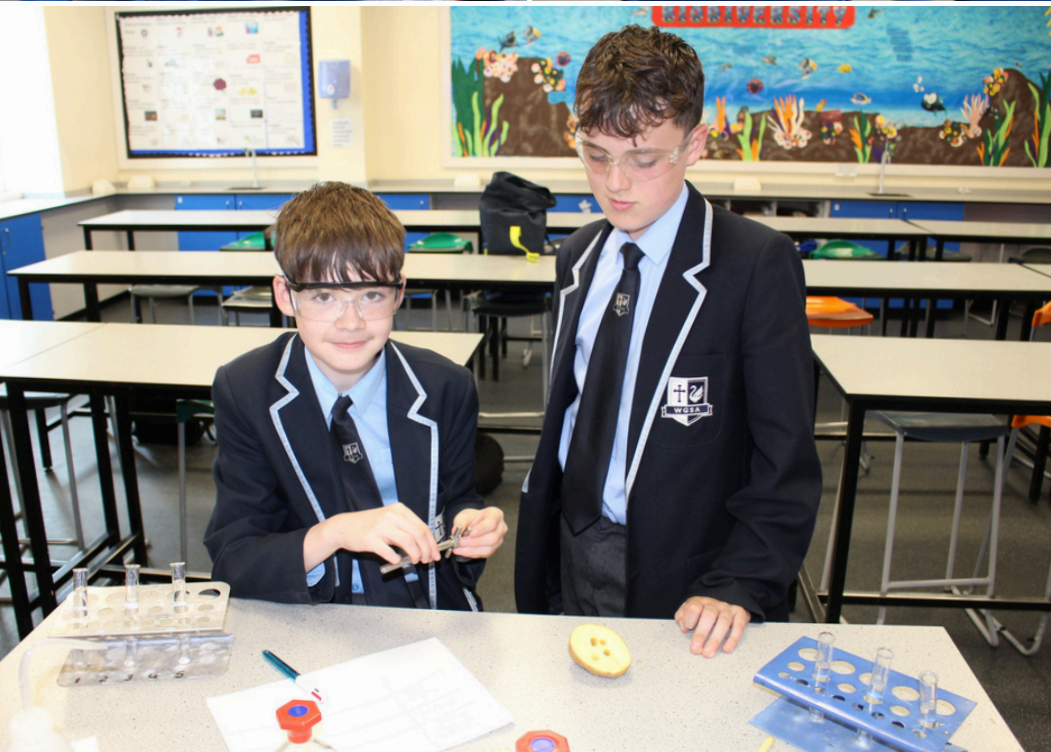
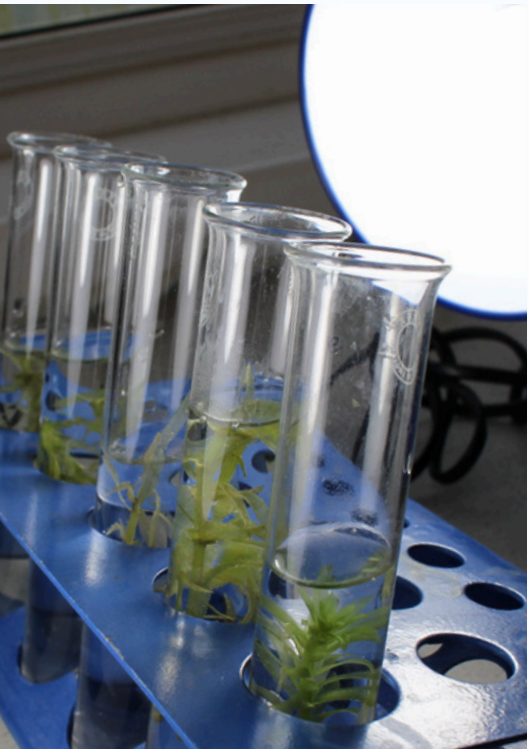
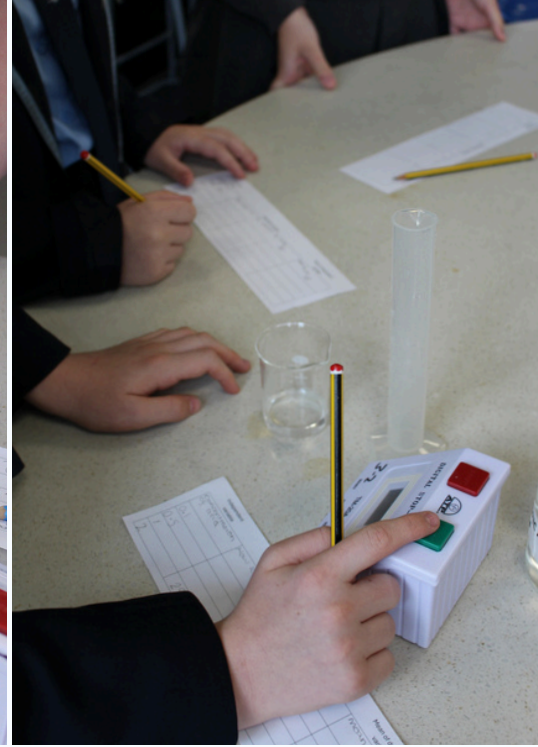
Athletics, Rounders, Fitness, Library, STEM, Dodgeball, Sewcial Clubs, Y6 Transition, Y10 Work Experience

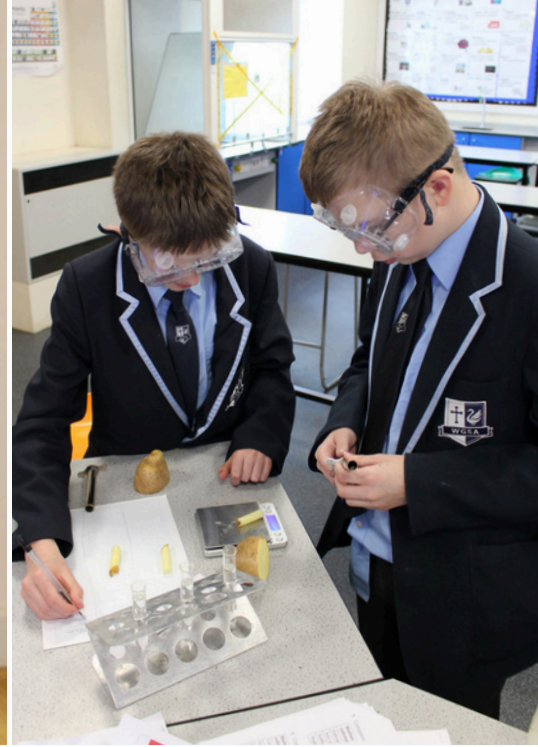
Thu

Homework Club, Fitness Gym, Debate Club, Chess Club
Y6 Transition
Y10 Work Experience

Fri

Library Club
Y6 Transition
Y10 Work Experience









10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



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