



## FUSING EDUCATION WITH THE ARTS | NO.2

# PARENT BULLETIN

16 May 2025



Dear Parents and Carers,

As we approach the final half term of this academic year, I want to take a moment to reflect on the achievements, commitment, and community spirit that continue to define MEPA Academy. From our GCSE students embarking on their exams with determination and maturity, to our younger learners embracing new academic challenges and artistic opportunities, it has been a term of growth, resilience, and inspiration.

We are especially proud of our Year 11s who have shown such focus and dedication during their GCSE preparations and initial exams – they truly embody the MEPA values. A special thank you also to our dedicated staff for their unwavering support and to you, our families, for your encouragement and partnership.

There's a lot to look forward to in the coming weeks – from our Academy Showcase and Sports Day to our Dance World Cup participation. Please take a moment to review the important dates and reminders included in this bulletin to help ensure a smooth and successful end to the year.

As always, if you have any questions or concerns, do not hesitate to get in touch.

Best wishes

Mandy

# DIARY DATES

DATE	EVENT
26-30 May 2025	Half Term
30 May 2025	Quiz Night (Dance World Cup Fundraiser) Tickets at <a href="http://www.mepastudios.com/book-online">www.mepastudios.com/book-online</a>
27 & 28 June 2025	Term 3 Academy Showcase Tickets at <a href="http://www.mepacademy.com/book-online">www.mepacademy.com/book-online</a>
29 June 2025	Academy Prom Please let us know if you are coming by completing the book online form on <a href="http://www.mepacademy.com/book-online">www.mepacademy.com/book-online</a>
2 July 2025	Sports Day at Mote Park
7-11 July 2025	Academy Closed due to Dance World Cup
14-18 July 2025	Additional week added due to DWC closure.
18 July 2025	Last day of the Academic Year 2024-25

## PRIVATE LESSONS

Thank you to all our parents/carers that have begun using our new system for booking private lessons. Private lessons are now bookable via our new booking system. Use the link below to book private lessons.

Click this link to book a private lesson: <https://www.mepaplus.co.uk/private-lessons>

## UNIFORM REMINDERS

Students are to be expected to be in correct uniform at all times at MEPA Academy. All uniform items are to be MEPA branded and footwear is to be plain black.

Day wear includes:

- T Shirt
- Jumper
- Joggers/Leggings
- Black Shoes

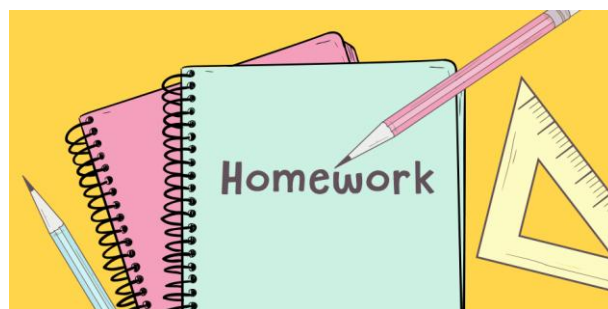
T-shirt, Jumper and Joggers/Leggings should be MEPA branded only.

If any student does not have MEPA branded leggings or joggers, they will be permitted to wear plain black non-branded leggings or joggers until MEPA branded items have been purchased.

## YEAR 9 & 10 HOMEWORK

This term, Year 9 and 10 students have begun being issued Math, English and Science homework to support long term revision and recall.

This work is set on Seneca Learning. All students have been set up with an account. Teachers will share on ClassDojo the assignments that have been set and their due dates.



**MOMENTS  
MATTER,  
ATTENDANCE  
COUNTS.**

## REPORTING ABSENCE / LATENESS

Absences or late to school are to be reported via email to [info@mepaacademy.com](mailto:info@mepaacademy.com) each day. For any medical appointments, medical evidence is required.

## EQUIPMENT REMINDERS

A reminder regarding student equipment. Students should be prepared for their lessons and need to ensure they have the following items as part of their equipment. Comments are issued for lack of equipment.

- Maths Set (to include) - Calculator, Compass, Protractor
- Pencil Case (to include) - Pens (Black/Blue, Green and Red), Pencil, Pencil Sharpener, Rubber, Ruler, Highlighters, Glue Stick.



# SUBJECT UPDATE

## ART & DESIGN

We are so incredibly proud of our Year 11s who have made the most incredibly exciting and diverse artworks over their 2 day GCSE Art & Design exam. They worked SO hard and were so focussed and just look at what they did!!! Thank you Casey, our Art & Design teacher who worked with them every step along the way!



## SCIENCE

Over the last couple of weeks, Vicky has been working with the students in Year 9 and 10 to complete their required practical's.

The Year 9 students visited Brenchley Park to conduct one of theirs. They estimated that there are 749,000 daisies in the gardens through their sampling techniques.



## GCSE UPDATE

This week marks a huge milestone for our Year 11 students as they begin their GCSE exams.

To say we're proud would be an understatement — they've shown incredible dedication, focus, and determination in their revision and classwork.

A massive well done to our Year 11s on a fantastic first week! Keep going — you've got this!

# YEAR 11 EXAM TIMETABLE

DAY	SUBJECT
FRIDAY 2 <sup>ND</sup> MAY FRIDAY 9 <sup>TH</sup> MAY	AQA ART, CRAFT AND DESIGN
MONDAY 12 <sup>TH</sup> MAY	AQA ENGLISH LITERATURE Shakespeare and the 19 <sup>th</sup> century novel
TUESDAY 13 <sup>TH</sup> MAY	AQA BIOLOGY PAPER 1
WEDNESDAY 14 <sup>TH</sup> MAY	AQA GEOGRAPHY Living with the physical environment
THURSDAY 15 <sup>TH</sup> MAY	EDXCEL BTEC PERFORMING ARTS Component 3
THURSDAY 15 <sup>TH</sup> MAY	EDXCEL MATHEMATICS (NO CALCULATOR)
THURSDAY 15 <sup>TH</sup> MAY	EDXCEL MUSIC Component 1&2
FRIDAY 16 <sup>TH</sup> MAY	EDEXCEL HISTORY Thematic study and Historic Environment the Warfare and British Society and London and WWII
MONDAY 19 <sup>TH</sup> MAY	AQA CHEMISTRY PAPER 1
TUESDAY 20 <sup>TH</sup> MAY	AQA ENGLISH LITERATURE Modern texts and poetry
THURSDAY 22 <sup>ND</sup> MAY	AQA PHYSICS PAPER 1
FRIDAY 23 <sup>RD</sup> MAY	AQA ENGLISH LANGUAGE Creative reading and writing
WEDNESDAY 4 <sup>TH</sup> JUNE	EDXCEL MATHEMATICS (CALCULATOR)
THURSDAY 5 <sup>TH</sup> JUNE	EDXCEL HISTORY Period Study and British Depth Study are the Henry VIII and Superpower Relations
FRIDAY 6 <sup>TH</sup> JUNE	AQA ENGLISH LANGUAGE Writers viewpoints and perspectives
FRIDAY 6 <sup>TH</sup> JUNE	AQA GEOGRAPHY Challenges in the human environment
MONDAY 9 <sup>TH</sup> JUNE	AQA BIOLOGY PAPER 2
WEDNESDAY 11 <sup>TH</sup> JUNE	EDXCEL MATHEMATICS CALCULATOR
TUESDAY 10 <sup>TH</sup> JUNE	EDXCEL HISTORY Modern depth Study - Weimar and Nazi Germany
THURSDAY 12 <sup>TH</sup> JUNE	AQA GEOGRAPHY Geographical applications
FRIDAY 13 <sup>TH</sup> JUNE	AQA CHEMISTRY PAPER 2
MONDAY 16 <sup>TH</sup> JUNE	AQA PHYSICS PAPER 2
MONDAY 16 <sup>TH</sup> JUNE	EDXCEL MUSIC Component 3

# 10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

## 1 PRACTISE WORKLOAD WISDOM

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.

## 2 ADVISE CLEARING THE CLUTTER

A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.

## 3 MASTER THE MATERIALS TOGETHER

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.

## 4 RECOMMEND CREATIVE NOTE-TAKING

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.

## 5 USE VISUAL AIDS AND MNEMONICS SMILE

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.

## 6 GATHER A 'TECH TOOLKIT'

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.

## 7 KEEP IT FUN

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.

## 8 SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.

## 9 ENCOURAGE A POSITIVE MINDSET

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.

## 10 HELP THEM TO SEIZE THE DAY

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at Penistone Grammar School.



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## On your exam day

This checklist will help you to be as prepared as possible for your exams so that you can focus on doing your best on the day.

### Before sitting your exams, ensure you know:

- the date, time and location of each of your exams. You might find it helpful to write this information in a calendar or planner.
- who to contact at school or college in case there's an emergency that makes you late or unable to sit your exam.


### What you will need:

- a clear pencil case 
- at least two black ink pens - blue pens are **not** acceptable 
- an approved calculator for relevant exams 
- appropriate apparatus such as a ruler or protractor for relevant exams 
- a clear water bottle if you wish to take one in - it **must not** have a label 

### Contingency sessions:

- There are contingency sessions within the Summer 2025 exam timetable - the afternoon of 11 June 2025 and the morning and afternoon of 25 June 2025. Make sure you are available on all three dates even if you do not have an exam.

### What you cannot take into exams:

- any type of phone 
- revision notes
- any type of watch (this includes analogue, digital and smart watches)

### Other important information:

- Listen carefully to the invigilator's instructions which will be specific to your exam. If you are unsure of anything, please raise your hand and wait for the invigilator to respond.
- Fill in your details on the front of your answer booklet.
- If you need additional answer sheets, raise your hand and wait for an invigilator who will provide you with one. Remember to add your details to this booklet.
- If you need to use the toilet or feel unwell, raise your hand and wait for an invigilator who will escort you from the exam room.
- Remember to stay silent - talking to a fellow candidate could result in disqualification from all your exams.

If you have any questions about your exams, please ask your teacher or exams officer.



You can also find useful information about preparing for exams at [www.jcq.org.uk/exams-office/information-for-candidates-documents](http://www.jcq.org.uk/exams-office/information-for-candidates-documents)

# TERM DATES 2025-26

## Term 1a

First Day	Monday 8 September 2025
Y10 & 11 Info Evening	Wednesday 24 September 2025
CYD Super Convention	11 & 12 October 2025
Last Day	Friday 17 October 2025

## Term 1b

First Day	Monday 3 November 2025
Year 11 Mocks	Week of the 3 & 10 November 2025
Term 1 Assessments	Week of 10 November 2025
Academy Showcase	27 & 28 November 2025
Last Day	Friday 12 December 2025

## Term 2a

First Day	Monday 5 January 2026
Parents Evening	Wednesday 28 January 2026
Last Day	Friday 13 February 2026

## Term 2b

First Day	Monday 23 February 2026
Term 2 Assessments	Week of the 2 & 9 March 2026
Move It 2026	Friday 20 March 2026
Staff Development Day	Monday 23 March 2026
Academy Musical	26, 27 & 28 March 2026
Last Day	Thursday 2 March 2026

## Term 3a

First Day	Monday 20 April 2026
Y10 Work Experience	27 April – 1 May 2026
Bank Holiday	Monday 4 May 2026
Parents Evening	Wednesday 12 May 2026
Last Day	Friday 22 May 2026

## Term 3b

First Day	Monday 1 June 2026
Term 3 Assessments	Week of the 22 & 29 June 2026
Sports Day	Wednesday 8 July 2026
Last Day	Friday 10 July 2026
Academy Showcase	10 & 11 July 2026
Graduation & Prom	Sunday 12 July 2026

# SAFEGUARDING

## Safeguarding - Overarching Principles

1. Safeguarding is everyone's responsibility and duty
2. We rely on all those working with children to take any suspicions, allegations or concerns about a child seriously.
3. Always assume 'it could happen here'.

## Safeguarding Team

The MEPA Academy Safeguarding Team has been trained to an advanced level on all aspects of safeguarding. The team is available to any student, parent, or school staff member to discuss and report any safeguarding concerns.

### Designated Safeguarding Lead (DSL)

Emma Finch – Vice Principal

### Deputy Designated Safeguarding Leads (DDSL)

Lewis Muir – Senior Management

Jemma Capon – Student Welfare Officer

### Student Support

Daniel Greenway – Teacher of Dance

Casey Brett – Teacher of Art

Mandy Ellen, the Principal, also holds the advanced level safeguarding qualification and oversees all safeguarding arrangements at MEPA Academy.



# What Parents & Educators Need to Know about MAKING FRIENDS ONLINE

In today's digital world, it's increasingly common for children to form friendships with people they've never met in person. While online connections can offer children a sense of belonging, they also carry significant risks. Around 19% of children aged 10 to 15 in England and Wales have chatted online with someone they've never met face to face. This guide offers expert advice for parents and educators on helping children navigate online friendships safely.

## WHAT ARE THE RISKS?

### ONLINE GROOMING THREATS

Predators can use games, chat apps or social media platforms to build relationships with children and gain their trust. This may quickly develop into grooming or exploitation. Between April 2017 and March 2023, UK police recorded nearly 34,000 online grooming offences – an 82% increase in just five years.

### EXPOSURE TO INAPPROPRIATE CONTENT

Children may encounter distressing or explicit material while interacting with online contacts – especially via TikTok, Instagram or Snapchat. This is evidenced in a survey by the Children's Commissioner for England, which found that 48% of children aged 8 to 17 had seen content online that made them feel uncomfortable, worried or upset.

### PRIVACY AND DATA RISKS

Children and young people often overshare personal details – such as where they live or go to school – without understanding the consequences. In fact, 4.4% of 10 to 15-year-olds in the UK have met up in real life with someone they'd only spoken to online.

### COMPROMISED PERSONAL SAFETY

Meeting an online 'friend' in real life risks placing a child in serious danger. From abduction to coercion, the consequences can be devastating. Reports of children being harmed after such meetings are becoming increasingly common in the UK, highlighting the need for safeguarding intervention.

### PSYCHOLOGICAL DISTRESS

Online harm – such as cyberbullying, grooming or exposure to disturbing content – can lead to long-term emotional issues, including anxiety, depression and PTSD. 'Sextortion' gangs, who threaten to release sexual information about a person unless they pay them money, have reportedly targeted children as young as 11, leaving them traumatised and ashamed.

### LONG-TERM REPERCUSSIONS

Children exposed to harmful online relationships early on may develop unhealthy beliefs about relationships, consent, or self-worth. In a recent case, a 26-year-old posed as a girl on Snapchat to befriend children aged 10 to 16, manipulating them into sexual activity and causing profound emotional distress. One 12-year-old tragically died by suicide, highlighting the long-term psychological harm online friendships with strangers can cause.

26 FRIENDS ONLINE NOW

## Advice for Parents & Educators

### TEACH SAFE ONLINE HABITS

Help children understand how to use privacy settings, protect their personal information, spot fake profiles, and report anything suspicious or concerning, like pressure tactics. Encourage them to think critically about what they share – and whom they're talking to.

### KEEP CONVERSATIONS OPEN

Let children know they can talk to you about their online life. Avoid reacting with anger or judgement, as this may prevent them from opening up in the future. A child who feels listened to is more likely to disclose problems before they escalate.

### ENCOURAGE REAL-WORLD CONNECTIONS

Support children in building friendships through school, clubs, hobbies and activities in the real world. Strong offline relationships help reduce children's reliance on online platforms for social interaction, and can help them develop resilience and social confidence.

### USE PARENTAL CONTROLS

Parental control settings on devices, games and apps can help manage screen time, filter out inappropriate content, and monitor activity. While no system is perfect, they provide a valuable layer of protection as children explore digital spaces.

### Meet Our Expert

Gabriella Russo is a safeguarding consultant with over 30 years' experience in supporting children, families, and adults across education, local authority, and mental health settings – both in the UK (including at Parliamentary level) and internationally.



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## MANDY ELLEN KIDS AGENCY BOOKS ARE OPEN!

ME Kids Agency is a well established successful agency representing children in all aspects of the West End, UK tours, European tours, modelling and TV work including commercials

Take a look at some our client's achievements:

- 'Matilda' West End - Tilly Cook / Hortensia
- 'Matilda' West End - Lottie Cook / Alice
- 'Billy Elliot' West End - Allannah Martin Judge / Ballet Girl
- 'Billy Elliot' UK Tour - Tilly Cook / Tracey Atkinson
- 'Billy Elliot' UK Tour - Gabby Ellis / Ballet Girl
- 'Billy Elliot' UK & European Tour - Tilly Cook



- Singing in the Rain - Callum Wilsher Young
- Argos Christmas Advert - Olivia Liu
- Vauxhall Advert - Cody Cook and Logan Bull
- CBBC Kids Breakout - Jordan Shephard
- Dream a Little Dream by Robbie Williams - Official Video - Tilly Cook

Email [efinch@mepatraining.com](mailto:efinch@mepatraining.com) to register your interest

**[WWW.MEPASTUDIOS.COM/ME-KIDS-AGENCY](http://WWW.MEPASTUDIOS.COM/ME-KIDS-AGENCY)**



MEPA ACADEMY  
GRADUATION &  
AWARDS EVENING  
*2025*

JOIN MEPA ACADEMY FOR A CELEBRATION  
EVENING TO GRADUATE OUR YEAR 11 LEAVERS  
AND CELEBRATE THE SUCCESSES OF ALL  
STUDENTS WITH SPECIAL AWARDS



**STUDI6**

SUNDAY 29 JUNE 2025 | 7:00PM START

[WWW.MEPAACADEMY.COM](http://WWW.MEPAACADEMY.COM)