



FUSING EDUCATION WITH THE ARTS | NO.5

PARENT BULLETIN

19 September 2025



Dear Parents and Carers,

Welcome to a brand-new school year at MEPA Academy! I am thrilled to see our returning students, staff, and families, and to warmly welcome those joining us for the very first time. Each new year is a chance to begin again with fresh energy, renewed focus, and a shared commitment to growth.

At MEPA Academy, we believe every student has the potential to achieve greatness when guided by curiosity, effort, and perseverance. This year, let us continue to challenge ourselves, support one another, and celebrate both our individual and collective successes.

I look forward to walking this journey with you, and I am confident that together, we will make this year at MEPA Academy one filled with discovery, achievement, and pride. Let's make it our best year yet!

Best wishes

Mandy Ellen



DIARY DATES

DATE	EVENT
22 September 2025	Baton of Hope Event – Mote Park
24 September 2025	Year 10 and 11 Parent Information Evening
20-31 October 2025	Half Term
02-14 November 2025	Year 11 Mock Assessments
10-14 November 2025	Yr7-10 End of Term Assessments
27 & 28 November 2025	Academy Showcase – Book tickets at www.mepaacademy.com/book-online
01-14 December 2025	MEPA Training’s Pantomime – Book tickets at www.studio6maidstone.co.uk
12 December 2025	Christmas Carol Service at Studio 6 – further information to come



REPORTING ABSENCE / LATENESS

Absences or late to school are to be reported via email to attendance@mepaacademy.com each day. For any medical appointments, medical evidence is required.

YEAR 7-11 VACCINATIONS

Vaccinations for Year 7-11 on 30 September 2025

This is a reminder to parents to submit a consent or decline for the FLU vaccination via the Immunisation Service’s website <https://www.kentimmunisations.co.uk/>

Please submit your preference by the cut-off date 25/09/2025.

Your school’s unique code/URN is: KT148632

YEAR 10 & 11 INFORMATION EVENING

We are pleased to invite our Year 10 and 11 parents/carers and students to an information evening on Wednesday 24 September 2025 at 6pm till around 7:30pm at Earl Street.

This evening is to provide parents/carers and students with information about their GCSE studies, examinations, access arrangements and other important information including the next steps after Year 11. Teachers will also be providing resources for each student as part of a revision and study pack to take home.

Please could you click the link below to inform us of your attendance to this evening.

<https://forms.office.com/e/6211DhTCtZ>

We look forward to seeing you at the information evening.

PARENT COMMUNICATION

Please can we ask that parents/carers direct all communication to reception as a first point of contact. This includes any queries and questions that you may have around school life.

If you have any concerns that need the attention of the senior team, please contact them directly using the email addresses below.

Mandy Ellen
Principal Director
Mellen@mepatraining.com

Emma Finch
Vice Principal
EFinch@mepatraining.com

Lewis Muir
Head of Academy
LMuir@mepatraining.com

If you have subject specific queries or questions and would like to get in contact with any subject teachers, please see below their email addresses:

SUBJECT	TEACHER	EMAIL ADDRESS
Mathematics	James Huggins	jhuggins@mepaacademy.com
English Language	Lucy Benardout	lbenardout@mepaacademy.com
English Literature	Lucy Benardout	lbenardout@mepaacademy.com
Science	Vicky Grant	vgrant@mepaacademy.com
History	Lucy Benardout	lbenardout@mepaacademy.com
Geography	Lewis Muir	lmuir@mepatraining.com
Performing Arts	Emma Finch	efinch@mepatraining.com
Spanish	Silvia Jackson	sjackson@mepaacademy.com
Art and Design	Casey Brett	cbrett@mepaacademy.com
Enterprise	Lewis Muir	lmuir@mepatraining.com
Music	Chris Huntley	chuntley@mepaacademy.com

THORPE PARK TRIP

On Tuesday, 16 September 2025, the whole school went to Thorpe Park. When we got there, the height of the rides looked much more daunting than they had online, which shook me and my friends. The first ride I went on was *Swarm*, and since it was my first ever twisting rollercoaster, I instantly regretted going on it—but there was no turning back. When we reached the top, my heart sank to the bottom of my stomach. After the first drop, though, the ride was really good—the theme was amazing, and the smoothness was a 10/10. Thankfully, there were no queues, so we got to go on it many times before heading over to *Colossus*, which had so many loops it gave me a headache (as you can see in the photo), but I still ended up going on it about four more times!



This was one of the many thrill-seeking rides I went on. It's called *Stealth*, and it reaches over 80 mph in less than 1.8 seconds! It also scrapes the sky at 205 feet, and when my friends and I reached the top, the camera took a really good photo of us up there. We were really hoping for a rollback (which sadly didn't happen). The force was so strong it pinned you back into your seat, and it all went by so fast—but it was such a good ride!

Review by Sophia Qubian, Year 8

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
MEPA Panto	5 – 14 December 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 – Head of Academy

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.

STUDENT WELFARE OFFICER

We are pleased to announce that Jemma Capon has been appointed as our new Student Welfare Officer.

Jemma is here to:

- Support students with personal and wellbeing matters
- Be an initial point of contact for problem solving and signposting to relevant services and resources.
- Promote a safe, inclusive and supportive environment for all members of the student community.

Jemma is in the office on Wednesdays and Thursdays.

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

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 routines.

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.



X @wake_up_weds

f /www.thenationalcollege

@wake.up.wednesday

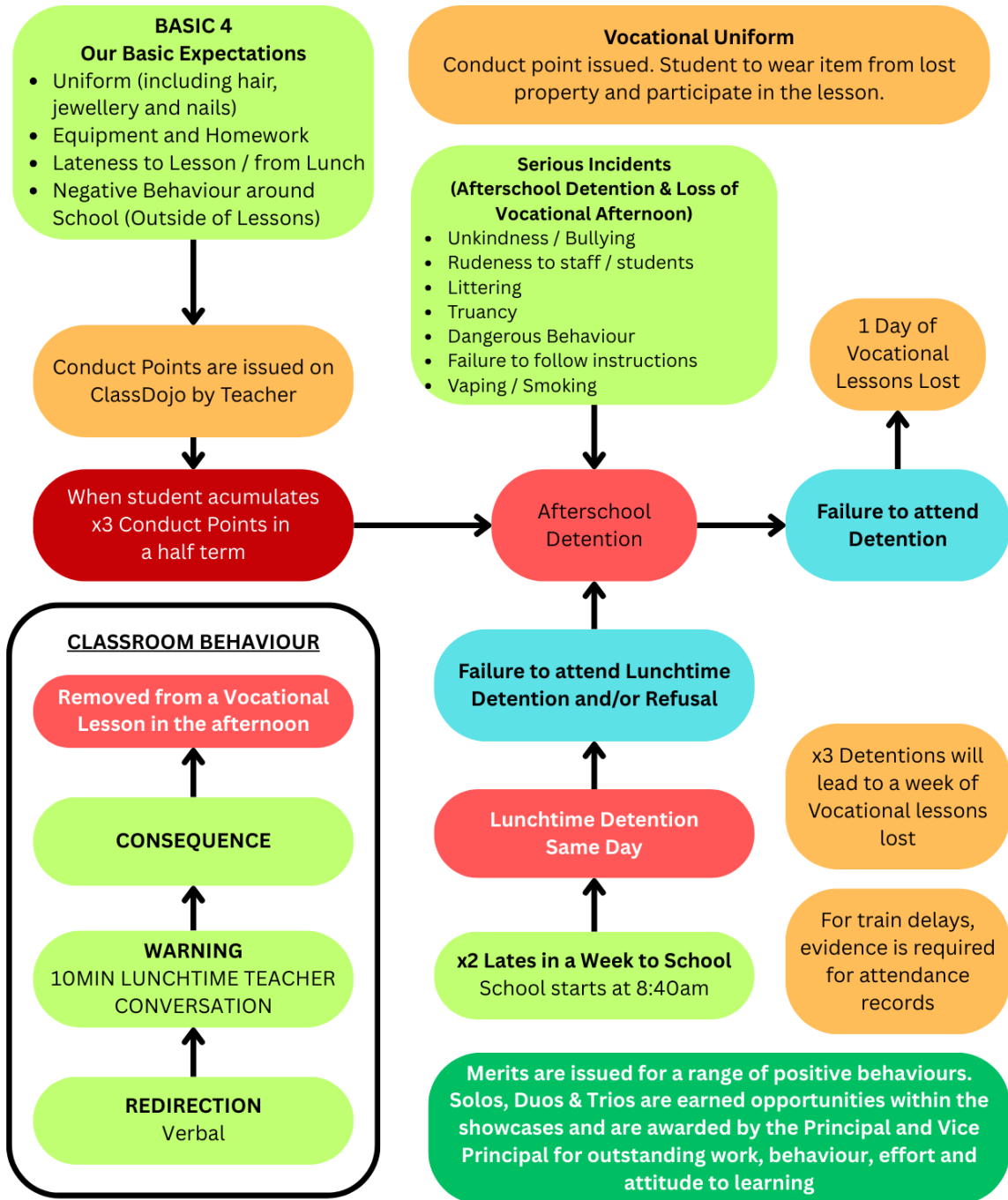
@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 10.04.2024



BEHAVIOUR POLICY

A guide for teachers, parents/carers and students on our behaviour policy



FUSING EDUCATION WITH THE ARTS
DREAM, BELIEVE, ACHIEVE