

PRINCIPAL'S END OF SPRING TERM MESSAGE



Dear Parents,

I can't believe it is the end of term already, this term has been the complete opposite of this time last year, it has been very long! But equally as busy and productive. You will see detailed below, all the fantastic trips, events and opportunities that our young people have taken part in since February half term. This term for Year 11 and 13 has been about getting them ready for the fastly approaching summer examinations. When we return after Easter some Year 11 students will have 7 school days until their first exam! With this in mind we look forward to welcoming some year 11 and 13 students over Easter to take part in targeted revision and intervention sessions, I know this studious approach to your revision will pay off when the exams start.

Unfortunately as you will be aware our academy has experienced heartache this half term, with the sudden passing of one of our Year 10 students, Ryan Keys. He was a valued member of our academy community—bright, kind-hearted, and full of potential. His loss has deeply affected students, staff, and families across the academy.

Our thoughts and heartfelt condolences continue to go out to Ryan's family and friends at this incredibly difficult time. I am in regular contact with his family, sharing with them the fantastic tributes that WMG academy has created and contributed to them. In the coming weeks, we will find a way to honour and remember Ryan in a way that reflects his impact in our Academy.

Finally, may I take this opportunity to wish everyone a restful break, staff, students, families and employer partners, whether you are observing Easter or simply enjoying the bank holiday weekends, I hope that you enjoy time with your family and loved ones and that the students return recharged and ready to take on the 'final' summer term at WMG.

Claire Morris
Associate Principal





This has been another very busy and productive term for both academies. National Apprenticeship Week was a real success across both Coventry and Solihull academies and benefited from a huge range of Employer Partner Events. Staff and our employer partners worked hard to support the students in participating in 12 events in 5 days, 45 hours of industry activities as well as 18 Alumni students returning home to share their experiences. This is a brilliant example of what we do best at WMG academies; changing young people's lives for the better every single day by inspiring, educating and preparing them for their early careers and beyond.

Students across both academies have also participated in a huge number of trips and visits as well as gaining experiences from a wide variety of guest speakers

including the Mayor of West Midlands, Richard Parker. The Mayor was involved in a round table discussion with students about what young people need to make the transition from school to the workplace and also the challenges that students face when they leave school and enter in the world of apprenticeships.

Staff and students alike are ready for the Easter break and I wish all students, parents and carers a restful break over the Easter period and the Year 11 and 13 students particularly.... a productive balance between focussed revision and relaxation; albeit more revision than relaxation!

Stewart Tait - CEO

INTERNATIONAL WOMEN'S DAY AT OPMOBILITY

On 5th March, in celebration of International Women's Day, Opmobility Edison Road welcomed a group of female engineering students and their tutor from WMG Academy for Young Engineers as part of Equity Week. The students experienced a company induction, enjoyed a guided tour of the plant, and engaged in an interactive hands-on escape room activity where they needed to acquire codes to successfully complete the challenge.

We sincerely appreciate the WMG students for joining us. It was truly inspiring to see the upcoming generation of women showing enthusiasm for the automotive industry. We would also like to express our gratitude to everyone who helped make this remarkable event possible, providing young minds with the chance to explore our organization. - OPMOBILITY



BLETCHLEY PARK TRIP: A JOURNEY THROUGH CODE, CYBER, AND GAMING

Last week, our students had the exciting opportunity to visit Bletchley Park, the historic site of codebreaking during World War II and the birthplace of modern computing. Throughout the day, they participated in a variety of immersive workshops that allowed them to explore topics such as cybersecurity, cryptography, robotics, artificial intelligence (AI), and retro gaming. Here's a recap of their adventures:

1. Cyber Champions:

In the Cyber Champions workshop, students learned about the importance of online safety and cybersecurity. They were introduced to key concepts of protecting personal information, identifying threats like phishing, and understanding how their online presence affects their digital footprint. The session also included practical activities that helped reinforce safe online practices. As a thoughtful gesture, each student was given a privacy cover for their phone camera, a small but effective tool in protecting their privacy from hackers in the digital world. The students were engaged and eager to ask questions, reflecting the importance of learning how to stay safe online.

2. Codename Cipher I – The Bombe and the Enigma:

In Codename Cipher I, students took a step back in time to learn about the remarkable efforts of wartime codebreakers. Through an interactive code-breaking activity, they explored the Bombe machine and the legendary Enigma cipher used by the Germans during World War II. The students worked in teams to solve puzzles, simulating the challenges faced by codebreakers at Bletchley Park. It was an eye-opening experience as they learned how mathematics, computing, and human ingenuity came together to crack codes and change the course of history.

3. Gaming & Shop – A Journey Through Gaming History:

The Gaming & Shop session took students on a time-traveling adventure through the evolution of gaming technology. They had the chance to play on a variety of legacy gaming consoles and classic computer games, including those from the 80s and 90s, such as vintage arcade machines and early home consoles. The experience was nostalgic for many, and students were fascinated by the simplicity of older games compared to modern-day gaming systems. They also had the opportunity to explore the museum's gift shop, where they found unique gaming memorabilia, including retro game cartridges and collectible items.



Continued...

4. Robotics & AI – Exploring the Future of Technology:

In the Robotics & AI workshop, students delved into both historic and modern robotics and artificial intelligence. Through interactive quizzes and demonstrations, they learned about the early days of automation and the rise of AI technologies. The session gave them an understanding of the fundamentals of robotics, from simple mechanical machines to advanced AI-driven robots used in industries today. The students enjoyed the hands-on nature of the activities and were especially excited to see how robots are evolving in the real world, from manufacturing to healthcare.

5. BBC Basic – Coding the Classic Snake Game:

The BBC Basic workshop took students on a nostalgic journey back to the 1980s. Using authentic BBC Micro computers, students learned how to write code in BBC Basic to program the iconic Snake game. This hands-on session gave students a chance to experience early programming firsthand, learning the basics of coding logic, loops, and commands in a retro environment. After successfully coding their own versions of the game, the students enjoyed playing them on the old-school green screen monitors—a perfect blend of learning and fun!

6. Byte-Size Digits – Decoding and Engineering Challenge:

In the Byte-Size Digits session, students honed their communication and teamwork skills as they worked together to solve an engineering challenge. The activity began with the students deciphering a code using encryption techniques. Once they cracked the code, it revealed a significant year: 1944. With this information, they shifted gears and used their engineering skills to collaboratively build a sign displaying the year. This hands-on task not only reinforced their understanding of codebreaking but also gave them an opportunity to put their problem-solving and creative engineering abilities to the test.

A Truly Memorable Experience:

Overall, the trip to Bletchley Park was an incredible success, providing students with a unique opportunity to explore the foundations of modern technology, from the history of cryptography and computing to cybersecurity, robotics, and coding. Each workshop sparked curiosity and allowed students to engage with these subjects in a hands-on, interactive way. They left with not only new skills and knowledge but also a deep appreciation for the advancements in technology that shape the world today. We hope this trip will inspire them to pursue their interests in the world of computing and technology!



NATIONAL GRID'S GRID FOR GOOD MASTERCLASS

We welcomed Grid for Good and National Grid colleagues to lead a masterclass with our WMG Academy Trust Year 12 students in Solihull. The event marked a pivotal part of the students' careers education as they learnt through our host, Robin Neighbour, who National Grid are, their values, early careers information and how to be an outstanding candidate.

The students were extremely fortunate to have so many ambassadors share their varied career journeys and give their advice for the competitive apprenticeship landscape. Thank you to: Matthew, Courtney, Martin, Dan, Molly, Faith and Ibukunolu, who also acted as mentors for the student groups.

All the students gained valuable insight into their personality and work traits with a fun buzz quiz, revealing their animals: black bears, clown fish, tigers, eagles.. a real menagerie! They also gained confidence in STAR interview technique and completed a group assessment exercise based on a fictional plane crash. What was refreshing to see were the students asking questions to test the parameters of the task, thinking outside the box to offer unique solutions. The students certainly developed their communication, teamwork, problem solving and leadership skills during the half day session!



JLR International Women's Day Conference

Amazing to celebrate International Women's Day (IWD) with JLR, with our female students from WMG Academy Solihull and Coventry. Thank you to Sandra Kinyanjui and Morgan Kate Gore for inviting us to such an inspiring day, kindly hosted at the British Motor Museum.

The day began with keynote speech from Kathryn Fairless, with the theme of 'Finding Your Way' and emphasising the power of saying "Yes" to every opportunity. This was followed by an Inspirational Women Panel with Nisa Vergotine, Constance Rudman and Jessica Rumboll, sharing their career journeys, who inspired them and the positive culture that JLR embraces. This was rounded off with the Early Careers Panel, with Hannah Katie Linden and Khushi D. giving some fantastic advice to all the young women considering their next steps and really highlighting the benefits of an apprenticeship route with JLR.

After the presentations and Q&A sessions, the students from the WMG Academies dived into an engineering task: an egg drop challenge. Using straws, cotton balls, paper, tape and string, the students needed to create a sound structure to protect their egg. We are pleased to report that WMG Academy Solihull won over the judges with their pyramid design (and logo!) The day was rounded off with a tour of the British Motor Museum, where Jim led the way, enthusiastically informing us of the tremendous contribution women have made to the automotive industry.

This was such a phenomenal experience for our female students, being inspired firsthand by leading women at JLR. I hope that our students will be the ones leading a future IWD conference on behalf of JLR, inspiring the next generation of female engineers! Thank you to Sandra and Morgan for being our hosts and answering all the students' questions.



PGL - STEM TRIP

87 students from WMG Solihull took part in the annual STEM revision weekend at Caythorpe Court from Friday 28th to Sunday 30th March.

Students took part in a range of outdoor adventure activities including Archery, Laser Tag, Zip Line and the ever popular Cannoning.

They also had teacher led revision sessions for Engineering, Maths and Science. To support with them with their upcoming Exams in May.

The majority of students have said how worthwhile it was, and how the trip is getting better with every year that passes. This also saw the largest ever uptake in the revision weekend. A huge amount of students have said that they are looking forward to going again next year when the dates are released.

The students were given the freedom and opportunity to explore the site, and had the chance to use the indoor sports hall and facilities to their advantage.

The Staff from PGL praised WMG students, stating how mature and respectful our students were, and they could clearly see our Business Like, Business Led ethos in each of them.



SITE VISIT TO BIRMINGHAM AIRPORT

Five teams of Year 12 engineers from WMG Academy Trust in Solihull came to Birmingham Airport to begin their site visit! Hosted by Andy Holding, our students had a tour of the Air Rail Link structure and pedestrian spaces.

As part of the Air Rail Link project, the students need to consider structural engineering aspects, mechanical and electrical engineering aspects, commercialisation, customer journey, sustainability (and keep within budget!) Photographs were taken to support their research and they had the chance to speak with Birmingham Airport staff, including John Gregory, to get a professional understanding of engineering and ask their questions. Thank you to Andy Hale for coordinating the visit, our students returned back to WMG Academy for Young Engineers Solihull and immediately dived into their planning!



SUPER LEARNING DAY - 17TH MARCH 2025

Key Stage Four were treated to the second of three Super Learning Days in the Academy. The aim of these days are to enhance and support the RHSE/PHSE curriculum by inviting external professionals into the Academy to deliver workshops, information and support to our young people.

These organisations deliver a number of educational opportunities to help our students become "Work Ready" ranging from Online Exploitation, Contraception, Emergency First Aid as well as Elevate Exam Support, Electronics and Art.

Students said that they found the work from Umbrella really insightful. Learning First Aid they said has given them key life skills that they can carry with them. The workshop delivered around Autism was really in-depth and useful as it gave the students an insight into the life of someone with Autism and how it affects them daily.

Overall the students enjoyed the day, and are looking forward to the next one.



ATTENDANCE AND WELL-BEING COFFEE MORNING

Thank you to all the parents who attended the attendance and well-being coffee morning, it was great to get to talk to you. As always WMG would like to encourage conversations with your child about their attendance and punctuality. If you have any concerns or would like extra support with your child's attendance please get in touch with Miss Greenaway (Attendance and Well-being officer).



Attendance Support

Chloe and Liz will be completing drop in sessions at the family hubs after the Easter break. They will be offering attendance advice, support and guidance.

Drop in details:

Tuesday 12-1.30pm @ Elmwood Place

Friday 9.30-11.30am @ Shirley Heath Outreach Hub

Parking will be available outside the school. Parking is accepted on double yellow lines outside the school during the times of the drop in session.

There is no need to make an appointment. Just drop in during the drop in times.

Does your child worry about going to school?

Do you feel you have tried everything to ensure your child attends school but nothing seems to be working?

Do you feel there has been a relationship breakdown with your child's school?

Do you have general questions around school attendance?

Then please attend one of our drop in sessions for attendance support.

Elmwood Place
37 Burtons Way,
Birmingham
B36 0UG



Shirley Outreach Hub
Coombe Road,
Shirley,
Solihull

If you have any questions please email attendanceenquiries@solihull.gov.uk

ACADEMY RACE TEAM DEMONSTRATE THEIR TECHNICAL EXCELLENCE

WMG Academy Solihull Green Power race team have just returned from Mallory Park Race Circuit in Leicestershire; Coben, Zain, Ousmane, Charlie, Charley-May, Malachi, Sahil, Ramzan, Jeevan and Shay took part in the Academy's Enrichment programme which gave them the opportunity to build and develop two Green Power electric race cars.

The race team took the cars on their first outing to a race track for the opening test session of the season where they demonstrated their technical skills, their ability to work as a team and their ability to problem solve...this was in addition to honing their newly-acquired driving skills! WMG Academy Solihull is very proud of the way every member of the team shone individually and also supported their fellow team members. Roll on the race season!



YEAR 12 TAKING OFF WITH BIRMINGHAM AIRPORT

WMG Academy Trust welcomed Andy Holding from Birmingham Airport for the launch of the Air Rail Link project for our Year 12 students. This is a phenomenal opportunity for our students to not only apply their STEM skills into an industry challenge, but to refine their team work, project management skills, research, creativity and communication.

To undertake a design challenge facing real-world engineers means that our Solihull students have the chance to propose their solutions that supports sustainability. Our students are now in their teams, already planning their research in readiness for their on-site visit! We are proud to be part of this experience with Birmingham Airport and have our future engineers competing for the winning pitch in June.



THE BUILD UP TO SUMMER EXAMINATIONS

I just wanted to share a short message of thanks to all of our Year 11 and Year 13 students who are currently working hard during the build up to their summer examinations. They have been attending additional interventions - before school, during lunch time and after school - showing an outstanding commitment to their studies and their exams. A big thank you to the staff who are dedicating their time also to running these interventions and offering this additional layer of support for our students.

A special thank you also to our parents and carers who are also supporting their child outside of school hours. During our recent Parents' Evenings, you will have been given information on how to provide additional support for your child and what areas they need to focus on to enhance their revision in their own time. Please can I ask for your continued support with this over the coming weeks.

Our year 11 students involved in the All Stars Achievement league have shown commitment and enthusiasm towards this. They have been striving for excellence in all of their lessons and are keen to be champions of the league. Please watch this space where we will announce the winners in our next newsletter edition.

A reminder that Easter interventions will be taking place during the 14th and 15th of April. All parents/carers of children involved in these will be notified by either myself or Mr Bain. If your child is targeted to attend, please encourage this to ensure they fully reap the rewards of the additional support and interventions put in place for them.

Thank you again to all.

Mrs O'Malley
Assistant Principal



APPOINTMENT OF A WMG SOLIHULL PARENT GOVERNOR

"May I introduce Richard Steven who has been appointed as our new parent Governor. Welcome aboard Richard, we are delighted to have you onboard! Claire Morris

"My name is Richard Steven and I'm a Chartered Electronics Engineer with Rolls-Royce. Having graduated from the University of Newcastle upon Tyne I have worked as a Design and Development Engineer within the aerospace industry for the last 24 years and understand the importance of encouraging and developing young engineers. During this time I have had the opportunity to work alongside many young people starting out in their career either as their supervisor or mentor and believe strongly that providing the right challenges and environment can unlock their potential.

Outside of work, I am a trustee for a local scout group and the Junior Liaison Officer for Meriden Archery Club where I am also qualifying as a coach. Prior to joining the Archery Club I held coaching roles with Old Saltleians Rugby Club."

Regards, Richard Steven



EMOJI AWARENESS FOR PARENTS

Some emojis may have hidden meanings related to drugs, violence, or risky behavior. [Click here to see the guide](#) Staying informed helps keep conversations open and supportive.



Spotlight of the Term

Science



What Are You Working On In Science Lessons At The Moment?

Year 10 Triple Science:

Year 10 Triple Science students have successfully completed their mid-year review assessments in Biology, Chemistry, and Physics. These assessments serve as an important benchmark, allowing students to evaluate their understanding of key concepts and identify areas for further improvement. Following these assessments students are now focusing on targeted revision to strengthen their knowledge and prepare for the upcoming topics and assessments in the latter half of the academic year.

Year 10 Combined Science:

Similar to their Triple Science peers, Year 10 Combined Science students have completed their mid-year review assessments. These assessments provide an opportunity for students to reflect on their learning progress across the two science disciplines. Moving forward, students are focusing on consolidating their knowledge in preparation for the next stages of the curriculum and to ensure that they are fully prepared for their GCSE courses.

Year 11 Science:

Year 11 students have now completed all the content for their GCSE Science courses. With the final exams approaching, students are currently engaged in intensive revision to reinforce their understanding and maximize their exam performance. To support this revision process, the Science Department is offering a series of intervention lessons designed to address specific areas of need and provide additional support. These intervention sessions are scheduled as follows:

- Tuesday Afternoon: Chemistry Intervention
- Wednesday Morning: Physics Intervention
- Thursday Lunchtime: Biology Intervention
- Friday Morning: Chemistry Intervention

Continued.....

These intervention sessions are an integral part of the department's efforts to ensure that all Year 11 students receive the support they need to succeed in their GCSE Science exams. They offer a valuable opportunity for students to revisit challenging concepts, clarify doubts, and consolidate their learning in a focused, supportive environment

A-level Biology:

Year 13 students have successfully completed their subject content and are now entering the crucial final stages of preparation for their upcoming exams. With their lessons behind them, the focus has shifted to revising key concepts, refining exam techniques, and strengthen their understanding of the material.

A-level Chemistry:

With the curriculum fully covered, attention has shifted to consolidating knowledge, refining exam strategies, and reinforcing understanding of key concepts.

A Level Physics:

Year 13 students have Finished their Subject content and are now preparing for their final exams. To support their revision, we are offering two Physics intervention classes focused on enhancing their exam techniques. These sessions aim to provide targeted guidance, helping students refine their approach to problem solving, improve their exam performance and boost their confidence as they approach the final assessments.

BTEC Science – Unit 1 & Unit 3 exam

BTEC Science Students Completed their unit 1 and Unit 3 Modules in December and sat for their final exams in January. After a period of anticipation, they received their results in March, and many of them achieved excellent grades. The hard work and dedication displayed throughout the course were reflected in their successful outcomes, marking a significant achievement in their academic journey.



Highlight Of The Half Term

Bronze Industrial Cadets Award

Birmingham Routes into Stem February 2025 One of our Year 10 students, Felix Brown, participated in the Birmingham Routes into STEM program in February 2025. Felix fully completed the course, demonstrating dedication and enthusiasm throughout, and was awarded the Bronze Industrial Cadets Award in recognition of his achievements. This accomplishment highlights his commitment to developing skills in the STEM field and sets a strong foundation for his future academic and professional endeavours.



Continued.....

British Science week

All GCSE students celebrating British Science week doing different activities in their lessons and tutor time.

University of Birmingham- BAM project

The University of Birmingham's BAM project provided an engaging learning experience for Year 10 students, led by a professor from the university. As part of the project, students conducted an experiment focused on toxicology, where they investigated the effects of varying concentrations of salt water on the germination of cress seeds. This hands-on activity allowed the pupils to explore scientific concepts such as the impact of salinity on plant growth, fostering their understanding of experimental design and the importance of controlling variables in research. The project not only deepened their knowledge of biology but also encouraged critical thinking and scientific inquiry.

Space to Learn Masterclass

Year 11 students were given the exciting opportunity to attend a Space to Learn Masterclass led by one of the Lead Educators and Space advocates at the National Space Centre. During the session, Year 11 X band students gained valuable insights into how rockets operate and had the chance to design and create their own small rockets, making the fuel for them in the lab. Through hands-on activities, students explored key scientific concepts such as chemical reactions, resultant forces, and the science behind space exploration, significantly boosting their knowledge and understanding of space technology.

Megawatt workshop

The Megawatt workshops were delivered to a group of 60 Year 10 students, where Students were engaged in a variety of interactive activities, including designing posters, creating presentations, and playing Megawatt's card games. Through these activities, they gained a deeper understanding of different types of energy resources, exploring both renewable and non-renewable sources. They also discussed the challenges associated with each, such as the environmental impacts of fossil fuels and the limitations of renewable energy technologies, providing them with valuable insights into the complexities of energy production and sustainability.

Launch of Enzen- Mission sustainability

To further deepen students' understanding of sustainability and energy, we launched the Enzen Project during British Science week.

Continued.....



UTC Health Tech Challenge

Our Y12 students have been working very hard this term taking part in the UTC Health Tech Challenge, a competition which involves working in teams to create a product that solves a problem for a particular demographic of people. Amongst our 4 teams we saw assistive technology in the form of smart walkers, walking sticks with haptic feedback and toothbrushes adapted to those with arthritis, but our victorious team of 5 students including Hamaad Tariq, Suleman Niazi, Rayan Saeed, Adam Maniam and Saif Ahmed created an app called 'clarify' to help people with health conditions check their food to see whether it is safe for them to eat. The WMG victors will be attending the final at Lincoln University in May where they will compete against 17 other UTCs for prizes for their hard work!

What's New And Upcoming?

Visit to National Space Centre - Museum in Leicester

Year 10 students will embark on an exciting educational trip to the National Space Centre, where they will engage in a variety of hands-on workshops and interactive activities. These experiences will allow students to explore the fascinating world of space science, technology, and exploration. They will have the chance to learn about the history of space missions, the science behind rocket launches, and the latest advancements in space research. Through these engaging activities, students will gain a deeper understanding of space and its impact on our lives, inspiring their curiosity and passion for science.

Trip to Alton Towers

Year 12 students will have the exciting opportunity to attend a trip to Alton Towers, where they will explore the fascinating physics and engineering principles behind the theme park's rides. During the visit, students will engage in discussions about the mechanics of roller coasters, the forces at play, and the cutting-edge technology used to design and operate these thrilling attractions. This hands-on experience will allow them to deepen their understanding of the practical applications of physics and engineering concepts in real-world scenarios, making the learning experience both educational and enjoyable.

Star Students-

Year 10 Triple Students – Zalan and Lationelle Consistent performance in Science subject

Year 10 Combined Science Students – Adam Cheale and Amelia Lowden great effort and attitude towards learning

Year 11 Students – Myles Fuller, Connor Evans, Slava Zaporozhan and Salma Abdulaahi

Year 12 Student – Jonty Weyer achieved Distinction in his BTEC final exams

Year 13 Students – Cairra Hamilton is producing outstanding work and exam results.

Meet the faces of the academy



Mrs Carey, Deputy SENDCo

What do you enjoy most about working here?

As lead for KS5 it has been seeing the students succeed, not just academically but personally. Seeing a shy quiet student present in an assembly to parents, the smile on their face when they get an award, pushing themselves out of their comfort zones on trips, getting the university or apprenticeship place they wanted. I'm really excited to be taking up my new role and what challenges and opportunities arise.

If you weren't working here, what would your dream job be?

Wallpaper designer, I just can't find ones I like on the high street so why not make my own to bring colour and joy into the home/lives of others.

What do you think makes WMG Academy different from other schools or colleges?

Students are not just numbers, they are individuals and are treated as such. Individual achievements are successes are more important.

In what ways do you feel WMG Academy supports its students to achieve their best?

Individual time and attention, we get to know the students. The whole team being involved to make sure this happens, be it the pastoral team, teaches and even support staff. Everyone makes time for the students no matter the need.

What unique opportunities or experiences do students at WMG receive that they might not get anywhere else?

The mature environment, where they get noticed. The range of enrichment and employer partnership opportunities are amazing. If I had had the opportunities at my secondary school, I would be in a different job.

Tackling stress together

Learn how to spot the signs and find the fix this Stress Awareness Month

Did you know that, on average, we Brits spend a **third** of our workday feeling stressed?

In fact, a whopping **79%** of us experience work-related stress regularly

But if you know how to recognise the signs and take small steps to manage it, stress doesn't have to run the show

The top stress triggers

Wondering what's causing you to feel stressed? Let's look at the top culprits.

Personal:

- Dreading an event or deadline
- Juggling too much
- Big life changes
- Money worries
- Too many responsibilities
- Fretting over the unknown

Professionally:

- Struggling with workload
- Bullying or micromanagement
- Lack of support or guidance
- Feeling stuck in a career rut
- Major workplace changes
- No meaningful work relationships

When stress takes its toll

Stress can show up in all sorts of ways, both at work and at home. You might feel irritable, drained, or completely lose focus. Here's what to watch out for:

Perpetual stress

Pushing up
unhealthy habits

Making silly
mistakes

Snapping at
people

Feeling fatigued

Low motivation

Struggling with time
management



Log into Vivup

Smart ways to manage stress

Now we know how to spot stress, let's see what we can do to stop stress



Self-care > stress

Staying strong in mind and body helps keep stress in check. Sleep well, fuel up with good food and stay active. These habits build resilience, so you're better equipped to tackle whatever comes your way



Track your triggers

Figuring out what gets you stressed is a great way to prep for those moments. Try jotting down your triggers and see if you spot any patterns - you might be surprised at what you find



Take a breather

Mindfulness and breathing exercises are awesome for slowing your heart rate and taking on stress with a clearer head. When you're feeling more centred, it's way easier to figure out how to face those stressful situations



Stress less with Vivup

Your Vivup platform is packed with benefits to support your mental, physical and financial wellbeing. Log in or register today to see how these resources can help you manage stress and boost resilience!



Log into Vivup

HOLIDAY ACTIVITIES AND FOOD PROGRAMME

The Easter 2025 HAF schemes will be updated and LIVE on the directory from Monday 17th March and you will be sent your HAF code by email on Monday 17th March 2025.

Please see following link https://edportals.solihull.gov.uk/Synergy/Live/SynergyWeb/Solihull_FSD/HAF2024.aspx

SAFEGUARDING AND WELL-BEING OVER EASTER HOLIDAYS 2025

DURING VACATIONS, SAFEGUARDING CONCERNS SHOULD BE FORWARDED TO SOLIHULL.INFO@WMGACADEMY.ORG.UK AND MARKED 'CONFIDENTIAL – FAO SAFEGUARDING LEAD'.

IF YOU HAVE CONCERNS THAT A CHILD IS AT RISK OF HARM OR IS BEING HARMED, PLEASE CONTACT YOUR LOCAL MULTI-AGENCY SAFEGUARDING HUB (MASH), DETAILS OF WHICH ARE AVAILABLE AT: [HTTPS://SOLIHULL.WMGACADEMY.ORG.UK/SAFEGUARDING/OUT-OF-HOURS-CONTACTS](https://solihull.wmgacademy.org.uk/safeguarding/out-of-hours-contacts)

IMPORTANT DATES FOR YOUR DIARY

FRIDAY 11 TH APRIL 2025	ACADEMY CLOSES FOR SPRING TERM
MONDAY 28 TH APRIL 2025	ACADEMY OPENS FOR SUMMER TERM
MONDAY 28 TH APRIL 2025	SUPER LEARNING DAY - YEAR 10 & 11
MONDAY 5 TH MAY 2025	BANK HOLIDAY
TUESDAY 6 TH MAY 2025	EXAM SEASON BEGINS
FRIDAY 23 RD MAY 2025	ACADEMY CLOSES FOR HALF TERM
MONDAY 2 ND JUNE 2025	ACADEMY OPENS AFTER HALF TERM

Happy Easter Holidays