

Dear Families,

Yesterday was the National Time to Talk Day. Time to Talk is the nation’s biggest mental health conversation. It is a day for friends, families, communities and workplaces to come together to talk, listen and change lives. As a school, we want everyone to feel comfortable to talk about mental health. Talking about mental health is not easy, but a conversation has the power to change lives.

Tips for talking

There's no right or wrong way to talk about mental health. But these tips can help make sure you’re approaching the conversation in a helpful way.

Ask questions and listen

Asking questions can give the person space to express how they’re feeling and what they’re going through. And it can help you to understand their experience better. Try to ask questions that are open, for example, “how does that affect you?” or “what does it feel like?”

Think about the time and place

Sometimes it’s easier to talk side by side rather than face to face. If you do talk in person, you might want to chat while doing something else. You could start a conversation when you’re walking, cooking or stuck in traffic.

Talking openly and honestly can be the first step towards better mental health for everyone.



REMINDERS & NOTICES

Rugby Update

We are delighted to have secured local sponsorship to allow us to get a new Rugby kit for the upper school teams. A huge thank you goes to **The Macron store** with their new initiative yourgame yourname, to **Owens Coaches** and to **One Step Ahead** - local Foot Health Practitioners.



A Level Biology Making Apple Juice

Year 13 Biologists made their own immobilised enzymes (alginate beads) and used them to make pure apple juice from apple pulp!



Year 11 Rivers Trip Part 2

After being rained off twice, the trip was worth the wait. Students enjoyed the sunshine and gathered data to prove how river processes occurred downstream. Their behaviour was excellent, particularly in the coffee shop, which was commented on by members of the public. #topgeographers



FOCUS



Exciting times!

Next week will be the launch of our very first Student Bulletin – written by our talented students themselves!!



UPCOMING EVENTS

Click [here](#) to view our upcoming events.
Events at a glance:
11th to 13th February – Grease the Musical
14th February – Collaboration Day
17th February – Half-term break starts
24th February – PD Day
25th February – All students return to school



Click [here](#) to view our term dates.



NEWS

Click [here](#) to view our latest news articles.

Why not also follow us on Facebook @MarchesSchool for a wealth of content from students and staff, along with school celebrations to competitions. We encourage you to get interactive with our posts!

To hear about news from across the Trust, why not also follow @MarchesAcademyTrust.