marches school

part of the Marches Academy Trust

Talking Heads

Friday 6th February 2026

Dear Families,

I hope you have all had a wonderful week!

The 5th February 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 is no right or wrong way to talk about mental health. But these tips can help make sure you are approaching the conversation in a helpful way.

Ask questions and listen

Asking questions can give the person space to express how they are feeling and what they are 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 is 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 are walking, cooking or stuck in traffic.

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

Find more information here: Time to Talk Day - Mind

REMINDERS & NOTICES

Year 7 Science

7W2 have been busy putting together lots of what they have learnt in the unit 'Titanic' to build their boats ready to test them out next lesson 😊

Business gets Chocolatey!

Year 10 Business students have been learning all about Primary Market Research. They have been creating questionnaires, undertaking some online secondary market research and there has even been a couple of chocolate focus groups completing a blind taste tasting session!

Let's talk about reading!

Year 12 are excited to share what they are reading in January – celebrating the National Year of Reading.

Year 11 Lock-In

Our Year 11 students are locked in and fully focused, working hard and showing exactly what they are capable of.

It is wonderful to see the concentration, determination, and pride from everyone involved. Well done, Year 11 keep going, you are doing brilliantly! 💪📚✨

Year 10 Rugby

A fantastic group of boys proudly represented The Marches in the Year 10 Rugby County Cup at home against Abraham Darby. Despite the opposition's greater experience and time playing together, our team matched them every step of the way with incredible enthusiasm, determination, and spirit. They should be extremely proud of themselves — we certainly are!

FOCUS

Times of the School Day

Please take a moment to share your views on the proposed changes to the school day by following the link below. Your insight is incredibly valuable and will help us make a well-informed decision that takes all factors into account.

https://edurio.com/poll/TqjHk5

UPCOMING EVENTS

Click here to view our upcoming events.
Events at a glance:

9th to 12th February – School of Rock Production
Friday 13th February – last day of half-term
Monday 23rd February – PD Day
Tuesday 24th February – Collaboration Day

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.

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