



WEEKLY UPDATE

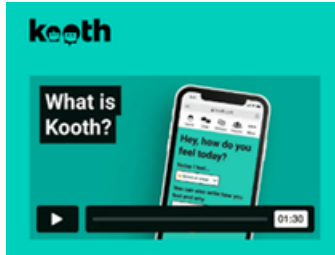
CORE VALUE: ENDURANCE

SPRING TERM 1 ISSUE 6

9TH FEBRUARY 2026

Dear Parents / Carers,

As Children's Mental Health Week comes to an end, my thoughts are with those families and young people experiencing difficulties at this time. As school signs off at the end of Term 4, I encourage you all to maximise the time available with those closest to you; the message to all our pupils this week has been to encourage talk and connection with one another.



We have signposted some really useful resources including <https://www.kooth.com/> and I encourage you to take 5 minutes to familiarise yourselves with the local support available. As well as national resources such as Kooth, we are incredibly fortunate to have an excellent working relationship with THE SPACE in Cheddar; if you're passing through this half-term, they serve great coffee, tea and other hot and cold beverages right opposite Tesco!



Following last week's Parenting in the Digital Age evening, I have had a hugely positive response from parents and carers considering next steps for supporting their children on this journey. We will have a date in term 5, a chance to get together with like-minded parents to discuss a parent community response to the challenges related to smartphones in childhood. Thanks to all those who have come forward offering their support to date.

Thanks to everyone who bought tickets to see High School Musical this week. Our year 8's who performed did themselves so proud; with over 65 of the year group involved either directly on stage or in a support role, it was a spectacular effort epitomising teamwork and community. To take in the smiles and the laughter all week has given our staff and younger pupils immense pleasure - certainly a high bar for next year's cohort to aspire to. A huge thanks to our staff team that have given hours of their own time to assist the pupils and thanks finally to all the parents and carers for committing to the very full schedule of rehearsals – I am sure you all agree it was well worth it.



Reminders

- SCHOOL SHUT TOMORROW! (FRIDAY 13th)
- Y8 Options deadline is MONDAY 23rd FEB - Please send directly to Kings of Wessex Academy
- If parking to the rear of the school, to access main reception please use the new path.
- School reopens to pupils on Monday 23rd February.

I wish you all a restful half term and safe travels for those of you hoping to escape the rain!

Best wishes, Matt Drew.

CALENDAR 2025

FEBRUARY

- 16th - 20th Spring Half Term Holiday
- 23rd School Reopens
- 23rd Y5 Space Detectives/Start Gazing Event
- 23rd Y5 ABC Academy of Barmy Composers
- 26th Y7 Artist Visit - Duncan Cameron

MARCH

- 2nd Y8 Weston College Visit
- 4th Y8 Cannington Visit
- 6th Y8 University of Bath Visit

CLUBS

Clubs resume week commencing 23rd February

SUPPORTING YOUNG PEOPLE WITH MENTAL HEALTH CHALLENGES

Parenting teenagers and pre-teens can be one of the most rewarding AND most challenging this we ever do as adults. This is especially true if your child is struggling with their mental health.

At Hugh Sexey, our pastoral team of tutors, heads of years, pastoral support co-ordinators and the safeguarding team are here to help. Please don't hesitate to reach out to discuss any concerns you may have. We may not have a perfect answer or a quick fix, but we will work with you to do what we can to support your child and signpost support and resources for families

Some helpful sources of support are:

The Space (based in Cheddar). This organisation works with young people, providing counselling as well as providing many parent/carer support groups, activities and drop in
<https://thespacesomerset.org.uk/parent-carer-groups>

Mind provides extensive support for young people aged 11–18, offering tailored information on mental health, feelings, and coping strategies. They offer specialised resources for navigating school issues, supporting friends, and providing guidance for parents or carers, alongside campaigning for better, accessible mental health services.

Key Support Areas for Young People

- **Information Hub:** Dedicated, accessible information for young people on mental health topics.
- **Support for Others:** Resources for young people to help friends or partners.
- **Parents & Carers:** Advice for adults supporting a young person, including a [list of useful contacts](#).
- **Local Support:** [Local Minds](#) operate independently across England and Wales, providing services like counselling.
- **Campaigns:** Fighting for better mental health support in schools and increased access to early support hubs.

For specific, immediate help, Mind provides information on how to access services like [CAMHS \(Child and Adolescent Mental Health Services\)](#).

To find out more about Mind local services, follow the link to the video <https://www.youtube.com/watch?v=5JxIfEblOqw&t=45s>



PE/GAMES

- Girls will be moving to football after half term. Please ensure you have shin pads and boots available for games lessons
- Boys will be moving to netball after half term. Please ensure you have trainers available for games lessons.

All PE lessons will be dance

HOUSEMATCHES

BOYS FOOTBALL/GIRLS NETBALL

Monday 2nd March	P1 & P2 (Year 6) P4 & P5 (Year 5) netball to finish by 3.15pm
Tuesday 3rd March	P1 & P2 (Year 8)
Thursday 5th March	P1 & P2 (Year 7)

GIRLS FOOTBALL /BOYS NETBALL

Monday 2nd March	P1 & P2 (Year 6) P4 & P5 (Year 5) netball to finish by 3.15pm
Tuesday 3rd March	P1 & P2 (Year 8)
Thursday 5th March	P1 & P2 (Year 7)



Well done to the cast of 'High School Musical Jr!'. Your performances showed off all the effort that you have put into rehearsals and we have received so much positive feedback from the audiences. Be proud of your achievements!







MARCH OPEN EVENING

Join us this March and have the chance to explore our courses through hands-on workshops and live demonstrations led by our expert staff and current students!

You'll gain a real insight into what a typical day at college is like, from our facilities to the atmosphere on campus.

Whether you're exploring new interests, planning your next steps, or simply curious about college life, this is the perfect opportunity to ask questions, meet our team, and have a go!

25th March 2026

6:00pm - 8:00pm

All Campuses

WESTON COLLEGE - HAVE A GO

Have a Go' at our March Open Evening and experience college life first-hand.

Join us this March and have the chance to explore our courses through hands-on workshops and live demonstrations led by our expert staff and current students! You'll gain a real insight into what a typical day at college is like, from our facilities to the atmosphere on campus.

Whether you're exploring new interests, planning your next steps, or simply curious about college life, this is the perfect opportunity to ask questions, meet our team, and have a go.

This open evening is ideal for both school leavers and adult learners. If you're looking to upskill, retrain, or start something new in the new year, you'll be able to meet teaching staff, explore our facilities, and discover the courses that can help you achieve your goals. Take a look at all our 16-19 courses [here](#). Take a look at our Adult Courses [here](#).

For any queries, please contact us at enquiries@weston.ac.uk or call **01934 411 411**.

APPLICATIONS ARE NOW OPEN FOR JUNIOR BAKE OFF

Aged between 9-15 and love to bake?
We'd love to hear from you!

WWW.APPLYFORJUNIORBAKEOFF.CO.UK



APPLICATIONS CLOSE 15TH MARCH 2026

Could you tell if your child was being exploited?



Join one of our free online sessions led by Child Exploitation Prevention Officer **Andri Nicolaou**

18 March 7:00 - 8:30pm **30 March 10:30am - 12:00pm**

Learn about the different forms of child exploitation and how offenders groom/exploit children both online and offline. We'll highlight warning signs a child may be at risk and practical steps you can take to keep them safe and respond to any concerns.

Visit the **Avon and Somerset Police Eventbrite page** or scan the QR codes below

18 March **30 March**






WISE UP WORKSHOPS

Being a parent carer of a child or young person with additional needs can bring extra situations which are challenging to know how to handle. To help support parent carers navigate these we have created a range of workshops based on the subjects you have told us would be helpful.

Alongside this we will also have a range of information workshops both face to face and online.

We are grateful to NHS Somerset for funding the program and to the organisations who are supporting the delivery.

This year's offer can be viewed via the link below

[Wise Up Workshops](#)

Y5 VIKINGS

In Year 5, we have received the most amazingly creative homework as part of our Viking homework. Pictured are 5RM celebrating their longboats, villages and weapons!

A huge well done to all 😊



HSMS SUPERSTARS

SWIMMING

Madox W (7EF) recently competed in the Somerset County Championships representing Academy Swim Team Burnham on Sea in a challenging five-day swimming competition. Across eight races, Madox achieved an impressive five medals — four bronze and one silver. This is a fantastic accomplishment and reflects the dedication and effort he put into the event. The competition involved significant commitment, with Madox sacrificing much of his free time and facing a number of challenges, including several beyond his control. Despite the ups and downs, he showed great resilience and determination, pushing through and giving his best throughout.

ATHLETICS

Inter Counties XC Running in Exeter

A brilliant run for Floss in extremely muddy conditions on Saturday, helping Somerset secure 2nd place out of the seven counties from across the South West region. With a great individual performance, seeing her finish 5th fastest out of the Somerset girls, and 28th overall, in a very competitive field.



ABSENCE NOTIFICATIONS ON BROMCOM

All 'on the day' absence notifications can be sent in to school via the following

- Bromcom app,
- School absence line [01934 712211](tel:01934712211) or
- email school@hughsexey.org.uk
-

All future dated absences **must** be sent in via the school email as these need to be approved by the Headteacher.

Many thanks for your continued support



It's time to clear out your wardrobe and donate any unwanted clothing, shoes, bedding and accessories to our Rags2 Riches collection. Our next collection is on **Tuesday 17th March**. Please deliver your items in a black bin bag or tied plastic bag to our main reception.

No school uniform please, please donate this to the preloved shop