



13th February 2026

Dear Parents/Carers,

We hope this message finds you and your family well.

Thank you for your support this Half Term. I hope you enjoy the newsletter which has been sent separately to this letter.

Key news from the Academy is that Ms. Gardiner who was Senior Vice Principal now becomes our Head of School. Whilst I remain as Principal here, Ms. Gardiner will now be working alongside me much more closely in her leadership across the school.

At the end of each Half Term, I always send a letter about a key part of school life to try and continually work together to support your child's learning. This time I am sending support and ideas around routines at home.

We know that the routines established at home play an important part in helping young people feel ready for the school day, both emotionally and academically.

With that in mind, we would like to share some gentle, practical tips that many families here have found helpful in creating effective **bedtime** and **morning routines**. These small habits make a big difference in how confidently and calmly students begin their day.

Supporting a Calmer Bedtime Routine

A predictable evening structure can help young people unwind and prepare for restful sleep. You might find the following suggestions useful:

- **Encourage a consistent bedtime**, even on weekends, to help regulate their body clock.
- **Reduce screen time at least 30–60 minutes before bed**; this helps the mind slow down and signals that the day is coming to a close.
- **Prepare for the next day the night before**—packing bags, organising homework, and setting out uniform—so mornings feel less rushed.
- **Create a calm environment**, such as dim lighting, reading, or other quiet activities that help them relax mentally.
- **Discuss any worries early in the evening**, giving your child space to talk before bedtime, rather than carrying concerns into the night.

Setting Up a Positive Morning Routine

A smooth morning helps students start the day feeling grounded and ready to learn:

- **Allow extra time** where possible so the morning doesn't feel hurried.
- **Encourage a nutritious breakfast** to help concentration and energy levels throughout the day. If you struggle with time in your busy life, our breakfast club is free, open from 7:50am daily and is a welcoming place for children

Principal Mr M Rogers

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- **Build in a few minutes of calm**, whether that's gentle music, quiet conversation, or simply avoiding rushing.
- **Discuss the upcoming day**, helping your child think about what they need, any deadlines, or what they are looking forward to.
- **Aim for punctual arrival**, as being on time helps students settle and start lessons confidently.

Working Together

We understand that every family's routine looks different, and what works for one young person may not work for another. The aim is not perfection but simply creating an environment that helps your child feel prepared, rested, and supported.

If you ever feel your child is struggling with sleep, organisation, or morning readiness, please remember we are here to help. Our pastoral team is always available for guidance and support through our Talk with The Albion contact form [Talk with The Albion Academy | Contact Us | The Albion Academy](#). Please select 'General Pastoral' from the drop-down list.

Thank you for your continued partnership. Together, we can help your child feel ready to thrive at school.

Finally, I have attached term dates to this letter, but we start back at **8:25am on Monday 23rd February**. Period 0 also starts and Period 6 continues on this day also for our Year 11 pupils as they begin their Mock (2) exams this week. I have attached their schedule below and strongly encourage your Year 11 child to attend these sessions! Please see the separate letter sent recently by Ms. Gardiner for information on our holiday revision sessions which our staff are kindly offering your child.

Week B 23/02/26-27/02/26						
P0 7:45-8:15	Date	Time	Subject	Exam	Length of Exam	P6
	Monday 23rd February	1:1 slots	Spanish	Speaking	All day	History Geography
	Tuesday 24th February	1:1 slots	Spanish	Speaking	All day	English
English	Wednesday 25th February	P1 & 2	English Language	Paper 1	1hr 45	Maths
		P3 & 4	History	Paper 1 - Medicine	1hr 20	
			Geography	Paper 1	1hr	
		P5 & 6	Music	Paper 1	1hr 15	
Maths	Thursday 26th February	P1 & 2	Maths	Paper 1 - Non-Calculator	1hr 30	Science
		P3 & 4	Spanish	Writing	F - 1hr15	
					H - 1hr20	
		P5 & 6	Statistics	Paper 1	1hr 30	



			Citizenship	Paper 1	1hr 45	
			Travel & Tourism	Paper 1	2hrs	
Science	Friday 27th February	P1 & 2	Science	Paper 2	C - 1hr 15 T - 1hr 45	Maths
		P3 & 4	History	Paper 2 - Elizabeth & Cold War	1hr 50	
			Geography	Paper 2	1hr	
		P5 & 6	Drama	Component 3	1hr 45	
BTEC Sport	Paper 1		1hr 30			
Week A 02/03/26-06/03/26						
P0 7:45-8:15	Date	Time	Subject	Exam	Length of Exam	P6
Science	Monday 2nd March	P1&2	Maths	Paper 2 - Calculator	1hr 30	English
		P3&4	Science	Paper 2	C - 1hr 15 T - 1hr 45	
		P5	Creative iMedia	Paper 1	1hr 30	
English	Tuesday 3rd March	P1&2	English Literature	Paper 1	2hr 15	Science
		P3&4	History	Paper 3 - Weimar & Nazi Germany	1hr 30	
			Geography	Paper 3	1hr 30	
		P5	Statistics	Paper 2	1hr 30	
Citizenship	Paper 2		1hr 45			
Spanish	Wednesday 4th March	P1&2	Spanish	Listening & Reading	2hr	Maths
		P3&4	Science	Paper 2	C - 1hr 15 T - 1hr 45	
		P5	Food Tech	Paper 1	1hr 20	
Maths	Thursday 5th March	P1&2	Maths	Paper 3 - Calculator	1hr 30	NA
		P3&4	Home Languages	Listening & Reading	2hr	
		P5	Home Languages	Listening & Reading	2hr	
NA	Friday 6th March	P1&2	National Reference Testing	N/A		NA
		P3&4	Home Languages	Writing	F - 1hr15	



					H - 1hr20	
		P5				

Have a lovely half term break.

Kind regards,

Mathew Rogers
Principal

Principal Mr M Rogers

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**THE ALBION ACADEMY
TERM DATES 2025 – 2026**

AUTUMN TERM 1	
Monday 1 st & Tuesday 2 nd September 2025	INSET & UL Planning Day Staff in school - closed for students
Wednesday 3 rd September 2025	Year 7 Students in school only Y11 Parent & Student Appointments
Thursday 4 th September to Friday 24 th October 2025	All Staff and Students in School
Friday 3 rd October 2025	INSET Day Staff in school - closed for students
Mon 27 th October 2025 to Friday 31 st October 2025	Half Term – Closed for Students
AUTUMN TERM 2	
Monday 3 rd November 2025 to Friday 19 th December 2025	All Students in School
Friday 5 th December 2025	INSET Day Staff in school - closed for students
Bank Holiday Thursday 25 th & Friday 26 th December 2025	School closed to Staff & Students
Monday 22 nd December 2025 to Monday 5 th January 2026	Christmas Holiday - closed for students
SPRING TERM 1	
Bank Holiday Thursday 1 st January 2026	School closed to Staff & Students
Monday 5 th January 2026	UL Planning Day Staff in school - closed for students
Tuesday 6 th January 2026 to Friday 13 th February 2026	All staff and students in school
Monday 16 th February 2026 to Friday 20 th February 2026	Half Term – closed for Students
SPRING TERM 2	
Monday 23 rd February 2026 to Thursday 2 nd April 2026	All Students in School
Friday 3 rd April 2026 to Thursday 16 ^h April 2026	Easter Holidays - closed for Students
Bank Holidays Easter - Friday 3 rd April & Monday 6 th April 2026	School closed to Staff & Students
Friday 17 th April 2026	UL Planning Day Staff in school-closed for students
SUMMER TERM 1	
Monday 20 th April 2026 to Friday 22 nd May 2026	All Students in School
Bank Holiday – Monday 4 th May 2026	School closed to Staff & Students
SUMMER TERM 2	
Monday 25 th May 2026 to Friday 29 th May 2026	Half Term – Closed for Students
Bank Holiday – Monday 25 th May 2026	School closed to Staff & Students
Monday 1 st June 2026 to Friday 17 th July 2026	All Students in School

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