



Sixth Sense

Which Week?

This Week: Monday 27th Feb (Week 1)

Next week: Monday 6th March (Week 2)

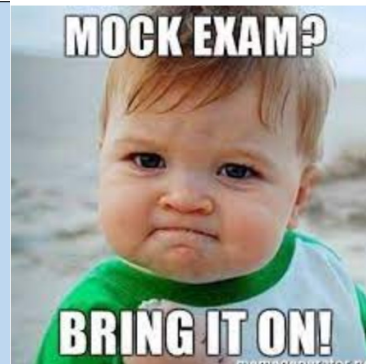


Study Skills: Ace Your Exams Session for Yr13

This Wednesday, we look forward to welcoming 'Elevate' to the Academy, who will be working specifically with our Year 13 A Level students on exam technique. Whilst I appreciate that timing is never perhaps for us to run these sessions, the opportunity offered by this Wednesday in particular has allowed us an

opportunity to maximise the use of this day and as such **NO MOCKS EXAMS WILL TAKE PLACE ON THIS DAY** for any A level student in order for you to engage fully with these highly interactive sessions that I very much hope provide you with SMARTER ways of working and preparing for your final exams during May and June. With have high hopes for these sessions that will be backed-up by a range of printed and online resource for you to utilise. The location will be confirmed via email on Monday or Tuesday.

Similarly, we will be freeing-up time for our BTEC students to work in a more focussed manner for this day on prioritising key coursework elements to be completed. This is a vital period for BTEC students to demonstrate that they are able to manage their workload and ongoing deadlines in a mature and diligent manner.



Mock Exams: Part 2

As I am sure you are all aware, the second phase of mock exams are

upon us for Yr13s and will start immediately after half term. Please ensure you refer to the mock exam schedule on the following page of Sixth Sense.

- Mock exams begin on 27-02-23 and run for 2.5 weeks.
- From 27-02-23 Y13s will leave for lunch at 1225 to miss the queue and be able to get to exams on time.
- When students finish exams for morning sessions, they will return to lessons (where they occur) as normal. For afternoon exams, dependent on the time of the exams, they will return back to lessons or then leave straight from the exam hall for home time.
- Note: Wednesday's mock exam will be moved to a later point in time to make space for the 'Ace Your Exams', exam technique training session.

It is important for you to put the effort into your revision and to work hard whilst trying to consider a routine of working, eating, resting and sleeping that you hope to use in your summer exams.

Wednesday 1st March, will again see a second planned strike action day. As was the case during the previous strike day, we plan to **prioritise Sixth Form lessons** as an Academy due to the phase of education you are in. Our experience during the last strike day was that all of the Sixth Form lessons went ahead at the normal time and place as ever and therefore it is **ESSENTIAL FOR YOU TO ATTEND AND COMPLETE YOUR NORMAL TIMETABLED DAY.** **ALL** of your normal lessons will take place at the **SAME TIME** and **SAME PLACE** (with the exception of Yr13 A Level students doing their exam technique sessions). **THIS IS NOT A DAY-OFF SCHOOL!**



Given that many of you may own a gaming system of some kind and may (low and behold) use this regularly, please find this week's information sheet from National Online Safety, that clarifies the benefits that gaming can have on achieving positive outcomes! Not to be confused with this being classed as revision in any way, but perhaps a good time to remind you of the phrase, "everything in moderation"! **Please go to Page 3 for more information.**

For any feedback, please email: (Yr12) Mr Curran: ccurran@kingshurst.tgacademy.org.uk, (Yr13) Miss Foster: jfoster@kingshurst.tgacademy.org.uk;
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10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage ...

THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. Those emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fall or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance: striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity: it's like listening to a favourite song that always makes you feel happy or confident.

ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

Meet Our Expert

Daniel Lipscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VO247.



#WakeUpWednesday

Source: https://www.ofcom.gov.uk/l1_data/assets/pdf_file/0024/234809/childrens-media-use-and-attitudes-report-2022.pdf



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