



Inside Kingshurst

Mental Health Awareness Week



Mental Health

The final week of term, nationally marked the annual Mental Health Awareness Week during 2023, the focus of which was on **anxiety**. As

we reach the half term point of the term, it is a useful point to 'press-pause' and reflect.

It is important for us to consider that anxiety is a normal emotion that all of us will both feel and experience in our lives. It vary on a day-to-day basis and in response to specific situation where it can get out of control and develop into what can be termed as a mental health problem.

We each have a personal response that can lead to feels of anxiety such as exam pressures, relationships with our friends and families in addition to events in our life that challenge us.

The organisation, Mind have reported that 74% of young people have said they wanted to find information about mental health at school and therefore, we have included a link to a range of resources (below) that may be of help.

Resources

- Webpage: [Mind homepage](#)
- Resource: [Uncertain times: Anxiety in the UK and how to tackle it](#)
- Resource: [What can we do to cope with feelings of anxiety?](#)
- Webpage: [TGAK advice and guidance from our own website](#)

The relationship between anxiety and exercise

Exercise is frequently associated with benefits to mental health for a number of variety reasons and has also been shown to be an effective way of managing a number of anxiety disorders.

In 2018, a review compared the use of exercise, in the form of running, walking or aerobic sessions (being completed for at least two weeks), to a group on a waiting list for the treatment for anxiety. It found that exercise was effective in the treatment of anxiety when compared to those on a waiting list not taking part in exercise.

In addition, in 2023 another study published in the British Journal of Sports Medicine, looked at the effects of physical activity on anxiety and other psychological disorders. It concluded that various types of physical activity were highly beneficial for improving symptoms of anxiety, with the authors of the research going so far as to say that **'physical activity should be a mainstay approach in the management of anxiety [and other anxiety disorders]'**.

What type of exercise you choose to do, or how well you do it is not a factor. Simply, the process of taking part can make a difference.

Whether it is completing a nostalgic [Joe Wicks workout](#) on Youtube or making a plan every Saturday morning to complete a free, local [Parkrun](#) by running or walking a 5km, it all has a positive effect. With the weather brightening up, hopefully our mood and appetite to 'get physical' will follow!



TGAK SPORT

We wish the Yr9 Boys Football team the very best of luck in the Solihull Cup Final against St. Peters on Thursday 8th June!

Many congratulations to the staff football team for their 4—3 victory over Coleshill School in their annual derby.



Exam Info

Please find an overview of the GCSE examinations taking place this week on [Page 3](#) of Inside Out.

Fun Fact! Keep on Running

Following on from the above information about the benefits of physical activity, during our lifetime it is proposed that we will travel the same distance as going around the Earth three times!

In addition, we will sleep for approximately 23 years in total (in order to recuperate from this!).



National Online Safety: Influencers

In this week's edition, we have advice and guidance from NOS regarding the contemporary phenomenon of 'Influencers'. Given the recent half term holiday and potential for your children to have spent longer on their devices than normal. Some of this time may have been spent attending to posts from these individuals on a variety of platforms. The guide on the [second page](#) provides further support related to this subject matter.

What Parents & Carers Need to Know about INFLUENCERS

In today's digital age, social media influencers play an increasingly significant role in shaping the opinions, interests and behaviours of our children. While many of these individuals can have a positive effect, influencer culture can also present certain risks – such as encouraging consumerism, affecting self-esteem and blurring trustworthiness. To help ensure a safe online environment for young people, it's vital to maintain open communication, set sensible boundaries, promote a healthy self-image and teach digital media literacy. Our guide delves deeper into all of these.

WHAT ARE THE RISKS?

HEIGHTENED CONSUMERISM

A major way that influencers make money is through brand partnerships and sponsored content. As a result, children who follow them may be exposed to a steady stream of advertising; this can lead to materialistic attitudes, unrealistic expectations and an increased desire to have the latest products. Many influencers have built huge brand empires around their large, impressionable following.

THE SOFT SELL

Some influencers aren't always transparent about the motivations behind their posts, blurring the lines between genuine recommendations and paid-for promotions – and young people sometimes find it difficult to distinguish authentic content from advertising. Many major social platforms have taken steps to make sponsored content and ads easier to identify, but it remains an area of concern.

PRIVACY CONCERNS

Inspired by their favourite influencers, children may start sharing more of their own lives online – which could reveal personal information or details about their daily routine. This openness can put them at risk of cyberbullying or even predatory behaviour. This is exacerbated by live streaming, which gives young people no time to consider the potential consequences of saying too much.

UNDERMINING SELF-ESTEEM

Many influencers share images and videos of themselves and their activities, which are often painstakingly curated and edited to present an idealised version of their life. Children who follow these influencers may develop distorted expectations about body image and the concept of beauty, which can potentially lead to negative self-esteem and even mental health issues.

Advice for Parents & Carers

KEEP TALKING

Chat to your child about the content they consume on social media and the influencers that they like. Encourage them to think critically about what they see and hear online, and listen to any concerns they might have. Maintaining this line of open, honest communication can help your child to make informed decisions about which individuals they follow and what content they engage with.

SET SOME BOUNDARIES

Agree age-appropriate boundaries for your child's social media use, including time limits and privacy settings (the two major operating systems on mobile devices, Android and iOS, have these controls baked in). Try to keep an eye on your child's online activity and discuss it regularly with them – including reminding them of the potential risks that can arise from following influencers.

Meet Our Expert

A former director of digital learning and currently a deputy headmaster and DSL, Brendan O'Keefe's experience and expertise gives him a clear insight into how modern digital systems impact the experience of children, staff and parents – and which strategies help to ensure that the online world remains a useful educational tool rather than a minefield of risks.



SUPPORT A HEALTHY SELF-IMAGE

Reinforce your child's awareness that real life isn't usually as picture perfect as it may appear on social media – and how some content (particularly that of influencers) is often curated, staged or edited to look more glamorous. If possible, highlight examples of other influencers who share authentic, relatable material which acknowledges their imperfections and struggles as well.

PROMOTE MEDIA LITERACY

Talk to your child about the concepts of sponsored content, advertising and potential influencer bias. Teach them to critically evaluate the information they're presented with online and to consider the possible reasons behind content creation. This can help young people develop the skills to make healthier decisions about the influencers they choose to follow and the content they consume.

NOS National Online Safety

#WakeUpWednesday

GCSE Exam Overview 2023

GCSE exams in red.

Pre-exam prep sessions

(If students are not involved in an Exam or Exam Prep session they will be in normal lessons)

Breakfast club - students allowed into the hall from 8am for breakfast and revision

Day	Date	Morning slot: 0800-0830	P1 and P2 (Morning exams start at 0900)	P3 (start at 11:35am)	P4 and P5 (Afternoon exams start at 1300)	All exams now complete for
Monday	05/06/2023		English Language Paper 1	French students in PEP session	French Writing Test	French
Tuesday	06/06/2023		Spanish Listening Test Spanish Reading Test Maths Paper 2 (Calculator)	All students in Maths PEP session	Spanish students in PEP session All students in Maths PEP session	
Wednesday	07/06/2023	Breakfast Club	History students in PEP session	History students in PEP session	History: Superpower, Saxon, Norman	
Thursday	08/06/2023	Breakfast Club	Geography Paper 2	Geography students in PEP session	Geography students in PEP session	
Friday	09/06/2023	Breakfast Club		All students in Science PEP session	Biology Paper 2	