




Tudor Grange Academy
Kingshurst

 Sixth Form

Sixth Sense

Which Week?

This Week: Monday 5th June (Week 2)

Next Week: Monday 12th June (Week 1)



BE PROUD...

Proud: *feeling deep pleasure or satisfaction as a result of one's own achievements and qualities.*

"Pride is all about being proud of who you are no matter who you love."

Pride Month began with the Stonewall riots, a series of protests for gay liberation that took place over several days beginning on June 28, 1969. The riots began after a police raid at the Stonewall Inn, a gay bar located within Lower Manhattan in New York City. Since then, June has been a celebration of acceptance!

Pride is a celebration of people coming together in love and friendship, to show how far LGBTQ+ rights have come, and how in some places there's still work to be done.

As role models within the academy, consider how you can support and advocate for others within our community to build a culture of acceptance.

Welcome Back: Summer is Here!

We hope you had a restful half term and enjoyed the sunshine! Many of you will have worked incredibly hard to prepare for upcoming examinations.

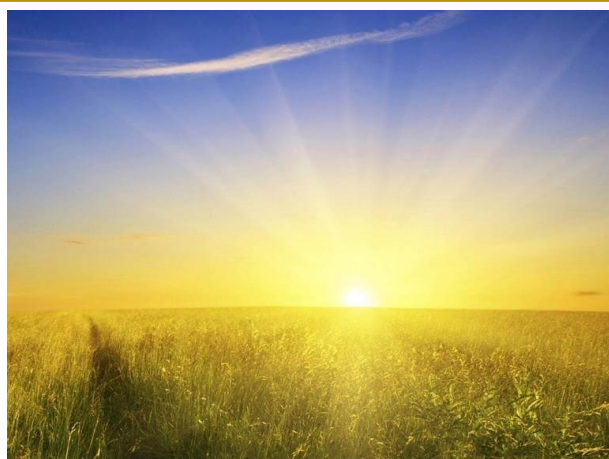
Year 13 A Level students only: Once you have finished your final exam, you must report to Miss Hunter in Student Services so an exit form can be completed.

While over the next couple of weeks it may be tempting to stay cooped up inside, pouring over books and revision notes, you should also remember to get outside. Spending time in nature has been found to support with emotional well-being and ease stress. It can also help with mental health problems such as anxiety and depression (Mind Charity).

There are lots of great outdoor spaces to visit in Birmingham and Solihull.

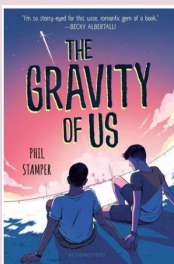
Click [here](#) for information on city centre canal walks.

Click [here](#) for information on walks in Birmingham and Solihull.

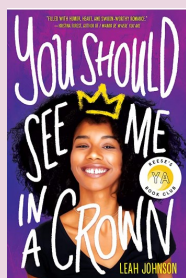


LGBTQ+ THEME BOOKS: TOP PICKS

For further recommendations, click [here](#).



'The Gravity of Us'
By Phil Stamper



'You should see me in a Crown'
by Leah Johnson

Reminder: Be on time for exams

Please make sure that you arrive at the location of your exam at least **10 minutes before** the start time. This will allow for a prompt start and ensure that everything runs smoothly.



This week's information sheet from National Online Safety looks to remind you of how to look after your wellbeing online.

For any feedback, please email: (Yr12) Mr Curran: ccurran@kingshurst.tgacademy.org.uk, (Yr13) Miss Foster: jfoster@kingshurst.tgacademy.org.uk;

Looking After Your **WELLBEING ONLINE**

We all know that taking care of our minds and bodies is essential to keep us feeling happy and healthy. The thing is, we spend so much of our time online these days that it's also important that we remember to look after ourselves in the digital world, too. Our poster has got some simple but useful tips for supporting your wellbeing while you're gaming, on social media or just using the internet.



LOOK FOR POSITIVE COMMUNITIES