



Which Week?

This Week: Mon 27th Nov Oct (Week 1)

Next Week: Monday 4th Dec (Week 2)

Inside Kingshurst



Staff Training Day

Monday 4th December

Just a reminder that **next** Monday is our next staff training day. As ever, the site will be closed for all students for the whole day and students will return as normal for 8.30am on Tuesday.

Maybe an opportunity to make a start on the Christmas shopping list?

Tuesday: Drop Down Day

Every year, similar to most schools the Academy 'collapses' the normal timetable to complete focussed work for the day.

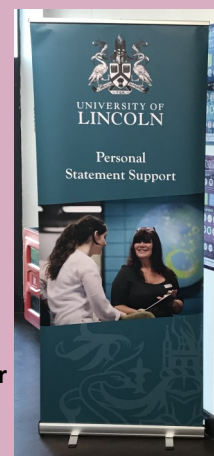
This **Tuesday (28th Nov)** will be our first Drop Down Day of the year where students will attend and attire themselves as normal but will then move on to a specific focus for the day that will consist of the following:

- ⇒ **Yr.7 - Science of Digestion**
- ⇒ **Yr.8 - Food or DT**
- ⇒ **Yr.9 - Design for Society**
- ⇒ **Yr.10 - Citizenship**
- ⇒ **Yr.11 - 11 W band/ X band Options**
- ⇒ **6th Form - Careers**

Careers Fair: THIS Thursday @ 3.05-5pm

We look forward to welcoming our students, parents and carers to this Thursday's annual Careers Fair! The event takes place in the Main Hall and Foyer with over 50 different exhibitors from universities, employers, apprenticeship providers, colleges and work-based learning.

ALL students, parents and carers are invited to attend from 3.05pm-5pm and will be able to park in the Academy car park and make their way through the gates by the old 'turning circle' in addition to the pedestrian entrance.



It was super to have the Gareth from the University of Lincoln return back to us last week to work with our Year 13 students who are applying to university as we speak! Exciting times!

Tudor Grange Academy Kingshurst
Cooks Lane, Birmingham B37 6NU
CAREERS FAIR
2.10 - 5pm
Parents and Carers welcome from 3.05 onwards
Thursday 30th November 2023
In the Foyer and the Hall
Exhibitors to include: Local and National Employers, Apprenticeship Providers, Universities, Colleges, Independent Training Providers
Event organiser:
Jacqui Robinson, Careers Leader JRobinson@kingshurst.tgacademy.org.uk

For:
• Year 10
• Year 11
• Year 12
• Year 13
• Parents, carers and all year groups welcome after 3.05

Parental Feedback

As we approach the final month of the first academic term, we once again, like to pause in order to offer our parents and carers the opportunity to provide us with feedback, that continues to inform and provide valuable information for the us to analyse and reflect upon.



In response to your feedback, we have further streamlined this to make it even quicker to complete and be accessed via the hyperlink imbedded below:

[CLICK HERE TO COMPLETE THE PARENTAL SURVEY](#)

Watch this space for news of festive events taking place at the Academy in next week's Inside Kingshurst

National Online Safety: Social Media and Mental Health



Social media is often pigeonholed as having a purely negative impact on children's mental health. Children and young people are now growing up in a world dominated by technology, and social media plays a major role in their lives. This balanced guide examines both the positive and negative impacts that social media can have on young people and their mental health.

In the guide on page 2, you'll find tips on a number of topics, including mental wellbeing, addiction and cyberbullying.

Applications for Sixth Form can be accessed via the following link: <https://www.kingshurst.tgacademy.org.uk/sixth-form/apply-online/>

To provide feedback on the newsletter, please [click here](#). Website: <https://www.kingshurst.tgacademy.org.uk/>

WHAT TRUSTED ADULTS NEED TO KNOW ABOUT: SOCIAL MEDIA & MENTAL HEALTH

Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.

POSITIVE IMPACTS

EASY ACCESS TO SUPPORT AND HELP

Due to delays in young people getting help for their mental health, such as experiencing low mood, or suffering from anxiety, they may sometimes reach out to access support from others online. Sharing problems or issues with friends, peers and broader social networks can be met with positive reaction, with nearly 7 in 10 teens reporting to receive support on social media during tough or challenging times. Where there are moderated communities which offer support and guidance, children can be provided with a great source of support.

SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS

There is evidence to suggest that strong adolescent friendships can be enhanced by social media interaction, allowing children to create stronger bonds with people they already know. Online relationships can actually make children more relationship-oriented, thoughtful, and empathic. By sharing comments on pictures, videos and posts, it can create long-term friendships as they can continually keep in touch, even with a distance between them.

A SENSE OF BELONGING

Support can be found in various places online; sometimes this is known as "finding your tribe". Online platforms and groups can provide a wonderful sense of belonging for children. They can find peers with similar interests and circumstances which can sometimes be difficult to find in real-life. As a result, this can create stronger connections and help to build confidence.

NEGATIVE IMPACTS

SELF-ESTEEM & BODY IMAGE

There are 10 million new photographs uploaded to Facebook alone every hour, providing an almost endless potential for young people to be drawn into appearance-based comparisons whilst online. No one is the same as how they portray themselves online as we tend to only show the best part of ourselves. The pressure to fit-in and conform is huge, which can become a driving force for children to replicate what they see from friends, celebrities and sponsored adverts. This pressure may contribute to anxiety, low mood and a feeling of inadequacy. As a result, it can lead to a feeling of low satisfaction with their own lives.

HARMFUL ADVICE

The online world provides the opportunity for anybody to upload and share photoshopped pictures, edited video, fake news and even unvetted advice. Children may stumble upon this, which could potentially encourage them make wrong decisions and not get the help that they need. It's important that you teach your child to differentiate between what is true and useful information and what is fake.

ADDICTION AND COMPULSIVE CHECKING

Social media addiction is thought to affect around 5% of teenagers. The Office for National Statistics found that children who spend more than 3 hours a day on social media are more than twice as likely to support poor mental health. Furthermore, compulsive checking due to 'Fear Of Missing Out' has been linked to poor and disturbed sleep, as well as difficulty to relax during evenings. One in five young people say they wake up during the night to check messages on social media, leading them to be three times as more likely to feel constantly tired at school than their classmates who don't use social media during the night.

CYBERBULLYING

One recent large-scale UK study showed that cyberbullying is one of the biggest challenges for young people. Other studies suggest that cyberbullying has a bigger effect on wellbeing and mental health than other types of bullying. 7 in 10 young people have experienced cyberbullying, with 37% of young people saying they experience cyberbullying on a high-frequency basis. Young people are twice as likely to be bullied on Facebook than on any other social network.

