



## Which Week?

This Week: Monday 26th Feb (Week 1)  
Week After: Monday 4th March (Week 2)

# Inside Kingshurst

## Enhancing the Student Experience

### Focus Group!



Parental engagement is always important to us and as such, sharing a weekly newsletter with you in order to keep you updated with the key stories, messages and events of the week are one way of attempting to achieve this through consistency and continuity to keep you all informed.

The Associate Principal, Mr Gariff is keen to continue the positive trajectory of your engagement through looking to embed a Parent/Carer Focus Group to concentrate our efforts on enhancing the student experience within the Academy. We would therefore like to invite any parent who would like to play a part within this focus group to express their interest via the completion of the following short form. [CLICK HERE TO GO TO THE FORM](#)

## Travel Ambassador Pedal Power

Mr Venson has been continuing to lead the eco team at the Academy, who have been working hard this term on a new campaign to improve active travel at our school with the help of the company Modeshift. After the success of last year's park and stride campaign, this year the ambassadors have decided to look at the benefits of cycling, improving cycling proficiency, identifying the barriers to students who would prefer to cycle that use other travel methods and to improve the bike racks for weather protection of stored bikes.

Just before half term, the students pitched their idea in front of a panel of professionals and councillors at the Solihull Civic Suite and were awarded £200 towards their campaign as well as the help and support from bikeability who have offered to provide cycling sessions for our students. In addition to this, our school was awarded an additional £50 from the panel as a result of the level of professional, passion and considered the group's ideas were. The eco team have some work left to do with designing, and running competition elements of the campaign in a few weeks time.



## Great Strides for Our Indoor Athletes



Last week, Mr Shaylor took our Year 7 and Year 8 athletics team to the North Solihull Indoor Athletics Competition. Both boys and girls team competed fantastically and were a credit to the Academy, just missing out on further qualifying within the event as a result of both teams being a team mate down that prevented them from being able to compete in every event. Despite being aware of this challenge the students were so resilient in competing to the very best of their ability and participated with vigour and maximal effort, demonstrating tremendous

strength of character. We are extremely proud to recognise the achievements of the following students:

**Year 7:** Z Graham, T Weekes, R Nassiah, S Hannon, K Hannon, A Solomon, L Clarke, E Henn, A Thomas.

**Year 8:** A Ajibola, Z Thomas, J Kendall, W Antonio, T Berry-Gates, V Nassiah, M Hyland, C-M Donovan, M Onions.

## Mock Exam Series 2: Continues into its second week for Yr11 students

[CLICK HERE FOR A LINK TO THE LETTER AND SCHEDULE](#)

## National Online Safety: 14 Ways to Be Kind Online



Showing kindness online can mean so much to someone else. It is a choice we can all make that helps others, put people's needs before our own and which can generate feelings of empathy and compassion. Small gestures can have a large impact and often one act of kindness can lead to more, making the world a happier and more positive place. That's why we've created this guide to suggest a few simple 'acts of kindness online' that can benefit people's mental health, support their wellbeing and encourage a more positive approach to engaging online. In the guide on page 2, you'll find tips such as offering to help others, share positive posts and thinking before you comment.

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/>

# 14 WAYS TO BE KIND ONLINE

Showing kindness online can mean so much to someone else. It is a choice we can all make that helps others, puts people's needs before our own and which can generate feelings of empathy and compassion. Small gestures can have a large impact and often one act of kindness can lead to more, making the world a happier and more positive place. That's why we've created this guide to suggest a few simple 'acts of kindness online' that can benefit people's mental health, support their wellbeing and encourage a more positive approach to engaging online.

## 1. BE POSITIVE

Post about things that make you happy and that you're thankful for. It could brighten up someone else's day.

## 2. OFFER TO HELP

Sometimes a friend or family member might post a question online or ask for help with something they can't do themselves. If you know the answer or are able to offer help, provide support and send a response. Something that may be easy for you might be difficult for someone else.

## 3. SHOW APPRECIATION TO OTHERS

If somebody you know has done something good or shown kindness themselves, thank them for it. It costs nothing and showing them that you appreciate it means so much.

## 4. SHARE FUNNY VIDEOS OR IMAGES WITH FRIENDS & FAMILY

We often come across funny videos or images online that make us laugh and then we move on. If you found it funny, your friends and family might too. It could help someone smile who may be having a bad day.

## 5. LIKE, LOVE & CELEBRATE

If somebody posts something that you like on social media, like it, love it or celebrate it! It's a small gesture but could mean a lot.

## 6. VIDEO CALL YOUR FRIENDS & FAMILY

It can be easy to be consumed by daily routine. Using apps like Zoom, FaceTime or WhatsApp are great for connecting with others far away and shows you're thinking of them even though you can't physically meet them in person.

## 7. TELL SOMEONE YOU'RE THINKING OF THEM

We can't always tell how people are feeling online and just dropping somebody a message to ask if they're ok or that you're thinking of them could literally make their day.

## 8. SHARE POSITIVE POSTS

If you see something online that inspires you, share it with people you know. An inspirational quote, a beautiful photo or a motivational video can lift spirits, improve self-esteem and help make people feel better about themselves.

## 9. HOST AN ONLINE QUIZ

Video conferencing apps are a great way to get friends and family together. If you know someone who is feeling lonely, host an online quiz and invite them to join in. It could really cheer them up.

## 10. THINK BEFORE YOU COMMENT

Sometimes thinking before you act can be just as significant as acting in the first place. Showing thought before you comment could stop you posting something hurtful, offensive or negative. It's always better to post positively or post nothing at all.

## 11. BE COMPASSIONATE & UNDERSTANDING

Being empathetic towards others and their situation is often an act of kindness and selflessness that gets overlooked. If you notice someone who is upset, drop them a message and offer to listen.

## 12. CONNECT FRIENDS & FAMILY WITH SIMILAR INTERESTS

You may know two people amongst your friends and family who you trust and know well who have similar interests and likes. Introducing them can be a great way for them to make new friends but remember to always ask their permission first.

## 13. RECOMMEND SOMETHING YOU ENJOY DOING TO OTHERS

If you enjoy doing something online, such as playing a game, or if you've found a great learning resource, share it with others. Even if you've watched a good film, letting others know can be an act of generosity that brings them excitement or pleasure at a time when they might need it the most.

## Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



## 14. PRAISE OTHERS FOR THEIR ACHIEVEMENTS

Sometimes your friends or family might post something online that they're proud to have done. It might be an exam they've passed, learning a new skill or just completing a task. Either way, it's always kind to recognise hard work and effort through praise and celebration.