



Which Week?

This Week: Monday 18th March (Week 2)
School Holiday: Sat 19th March—Sun 7th April
 Return: Monday 8th April (Week 1)

Inside Kingshurst



Masterful In Every Way

With the Spring term drawing to a close, there was a hive of activity throughout the course of the week with both some brilliant and delicious outcomes as a result! Our Year 11 Food Tech students took centre stage at the beginning of the week, producing an array of Masterchef-worthy dishes that the pictures go some way to doing justice to their incredible effort. Both sweet and savoury dishes were produced under the watchful eye of Mrs Ridley and led to incredible aromas spreading throughout A Block as curries, Jamaican pasties, triple-decker cream cakes and freshly baked bread came to fruition.



Drop down day allowed for a wealth of enriching activities for each year group with the Year 7 taking part in a science-focussed day where making slime was one of the 'headline' moments of the day for many in addition to our Year 8 and (who focussed on Design Technology, and as such engaged with either making a delicious stir fry as part of food technology or indeed a handy mobile phone holder using their practical skill. The Year 10 had a careers-related day, completing a virtual work experience opportunity in addition to receiving advice and guidance from Solihull College. To top the week off, we were delighted to welcome Severn Trent Water in to deliver a highly engaging talk to the Year 8s, that proved to be a lot of fun and resulted in a wealth of laughs and smiles for what was Comic Relief Day.



Parental Feedback Opportunity

As we move into a new month, we would like to once again, ask for your support in offering the opportunity to provide us with your valuable feedback based upon your experiences from the previous month.

The survey is very quick and easy to complete, should take no more than 2 minutes and can be accessed via the hyperlink below:

[CLICK TO COMPLETE THE PARENTAL SURVEY](#)

T G A K SPORT

Following last weeks success of the Silver and Bronze medal respective for our girls indoor rowing team, this week it was the turn of the boys to completely avoid the water, but to physically work just as hard on the rowing machines. Our Year 7 boys made a great start and set-out a their stall to prime them to gain experience and be the team to look out for this time next year. The Year 8 boys team were successful in achieving the Bronze medal, with Mr Shaylor commenting in particular upon Regan's individual performance in beating the competition as a result of his relentless powerful rowing through to the point of crossing the line! However, the stand-out performance of the competition, went to the Year 9 boys team claimed the Gold medal position, despite, one of its team members falling off there rowing seat twice as a consequence of concentrating so hard on their his rowing.

As ever, we applaud those students for representing the Academy in this hotly contested competition and for Mr Shaylor for managing the team, and recognise these individuals through publishing their names below.

Year 7: R. Nassiah, C. Callow, S. Hannon, K. Hannon. **Year 8:** R. Wheeldon, J. Kendall, H. Alt, H. Lee. **Year 9:** C. Foster, K. Yates, G. Haden K. Andrews.

Upcoming Key Dates

- **Year 9 Parent's Evening:**
Wednesday 20th March, 4-7pm
- **Return from school holiday:**
Monday 8th April, 8.30am

In the event that you might be looking for something different to do during the school holiday, the Solihull Moors, who partner with the Academy as part of the Sixth Form's Elite Education and Football programme, will be hosting an 11 vs 11 celebrity charity football match on **Sunday 24th March (K.O. 3pm) at the ARMCO Arena**. Please see the following link for further details: [Celebrity Charity Football Match \(ticketco.events\)](#)

CELEBRITY CHARITY FOOTBALL MATCH

SOLIHULL MOORS FC

Sunday 24th March 2024
Doors Open 1:30pm - 3:00pm Kick Off



BOOK NOW AT WWW.SELLEBRITYSOCCER.ORG.UK - Tickets £12 + Booking fee



Online Safety: Reminders of How to Be Kind Online

Online abuse can have a severe impact on people's lives and is often targeted at the most vulnerable. Cyberbullying has been shown to have psychological and emotional impact. In order for us to develop empathy for others we sometimes need to move away from fulfilling our own needs and think about the needs of others. This is sometimes more challenging online because we cannot see the person, connect with how they feel nor interact face to face.

In the on page 2, you'll find tips such as understanding the impact of your actions, disassociating from pack mentality and developing self-empathy.

LITTLE REMINDERS OF HOW TO BE KIND ONLINE

ONLINE ABUSE CAN HAVE A SEVERE IMPACT ON PEOPLE'S LIVES AND IS OFTEN TARGETED AT THE MOST VULNERABLE. CYBERBULLYING HAS BEEN SHOWN TO HAVE PSYCHOLOGICAL AND EMOTIONAL IMPACT. IN ORDER FOR US TO DEVELOP EMPATHY FOR OTHERS WE SOMETIMES NEED TO MOVE AWAY FROM FULFILLING OUR OWN NEEDS AND THINK ABOUT THE NEEDS OF OTHERS. THIS IS SOMETIMES MORE CHALLENGING ONLINE BECAUSE WE CANNOT SEE THE PERSON, CONNECT WITH HOW THEY FEEL NOR INTERACT FACE TO FACE.

THIS GUIDE WILL HELP YOU TO BE MORE CAREFUL ONLINE AND IS SUITABLE FOR ANY ENVIRONMENT I.E. GAMING, MESSAGING AND SOCIAL MEDIA. IT WILL HELP YOU TO UNDERSTAND THE IMPORTANCE OF SHOWING KINDNESS AND HOW TO DEVELOP EMPATHY ONLINE.

TOP TIPS FOR EVERYBODY

#WAKEUPWEDNESDAY

UNDERSTAND WHAT 'EMPATHY' IS

EMPATHY IS THE SKILL OF RECOGNISING, UNDERSTANDING AND CARING ABOUT ANOTHER PERSON'S FEELINGS AND TAKING ACTION TO HELP. THIS IS TRICKIER ONLINE BECAUSE RECOGNISING AND IMAGINING HOW ANOTHER PERSON FEELS IS HARD WHEN WE ARE NOT WITH THEM FACE TO FACE. WHEN WE TRY AND UNDERSTAND HOW SOMEONE FEELS THROUGH WORDS ALONE, IT CAN LEAD TO CONFUSION OR A MISUNDERSTANDING.



FEEL, SEE AND UNDERSTAND

IF WE IMAGINE OURSELVES IN THE SITUATION OF ANOTHER PERSON, WE TAKE ANOTHER STEP DOWN THE PATH OF EMPATHY. IT DOESN'T MEAN AGREEING WITH THE OTHER PERSON, BUT IT MEANS **UNDERSTANDING** HOW THEY FEEL. IF YOU FEEL YOURSELF BECOMING DETACHED AND UNCARING, PERHAPS DEVELOP A MENTAL PICTURE OF THEM, SO YOU CAN IMAGINE THEM AS REAL PERSON AND NOT JUST A BUNCH OF WORDS. IF YOU KNOW THE PERSON, CONSIDER A VIDEO CHAT OR VIDEO CALL.

DEVELOP SELF EMPATHY

ALTHOUGH WE TEND TO SHOW THE BEST OF OUR LIVES THROUGH SOCIAL MEDIA, THE REALITY IS WE ARE NOT ALL PERFECT. HAVING **EMPATHY** FOR OTHERS MEANS WE NEED TO ALSO HAVE SELF EMPATHY. IF WE UNDERSTAND THAT WE ARE NOT ALL PERFECT, INCLUDING OURSELVES, WE CAN FIND KINDNESS.

★ OFFER HELP ★

ACCORDING TO DR DAN SEIGEL, A CLINICAL PROFESSOR OF PSYCHIATRY, BEING KIND IS REALLY ABOUT RESPECTING EACH OTHER'S VULNERABILITY AND WANTING TO HELP. SO, WHEN SOMEONE IS SHARING THAT THEY ARE STRUGGLING OR FINDING LIFE HARD, OFFER HELP, EVEN IF THE HELP IS A **LISTENING** EAR OR SAYING, 'I CAN UNDERSTAND YOU WOULD FEEL THAT WAY, I'M HERE FOR YOU'.



TRY TO ADD VALUE

CONSIDER, BEFORE YOU COMMENT ON A POST OR IMAGE, HOW CAN I HELP THIS PERSON TO LOWER THEIR SADNESS? HOW CAN I ADD SOMETHING TO **IMPROVE** THEIR DISTRESS AND HAPPINESS? SHOWING OTHER PEOPLE'S PAIN AS ENTERTAINMENT AS A WAY TO GET NOTICED OR MORE LIKES DOES NOT ADD VALUE.



BE RESPONSIBLE

THINK TWICE BEFORE YOU ACT. CONSIDER, ARE YOU ACTING ON ANGER, FRUSTRATION OR IN A MOMENT OF JUDGING A SITUATION WITHOUT KNOWING THE **TRUTH**? ONLINE, IT IS EASY NOT TO HAVE ALL THE FACTS AND REACT TO A SITUATION WHICH IS BEING PORTRAYED.



UNDERSTAND THE IMPACT OF YOUR ~~WORDS~~ ACTIONS

COMMENTING ONLINE SOMETIMES MEANS THAT WE DON'T ACTUALLY 'SEE' THE IMPACT OF OUR COMMENTS AND WORDS. THIS MEANS IT CAN BE **EASIER** TO DETACH FROM THE CONSEQUENCES OF OUR ACTIONS. UNKIND COMMENTS DO HAVE CONSEQUENCES AND CAN ADD TO SOMEONE'S DISTRESS AND FEELING ABOUT THEMSELVES.

DISASSOCIATE FROM PACK MENTALITY

ONLINE, IT IS EASY TO GET CAUGHT UP WITH POSTING **NEGATIVE** COMMENTS BECAUSE EVERYONE ELSE SEEMS TO BE. GET COMFORTABLE WITH STANDING OUT, AND NOT GETTING CAUGHT UP POSTING NEGATIVELY BECAUSE EVERYONE ELSE IS. EVEN IF THIS MEANS STANDING ALONE AND REMINDING OTHER PEOPLE THAT THEIR BEHAVIOUR IS UNKIND, YOUR COURAGE COULD SAVE A LIFE.

#BEKIND



National Online Safety

#WAKEUPWEDNESDAY

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.



For further info, check out these online resources too

<https://www.themix.org.uk/>

<https://youngminds.org.uk/>

<https://www.mind.org.uk/>