




Tudor Grange Academy
Kingshurst

 Sixth Form

Sixth Sense

Which Week?

This Week: Monday 18th March (Week 2)

School Holiday: Sat 19th March—Sun 7th April

Return: Monday 8th April (Week 1)



Summer Term



BARRY
THE
CACTUS

Last weekend saw the annual Oscar ceremony take place in America. Of course, as a Sixth Form, we have our own, equally important prize giving, in the form of Barry the Cactus, for a deserving student each month.

The Oscars play a theme of sorts in this week's issue, however the recognition of groups and individuals striving to produce the best work that they can is goal or aspiration that is very easy to get behind. Those recognised as being the best in addition to being nominated are a product of the time, energy and effort that they put into this process, and as a Sixth Form, it is now our turn to put this energy into this process to realise our own potential. Regardless of whether you are in Year 12 or Year 13, as of right now (!) we need to bring a constant and consistent stream of 'Kenergy' to all demonstrate that we are the best in our respective fields!



Podcast recommendation of the week! Desert Island Discs (all subjects)

A legendary radio programme/podcast with a simple premise. What eight songs, which book and which luxury item would you take with you were you stranded on a desert island?

This programme has asked this to people for the last 82 years!

Most recently, the actor and now **Barry** Oscar winner, Cillian Murphy, actor, talks through his own choices. These are always enlightening and interesting and there is such a rich

library of individuals to choose from. Directors, writers, politicians, musicians, sports people, doctors, artists, comedians, journalists. There is absolutely something for everyone, so much so, that I would love to set you all a homework of finding and listening to one!

Link to episode on website: <https://www.bbc.co.uk/programmes/m001w72b>



Virtual Work Experience Opportunities

Please find the hyperlink to Springpod (<https://www.springpod.com/>), our portal that enables ALL Sixth Form students to access on-demand and real-time virtual work experience opportunities - Please refer to the email sent to Sixth Form (with this copy of Sixth Sense) for the **School Hub code** needed to 'unlock' the sector insight / virtual work experience opportunities (through going to your initials in the right hand corner of the screen (once registered), and then going to the 'settings' section). Keep your eye out for outstanding real-time experiences industry leading companies during the school holidays, that you would need to apply for ahead of time on the system. Go to the following page to wet your appetite! <https://www.springpod.com/virtual-work-experience/search>



Student Finance England

Further to the advice from Gareth (from the University of Lincoln), please try to make a start to your application for SFE at your earliest point (Easter would be a perfect time!). A list of helpful resources and websites has been curated for you to refer when required. Please ensure you use them.

Before you start to apply to SFE please use the link 'toolkit' link below to make sure you have everything you need to make your application as quick as possible.

Link to SFE website: <https://studentfinance.campaign.gov.uk/>

Student toolkit: <https://studentfinance.campaign.gov.uk/student-toolkit/>

Apply online for student finance: [CLICK HERE](#)

Youtube video released by SFE to explain the process for 2024/2025 (essential): [CLICK HERE](#)



National Online Safety: 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.

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.

To provide feedback on the newsletter, please [click here](#).

Website: <https://www.kingshurst.tgacademy.org.uk/>

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



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/>