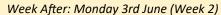
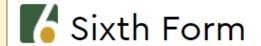


Which Week?

This Week: Monday 20th May (Week 1)

Next Week: Half Term!





Inside Kingshurst



The academy breaks-up at 3.05pm on Friday 24th May for half term. We wish everyone the very best for a sunny and relaxing one-week holiday and will welcome everyone back for the final half term of the academic year on Monday 3rd June at 8.30am.

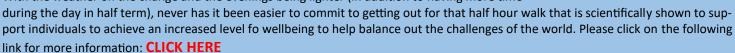
Walking towards Wellbeing

With all of us looking to attain a sound level of wellbeing, including in particular at present our Year 11 and Year 13 GCSE and A

Level students, a recent study has concluded that running or walking for just 30 minutes two times a week can have a positive impact on your mental wellbeing, new research has found.

The 18-month study, led by a world-leading researcher in movement and mental health saw nearly 3000 participants walking or running for 30 minutes twice a week while listening to different audio.

With the weather on the change and the evenings being lighter (in addition to having more time $\,$



National Numeracy Day 2024

With all of our Key Stage 3 and 4 student studying mathematics as much as an other subject throughout their school lives, it is fitting that we recognise National Numeracy Day that takes place on Wednesday 22nd May.

Students study, use and apply their knowledge of numbers to solve problems within the their studies, regardless of subject and as part of everyday life.

An example of this can be seen in the following Shakespeare related numerical facts!

- Shakespeare was born in 1564 and he was among the first generation in England to learn the modern Indo-Arabic numeral system (0, 1, 2, 3, 4 etc.) – his father would only have learned Roman numerals.
- 2. Shakespeare loved using numbers for dramatic effect, usually to exaggerate, e.g. "a thousand natural shocks" in Hamlet's famous "To be or not to be" speech (3.1.64-70). The biggest number he uses is in Romeo and Juliet, where the Friar tells Romeo that he will experience "twenty-hundred-thousand times more joy" (that's two million) when he returns from hiding (3.3.152).
- Shakespeare liked to express numbers in twenties, using 'score'. Instead of sixty he usually says "three score". Three times he writes "twelve score" instead of 240. In Othello, he states the number of hours in a week not as "168", but as "eight score eight" (3.4.184).

For any of you who fancy having a go at a NMD challenge over the week or during half time. It takes the Earth 365 days to orbit around the Sun once. We call this a 'year' or an 'earth year', and all of us use this to measure our age. The other planets in our solar system take different lengths of time to orbit around the Sun. Why not calculate how old you would be on Jupiter, by clicking on the following link: CLICK HERE





National Online Safety: Instagram

Instagram is one of the most popular social media platforms in the world, with over 1 billion users worldwide.

The platform allows users to upload images and videos to their feed, create interactive 'stories', share live videos, exchange private messages or search, explore and follow other accounts they like – whilst at the same time continuously updating and adding new features to meet the needs of its users.

In the guide on page 2, you'll find tips on a number of potential risks such as addiction, unrealistic ideals and the influencer culture.

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



What Parents & Carers Need to Know about

ilow

WHAT ARE THE RISKS?

Instagram is one of the most popular social media platforms in the world, with over 1 billion users worldwide. The platform allows users to upload images and videos to their feed, create interactive 'stories', share live videos, exchange private messages or search, explore and follow other accounts they like – whilst at the same time continuously updating and adding new features to meet the needs of its users.

GERATING

ADDICTION

Many social media platforms are designed in a way to keep us engaged on them for as long as possible. There's a desire to scroll often/more in case we've missed something important or a fear of missing out. Instagram is different and young people can easily lose track time by aimlessly scrolling and watching videos posted by friends, acquaintances, influencers or even strangers.

PRODUCT TAGGING

Product tags allow users (particularly influencers who are sponsored to advertise products) to tag a product or business in their post. This tag takes viewers, regardless of age, directly to the product detail page on the shop where the item can be purchased and where children may be encouraged by influencers to purchase products they don't necessarily need.

EXCLUSION AND OSTRACISM

PUBLIC ACCOUNTS

Product tagging on instagram only works on pu accounts. If your child wants to share their clots style, make-up etc and tag items in a post then may be tempted to change their settings to put which can leave their profile visible to strangers

Buy Milk

GOING LIVE

Live streaming on instagram allows users to connect with friends and followers in real-time and comment on videos during broadcast. Risks increase if the account is public because anyone can watch and comment on their videos, including strangers. However, other risks include acting in ways they wouldn't normally or being exposed to inappropriate content or offensive language.

INFLUENCER CULTURE

UNREALISTIC IDEALS

Children compare themselves to what they see online in terms of how they look, dress, their body shape, or the experiences others are having. The constant scrollir comparison of unrealistic ideals can lechildren feeling insecure about their ow appearance, questioning how exciting own lives are and having a fear of miss

Advice for Parents & Carers

HAVE OPEN DIALOGUE

FAMILIARISE YOURSELF

MANAGE LIKE COUNTS

REMOVE PAYMENT METHODS

If you're happy for your child to have a card associated with their instagram account, we suggest adding a PIN which needs to be entered before making a payment. This can be added in the payment settings tab and will also help prevent unauthorised purchases.

FOLLOW INFLUENCERS

USE MODERATORS

BE VIGILANT AND REASSURE

BALANCE YOUR TIME









www.nationalonlinesafety.com





