



Which Week?

This Week: Monday 8th July (Week 1)

Next Week: Monday 15th July (Week 2)

Inside Kingshurst

The Bears Wheelchair Basketball Club

During last Tuesday a number of students took part in wheelchair basketball sessions led by four coaches from the Bears Wheelchair Basketball Club.

It was a delight to welcome back one of our former students as part of this team of coaches who still has a link to the academy through their younger sister currently attends Kingshurst and also plays for the bears team.

Throughout the day we were fortunate to involve over one hundred students from Years 7-9, in addition to that of our Year 10 BTEC Sport students, each of whom took part in different sessions. They learnt about how to move in the specially designed wheelchairs, the basic rules of the game and some of the groups even took part in a game, an experience of which that became highly competitive.

All of the students thoroughly enjoyed the experience, and were really surprised at how quickly they could move in the chairs and enjoyed showing how ready they were for their learning in challenging themselves by trying something new. Our BTEC sport students benefited from getting experience of playing wheelchair basketball, and were able to put their knowledge into practise through the learning they have completed that links to this activity during the course this year.

Overall, it was a really successful day and there are a number of students that have asked if we can arrange the sessions again next year. Massive thanks also go to the Bears Wheelchair Basketball Club who were truly fantastic, and really gave our students an amazing opportunity that they all really valued - the students are still talking about it today!



Magnificent Matilda Jr!

As Mr Turner declared at the end of Thursday night's performance of Matilda Jr. "pride", was the buzzword of the evening.

A hall full of proud parents, proud relatives, proud siblings, proud family friends and proud members of the Academy staff who had all come to support their children, friends or students.

One thing everyone had in common

was the enjoyment in the spectacle of such a magnificent performance by such a committed cast a crew lead by Mr Bradley and Mr Venson. A list of all of the students who took part and contributed in the production of Matilda Jr. can be found on page 2 of this week's newsletter, in recognition of all of their time, energy and efforts.

We look forward with great anticipation to see what production that choose to tackle next!



National Online Safety: Supporting Children's Mental Health: 10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins. In the guide on page 3, you'll find tips such as talking about mental health naturally, being open and honest and asking twice.

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/>

Cast List

Matilda - Tianna Moyens

Eric - Archie Hall

Amanda - Fraya Hopkins

Hortensia - Millie Wilson

Alice - Nancy Harrison

Tommy - Brad Willetts

Lavender - Evie Sale

Nigel - Jason Jules

Bruce - Max Wheddon

Mrs Wormwood - Harriet Byrne

Mr Wormwood - Alex Prestleton

Michael - Shea Clarke

Mrs Phelps - Maddison Snowden

Escapologist - Laine Grant

Acrobat - Virtuous Nassiah

Miss Honey - Chloe Morton Derrick

Agatha Trunchbull - Amelia Hubball

Rudolpho - Tiegan Greogry

Sergei - Ruby Purnell

Tudor Grange Academy Kingshurst PRESENT



ROALD DAHL'S Matilda THE MUSICAL JR.

3-4th July 2024

Cast List

Russians - Daisy Payne, Kieney Judge-Demaine, Sky Lily Mhenyu

Little Kids - Summayah Salako, Lillia Yardley, Maddison Caldicott, Autumn Pickett

Big Kids - Jayla James, Neve Prosser, Mollie Brown, Amelie Hemming, Kaci Cardall, Lily Moulton, Tekla Enyedi, Lily Naven, Ellouise Henn, Emilee Henn, Charlie Donovan, Harrison Phillips

Mums - Autumn Pickett, Scarlett Gibbs

Dads - Joshua Mcreadie, Mitchell Brooks, Harrison Phillips, Kyle Andrews

Mechanic - Robert Standeven

Ensemble - Lacie Rae-Marks, Brooke Howell, Sky-Lily Mhenyu, Daisy Payne, Maisey Kimberlee, Millie-Rose Kimberlee, Emily Goddard, Miley Forrest

Backstage Crew - Macy Harper, Lizzy Henn, Amy Larner, Olivia Wadrup

Lights/Sound - Bailey Frankum, Luke Cliff-Morgan, Lexi Kelly

Creative Directors - Mr Bradley, Miss Norris, Miss Chinn, Mr Venson

Show Admin - Michelle Young

Set Design - Chris McCue

Tudor Grange Academy Kingshurst PRESENT



ROALD DAHL'S Matilda THE MUSICAL JR.

3-4th July 2024

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.



6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.



3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.



8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.



4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.



9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.



5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.



10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.



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 of Education, advising them on their mental health green paper.



Sources of Information and Support

- Your GP
- Young Minds <https://youngminds.org.uk/v>
- <https://www.nhs.uk/conditions/stress-anxiety-depression/>
- <https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
- <https://www.themix.org.uk/mental-health>

