

**Which Week?****This Week: Monday 16th Sept (Week 1)***Next week: Monday 23rd Sept (Week 2)*

Inside Kingshurst

Extracurricular Extravaganza

The extracurricular programme kicks-off from Monday this week with a fantastic range of clubs that cover a breadth of activities and interests catered for by the committed staff leading these opportunities for our brilliant students.

Whether it is Dungeons and Dragons, dance or drama, there is something for everyone!

Monday

- Drama – yr 8-11 - Drama studio
- Drama – Yr 7 – B123
- Badminton/ table tennis – all years – sports hall

Tuesday

- Football – Year 9/10 – 3G
- Dance yr 7 – B034
- Dance yr 8 – B035
- Basketball Club – all years – sports hall
- Netball – all years – Netball courts
- Science Club – All years – B018

Wednesday

- Choir – all years – B037

Thursday

- Football – Year 7/8 – 3G
- Football Girls – All years
- Dance yr 9 – Drama studio
- Dance yr 10 – Dance studio
- Tennis Cardio – Tennis courts
- Creative Writing – All Years – A304

Friday

- Btec sport Intervention – A108
- Dance Intervention – Week 2
- Drama Intervention – Week 1
- Dungeon and Dragons – All Years – A304

Your Opinion Counts!



As we continue our journey into the new academic year, the feedback and opinions garnered from our parents and carers is something that we greatly value.

Over the course of the whole academic year, we will continue to intermittently ask for your support in providing us with your parent voice response based upon your experiences over the previous month.

This important information allows us to analyse and reflect in order for us to continue to work in collaboration and foster a positive relationship with all of our parents and carers.

The short survey can be accessed via the hyperlink below:

[**CLICK HERE TO COMPLETE THE PARENTAL SURVEY**](#)

TGAK Paris: February 2025

With the success of the recent Olympic and Paralympic Games, the Academy is excited to provide the opportunity for our students in Years 8, 9 or 10, the opportunity to soak up some of the atmosphere and cultural capital of Paris including the famous Champs-Élysées and a cruise down the river Seine.



A crowd pleasing addition to the itinerary will include a full day at Disneyland Paris and Disney Studios.



The trip takes place from Friday 7th February to Monday 10th February 2025 and therefore will span 4 days and 3 nights.

Further details are available from Mr Baxter-Smith and letters are available from Student Services. Bonne chance!

National Online Safety: Supporting Children to Express Themselves Safely Online



The previous years has left many children feeling uncertain and worried. So this year's Children's Mental Health Week has adopted the theme of 'express yourself'.

It's not necessarily about being the best – but encouraging young people to relish the joy of being 'in the moment' and loving what they do. So whether they're into music, art, photography, film, drama or dance, a collection of the National Online Safety team's top tips for helping your child to express themselves safely online can be found on page 2.



7 Top Tips for Supporting Children to EXPRESS THEMSELVES SAFELY ONLINE

The past year has left many children feeling uncertain and worried. So Children's Mental Health Week 2021 has adopted the theme of 'express yourself'. It's not necessarily about being the best – but instead encouraging young people to relish the joy of being 'in the moment' and loving what they do. So whether they're into music, art, photography, film, drama or dance, here are our top tips for helping your child to express themselves safely online.

1 Celebrate their Identity

Celebrating who children are and reminding them of their uniqueness has a huge impact on their confidence and self-esteem. This week, remind them of what you love about them. You could revisit some photos and videos on your phone or computer of special times you've shared. Chat about the importance of finding time to do what they love: underline that it's an important part of who they are.

2 Promote Their Passions

It's different for all of us, but every child has something which ignites their passions and brings them joy. Perhaps they love music and you could introduce them to a music-making app? Or if they enjoy taking photos or making videos, use this week to set a photography or video competition at home, with some fun categories.

3 Support Their Interests

Some children seem to know instinctively what interests them and what they enjoy doing; others can be less decisive about hobbies. Spend some time this week sharing their interests and doing something connected to it together. You could make a short Lego film to post on your Instagram, a vlog about baking that you share with relatives, or just play with them on their favourite video game.

4 Help Them Help Others

Some children love to express themselves through activities which help others. Perhaps your local area's Facebook group has a community project that your family could get involved with – even as a one-off; it doesn't have to be a long-term commitment. Depending on your child's age, you could introduce them to online fundraising (such as sites like JustGiving, for example) and how it can make a difference to less fortunate people.

5 Enable Emotional Expression

Children sometimes need help in articulating how they're feeling and in beginning to understand how to manage their emotions. A safe, healthy way for your child to explore their feelings is to let them conduct an activity – like listening to a story, or creating some art – and discuss with them afterwards how it made them feel. There are lots of stories available on YouTube, while Audible is streaming children's audiobooks free of charge while schools are closed. YouTube also has a plethora of fun art tutorials (if you log in on an adult's account, remember to adjust your settings first to block inappropriate content and stop potentially unsuitable material auto-playing).

6 Let Them Stay Connected

The online world is a fantastic space for staying in contact with those who we can't be with right now. Young people are often very comfortable using social media to express themselves and stay connected by sharing their ideas, thoughts and feelings with friends. But bear in mind that most social media platforms require a child to be at least 13 before they should access it (WhatsApp is 16). Remind your child that, while it's OK to express who we are on social media, they should still always think before posting – and that their self-worth is never measured by their number of likes, friends or followers.

7 Coach 'Safe Sharing'

As part of expressing themselves, your child may want to share something online that they've created – like a funny video, a sketch, a meme or a dance. If they're too young to have their own social media, you could use your own account to share it with selected people who you trust. Emphasise the importance of only sharing content with people that your child knows well, like family and friends. This type of conversation is also useful for introducing young people to the risks and challenges that can come when expressing ourselves to a wider online audience of strangers.

Meet Our Expert

Anna Bateman 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.



About Children's Mental Health Week

Around three children in every primary school class has a mental health problem. Many more struggle with challenges from bullying to bereavement. Now in its seventh year, Children's Mental Health Week shines a spotlight on the importance of young people's mental health – and it's never seemed more relevant than it does in 2021.

Find out more at www.childrensmentalhealthweek.org.uk



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