



Which Week?

This Week: Monday 10th Feb (Week 1)

Next Week: Half term

Week after: Monday 24th Feb (Week 2)

Inside Kingshurst

Bon Voyage!

We wish all of our Yr8, Yr9 and Yr10 students 'Bon Voyage' as Miss Ivery, Mr Baxter Smith and the team whisk them away for the first academy field trip of 2025, for a phenomenal four days taking in the sights and sounds of both central Paris, fresh in our memories from the recent summer Olympic Games, in addition to fun packed day to remember at Disneyland Park and Walt Disney Studios.



A full itinerary of cultural capital awaits our students and we are confident that photos attempting to capture all of these moments will be flying across the channel constantly over the next few days in order to keep their parents and carers updated of these brilliant experiences.

Welcome Back!

As you will hopefully already be aware, ALL students will return to the academy as Monday morning. Please find a link to letter from the Principal - [CLICK HERE](#).

Year 9 Vaccinations: Following notification over the last two editions of the newsletter, Year 9 vaccinations are due to take place on **Monday and Tuesday**. Students will be advised of their respective time slot.

It was wonderful to see former student, Miles Alibone-Dover (centre, below) returning to the Academy as now, an apprentice project manager for National Highways.

National Highways: West Midlands's post



National Highways: West Midlands

1 January · 🌐

At National Highways we love inspiring the next generation of people to help connect the country and one of our apprentices has been doing just that at his old school.

Miles Alibone-Dover, an apprentice project manager working on the M42 junction 6 improvement, studied at Tudor Grange Academy Kingshurst until completing his A-Levels and recently took part in its annual careers fair.

He was joined by fellow apprentices Haider Khan and Aladji Diallo to offer students and their parents advice on the variety of roles available and insight into their particular career journeys.

Miles said: "It's great that I've had the opportunity to go back to Kingshurst and give back to the students. I remember being in their position, and not knowing what my options were. So now I'm pleased to be able to promote National Highways as a good path for young people to go down."

If you're interested in growing your career with us visit <https://ow.ly/i6As50UxVEG>

Pictured from left are Haider, Miles and Aladji

<https://careers.nationalhighways.co.uk/>



**BIRMINGHAM CITY
University**

Year 12 and Year 13 Progress Evening

A reminder to all parents and carers of students in both Year 12 and Year 13 that **Wednesday 12th February, from 4-7pm**, is our Progress Evening (Parents Evening).

We have Birmingham City University joining us for the year 12 and 13 parents evening. They will be available from 4-7pm, for both students and parents to discuss next steps with regard to student finance, for any students that have applied to University. The student finance process is standard for all universities and they will be able to answer any queries or questions. This service is offered as a drop in, so there is no need to book.

SPOTLIGHT ON SAFEGUARDING



Tudor Grange
Academies Trust

Please go to pages 2 and 3 of the newsletter to read our spotlight on safeguarding content for February linked to Children's Mental Health Week, understanding anxiety and depression, and Kooth.

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

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

SPOTLIGHT ON SAFEGUARDING

Working together to keep our young people safe
Secondary | February 2025



In this issue:

- Children's Mental Health Week
- Understanding anxiety and depression
- Kooth

The week of 3rd to 9th February marks **Children's Mental Health Week**, and this year's theme is 'Know Yourself, Grow Yourself.' It's a wonderful opportunity for parents and carers to open up conversations with their children about mental health and well-being.

What does 'Know Yourself, Grow Yourself' mean for our young people?

As children grow, they face new challenges, responsibilities and opportunities to discover who they are. The theme *Know Yourself, Grow Yourself* encourages self-awareness and personal growth, two essential building blocks for mental health and well-being.

Why self-awareness matters

Self-awareness is the ability to recognise and understand your emotions, strengths, weaknesses and values. For children, this skill is crucial as they navigate friendships, academic pressures and personal identity.

When children are self-aware, they can:

- manage their emotions- recognise when they're feeling stressed, anxious, or overwhelmed and take steps to cope.
- make better decisions- understand their values and priorities, which helps them avoid peer pressure.
- build stronger relationships- communicate more effectively and empathise with others.

How personal growth builds resilience and confidence

Personal growth happens when young people challenge themselves to learn, improve and step out of their comfort zones; it's about progress, not perfection.

Through personal growth, young people can:

- develop resilience- learn to bounce back from setbacks and see failure as a stepping stone to success.
- build confidence- gain a sense of achievement by setting and reaching goals.
- adopt a growth mindset- believe that abilities and intelligence can improve with effort and persistence.



The key is to help your child view challenges as opportunities to grow, rather than obstacles to avoid. For example, struggling with a difficult subject at school can become a chance to develop problem-solving skills and perseverance.

SPOTLIGHT ON SAFEGUARDING

Understanding anxiety and depression

Anxiety and depression are common mental health challenges that can affect young people, just as they do adults. While it's normal for young people to feel occasional stress or sadness, persistent or overwhelming feelings may signal a deeper concern.

Anxiety is characterised by excessive worry or fear that can interfere with daily life. It might show up as trouble concentrating, avoiding situations or physical symptoms, like headaches or stomach-aches.

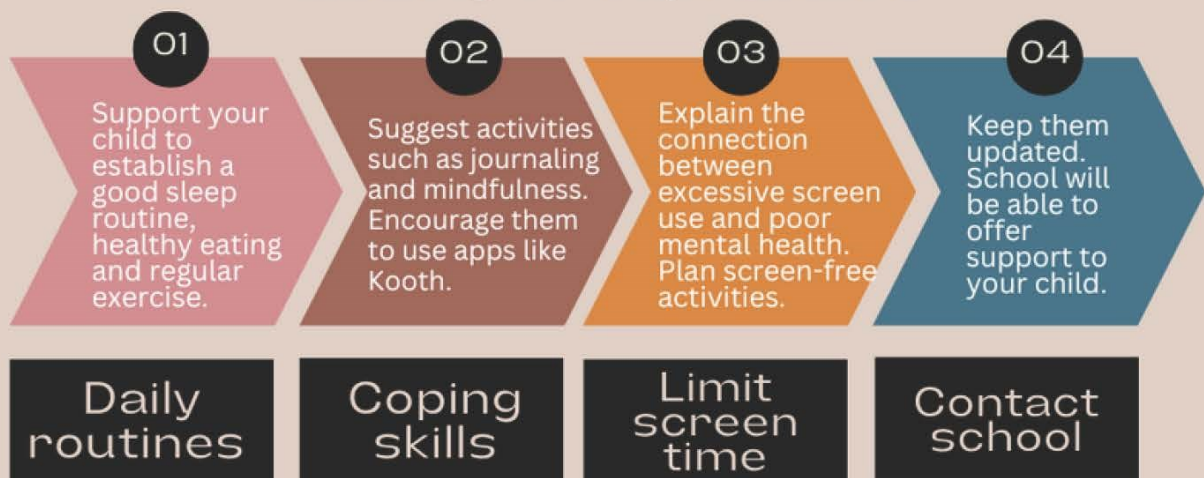
Depression involves feelings of sadness, hopelessness, or a lack of interest in activities that a child once enjoyed. It can also manifest as irritability, fatigue or changes in appetite and sleep patterns.

It's important to recognise the signs of anxiety and depression early. Some common indicators include:

- difficulty sleeping or oversleeping
- avoiding social interactions or activities
- a drop in academic performance
- frequent complaints of physical ailments without a clear cause
- expressions of hopelessness or low self-worth.

By understanding these challenges, parents can take the first step in supporting their child's mental health and seeking help when needed.

Practical tools for supporting a child with anxiety or depression



Kooth: A digital mental health resource

Kooth is an online mental health platform designed to support children and teens aged 10 to 25. It provides a safe, anonymous space where young people can access resources, connect with peers and speak with qualified counsellors.

What Kooth Offers

1. Online Counselling: Young people can chat with trained counsellors in real-time or leave messages for support.
 2. Peer Support: The platform includes moderated forums where users can share experiences and advice.
 3. Self-Help Tools: Kooth offers articles, activities, and goal-setting tools to help users develop coping strategies.
 4. Anonymity and Accessibility: Available 24/7, Kooth ensures privacy, making it easier for children to seek help without fear of judgment.
- Find out more [here](#).