



Inside Kingshurst

Start Your Engines...

The summer examinations are almost upon our Year 11 GCSE and Year 13 A Level and BTEC students.

All students have a copy of their bespoke examination timetable that lists each of their specific exams that take place on each day and whether it takes place in the a.m. (09:00) or p.m. (13:00).

- ⇒ **The first Yr11 BTEC exam (Health and Social Care, Health and Wellbeing) takes place on Monday 6th May (a.m.)**
- ⇒ **The first Yr11 GCSE exam (Drama and Psychology) takes place on Thursday 8th May (a.m.) for some students. The first Yr11 GCSE exam that involves all students is English Literature Paper 1 on Monday 12th May (a.m.)**
- ⇒ **The first Yr13 A Level exam (A Level English Literature Paper 1) is on Wednesday 14th May (p.m.)**

A link to complete examinations timetable can be accessed by [clicking HERE](#) to take you to the Academy website.

As a result of our own students visiting the University of Gloucestershire at the beginning of the year, they have shared the following advice to help our students to stay on track and take care of themselves during this busy time.

Top revision tips

- Plan it out. Make a study timetable and stick to it. It's way easier to focus when you know what's coming up.
- Take breaks. Avoid burnout by taking 10 minutes off for every hour of study - it keeps your mind fresh and active!
- Divide and conquer. Instead of tackling a whole essay in one go, aim to just nail the intro in 30 minutes, then work from there. Smaller goals = big wins.
- Study your way. If you're a visual learner, try mind maps or flashcards. Prefer listening? Record your notes and play them back.
- Use all the resources. Whether it's extra sessions, mock papers, or group study, make the most of what's available to help you succeed!

Taking care of your wellbeing

- Get enough sleep. Aim for at least seven hours - your brain will thank you!
- Move and fuel up. Some light exercise and balanced meals can make a huge difference to your energy and focus.
- Talk it out. If you're feeling overwhelmed, talk to a friend, family member, or teacher - they've been there and can help.
- Keep it in perspective. Exams are just one step in your journey. Aim to do your best and remember this period of your life will soon be over!

The University of Gloucestershire invite you find out what this looks like for their own students via the following blog ([CLICK HERE](#)) for more tips.

Tudor Grange Academy Kingshurst wishes all of our students the very best over this important phase in their education and reminds our younger students to be both responsible and respectful in their behaviour around any of the exam venues across the academy site.



Reciprocal Reading: We want our students to read books that expand their cultural capital by immersing them in different worlds, cultures, voices, and experiences. These stories will encourage them to engage with diverse ideas and viewpoints, fostering empathy and compassion. The experiences and ideas within the text should inspire oracy and discussion, allowing students to confidently express their views and engage with a range of perspectives. [Click HERE](#) to go to an overview of this term's books our students will be reading.



The National College: What Parents Need to Know about Social Pressures: 'Likes'

'Likes' are a simple way for users to show that they approve of a particular post on social media. This could be anything from photos and videos to status updates and comments. The feature (or something very similar) is widely used on several social media platforms and is especially popular on Instagram and Facebook. Young people can often tend to use likes to measure the success of their social media posts and to gauge other people's opinion about them. However, giving such importance to likes can also bring a number of social pressures, particularly if they cause users start questioning their own levels of popularity - and, by extension, self-worth.



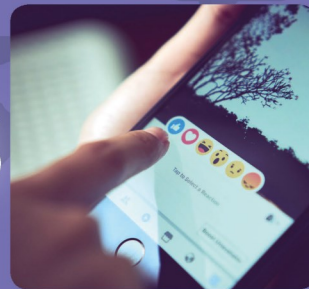
In the guide on [page 2](#), you'll find tips avoiding potential risks such as damage to self-esteem, addiction and competitiveness.



'Likes' are a simple way for users to show that they like a post on social media. This could be anything from photos and videos to status updates and comments. The feature is widely used on several social media platforms and is extremely popular on Instagram and Facebook. It is often used by children to measure the success of their social media post and gauge opinion. However, it can also bring a number of social pressures, particularly if users start to question their own levels of popularity.



What parents need to know about **SOCIAL PRESSURES LINKED TO 'LIKES'**



DAMAGING TO SELF-ESTEEM

Your child may use likes to measure their own self-worth, with more likes instilling a greater level of confidence and acceptance amongst their friends and peers. However, children who only receive a small number may in turn feel a sense of rejection or isolation and could potentially suffer from low self-esteem issues, impacting them in other aspects of their life such as at school or in social settings.



UNREAL VIEW OF THE WORLD

Your child may follow celebrities or other popular individuals on social media who receive millions of likes. Not everything on social media is a true reflection of the world and your child may feel pressured into behaving in a similar way in real life or posting similar material in order to feel popular and achieve a similar level of self-worth.



AN ADDICTIVE FEATURE

Like features encourage children to stay online for longer. In doing so, your child is likely to engage with app's for longer periods than they otherwise would have wanted, checking their phone more frequently, including at night when they should be asleep. This could contribute towards screen addiction which can cause sleep deprivation and consequently a lack of focus during the next day at school.



COMPETITIVE CULTURE

Children will often compare the number of likes they receive for their post against their friends or followers, possibly evoking emotions of jealousy or resentment. In a bid to increase their own status and receive more likes, this could lead to a competitive culture in which children try to better one another, potentially leading to them engaging in more and more riskier activities.



Safety Tips For Parents

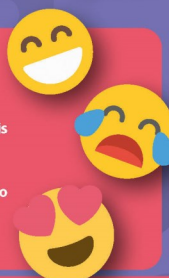
FOLLOW OR BEFRIEND YOUR CHILD ONLINE

Using the same social media sites as your child and connecting with them online will allow you to keep an eye on what their interests are and who may be influencing them. Following their likes will help you build a picture of what your child is being exposed to and what they find interesting.



MONITOR MENTAL HEALTH

If your child does post on social media, it is important to monitor their feelings and emotions, supporting them and encouraging them to talk to you about what they may be experiencing. Explain to them that not everything online is real and that life is not dictated by how many likes a post may or may not get.



ENCOURAGE HOBBIES OR OTHER ACTIVITIES

Try to help reduce your child's screen time and need for social media through encouraging them to do other things such as a sport or hobby or simply playing with friends outdoors. Supporting them to take up other activities that they enjoy can also help build self-esteem and increase their own confidence.



DISCUSS THE REAL WORLD

Talk to your child about online perceptions and about what they feel is and isn't important in their life. Try to establish an open and honest conversation and speak about what they feel is acceptable to post online and if they feel pressure to conform.

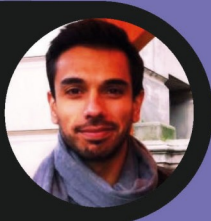


HELP TO BUILD YOUR CHILD'S SELF-ESTEEM

Try to help build your child's self-esteem through positivity and praise and listening to them if they are struggling with the way they look or feel. Talk to them about the positive aspect of their personality and help them understand that looks aren't everything. Try not to criticise or blame your child which could compound any negative thoughts they are already feeling.

Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



<https://www.independent.co.uk/life-style/gadgets-and-tech/facebook-like-inventor-deletes-app-iphone-justin-rosenstein-addiction-fears-a7986566.html>,

<https://www.childrenscommissioner.gov.uk/wp-content/uploads/2018/01/Childrens-Commissioner-for-England-Life-in-Likes-3.pdf>, <https://www.psychologicalscience.org/news/releases/social-media-likes-impact-teens-brains-and-behavior.html>,

<https://ico.org.uk/media/about-the-ico/consultations/2614762/age-appropriate-design-code-for-public-consultation.pdf>, <https://www.familylives.org.uk/advice/primary/health-and-development/helping-your-child-build-self-esteem/>



Year 7

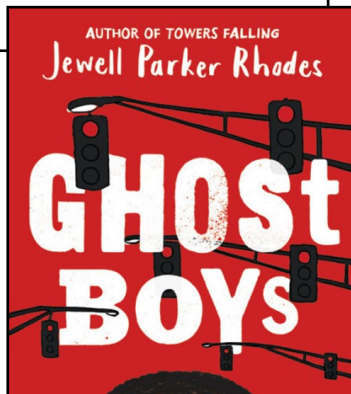


The story follows 11-year-old Morrigan Crow, a girl born on the unluckiest day of the year, who is blamed for every misfortune in her town. As a result, she's cursed to die on her 11th birthday.

However, on the night of her death, Morrigan is mysteriously whisked away to the magical land of Nevermoor by the enigmatic Jupiter North. There, she is invited to compete in the Wondrous Society's trials, a series of magical challenges that will determine whether she can earn a place in the society.

As Morrigan navigates these trials, she discovers her own hidden talents and begins to unravel secrets about her past, her curse, and her true potential. Along the way, she makes new friends, faces dangers, and learns that her fate may not be as predetermined as she once thought.

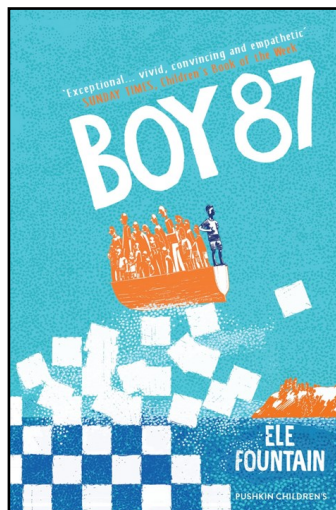
Year 8



The story follows Jerome, a 12-year-old Black boy who is tragically shot and killed by a police officer. After his death, Jerome becomes a ghost, trapped between life and the afterlife. As he watches his family and friends struggle with their grief, he meets the ghost of Emmett Till, a 14-year-old boy whose lynching in the 1950s helped spark the Civil Rights Movement. Through Emmett, Jerome learns about the history of racism and the deep, painful legacy of racial violence in America.

As Jerome navigates his new existence, he witnesses the fallout of his own death—how his family, his community, and the officer who shot him are affected by the tragedy. The novel invites readers to think about justice, empathy, and the importance of standing up against racism, while also encouraging conversations about the impact of systemic violence on young people of colour.

Ghost Boys is a deeply emotional, poignant story that will challenge readers to reflect on important issues such as racial inequality, police brutality, and the power of compassion.



Year 9

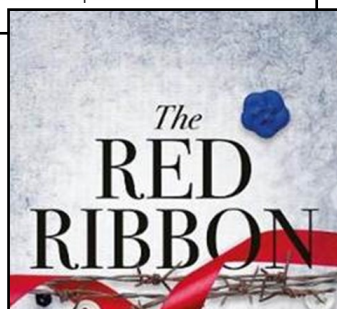


The novel follows Shif, a 14-year-old boy from an unnamed country in the middle of a brutal civil war. When Shif is forced to flee after his family is targeted by the oppressive regime, he embarks on a dangerous journey to seek asylum. Along the way, he faces the harsh realities of being a refugee—enduring treacherous landscapes, deceitful smugglers, and a constant fear of being caught.

As Shif travels across borders and struggles to stay alive, he begins to understand what it means to lose everything—his family, his home, and his sense of safety. Along his journey, he meets other refugees, each with their own heart-breaking stories, and learns that survival means more than just staying alive; it means holding on to hope and finding strength in the face of loss.

Boy 87 is an intense and emotional story that sheds light on the refugee experience, giving readers a personal and powerful glimpse into the realities faced by millions of displaced children around the world.

Year 10



The story follows Liska, a 14-year-old girl who is sent to a Nazi concentration camp, where she is forced to work in the camp's clothing factory. Amid the horrors of war, Liska finds herself caught between survival and humanity, forming unlikely friendships and drawing on her courage to stay alive. At the centre of the story is the red ribbon, a symbol of hope, unity, and resilience that connects the women in the camp as they fight to maintain their dignity in the face of relentless cruelty.

Through Liska's eyes, readers are given a poignant look into the lives of young women who endured the horrors of war. The novel explores themes of bravery, survival, and the importance of remembering history. It also shines a light on the little-known stories of women in the Holocaust, offering a deeply emotional and impactful narrative about loss, friendship, and the power of hope.



Year 12



Set in the 1980s, the story follows two Mexican-American boys, Aristotle (Ari) and Dante, who couldn't be more different. Ari is quiet, angry, and struggles with his feelings of isolation, while Dante is confident, open-hearted, and expressive. When the two meet one summer, they form an unlikely and transformative friendship that slowly grows into something more.

As Ari navigates his struggles with his family, his identity, and his growing feelings for Dante, the novel delicately addresses issues such as cultural expectations, the struggles of being a young gay man, and the painful process of self-discovery. Ari and Dante's journey is one of personal growth, finding acceptance, and learning what it means to love and be loved.

The rich cultural backdrop, combined with the beautiful, poetic prose, makes this book a deeply emotional read that will resonate with readers seeking stories about understanding themselves and others.