



Inside Kingshurst



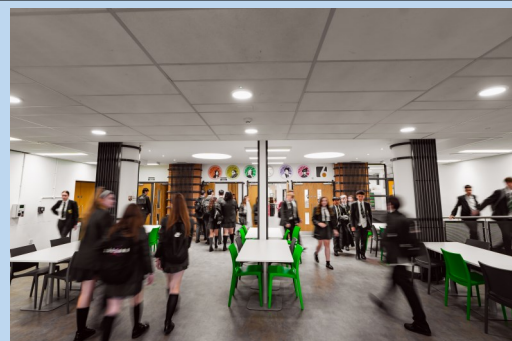
Please refer to the home page of the academy website to access the most recent update from the Principal.

[CLICK HERE TO GO TO THE HOME PAGE](#)

Parental Prowess

Following the final Progress Review event of the academic year during last Wednesday for students in Year 7, **we wanted to extend a massive thanks to all of our parents and carers** for their support in attending these important events during the year.

The attendance of parents and carers of Year 7 was the highest proportion of the year and therefore a great way to complete this process in meeting with their teachers and discussing the learning journey they have been on over through each of their respective subjects.



Dancing in the 'Street'

Last Wednesday, we took our competition dancers from both Year 9 and Year 10 to compete in the Solihull Street Dance competition as part of the School Games, hosted by Alderbrook School. The group arrived with confidence and were ready for the competition, workshops with the judges and the dreaded 'dance-off' thanks to their dedicated approach to preparing for the big day.

Despite fierce competition we placed 3rd overall and in addition, both Maisie Cottier and Maisie Collins won medals for winning the dance off!

The routine will be featured in our upcoming 'Arts Night Out' show on 26th June.

Massive congratulates therefore go to the following group of students:

M Cottier, M Collins, P Braddish, E Henn, N Prosser, M Walmsley, C Donovan, V Nassiah and M Kimberlee.



End of half term:

Friday 23rd May (3.05pm)

Half term:

Saturday 24th May to Sunday 1st June

Return for start of new half term:

Monday 2nd June (8.30am)

SECONDARY SCHOOLS SPRING / SUMMER 2025, D&HP10

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SOLIHULL SCHOOL NURSING NEWSLETTER



NHS

South Warwickshire University
NHS Foundation Trust



The National College: Online Gaming: Moving from Policing to Parenting



With concerns about escalating screen time, the impact of violence, unexpected costs and interloping strangers, it can be tempting for parents and carers to lock down video games to limit possible negative impacts on youngsters. While some sensible boundaries are certainly helpful, they're only a short-term solution for how we can guide children towards better gaming health.

In this guide on [page 4](#), you'll find tips on helping children to avoid potential risks stemming from screen time, simulated violence and interaction with strangers. [CLICK HERE](#)

SOLIHULL SCHOOL NURSING

NEWSLETTER



SUN SAFETY

- Apply sunscreen generously to all exposed areas of your skin 15 to 30 minutes before you go outdoors.
- Instead of rubbing it in, spread the sunscreen evenly across the skin's surface and let it dry.
- Re-apply sunscreen to exposed areas 15 to 30 minutes after sun exposure begins.
- Re-apply sunscreen after activity that could remove sunscreen, such as swimming, towelling or excessive sweating and rubbing.

DID YOU KNOW?

Sunscreen isn't just for the sun.

Did you know that screens emit UVA?

It is recommended that sunscreen should be applied as part of your daily skincare routine.



WATER SAFETY

- Stay away from the edge of waterways, lakes, and ponds, in case of falling in.
- Don't jump into a lake, canal or any depth of water, you do not know the temperature or depth of the water which could lead to fatal accidents.
- Keep your dog on a lead to prevent them from slipping on the edge of waterways and potentially falling in.

SEXUAL HEALTH

Looking after your sexual health is very important and there are many services you can reach out to within the community in addition to your GP.

We want to remind you that you have access to free sexual health services in Solihull through an organization called Umbrella. You can call them at **0121 237 5700** or contact them online at <https://umbrellahealth.co.uk/.Child friendly Gov>



STAY ACTIVE

The warmer weather is fast approaching, and the clocks have gone forward, which means the official start of British Summer Time! What a great opportunity to start encouraging play outside with games or a walk to your local park. Being active and playing outdoors has many health benefits, which include:

- Vitamin D from the sunshine.
- Improved mental health
- Healthier bodies and improved fitness.
-

ROAD SAFETY



Is important to also take this time to remember the dangers and to be aware of the hazards whilst spending time playing outside or meeting up with friends. Here's some tips to try and remember:

- Be cautious of traffic either whilst crossing the road or riding a scooter/bike and always wear a helmet
- Remember to look both ways when crossing the road and always try and use a pedestrian crossing where ever possible.
- Never cross in front of a parked up bus as the traffic behind may try and overtake and you will not be in their vision.



SOLIHULL SCHOOL NURSES



SOLSCHNURSES



SOLIHULL_SCHOOL_NURSES



LINKTR.EE/SOLIHULLSCHOOLNURSING

HEALTH FOR TEENS

Health
for Kids!

SOLIHULL SCHOOL NURSING

NEWSLETTER



WELCOME

A warm welcome to the Summer 2025 term! We hope you had a wonderful break and are looking forward to the warmer weather that is on its way.

The school nursing service works all year round, Monday to Friday excluding public and bank holidays! Our details are at the bottom of the page.

We can support you with the following:

Sleep
 Challenges with eating and diet
 Changes to your body (puberty)
 Emotional health and how to relax
 Managing behaviour
 Hygiene
 Sexual Health

Phone: 0121 726 67 54



Or text us via

Parent Line: 07480 635496
 Aged 11-19 Line: 07520 615730

VAPING

Vaping is unsuitable for young people due to their developing lungs and brains, making them more vulnerable. While less harmful than smoking, vaping carries risks, including exposure to toxins and unknown long-term effects.

Common side effects include:

- Nicotine addiction
- Dry/sore mouth and throat
- Shortness of breath
- Headaches/dizziness
- Coughing

Tips for quitting:

- Increase time between vaping
- Use refillable vapes to reduce nicotine
- Create strategies to manage cravings
- Limit vaping locations and times
- Set a quit date

For more support, visit [Quit Vaping](https://www.quitvaping.org.uk/) | [Smokefree Teen](https://www.smokefree-teen.org.uk/).



EXAM SUPPORT



As the new term begins, schools will start preparing for exams, including the GCSEs. It is important to manage any stress or anxiety you may experience during this time.

Here are some useful tips and advice:

Make sure to eat well:

A balanced diet is essential for good health and can help you feel energised during exam periods. Remember that foods and drinks high in fat, sugar, and caffeine can make you hyperactive and irritable.

Try to get a good night's sleep:

Good sleep improves thinking and concentration. Typically, teenagers need around 8 hours of sleep each night. Make sure to allow yourself time to wind down before bed by stepping away from studying, watching TV, or using any electronic device. This will help you settle down for a better night's sleep.

Talk about any worries or exam nerves:

It's normal to feel anxious. To help with your revision, remind yourself of what you know and the time you've invested in studying. This can boost your confidence. Practicing mindfulness with family or friends can also help relax your mind if you start to feel worried.



ChatHealth is our Private and Confidential text messaging service for Parents/Carers/Guardians and also students.

As well as our main contact line, The School Nursing service can offer advice and support via text messaging between the hours of 9am-5pm, Monday to Friday Only (not monitored on bank holidays or weekends)

Parent Line: 07480635496
 Aged 11-19: 07520615730



SOLIHULL SCHOOL NURSES

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HEALTH₄TEENS

Health
for Kids!

PARENTING GAMERS



Moving from policing to parenting your gaming kids: how to engage and guide

With concerns about escalating screen-time, the impact of violence, unexpected costs and interloping strangers it can be tempting to lock down video games to limit their negative impact. While some sensible boundaries are helpful, they are only a short term solution for how we guide children towards gaming health. Like other areas of childhood, parents and carers can have a powerful steering presence by engaging and participating in the video games their children play. This not only reduces risks because they are aware of the kinds of activities, interactions and costs involved but makes video games a part of family life. Along with building dens, climbing trees, cooking and family walks, playing games with children enables parents to guide the quality of content being played. This may start with sharing the games children are currently playing, understanding why they love it and celebrating successes. But with a little research, this can grow into suggesting other games to play and higher ambitions for what kids get out of playing long-standing favourites.



National
Online
Safety®

A New Media For Everyone

Video games are a new kind of media. Because they are new we don't entirely understand their potential yet. They've become hugely popular and commercially successful as blockbuster entertainment for children and teenagers. However, like books, films and music, the real range of video games on offer is much broader than this.

There are games about every topic you could imagine, and aimed at a wide range of ages and perspectives. Whether it's sharing a family's heartbreaking story in *That Dragon, Cancer*, stepping into the shoes of a Syrian migrant in *Bury Me, My Love*, or taking the hand of your child and soaring over the clouds in *Sky: Children of Light*, games take us places in unique ways. It's no surprise, then, that Newzoo figures show that in 2018 40% of men and 32% of women play games. And Entertainment Software Association (ESA) data showed that the average age for US gamers is 34 for women and 32 for men.

If you want to turbocharge your care of a child who loves playing video games, the best thing to do is to find games you want to play yourself. This can sound like strange advice until we consider how hard it would be caring for a child who loves books without reading ourselves or guiding a child who loves music without sharing our favourite songs.

Video Game Diet

Gaining an understanding of what video games are, what they are like to play and the different experiences on offer, enables you to encourage a varied gaming diet. Similar to how we don't worry about plate-time but what's on the plate, we can differentiate between different types of screen experience.

Playing *Fortnite* offers exuberant excitement and connection to friends. Playing *Mario Kart* connects us to the players sitting next to us. *Roblox* can be a place for children to play at having a job or surviving a storm. *Minecraft* can be a tranquil escape from a busy day at school. *Alto's Adventure* can be a way to calm anxiety or jangling nerves.

Parents and carers can expand these experiences. *Kingdoms Two Crowns*, *Reigns* and *Life is Strange* teach players to trust their instincts in game-worlds built to encourage risk and hunch taking. *Florence*, *Abzu*, *Journey* and *Brothers Tale of Two Sons* are a gentle way for children to learn about their own emotional responses to challenging situations as well as appreciating how people experiencing them first hand may feel. *Eco* and *One Hour, One Life* encourage the altruism of building something that other players benefit from.

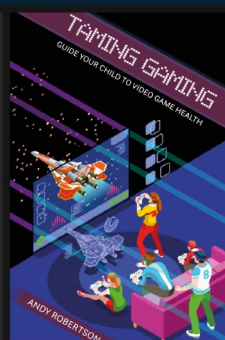
Creators Not Consumers

Ambition for their future means parents and carers support activities where children are excelling. While this is familiar territory when a child is brilliant at an instrument or learning a foreign language, it's easy to miss the need for our enthusiasm when it comes to video games. Along with the general connection and good feelings that come from a parent or carer celebrating success in an activity that a child enjoys comes the imperative that they could go further than they realise themselves. The rise in competitive video games can sound peculiar but requires great skill, draws large audiences and comes with high prize money for professional players. Beyond this, parents can guide children towards other careers in video games which need diverse creative, technical and social skills. A simple and effective way to do this is to encourage children to create as well as consume games. This can start as simple customisation of the games that allow you to design maps and characters. Then there are games like *Mario Maker* on Wii U, 3DS and Switch where you can design and share levels for other players. *Dreams* on the PlayStation 4 takes this further with an accessible game creator that's also really powerful.

Finding Games You Want Children To Play

Parenting rather than policing video games equips children to build good habits and a healthy relationship with digital media for when they leave home and parents aren't around to enforce the rules. One challenge can be finding the kinds of games you want your children to play. There are good resources to help you with this. Many of the examples here come from my upcoming *Taming Gaming* book: <https://unbound.com/books/taming-gaming/>. There are also websites that provide video game suggestions like *AskAboutGames* <https://www.askaboutgames.com>. Also, there are good Twitter accounts that help, like *Wholesome Games* (@_wholesomegames) and *Non-Violent Game Of The Day* (@NVGOTD).

You can also use the VSC Rating Board (<https://videostandards.org.uk/RatingBoard/>) website and PEGI app to search for games of different ratings.



Meet our expert

Andy Robertson is a parent of three children and journalist who writes for national newspapers and broadcast television. His *Taming Gaming* book helps parents guide children to healthy play.