



Inside Kingshurst



Arts Night Out

Arts Night Out is a night celebrating all of the arts at TGAK. The evening will feature a student art gallery in the canteen, accompanied by live music. Following this, a performing arts show will take place. The show will feature our amazing actors, singers, and dancers.

There is still time for other students to get involved if they are interested in singing with the choir, or performing a drama scene; Miss Foshay will be able to talk to them about this and provide them with a permission letter!

Arts Night Out is Thursday 26th June @ 5pm! Tickets are available on My Child At School now!



The Final Countdown

We are so proud of our Year 11 and Year 13 students. As we approach the final week of summer examinations for our GCSE, BTEC and A Level students, we applaud the students for their conduct, resilience and support for one another.

- The final GCSE examination will take place on Tuesday 17th June (Spanish) with the 'Leavers Assembly' taking place on Monday 16th June, following the GCSE Physics examination.
- A Level students have a little further to go, with their final exam taking place on Friday 20th June (A Level Chemistry).

A reminder of the full exams schedule can be accessed by [CLICKING HERE](#).

TGAK Ski Trip 2026: Cerler, Spain: Sat 14th – Sat 21st Feb

Letters are now available to collect from Michelle Young, College Administrator for Pankhurst in Student Services for those interested

Start Me Up

As one door closes, another one opens. The Year 10 mock exams for core subjects begins as of Monday 16th June (Mathematics), and runs all the way through to Monday 23rd June (Physics).

A link to the letter, outlining the mock examinations can be found by [CLICKING HERE](#). Alternatively, a copy of the schedule is published on [Page 3](#). [CLICK HERE](#).



**MOCK EXAMS
IN PROGRESS**

The National College: Top Tips for Promoting Physical Wellbeing



Football's FIFA Women's World Cup starts in July, and this huge event could potentially get children interested in having a go on the pitch themselves – or perhaps they're already passionate about sport. It could present a great opportunity to get young people engaged in physical activity and regular exercise, which has proven positive impacts on all facets of their health – including mental and emotional wellbeing.

With all that said, it can sometimes be difficult to get children and young people motivated to take part in sports and other exercise, but there are certainly ways to do so. This guide on [page 2](#) provides you with some top tips on how to encourage young people to stay active and remain invested in their physical welfare. [CLICK HERE](#)

10 Top Tips for Parents and Educators

PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

1 MAKE IT FUN

Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

2 MIX MOVEMENT WITH LEARNING

Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

4 PROVIDE POSITIVE REINFORCEMENT

Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

5 VARIETY IS KEY

Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

6 ENJOYMENT OVER COMPETITION

Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

7 SET REALISTIC GOALS

Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

8 MAKE IT ACCESSIBLE

Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

9 LEAD BY EXAMPLE

Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

10 ENCOURAGE PERSISTENCE

Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



#WakeUpWednesday

The
National
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YEAR 10 MOCK EXAMS - SUMMER 2025										GCSE	A-LEVEL	YR10 MOCK
WEEK-6	Morning Exam Session: 0900					Afternoon Exam Session: 1300						
	Exam board	EXAM	Minutes	Year	Exam board	EXAM	Minutes	Year				
Monday 16th June	AQA	Combined Science: Physics Paper 2 - Foundation	75	11	Edexcel	Adapted Mathematics Paper 1 (Non-Calculator) - Foundation	60	10				
	AQA	Combined Science: Physics Paper 2 - Higher	75	11	Edexcel	Adapted Mathematics Paper 1 (Non-Calculator) - Higher	60	10				
	AQA	Chemistry Adv Paper 2 - Organic and Physical Chemistry	120	13								
Tuesday 17th June	AQA											
	AQA	Spanish Writing Foundation	60	11	AQA	Combined Science: Biology Paper 1 - Foundation	75	10				
	AQA	Spanish Writing Higher	75	11	AQA	Combined Science: Biology Paper 1 - Higher	75	10				
Wednesday 18th June	AQA											
Thursday 19th June	Edexcel	Adapted Mathematics Paper 2 (Calculator) - Foundation	60	10	Edexcel	Mathematics Adv - Statistics & Mechanics	120	13				
	Edexcel	Adapted Mathematics Paper 2 (Calculator) - Higher	60	10								
Friday 20th June	AQA	Chemistry Adv Paper 3	120	13	AQA	Combined Science: Chemistry Paper 1 - Foundation	75	10				
					AQA	Combined Science: Chemistry Paper 1 - Higher	75	10				
YEAR 10 MOCK EXAMS - SUMMER 2025										GCSE	A-LEVEL	YR10 MOCK
WEEK-7	Morning Exam Session: 0900					Afternoon Exam Session: 1300						
	Exam board	EXAM	Minutes	Year	Exam board	EXAM	Minutes	Year				
Monday 23rd June	AQA	Combined Science: Physics Paper 1 - Foundation	75	10		Core exam catch-up - students TBC by Exams Team		10				
	AQA	Combined Science: Physics Paper 1 - Higher	75	10								