



Inside Kingshurst

Discovering UCAS

On a bright and buzzing day at the NEC Birmingham, our Year 12 students stepped into a world of opportunity at the UCAS Discovery Day. With hundreds of university and apprenticeship stands under one roof, the atmosphere was electric. Students had the chance to speak directly with representatives from institutions across the UK, gaining valuable insights into courses, campus life, entry requirements, and career prospects. The event was interactive and engaging. Students collected a treasure trove of freebies, from pens and tote bags to snacks and prospectuses, all while asking thoughtful questions and gathering resources to support their post-18 decisions.

Wish You Were Here!

Mr Kyle's group of A Level Geography students demonstrated a masterclass in the art of timing by organising a field trip to Aberystwyth, Wales, leaving on Friday and spending the weekend in the town known for its Victorian promenade, castle ruins, and as a popular tourist destination.



Our Year 12 students conducted a wealth of coastal defence and town planning fieldwork whilst enjoying the tremendous weather conditions but also got to money can't buy experience as a would-be university student by staying in the student accommodation at Aberystwyth University, gaining a valuable insight as to what may await them at the end of the Sixth Form studies.



Making a 'Big Bang' To The Summer Term



On the 17th July a group of year 8 students had the amazing opportunity to visit the Big Bang exhibition at the NEC. They got to experience a wealth of interactive shows and exhibits from virtual reality headsets, experiencing timed wheel changes on professional go carts and getting up close and personal with some creepy crawlies. A wide broad collective of higher education establishments and STEM based industries were on hand to speak to our students about the wealth of opportunities for careers in these areas.

We also are looking forward to hosting a workshop for some key stage three students in July in which they have the opportunity to repair electronic items to promote sustainability and recycling. We are reaching out to the community to see if anyone has any electrical items in need of repair which we can use for this event. Stay tuned for more information coming through soon!

Tudor Grange
Academies Trust

SPOTLIGHT ON SAFEGUARDING

WORKING TOGETHER TO KEEP OUR YOUNG PEOPLE SAFE

Secondary | July 2025

Welcome to the June issue of Spotlight on Safeguarding!

Please [click on the link below](#) to go to the safeguarding content:

['Bereavement'](#)

['VPNs'](#)

In this issue:

- Supporting your child with a bereavement
- What are VPNs?

The National College: Top Tips for Staying Safe in Hot Weather



Summer is here, and with it come the hottest days of the year. While it's a great idea to get outdoors and enjoy the sun, prolonged exposure to hot weather can come with a few downsides. They are, however, drawbacks that can be easily avoided.

The guide on [page 2](#) has gathered ten pieces of expert advice on how to stay safe in hot weather – helping to ensure children and young people can make the most of the summertime without worrying about their wellbeing. [CLICK HERE](#)

10 Top Tips for Parents and Educators

STAYING SAFE IN HOT WEATHER

As temperatures rise, it's essential to take proactive steps to ensure children and young people stay safe and healthy. Hot weather can pose serious risks such as dehydration, heatstroke and sunburn. This guide provides practical tips for parents and teachers to protect children during sunnier spells, helping them enjoy the summer safely.

1 STAY HYDRATED

Ensure children drink plenty of water throughout the day, even if they don't feel thirsty. Encourage them to carry water bottles and take regular sips. It's better to drink small amounts to counteract the effects of sweating. Even if children replenish lost fluids with equal amounts of water, they may still be dehydrated due to salt lost from the body. Avoid sugary drinks and caffeine, which can contribute to dehydration.

2 APPLY SUNSCREEN

Use a broad-spectrum sunscreen with at least SPF 30 on all exposed skin and reapply every two hours or after swimming. Don't forget often-missed spots like the ears, back of the neck and tops of feet. Sunscreen needs around 20 to 30 minutes to be absorbed by the skin, so make sure you leave plenty of time to apply it.

3 WEAR PROTECTIVE CLOTHING

Dress children in light-coloured, loose-fitting clothing made from breathable fabrics like cotton. Ideally clothing should cover as much skin as possible. Shoulders should always be covered as they can easily burn. Wide-brimmed hats and sunglasses with UV protection are also essential to shield them from the sun. Be sure to check your school's dress policy, as uniform rules may be relaxed during amber or red Heat Health Alerts (HHAs).

4 SEEK SHADE

Covering up and seeking shade are the most important sun protection measures. Encourage children to play in shaded areas, especially during peak sun intensity between the hours of 11 a.m. and 3 p.m. Use umbrellas or canopies if natural shade is unavailable.

5 AVOID STRENUOUS ACTIVITIES

Children shouldn't take part in vigorous physical activities in very hot weather. Limit these during the warmest parts of the day. Schedule any outdoor games or sports for early morning or late afternoon when it's slightly cooler.

6 KEEP COOL Indoors

If it's safe and appropriate, open windows early in the morning to allow stored heat to escape from the building. Use fans or air conditioning to maintain a cool indoor environment. Close curtains or blinds to block direct sunlight. Switch off electrical equipment like computers, monitors and printers when not in use: don't leave them in 'standby mode' as this still generates heat.

7 TAKE COOL BATHS OR SHOWERS

Encourage children to take cool baths or showers to lower their body temperature. Alternatively, use damp cloths on their skin to provide relief from the heat. When heading out of the house, consider filling up a spray bottle to cool everyone down on the go.

8 MONITOR FOR SIGNS OF ILLNESS

If sensible precautions are taken, children are unlikely to be seriously affected by hot conditions – but teachers, assistants, school nurses and all child carers should watch for symptoms of heat exhaustion, such as heavy sweating, weakness, dizziness, nausea or fainting. If any signs are present, move the child to a cool place, make sure they drink some water, and seek medical advice if needed.

9 MAINTAIN A COOL SLEEPING ENVIRONMENT

Ensure children's bedrooms stay cool by using fans or air conditioning. Use lightweight bedding and consider letting them sleep in the coolest part of the house. Older children can have more choice over what they wear to bed. Some children may prefer to sleep without pyjamas, while some may prefer to opt for a light cotton t-shirt and shorts.

10 EDUCATE CHILDREN ON SUN SAFETY

Teach children the importance of sun safety and encourage them to take responsibility for their health. Explain the risks of sunburn and heatstroke and the value of following these safety tips.

Meet Our Expert

James Whelan is an experienced health and safety expert who is a Chartered Member of the Institution of Occupational Safety and Health. He provides services to educational settings (and other industries) to help them maintain a safe working environment.



#WakeUpWednesday®

The National College®

Source: See full reference list on guide page at: [staying-safe-in-hot-weather](https://nationalcollege.com/staying-safe-in-hot-weather)

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Helping children navigate grief with understanding and care

As children grow, their understanding of life and of loss deepens. The death of someone close, whether a family member, friend, teacher or someone in the public eye, can have a significant impact.

Grief during adolescence is complex. While older children may seem more independent or emotionally mature, they still need consistent care, guidance and opportunities to process what they're feeling.

Understanding grief in adolescents

Teenagers, and those nearing their teens, are at a unique stage of development; forming their identity, seeking independence and navigating big emotions. When they experience loss, their grief may be shaped by:

- a growing understanding of death's finality
- big, sometimes overwhelming, emotions like guilt, anger, anxiety or numbness
- questions about meaning, fairness and faith
- concern about the impact on friends and family
- reluctance to share feelings for fear of upsetting others or appearing 'weak'.

Some young people may seem to shut down, while others become more reactive. Both are natural responses. Grief is not linear - your child's emotions may come and go in waves.

When to seek additional support

While grief is a normal response to loss, sometimes teenagers need extra help. You might consider talking to your GP if your child:

- talks about self-harm, hopelessness or not wanting to be here
- struggles with daily functioning for more than a few weeks
- becomes highly withdrawn, aggressive or anxious
- is using risky behaviours to cope (e.g. substance use, skipping school).

In this issue:

- Supporting your child with a bereavement
- What are VPNs?

HOW YOU CAN SUPPORT YOUR CHILD WITH LOSS AND GRIEF

BE AVAILABLE, WITHOUT PRESSURE



Let them know you're there if and when they want to talk. A quiet walk, a car journey or doing something side-by-side can create safe opportunities to talk without making it feel like an interrogation.

LISTEN MORE THAN YOU SPEAK

If your child does talk, try not to rush in with solutions or explanations. What they often need most is someone to listen without judgment, even if what they say is difficult to hear.



VALIDATE THEIR EMOTIONS



Grief can be messy. Let your child know it's okay to feel angry, numb, guilty or even relieved. All these emotions are valid. "It's okay to feel whatever you're feeling. There's no 'right way' to grieve."

BE HONEST AND OPEN

Give clear, age-appropriate information about the death, even if it's hard to talk about. Teenagers often sense when they're being kept in the dark, which can lead to confusion or mistrust.



RESPECT THEIR COPING STYLE



Some teens may want to cry or talk a lot, while others might dive into schoolwork or distractions. Support their natural coping strategies, while gently keeping an eye on their wellbeing.

Here are some trusted organisations that offer specialist support for bereaved children and families:

Winston's Wish – www.winstonswish.org

Child Bereavement UK – www.childbereavementuk.org

Cruse Bereavement Support – www.cruse.org.uk

SPOTLIGHT ON SAFEGUARDING

HOW YOU CAN SUPPORT YOUR CHILD

THIS ISN'T ABOUT BLAMING OR BANNING DEVICES;
IT'S ABOUT GUIDING YOUR CHILD TOWARD
HEALTHY, INFORMED USE OF TECHNOLOGY.

Talk regularly

Keep an open, non-judgmental conversation going. Ask:
"Have you heard of VPNs? Do you know what they do?"
"What do your friends use to get around blocks online?"



Check their device together

Review apps installed on your child's device. Look out for:

- VPN apps (like ProtonVPN, TurboVPN, Betternet, Psiphon)
- apps that don't match their usual interests.



Establish healthy boundaries

Set or review your family's digital expectations:

- when and where devices can be used
- what happens if they want to explore new technology (e.g. they come to you first).



Use parental controls

Check your home broadband settings - some allow you to block VPN use or notify you if one is installed. Tools like Google Family Link or Apple Screen Time can also flag unusual activity.



Teach them why privacy and protection matter

Children benefit from respectful discussions about safety. Help them understand that VPNs:

- facilitate access to harmful content
- can expose their data to strangers
- make it harder for trusted adults to help if something goes wrong.



Helpful resources

- Internet Matters – VPNs and Online Safety

www.internetmatters.org

- Common Sense Media – Parent Guides to Apps and Tools

www.commonsensemedia.org

What is a VPN?

A VPN (Virtual Private Network) hides the user's online activity and location. It creates a private 'tunnel' between the device and the internet, making it much harder for anyone, including parents or schools, to see what websites are being visited.

Many adults use VPNs for privacy or to access overseas content. But when used by young people, VPNs are often used to bypass controls or filters; which can lead to unsafe or inappropriate online experiences.

Why children might use VPNs

Children may use VPNs to:

- get around parental controls or school filters
- access restricted apps or websites
- avoid being monitored on shared devices
- download or stream age-restricted content
- appear as though they're in another country.

This can expose them to inappropriate content, online predators, cyberbullying and privacy risks - often without parents and carers even knowing what's happening.

How children access VPNs

It's easier than many parents and carers realise. VPN apps are often:

- **freely available in app stores** (Apple App Store or Google Play)
- **promoted on YouTube, TikTok or Reddit** by influencers or peers
- **disguised with harmless-looking names** or icons (e.g. weather apps or game boosters)
- **shared among friends at school** who have used them to get around blocks.

Some are advertised as 'free internet', 'unblocker', or 'private browser' - which can sound appealing and even harmless to young users.

Let's work together

If you're concerned or unsure whether your child is using a VPN, please don't hesitate to reach out to us. We're here to help keep your child safe - not only in school, but in their digital life too.

With your support and open communication, we can help young people make smart, responsible choices as they grow up in a connected world.