



Inside Kingshurst

Upcoming Key Date

- Year 11 Road to Success: **Thursday 2nd October (4-6pm)**
- Trust Inset Day: **Fri 3rd Oct** (students return on Mon 6th Oct)

Student Ambassadors Run the (Open Evening) Show

As the academy prepared itself for its annual Open Evening event during last Wednesday, it was the students who were the stars of the show.

Regardless of the academy closing at lunchtime, it was our students who took centre stage with the brilliant Sixth Formers staying on-site to help set-up, or our lower school students who had some respite at home before returning back to the academy, and therefore generously giving their time as dedicated volunteers. Students, ranging from Year 7 to Year 13 readily took-up the role of tour guide in fearlessly putting themselves forward to show every new family who walked through the door the access-all-areas experience around the site, touching brains in Science, searching for Banksy pictures in Art, handling World War II relics, and competing against staff and students in the legendary maths challenge! Powered by the numerous free samples of curry, pasta pots and a variety of cake samples from the catering team, they were confident, communicative and highly capable in serving as incredible leaders and amazing ambassadors for the academy.



Friday brunchtime consisted of a sweet treat for many of our staff and students courtesy of the annual Macmillan Coffee Morning, supporting people affected by cancer. The academy has continuously supported this event for well over a decade, and this year, thanks to the work of Mrs Pickard and Ms Hartshorne and her cookery club, in addition to generous donations from students, including C.Roberts, J.Lovett and O.Wadrup and the volunteering of Sixth Form students to sell them to our young people. The cake sale will continue into Monday brunchtime to maximise the money raised for this important charity.

**WORLD'S BIGGEST
COFFEE
MORNING**

Blood Pressure—Do you know your numbers?



We were proud for Kingshurst to be part of the Birmingham and Solihull 'Know Your Numbers' campaign, which raises awareness of high

blood pressure and why it's so important to check it regularly. High blood pressure often has no symptoms, yet it's one of the biggest risk factors for heart disease and stroke, both of which are preventable when spotted early.

During last Wednesday's Open Evening, free blood pressure checks were on offer alongside quick and easy advice to parents and carers (and the Principal!).

We were delighted to have partnered with the NHS (and also Councillor Karen Grinsell from Solihull Council) in showing the wider role schools play in helping families look after their wellbeing, feel supported, raise awareness, and tackle health inequalities in North Solihull.

For further information, please click on the following link: <https://www.bsolhealthyhearts.nhs.uk/blood-pressure>



National Online Safety: Top Tips for Promoting Healthy Sleep Patterns

For children and young people, low-quality sleep can become a serious issue. It has been theorised that poor sleep can have a significant impact on children's brain development, affecting them for the rest of their lives. A healthy – and consistent – sleeping pattern, therefore, is incredibly important for children and young people's wellbeing.

With the stresses and distractions that can present themselves to youngsters, it can be tricky to ensure they're in the best mindset to wind down in the evenings for the rejuvenating rest that they need. The right approach, however, can give them a better chance of cultivating a healthy sleeping pattern. The guide on [page 2](#) has some practical tips on helping them to achieve exactly that. [CLICK HERE](#)

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



The National College