



Inside Kingshurst



Birmingham City FC Foundation Launch!

The Birmingham City FC Foundation have been part and parcel of partnering with the academy over the course of this academic year. Our students are very used to seeing both members of the team around the academy, running football clubs during lunchtimes and after school and supporting our students in mentoring them in the spaces in-between!

During the final week of the previous term, we were privileged to be able to formally host the official launch for the Foundation within the academy and were absolutely delighted to welcome CEO of Birmingham City Football Club, Jeremy Dale; former Birmingham City Women captain and Republic of Ireland International, Louise Quinn in addition to the voice of Midlands football and sports media veteran, Tom Ross.



Please head to the BCFC Foundation Linked in page for their post: [CLICK HERE](#)

Just a reminder
that **Monday 4th**
May is a bank holiday!



Extra-Curricular: Summer 2026

Please [CLICK HERE](#) to go to the details of extra-curricular activities for this term.

Relationships, Sex and Health Education (RSHE) Feedback

The government has recently made a number of statutory changes to Relationships, Sex and Health Education (RSHE), which will come into effect from 1st September 2026.

In response, Tudor Grange Academies Trust has produced a draft updated RSHE policy. This policy underpins the Lifelong Learning (LLL) sessions that students complete each Friday morning during Tutor Time, and covers areas such as Health, Safety, Careers, Mental Health, and Relationships and Sex Education.

We are keen to invite parents and carers who would like to review the draft policy and share their views to meet with a senior leader in school to discuss it. If you are interested in taking part, please complete the short form linked below. This will allow us to get in touch to arrange suitable dates.

[RSHE - Draft Policy – Link to Expression of Interest for Parent/ Carer Consultation Form](#)

Nat. College: What Parents Need to Know about Screen Addiction

It can be challenging for parents and carers to know whether children are spending too much time on their digital devices. It's even more of a conundrum to decide whether a child is just deeply engaged with the internet and social media, or genuinely addicted to it. As technology becomes more pervasive in all of our lives, many children and young people in particular are beginning to experience tech-related dependencies. As trusted adults, do we have the right knowledge to identify and support children and young people who might be developing an addiction to their devices?

In this guide on page 2, you'll find tips on avoiding potential risks such as damage to health and wellbeing, app addiction and a lack of sleep. [CLICK HERE TO GO TO THE GUIDE](#)

The
National
College



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?



47%
of parents
said they thought their
children spent too much
time in front of screens



What parents need to know about SCREEN ADDICTION



HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



**National
Online
Safety®**



Top Tips for Parents



LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their Outdoor activities to show your support.

STATISTICS

52% of children aged **3-4**
go online for nearly **9hrs** a week

82% of children aged **5-7**
go online for nearly **9.5hrs** a week

93% of children aged **8-11**
go online for nearly **13.5hrs** a week

99% of children aged **12-15**
go online for nearly **20.5hrs** a week

Children and Parents: Media Use and Attitudes Report 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School 7:30am-8:15am		Breakfast Club – Sports Hall		Breakfast Club – Sports Hall	
Lunchtime Lunch 1: 12:35pm-1:05pm Lunch 2: 1:35pm-2:05pm	Craft Club – Miss Sevares – Year 7, 9 and 11 – A311 Ethos Team Drop-In – Year 8 and 9 – D021 Football – Tennis Courts - All Years	Careers Drop In – Year 8 and 10 – Mrs Robinson and Mrs Cunningham – Foyer Football – Tennis Courts - All Years	Careers Drop In – Year 7, 9 and 11 – Mrs Robinson and Mrs Cunningham – Foyer Ethos Team Drop-In – Year 7 – D021 Pride Group – Miss Macintosh – Week 1 and 2 – Lunch 1 – Year 7, 9, 11 – A113 Pride Group – Miss Macintosh – Week 1 and Week 2 – Lunch 2 – Year 8 and 10 – A113 Football – Tennis Courts - All Years	Ethos Team Drop-In - Year 11 – D021 Bracelet Making - Mrs Pickard – Year 7 – A024a Chess Club – Mrs Pickard – Year 7 – A024a Football – Tennis Courts - All Years	Ethos Team Drop-In – Year 10 and Post 16 – D021 Football – Tennis Courts - All Years
After School 3:05pm-4:00pm	Drama Club/Show Rehearsals – Year 7 to Year 13 – Miss Foshay and Mr Bradley – Drama Studio - B040 Rounders – Miss Roe – Year 7 to Year 11 – Field Dance – Miss Norris – Year 7 – Dance Studio Girls Football – Year 7 to Year 13 - 3G – BCFC Foundation	Dance – Mr Venson – Year 8 – Dance Studio Football – Mr Shaylor – Year 7 to Year 11 (Boys and Girls) - 3G Cheerleading – Miss Pedley and Miss Noble – Year 7 to Year 13 – Gym Handwriting Club – Year 7 to Year 11 – A111 SENDE Creative Movement – Year 7 to Year 13 – Gym - BCFC Foundation Warhammer Club – Mr Urbonas and Mr Nseiri – Year 7 to Year 13 – A027	Staff CPD Choir – Miss Chinn – Year 7 to Year 13 – B124 Basketball – Year 7 to Year 13 – Sports Hall - BCFC Foundation Ignite – Ethos Team – D021	Dance – Miss Norris – Year 9 – Dance Studio Dance – Mr Venson – Year 10 and 11 – Drama Studio Cricket – Year 7 to Year 11 - Mr Shaylor and Mr Mutton – 3G Cooking Club – Miss Hartshorne – Year 7 to Year 13 – A101 Rugby – Mr Lohr – Year 7 to Year 9 – Field Pride Group – Miss Macintosh – Year 7 to Year 13 – A113 Debate Club – Year 7 to Year 13 – A206 - Miss Smith and Miss Stone Homework Club – Year 7 to Year 11 – SEND department Year 10 Work Experience Intervention – A113 Sparx Homework Club – Miss Pathak – A106 Future Leaders – Year 7 – BCFC Foundation- Pavilion Girls Fitness – Year 7 to Year 11 – Fitness Suite – A Block	Dungeons and Dragons – Mr Rainsford – Year 7 to Year 13 – B039 Sports Leaders – Year 8 and Year 9 – BCFC Foundation- Pavillion Cooking Club – Miss Hartshorne – Year 7 to Year 13 – A101 Athletics – Year 7 to Year 11 – Miss Smith – 3G/Field

Link: <https://www.kingshurst.tgacademy.org.uk/files/2026/04/2025-2026-Extra-Curricular-Timetable.pdf>