



Inside Kingshurst

Year 6 Open Evening

Despite being at a relatively early point of the new academic year, we once again, also look forwards to the next!

With this in mind, we would like to invite any parents and carers, or indeed, friends and family, with children currently in Year 6, to attend our Open Evening on Thursday 1st October, between 4.30-6.30pm.

The focus of the event is to come and see everything that Tudor Grange Academy Kingshurst has to offer, and will include an opportunity to see the facilities, meet the teachers, talk to our students, experience engaging activities within each subject area and sample the food on offer too.

Talks from the Principal take place at 4.45pm and 5.45pm.

Please remember that school closes at 2.05pm on Thursday 1st October for all year groups to permit preparation for open evening. Thank you once again for all those pupils involved in the event!

Open Evening

Thursday 1st October 2026

4.30 - 6.30pm

Talks by the Principal at
4.45pm and 5.45pm

www.kingshurst.tgacademy.org.uk
0121 329 8300 | info@kingshurst.tgacademy.org.uk



Staff training day: Friday 2nd October

Just a reminder that the academy is closed to all students next Friday due to staff training. All students return to the academy at 8.30am on Monday 5th October.



Ethos' Impact Innovators Visit

On Thursday 24th September, a group of Year 8 and Year 9 students, led by Mr Wilson, took part in the launch of a new programme at Samaritans Purse, Cross Point Business Centre in Coventry. The programme, named 'Impact Innovators', is a student-led social action programme designed to help young people identify real-world issues, develop practical solutions and pitch ideas that create positive impact. The group enjoyed



engaging in group activities preparing food packages and toy gift boxes for children in Zimbabwe. The team managed over 11,000 food packages in 1 hour, alongside other schools involved in the programme!!! NOW THAT'S IMPACT.

The pupils were thoroughly engaged throughout, felt accomplished with their contribution and were a credit to the academy in their behaviour and responsible approach.



National Student Survey: 'The Big Future'



Please go to [page 2](#) for details of The Big Future survey opportunity that has been launched last term by Children's Commissioner for England, Dame Rachel de Souza in order for your child to click a link and provide feedback of their experiences, views and aspirations to support the national picture being formed. So far, The Children's Commissioner reports that 48 children at the academy have taken part but would love to hear from an even wider sample. With hundreds of thousands of children and young people already taking part across England, Dame Rachel de Souza would like to make sure as many of our pupils as possible have the opportunity to add their voices.

[CLICK HERE TO GET INVOLVED.](#)



The Children's Commissioner for England, Dame Rachel de Souza, has written to us after launching their national survey, 'The Big Future', and has invited responses from our children and young people within the academy.

Students are able take part via the following hyperlink:

<https://www.childrenscommissioner.gov.uk/thebigfuture>

The Children's Commissioner is attempting to hear from children and young people in every school, college and community across England and would like to the conclusions drawn from this survey to reflect their experiences, views and aspirations and form part of the national picture that will help shape future policy and decision-making.

At a time of significant change for children and young people, it is more important than ever that their voices are heard. Through The Big Future, they can take the views of your child directly to government and ensure their priorities help inform the decisions that affect their lives.

We would be grateful if you could share this link with your child and ask them to take part within this survey at a convenient point in time.



SOLIHULL SCHOOL

NURSING NEWSLETTER

PAGE 1



Welcome

A big welcome to the autumn 2026 term! We hope you had a lovely summer and have settled into the back-to-school (or, for some of you, new to secondary school) routine.

The school nursing service operates all year round, Monday to Friday, 8:30am–5pm, excluding public and bank holidays. Our details can be found at the bottom of the page

IT'S TIME TO CATCH IT, BIN IT, KILL IT!

As the weather becomes cooler, we can expect an increase in seasonal illnesses such as colds, flu, and other infections, including Norovirus. With this in mind, we'd like to remind everyone of the importance of practising good hand hygiene and following the "Catch it, Bin it, Kill it" guidance.

Remember to wash your hands thoroughly after blowing your nose, sneezing, or coughing to help prevent the spread of germs and protect those around you.

To refresh your knowledge of effective handwashing techniques, please watch the short video using the link below:

<https://www.nhs.uk/live-well/best-way-to-wash-your-hands/>



SEXUAL HEALTH

Did you know that September was Sexual Health Awareness Month? This campaign helps raise awareness about sexual and reproductive health, making sure young people know where to find reliable information, advice, and support. If you live in Solihull, you can access free and confidential sexual health services through Umbrella.

Call: 0121 237 5700

Visit: <https://umbrellahealth.co.uk/>

Whether you have questions, need advice, or want to learn more about looking after your sexual health, support is available and there's no need to struggle on your own.

Remember: getting the right information can help you make informed choices and stay healthy.

VACCINATIONS

During your time at Secondary School, you will be offered the following vaccines:

School year	Vaccine	To protect against
12 to 13 years old (school year 8)	HPV vaccine	Human papillomavirus (HPV) which can cause cancer including cervical cancer and penile cancer
14 years old (school year 9 or 10)	Td/IPV (3-in-1 teenage booster) MenACWY vaccine	Td/IPV vaccine protects against 3 serious illnesses: Tetanus, Diphtheria & Polio Meningitis and septicaemia (blood poisoning)
Flu vaccine	Annual vaccine offered to all in years 7 to 11	Protects against flu, which can lead to acute bronchitis and pneumonia. Please note - porcine free (gelatine free) option now available.

The **School Aged Immunisation Team** will be visiting your school to administer vaccinations. They are also available to offer expert advice to young people and families concerning immunisation and vaccination matters.

To learn more about the team, [click here](#), call 0121 466 6545.

A free, time-limited vaccination programme is now available to protect young people against meningococcal B (MenB) disease, which can cause life-threatening meningitis and sepsis.

Find out where to have your vaccinations by visiting: nhs.uk/book-menb [nhs.uk]

For more information about the MenB vaccine visit: gro.co.uk/havemenb



OUR NEW WEBSITE IS LIVE!

Our brand new 0-19 website is now live!

We're excited to launch our brand-new website, bringing together information, advice and support for children, young people, and families.

Find the information you need when you need it. Visit our new website today: www.solihull0-19services.nhs.uk



SOLIHULL SCHOOL NURSES



SOLSCHNURSES



0121 726 67 54



SOLIHULL SCHOOL NURSES



www.solihull0-19services.nhs.uk



Aged 11-19? Text
07520 615730

SOLIHULL SCHOOL

NURSING NEWSLETTER

PAGE 2

Firework, Bonfire & Sparkler Safety

Bonfire Night can be great fun, but it's important to stay safe. Check out these top safety tips:

- ✓ Make sure an adult is supervising fireworks and bonfires.
- ✓ Watch displays from a safe distance.
- ✓ If you're lighting fireworks, always do it at arm's length.
- ✗ Never carry fireworks in your pockets or light them in the street.
- ✗ Don't go back to a firework once it has been lit, even if it doesn't seem to work.
- ✓ Always make sure bonfires are completely out before leaving.

✋ Wear gloves when using sparklers, as they get extremely hot and can cause burns.

🌟 Keep sparklers away from other people and place them in a bucket of water once you've finished with them.

🔥 If your clothes catch fire, remember: Stop, Drop and Roll! Stop where you are, drop to the ground, cover your face, and roll until the flames are out. Tell your friends and family too so everyone knows what to do.

Want to learn more? There are lots of useful resources available about fireworks, sparklers, bonfires, and the laws around using them. Take a look at the links below for more information.

<https://www.rosa.com/home-safety/fireworks-safety>

<https://capt.org.uk/stop-drop-and-roll/>

<https://capt.org.uk/firework-safety/>



Stoptober

October is all about raising awareness of the benefits of quitting smoking and helping people take their first steps towards becoming smoke-free.

If you're thinking about quitting or just want some advice, support is available. You can contact the National Smokefree Helpline on 0300 123 1044 and let them know you'd like help to stop smoking.

📱 Don't forget, there are other ways to get support too:

The NHS Quit Smoking App

Our ChatHealth service, where you can reach out for advice and support

Keep an eye on our social media pages throughout the month for helpful tips, information, and updates to support your smoke-free journey.

Every step towards quitting is a positive step for your health! 🌟

Stoptober launches to give smokers the confidence to quit - GOV.UK

<https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/>

World Mental Health Day

Thursday 10th October is World Mental Health Day, a great opportunity to focus on your wellbeing and remember that looking after your mental health is just as important as looking after your physical health.

Here are some simple ways you can support your mental wellbeing:

🗣️ Talk to someone

Share your thoughts and feelings with trusted adults, friends, or family members. Talking can help you feel supported and understood.

🏃 Get active

Being active can boost your mood and help reduce stress. Whether it's dancing, singing, painting, playing sport, or going for a walk, find something you enjoy and get involved.

🥗 Eat well and stay hydrated

A healthy, balanced diet and drinking plenty of water can help both your body and mind feel their best.

😴 Get enough sleep

A good night's sleep can improve your mood, concentration, and overall wellbeing.

🧘 Take time to relax

Try mindfulness activities, deep breathing exercises, listening to music, or other calming activities that help you switch off and recharge.

💡 Remember: It's okay not to feel okay sometimes, and it's always okay to ask for help.

For more information, advice, and support about mental health, please visit the resources listed below. ❤️

YoungMinds - fighting for young people's mental health

<https://www.youngminds.org.uk/>

NHS-Every Mind Matters <https://www.nhs.uk/every-mind-matters/>



SOLIHULL SCHOOL NURSES



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0121 726 67 54

 ChatHealth



SOLIHULL SCHOOL NURSES



www.solihull0-19services.nhs.uk



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