



Tudor Grange Academy  
Kingshurst

Sixth Form

# Sixth Sense

## Which Week?

This Week: 6th Dec Week 1

Next week: 13th Dec (Week 2)

## Showing a Ton of Love!

### The Kingfisher Foodbank Christmas Appeal



#### Trussell Trust Foodbanks: The Facts

Between 1 April 2021 and 30 September 2021, food banks distributed 5,100 emergency food parcels a day to people in crisis.

Families with children have been hit the hardest, with food parcels for children increasing at double the rate for adults. Between 1 April to 30 September 2021, almost 2,000 parcels were provided for children every day.

The Trussell Trust is the UK's largest food bank charity. It is mostly run by volunteers and relies on donations for 90% of the food it gives out. The Kingfisher Food Bank in Smith's Wood is the food bank closest to our school. They've seen usage go up 73% in the past 5 years.



#### The Target

As an Academy, we'd like to continue to support the Kingfisher Food Bank to make Christmas a little bit easier for people who are really struggling. Last year, as an Academy, we donated 793.41 kg of items to benefit local people!

***This year, as an Academy, we'd like to set the target to 1 ton (1000kg) through collecting donations for the Kingfisher Food Bank. We would like every form within the Academy to donate items over the next two weeks to help us reach this target.***

*An 'alternative' foodbank advent calendar with 20 different ideas of items to donate is to the left to provide help.*

## S.A.D. (seasonal affective disorder)? Be active!

As the winter days get shorter and the temperature drops many people suffer from 'SAD'. Physical activity can help! When you exercise, powerful hormones are released that can promote positive mood states and combat depression. Taking your exercise



outdoors rather than the

living room from a YouTube video can further boost the impact of this. A study, published in the Journal of Environment Science and Technology found that **people who exercised outdoors reported increased energy, decreased feelings of depression and were more likely to repeat their workouts.** In addition, **spending time outdoors is proven to improve mood and emotional wellbeing.** Therefore, if you are able to, brave the cold, lace-up those trainers and get outside. **It doesn't have to be a run, just being active (inside or outside) is the key and your body will thank you for it!**

**When can I donate?:** Starting Tuesday, form groups can send student representatives to donate items.

**Where do I take donations?:** The Sixth Form Common Room, next to the Main Reception, to drop off food every morning during registration.

**What will happen to my donation?:** Student volunteers will collect and weigh the donations (similar to what a food bank would do).

**How will I know who has donated the most?:** The weight of the donation will be recorded next to each form group, in order to keep a running total of the best forms and colleges.



**For any information or feedback, please email:** (Yr13) Mr Curran: ccurran@kingshurst.tgacademy.org.uk

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