



Tudor Grange Academy
Kingshurst

Sixth Form

Sixth Sense

Which Week?

This Week: Monday 10th October (Week 1)

Next Week: Monday 17th October (Week 2)

Black History Month: October 2022

Every year, the Academy engages with Black History Month and shifts its focus to draw attention to this through a variety of means. Over this first week of October, the dining area has redesigned its menu to include jerk chicken and jerk pork dishes, corn bread and rice and peas, and continues to rotate dishes on a daily basis. The Information Centre/Library area have a Black History Month display in pride of place as you enter and around the academy on our Infopoint flat screen displays are a rotating variety of individuals that staff feel have inspired them. Please take a moment to pause and read some of these over the remaining weeks of term. I include those of Mr Bowers' and Miss Foster below to get you started, I also include a poem by Benjamin Zephaniah, a Poet, writer, lyricist and musician from Birmingham, that resonated with me as a read this as part of the Piccadilly Circus (London Underground) twitter page over the weekend. More information can be found at <https://www.blackhistorymonth.org.uk/>.

My Inspiration...



Viola Davis (1965-present) - inspires Miss Foster

Viola Davis is an inspiration. Her determination, hard work and focus has led to her success. She is the first black actress to win Tony, Oscar and Emmy awards. Davis uses her platform to raise awareness of current issues within our society and is a model for people who strive for significance. Through the characters she plays within strong and culturally relevant narratives, Viola Davis gives a voice to the voiceless.

Currently, Viola Davis is actively working to bring more diversity to Hollywood by creating opportunities for underrepresented groups. She is the perfect example of how people can use their talent to truly make a difference and have a positive impact on the world.



Tommie Smith (1944 – to date) and John Carlos (1945 – to date) inspire Mr Bowers

During the 1968 Mexico City Olympics two African-American athletes, Tommie Smith and John Carlos placed first and third in the 200m final, winning the gold and bronze medal.

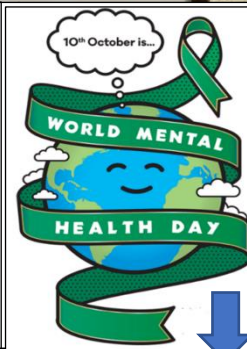
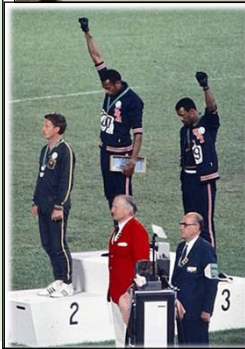
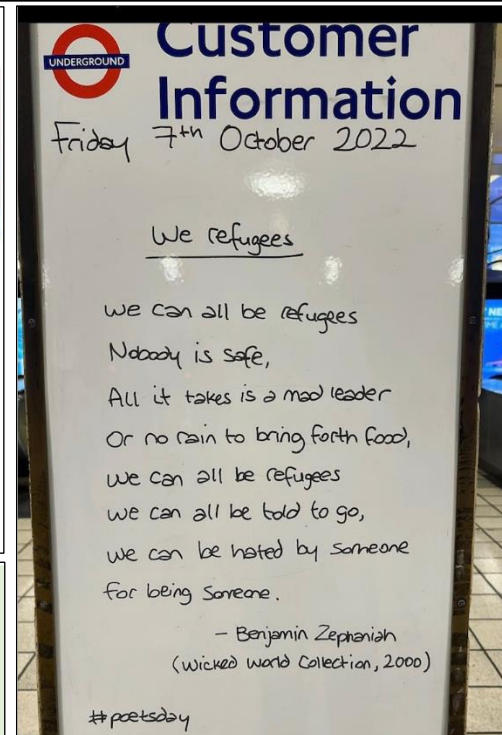
Both athletes had travelled to the Olympics, dissatisfied and disappointed at their country's (USA) stance on the manner in which African-American people were being treated and discriminated against.

As the US national anthem was played, each raised a black-gloved fist as a political statement designed to draw attention to this, in addition to other items of clothing that they wore. The athletes received their medals shoeless, but wearing black socks in order to represent black poverty. Tommie Smith wore a black scarf around his neck to represent black pride, John Carlos had his tracksuit top unzipped to show solidarity with all blue-collar workers in the USA and also wore a necklace of beads in which he described being worn in memory of the many African-American individuals who had been killed, that no-one had said a prayer for.

Despite this protest being made by two athletes, all three (the silver medal went to an Australian athlete, Peter Norman) wore human-rights badges in solidarity with the American sprinters, a gesture that gave additional attention to this cause.

Despite all three athletes being punished at the time by their country's Olympic organisations, all three were recognised as playing a considerable part in drawing attention to the plight of the African-American community and many years after the event received apologies for how they were treated and recognition for the strength of character shown in acting as they did.

Monday 10th October is **World Mental Health Day**. One of the key statistics is of this is that 83% of young people with mental health needs agreed that the coronavirus pandemic had made their mental health worse. During your tutor period this Monday, we will therefore be shifting focus to once again, revisit this important area and to consider how we put ourselves first in looking after our mental health and ways that we use to sustain this. As ever, for myself, exercise is a critical way for me to manage my own mental health that culminates most weeks in me doing a 5k Park Run, that this month have shifted to calling it a Park Walk in order to encourage ANYONE to come a exercise for free and take their time to complete a 5 kilometre circuit in their own time. Details of your nearest Park Walk or Park Run can be found at <https://www.parkrun.org.uk/>.



For any feedback, please email: (Yr12) Mr Curran: curran@kingshurst.tgacademy.org.uk, (Yr13) Miss Foster: jfoster@kingshurst.tgacademy.org.uk;

(Learning Mentor) Ms Akhtar: norakhtar@kingshurst.tgacademy.org.uk, Mr Bowers: jbowers@kingshurst.tgacademy.org.uk (Director of Sixth Form)