




Tudor Grange Academy  
Kingshurst

 Sixth Form

# Sixth Sense

## Which Week?

This Week: Monday 17<sup>th</sup> October (Week 2)

**Next Week: Half term!**

Return: 8.30am Monday 31<sup>st</sup> October (Week 1)



**LEARNING**  
HABITS

**Hard working**  
**Inquisitive**  
**Resilient**



**CHARACTER**  
HABITS

**Respectful**  
**Responsible**  
**Aspirational**



You will recognise the Tudor Habits from them being referenced regularly within your lessons, however, they are not the sole preserve of your experience inside of the Academy, but feature within the entirety of our lives.

A moment of reflection for myself occurred a couple of weekends ago at the point of the 2022 London Marathon. Having run the London Marathon myself on two occasions, I find myself drawn to the live transmission of it on the BBC every year and cannot help but to have a response to how challenging I found the experience as the event makes its way past the famous landmarks within the capital.

Despite being significantly younger, I was still not blessed with the physique of a marathon runner and therefore, the concept of running 26.2 miles was still very much **aspirational** and took nothing other than **hard work** to get through this distance despite massive pain in knees and the embarrassment at some point of being overtaken by people who were either twice or three times my age or wearing full-body rhino suits!

On my first occasion, I chose to run the London Marathon as a 'marker' of something I had done in the year 2000 (before all of you were born!). Like many, I also ran it as a way of fund raising for a charity, and on both occasions, did so for Cancer Research, having lost several family members prior to this and wanting to be **respectful** of this in supporting a charity that could help and support people moving forwards with similar condition.

The aspect that resonated instantly with me in the previous Sunday's London Marathon was the Ethiopian athlete, Yalemzerf Yehualaw, who tripped up on a 'speed-bump' with 10,000 metres to go in the event. In elite sport, this kind of error should ruin your chance of succeeding and can certainly place a mental block on being able to achieve. To her credit, in Yalemzerf's case, she not only recovered from this tumble, but dusted off her bruised hip and knee and went on to win the Elite Women's Race in a time of 2hrs 17mins and 26 seconds (somewhat faster than me!). The **resilience** that it must have taken to carry on despite the elite female runners not missing a beat and carrying on with their own run, to catch up with them and overtake them all is nothing short of miraculous and was a delight to watch it unfolding on the TV. It very much demonstrated to me the old adage of it's not how you get knocked down that matters, but instead, how you get back up. Over all of your time within Sixth Form, there will be plenty of these points where you may feel that you have been 'knocked-down' – having the strength of character to get back up is the true mark of an individual, of which we all possess a Yalemzerf-like spirit inside of us!

## Parental Thanks!

Following last week's meet the parent event, I wanted to pay homage in this week's issue to those parents who were either able to attend in person or indeed speak to your tutors by phone in order for them to meet this key point-of-contact within the Academy who is primarily responsible for each and every one of you.

Please follow to attached link to an eCard (that has also been sent out via email, thanking all of you for your involvement.

<https://www.greetingsisland.com/eCard/szevkkw2ebch/rh/lqzgekal3m>

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

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