



Sixth Sense

Kooth: Emotional and Mental Health Support

www.kooth.com

The impact of the numerous national lockdowns has affected the mental health across all age groups and we are aware that it continues to play a part within our own school community and therefore, we want to very deliberately place this 'front and centre' for us all to be aware of, embrace, in terms of knowing that friends, family and Academy staff will want to support and also communicate some of the other excellent support mechanisms available in order to provide another way of tackling these moments where you aren't feeling at your best. One such tool is 'Kooth'.

Kooth is a **free** online service that offers emotional and mental support specifically for young people. It is an anonymous (and requires you to set your own anonymous user name for reassurance and as part of the important process of feeling able to communicate more openly), confidential, online wellbeing service that provides professional support, information and forums for young people.

It provides access to professional counselors, 365 days a year:

Monday to Friday: 12 noon—10pm

Saturday and Sunday: 6pm—10pm

There are a range of superb tools available for you to engage directly, seek information, read the accounts of how others have managed their own feelings or (I really



Magazine

Helpful articles, personal experiences and tips from young people and our Kooth team.



Discussion Boards

Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!



Chat with the team

Chat to our helpful team about anything that's on your mind. Message us or have a live chat.



Daily Journal

Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.

like this aspect) set small goals for yourself to move forwards.

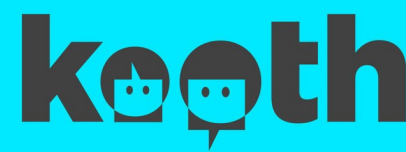
The following short video (1min 30sec) is absolutely worth watching to give you an overview (<https://www.kooth.com/video>).

Please also remember that additional mental health support is also available from the Academy's own website via the following link (<https://www.kingshurst.tgacademy.org.uk/safeguarding/mental-health/>).

Which Week?

This Week: 26th April Week 1

Next Week: 3rd May Week 2



Lateral Flow

Testing: 2nd Round

For those of you who consented to taking the series of lateral flow tests in order to be issued with your home testing kits moving forwards, just a reminder that your third and final test will take place on Monday.

As normal, a member of the testing team will come and collect you from your teaching room.

Turn to page 2 for an overview of the next mock exam series, Earth Day and an opportunity from Aim Higher.

Aim Higher Webinar



On **Tuesday 27th April**, Aim Higher, an organisation that has supported the Academy for many years and aims to support students in moving into Higher Education (HE)/University, will be presenting a seminar about the benefits of HE.

The presentation is geared towards students in Year 12 or 13 and in particular is designed to support parents and carers in being able to obtain further clarity and knowledge about this pathway following Sixth Form, and potentially dispel a few myths along the way. The talk covers the different pathways to HE, the benefits of studying at degree level and opportunities at university. It will also cover aspects of student finance and funding studies.

In order to gain access to this opportunity, parents would need to sign-up through complete the form via the following link (below), where they will then receive a digital invite in response to this:

- **Parents and Carers Benefits to Higher Education Webinar**
- **Date:** Tuesday 27 April at 7pm
- **Audience:** Year 12/ Year 13
- **Registration link:** [https://www.surveymonkey.co.uk/r/benefits HE AHWM](https://www.surveymonkey.co.uk/r/benefits_HE_AHWM)

Earth Day 2021

It is incredible to have some student content in the newsletter. I very much hope that this will become a regular feature and would encourage any of you with aspirations of being 'published' or indeed involved in any projects, to contact me.

Earth Day occurred this year on the 22nd April (<https://www.earthday.org/>). This day resonates with me in particular as my youngest daughter would rate Apple TV+'s 'Here

We Are' as one of her favourite things to watch, and therefore I find it hard to think of Earth Day without this association being made of this programme specifically made to mark this event. It's a very calming 'watch' from a mindfulness perspective also!

One of the Year 12 student is involved with a project on going green and raising awareness in our impact on the environment and part of the excellent National Citizen Service (NCS) programme. In order to achieve awareness as part of the project, he would like to help others gain an understanding of the impact that we have on our environment and what we can do, however small, to lessen our impact.

The following link provides some examples of 'green' commitments that a variety of NCS group members of your own age across the country have done, in their own way to reduce the impact that they have on their own environments or way that they live their lives: (<https://www.youtube.com/watch?v=Y3LuMbwmKal>). Some, for example went vegetarian for the week, walked more or were conscious of being less wasteful of water.

Whilst, in the grand scheme of things, these gestures won't save the world, they can certainly exemplify how everyone can make a difference, and that this accumulation of positive action can have a massive accumulative effect.

The description of the video also includes two articles on the environment, one on single use face masks impacts on wildlife and another on shipping pollution.

Given last week's Earth Day, what commitment could or are you making to reduce your own impact?

