



Tudor Grange Academy
Kingshurst

 Sixth Form

Sixth Sense

Which Week?

This Week: 14th March (Week 2)

Next week: 21st March (Week 1)



Healthy Body, Healthy Mind

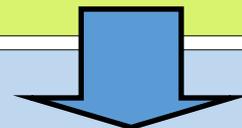
This week's Sixth Sense is very much Joe Wicks (aka The Body Coach) inspired and I will outline this in three steps.

Firstly, last week, you were both reminded and invited to Unifrog's Next Steps (online) Careers Fair. Over the course of the pandemic I have attended a number of these and found them mixed in their effectiveness, however, Unifrog's careers fair was very different. It was outstanding, and given that this will not be the last

time that Unifrog will organise an event such as this, I would urge you ALL to attend were you not able to do so this time around.

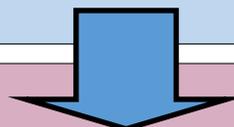
The event was kicked off by a keynote question and answer session with Joe Wicks who outlined his experience of education and pathway into the starting of his business, a less than traditional route, fueled in a large part by his enjoyment of what he does in addition his incredible work ethic and vision for what he wanted to achieve. This very much served as a reminder of the many varied pathways that we see our own 6th Form students wanting to pursue and that reminded me that there is no single way of moving-on to the next stage following Yr13. For those of you who engaged with numerous HITT session during the pandemic (as I did with my children), you'll be aware of his infectious enthusiasm for everything he does, and this, it appears, includes providing advice regarding an approach to framing what your career options are.

Three Steps to (Cognitive) Success



The second item in this weeks newsletter stems from a post that I only picked up on from looking at Joe Wicks feed (@thebodycoach) following the Unifrog Next Steps Fair that referenced research from Alzheimer's Research UK that continued to reinforce the strong link between a healthy heart and a healthy brain, and Susan Kohlhaas, Director of Research points out that making "small, sustainable choices that we can build into our lives. Whether aimed at being **more physically active** or **improving diet**, your heart - and your brain - will thank you in the years to come". The Alzheimer's Research website (<https://www.alzheimersresearchuk.org/brain-health/brain-health-basics/three-simple-rules/>) points out three easy steps to keeping your brain in top condition. **1. Love your heart**—being physically active and eating a balanced diet makes a difference. A piece of research from 2021 noted the those who exercised more had less damage to the small blood vessels that spread through the brain. **2. Stay sharp**— "A large study of people over 65 in China showed that those who more regularly read books and newspapers, played board games or card games had a lower risk of dementia", however they credit that we all like different activities, and therefore it is important to do things that **you** enjoy. **3. Keep connected**. Research indicates that social activity is an important piece of the puzzle when it comes to keeping your brain healthy, and extols the virtues of not working in isolation, but making time to collaborate and speak to others.

Next Steps, Literally!



Midway through completing my 87th, 5km, Saturday morning Parkrun, I reflected that I'd notched-up 435km purely through going for a run on at 9am on a Saturday morning. At this stage of my life, this works for me—my children are pretty much still in bed and it is an easy way to do something that has a great impact on me and limited impact my family (<https://www.parkrun.org.uk/>). It's not for everyone, but I challenge you to all to try and find an activity that works for you—even if it is consciously just going for a walk. For the motivated individuals out there, I'd be interested to see if you can better my time of 24mins 37secs or to any of you who register for free with Parkrun or indeed volunteer to help out with the running of these excellent free Saturday morning running events—something of which would look great on any university, apprenticeship or job application!



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

(Yr12) Miss Foster: jfoster@kingshurst.tgacademy.org.uk; Mrs Bull: jbull@kingshurst.tgacademy.org.uk

Mr Bowers at jbowers@kingshurst.tgacademy.org.uk; Mrs Kusar-Ahmed: skusar-ahmed@kingshurst.tgacademy.org.uk