



Sixth Sense

Which Week?

This Week: Monday 4th July (Week 1)

Next Week: Monday 11th July (Week 2)



Hard working
Inquisitive
Resilient

Tour de France: Resilience!

Last week it was the start of the Wimbledon tennis tournament and Friday saw the start of another massive sporting competition, the Tour de France, and indeed a further reflection upon this! Despite the constant themes of the Tudor Learning Habits within your lessons over the course of this year, a word I'm sure you are now all familiar with is resilience. Being able to exemplify this is often hard to do, but with the start of the Tour de France, it reminded me of Jens Voigt, a German Cyclist, who in 2010, crashed while descending one of the mountains in the Pyrenees at great speed.

As a result of his crash, his bike was totally destroyed but despite the cuts, bumps and scrapes that professional cyclists are used to he was desperate to carry on in order to not let his team down despite blood running down his arms. His cycling team had a spare bike available for him by their support car that was 15km away, however the rules of the competition prevented him being taken to this and deemed that he must make his own way to the bike.

Voigt had the resilience to know that his situation was less than ideal but was determined to find a solution. He looked across the road and saw a family car with several children's bikes hanging off the back and he had to ask the father of the family if he could borrow one of their bikes to get his replacement. In using a child's bike (and looking peculiar) to travel 15km alongside the best riders in the world in order to get to his replacement, he had to use this strong resilience ignore the blood and pain, laughs from his competitors and the crowd and get to the next phase of the race so he could collect his bike, finish the stage and keep his team in the running for the title.

We see this resilience from you all in 1001 different ways throughout the course of the year. Bumps in the road and set-backs will continue to present themselves over the remaining academic year—we maybe just need to cast our gaze a bit wider to see if there are any alternative solutions!



A now, synonymous saying with today (Monday) appears every year. Bizarrely, its heritage far exceeds that of what I believed to be a modern phenomenon.

The original Star Wars movie was released in May, 1977 (even I was too young to watch it when it was released!), however the "may the force be with you" quote was quickly established as a 'trending' phrase of the time.

Interesting, it's heritage has a British political element to it, as the first recorded reference of the phrase was on May 4th, 1979, the day after Margaret Thatcher was elected as Prime Minister of the United Kingdom. The Conservative Party, of which she was a part of, placed a congratulatory advertisement in the London Evening News saying "May the Fourth Be with You, Maggie. Congratulations".

Digital Amnesia?

An interesting article appeared in The Guardian over the weekend that centered around the concept of 'digital amnesia', that affectively questions whether the amount you use a device can impact on your memory.

The article states that "If you think your memory and focus have got worse and you're blaming things [in your life], that might be true, but it's also very likely due to the way you're interacting with your devices". They go on to suggest that you can experiment yourself with this through keeping your phone away more during phases where remembering is key and noticing how calm you feel in addition to how much and you are able to recall.

With many of you in the midst of a mock exam phase, this could well be worth a go! Ref: <https://www.theguardian.com/global/2022/jul/03/is-your-smartphone-ruining-your-memory-the-rise-of-digital-amnesia>

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