



Hodge Hill Girls' School Weekly Parent Bulletin

Value of the Month: **OPTIMISM**

8th April 2022

Dates for your diary 2022

Friday	1 st – 30 th April	Stress Awareness Month
Friday	1 st – 30 th April	Mathematics Awareness Month
Monday	11 th – 25 th April	Easter Holidays – school closed

Important information

- A reminder to parents to check their child's Parent Pay account to ensure that there are sufficient funds to cover break and lunch time purchases in the canteen.
- It is important that you are checking your School Gateway/emails and the school website for updates from the school.

Changes to measures and guidance for managing COVID-19 in education and childcare settings from Friday 1 April

Updated guidance will advise:

- Adults with the symptoms of a respiratory infection, and who have a high temperature or feel unwell, should try to stay at home and avoid contact with other people until they feel well enough to resume normal activities and they no longer have a high temperature.
- Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people. They can go back to school, college or childcare when they no longer have a high temperature, and they are well enough to attend.
- Adults with a positive COVID-19 test result should try to stay at home and avoid contact with other people for 5 days, which is when they are most infectious. For children and young people aged 18 and under, the advice will be 3 days.

If your child must work at home due to testing positive with COVID-19, please inform school. If you need any support or guidance we are here to help.

- School will continue to encourage good hygiene with frequent hand washing/sanitising
- Maintain appropriate cleaning regimes
- Keep occupied spaces well ventilated



Hodge Hill Girls' School Weekly Parent Bulletin

Value of the Month: **OPTIMISM**

8th April 2022

- Follow public health advice on testing, self-isolation and managing confirmed cases of COVID-19

Revision help over the Easter holidays



**Virtual tuition sessions for GCSE students
presented by Tassomai teachers!**

Download the Live Lessons schedule [Here](#)

Easter Holiday Activities



As always, Bring it on Brum have made sure your children can keep entertained over the school break. In the lineup is Stechford Leisure Centre with a [Kids multi-sports Holiday Activity Scheme](#) for 5-12 year old's.

Take a look at what else is on here:

<https://streetgames.coordinate.cloud/>

Birmingham Museum & Art Gallery is opening up again for a short period of time in April before it closes again to continue with the refurbishment. Why not plan a visit. See the link for details.

<https://www.birminghammuseums.org.uk/blog/posts/birmingham-museum-art-gallery-counting-down-to-pop-up-reopening-and-return-of-edwardian-tearooms-for-commonwealth-games>



Hodge Hill Girls' School Weekly Parent Bulletin

Value of the Month: **OPTIMISM**

8th April 2022

Safeguarding, Well-Being, and Mental Health support

If you need any advice or guidance that relates to emotional well-being, please visit the [safeguarding](#) area of our website or access any of the following links:

- MIND: www.mind.org.uk
- KOOTH: www.kooth.com
- CHILDLINE: www.childbereavementuk.org

Birmingham Safeguarding Children Partnership

Free resources for parents/carers to help keep your child safe. Bookmark this website and keep a regular check on the latest covid information, campaigns, online safety and more. Take a look here: <https://www.lscpbirmingham.org.uk/parents-a-carers>



Week 22 OF THE MINDFULNESS CHALLENGE

“EXERCISE – Create a Touch Point”

This week is the first week of April and the Value for the month is “Optimism.” Pupils and Staff will have the opportunity to take part in various activities throughout the month. When we think of optimism it gives hope for the future and what lies ahead. It helps to find positive ways we have demonstrated optimism in the past or present and ways we can in our future.

This Challenge can help you to brainstorm and create a “touch point,” something that is touch sensory. For example it could be your watch, glasses or your shoes any item that you would usually have access to most of the time. Each and every time you touch that individual object, stop what you are doing and notice your surroundings. You are using this object to force yourself to pause and live in that particular moment even if it is only for a few seconds each time. Using a Touch Point can help you to refocus, take notice of things around you and appreciate the positives you have achieved. Choose your object and do this





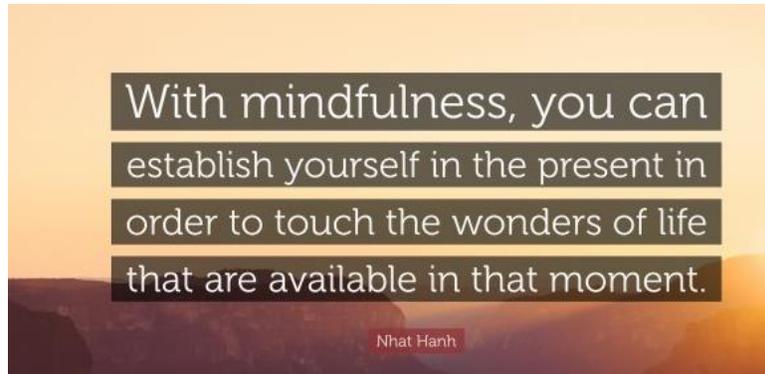
Hodge Hill Girls' School Weekly Parent Bulletin

Value of the Month: **OPTIMISM**

8th April 2022

every day before you realise it your senses will trigger acknowledgment of your successes and achievements automatically.

Do not forget to leave feedback or pictures on: mindful@hodgehgs.bham.sch



Download Schoolgateway our free school app for parents/carers

Download Schoolgateway our free school app for parents and carers.

Schoolgateway is our primary mode of communication alongside emails. Therefore, we encourage you to download and regularly check the app to stay informed of important information, updates and advice.

Please note this only works for priority 1 parents/carers. If you need to update your details, please contact your daughter's Pastoral Manager.



ParentPay can you please ensure that your account is activated any queries please contact school reception enquiry@hodgehgs.bham.sch.uk

Contact Details: It's important to make sure your contact details are up to date should we need to get in contact with you. If your details have changed then please let our reception team know as soon as possible. You can either call us on 0121 464 3094 or email us at enquiry@hodgehgs.sch.bham.uk