



Hodge Hill Girls' School Weekly Parent Bulletin

Value of the Month: **OPTIMISM**

29th April 2022

Dates for your diary 2022

Sunday	1st – 31st May	National Teen Self-Esteem Month
Monday	16th May	Governors Committee meeting
Monday	2nd May	May Day – Bank Holiday – School Closed
Wednesday	4th May	World Asthma Awareness Day
Monday	9th May	Year 10 Parents Evening
Monday	9th 15th May	Mental Health Awareness Week
Tuesday	17th May	Year 10 Coffee Morning
Wednesday	25th May	Year 8 HPV vaccinations
Monday	30th May – 3rd June	Half Term Week – School Closed
Monday	6th – 10th June	Year 8 Assessment Week

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.

Eid Mubarak to all our families who will be celebrating in the next few days.





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Reminder:

Monday 2nd May will be a bank holiday and school will be closed to all pupils and staff.

Work Experience for Year 10 pupils:

Mock interviews will be taking place on Wednesday 4th May.

Year 10 Parents evening:

Please sign and return the parents evening acceptance slip.
Appointments can now be made by your daughter.

World Asthma Awareness Day 4th May

World Asthma Day takes place every year on the first Wednesday in May due to the peak season for asthma flare-ups. Asthma triggers include airborne allergens like pollen, dust mites, aerosols, perfume and respiratory infections such as the common cold, and cold air.

- Can you remind your daughter not to spray or bring in aerosols into school but use a roll on instead.

Bring the Power, Birmingham 2022's Youth Programme, is inviting young people aged 4 to 14 to send in good luck artwork and letters to welcome athletes to the Commonwealth Games this summer. The letters will be included in the Welcome Packs given to all athletes on arrival in July and the artwork will be displayed in the Athlete's Villages to help motivate the athletes before and during their competition.

They are inviting all schools in Birmingham and the West Midlands to take part in both the letter writing and artwork challenges.

Further details and information, including resources are available at

- <https://www.birmingham2022.com/power/good-luck-challenge>

A selection of entries will also be rewarded with some fantastic prizes. The deadline for entries to both challenges is **Friday 13th May 2022**.



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Art Department

A reminder from the Art, Design & Technology Faculty that students will rotate to the last subject of the year in the week starting 9th May. Pupils to go straight to their new subject area when they have ADC on their timetables.

Art Exhibition

Grayson Perry's Art Club Exhibition is coming to the Midlands Arts Centre which is opposite Edgbaston Cricket Ground by Canon Hill Park this December.

A major exhibition by much-loved British artist Grayson Perry will open at Midlands Arts Centre (MAC) in Birmingham from December 2022 until April 2023. The exhibition will feature artworks chosen by Grayson and guest celebrities during season three of the popular TV series, Grayson's Art Club.

- Click on the following link for more details [Grayson Perry](#)

**HHGS' Value of the month is
OPTIMISM!**

Optimism/ (op-ti-mism)



Definition:

- hopefulness and confidence about the future or the success of something.

Synonyms:

- Hope- confidence- positive- keeping the faith

Antonyms:

- Doubtful- gloomy- hopeless- pessimistic



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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

May is National Teen Self Esteem Month and it is a great opportunity to raise awareness of the importance of ensuring our teens are self-aware and feel confident about themselves.

Week 23 OF THE MINDFULNESS CHALLENGE

“EXERCISE – Candle staring”

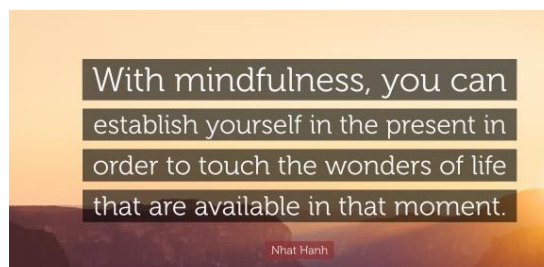
To mark the Holy month of Ramadan celebrating Eid with family and friends. want to have a go at the “Candle Staring help with focus and concentration.



drawing to an end lots of you will be In the last few days before Eid you might Exercise,” it is an easy exercise that can

When it is dark and you have some time for yourself get a battery-operated candle or tea light. Switch off all the lights and just stare at the candle flame for approximately ten minutes studying everything about it. Think about the flame and how it flickers, the shadows it may make or patterns it creates. When your mind wanders, become aware of where it is going and bring it back again to the candle flame. By focusing on one thing in a room can help to enhance relaxation skills, improve focus, relieve stress and bring a sense of calmness.

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





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Download Schoolgateway our free school app for parents/carers

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