



Hodge Hill Girls' School Weekly Parent Bulletin

9th November 2018

Diary

| Date | Information |
|-------------------------------------|---|
| Saturday 10 th November | Birmingham Remembers 14-18 exhibition at the Oratory Church |
| Sunday 11 th November | Remembrance Day Birmingham at War, 1914 – 1918 exhibition at the Council House |
| Monday 12 th November | Mock Examinations start |
| Thursday 15 th November | Parent Workshop - What does positive behaviour for learning look like at home and school? |
| Friday 16 th November | NEC World Skills Show Year 10 |
| Monday 19 th November | Governors Meeting |
| Wednesday 21 st November | RSC Schools Shakespeare Romeo and Juliet Live Stream |
| Thursday 22 nd November | Parent Workshop - Keeping Safe with PC Fletcher |
| Friday 23 rd November | Birmingham City Council Communication and Autism Team's e-Safety Coffee Morning |

Notices

Wear it Pink – Thank you to everyone for supporting our fund raising for Breast Cancer Research. We raised a fabulous **£442.26** to support the work towards a future where everyone with breast cancer lives. Congratulations to our pink raffle winners Aizah, 8.PL, Paige, 7,A1 and Aisha 9,8.

Centenary of the First World War One Armistice

- **'Pages of the Sea'** – This week pupils have had an assembly this week about the 100-year commemoration of the Armistice. As part of the assembly, pupils have learnt about a variety of different ways for this event to be commemorated including 'Pages of the Sea'; you may wish to look at www.pagesofthesea.org.uk/beach-portraits/ for further information.
- **Birmingham Remembers 14-18.** On Thursday 8th November a group of students were fascinated as they visited the Birmingham Remembers exhibition to commemorate the centenary of the end of the First World War. There is a further opportunity for our pupils and their families to view the photographs, medals, battlefield relics and memorabilia included in this exhibition at the Oratory Church, Upper Cloister, Hagley Road, Birmingham, B16 8UE on Saturday 10th November between 10:00am and 4:00pm
- **Birmingham at War, 1914 to 1918 Exhibition** – The Ladywood History Group is hosting an exhibition to commemorate the Centenary of the First World War Armistice on Remembrance Day. Pupils and their families are invited to visit this exhibition on Sunday 11th November between 12:00, noon and 4:00pm at the Council House, Victoria Square, Birmingham. For more local history stories and



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information on life in Birmingham during the First and Second World Wars visit their website, 'Doorstep History' at www.tntnews.co.uk

Aspirations' Day - On Wednesday 7th November pupils took part in a range of different activities to support planning their futures, and we welcomed a number of visitors to speak and run workshops with all year groups. We hope that parents have been able to talk to their daughters about their learning experiences on this day. Pupils have been invited to evaluate their experiences on this day. Please encourage them to complete the evaluation form, which they can access via the Pupil Portal.

Year 10 Work Experience – Aspirations day was also the launch of our work experience programme to Year 10. This is a fantastic opportunity for our pupils to gain valuable experience of working in a career of interest. It is important that Year 10 pupils continue to work on their applications and are proactive in contacting companies to request work experience. Please encourage your daughter to discuss various careers and to make contact with potential employers.

Mock Examinations (Year 10 and Year 11) –Year 11 mock examinations begin on Monday 12 November. Year 10 pupils will also have mock examinations in English Literature.

Pupils have all received an assembly explaining expectations for examination behaviour and procedures. Please ensure that for each examination your daughter brings black pens (at least 2 not blue or gel pens), pencils (at least 2), protractor, rubber and ruler. If using a pencil case, it must be a clear one and any water bottles should also be clear, with no labels. School will provide compasses and calculators. A copy of the assembly presentation is available on the Examination page of the school website and also by clicking [this link](#).

At the end of this bulletin there are two posters that explain importance of Mock Examinations and dealing with Examination Stress. Please use these posters to support discussions with your daughter during her examination preparation and progress.

Remember a copy of the Mock Examination Timetable is available on the school website and by [clicking here](#).

GCSE Pod - We are taking part in the 'Pod Games', where schools are ranked against others based on pupil usage of GCSE Pod. At the end of the first week Hodge Hill Girls' School is in 2nd place out of 64 similar schools in the Midlands. This is very encouraging and shows excellent usage during half-term by many pupils in all year groups. The GCSE POD videos support learning in subjects across the curriculum; the subjects with the most pods watched include History, French, Spanish and English. Please encourage your daughter to watch the videos in GCSE Pods to support and consolidate her learning.

Further information for parent is available on [this link](#).

Parent Workshops – It is wonderful to welcome parents to our Thursday morning workshops. This week's workshop focuses on positive behaviour for learning and as with previous workshops will start at 9:00am and finish at 9:45am.

Further workshops are planned for this term, which will explore a variety of relevant topics and are designed to share information that will help parents to support their daughter's learning and wellbeing.

- 15-Nov What does positive behaviour for learning look like at home and school?
- 22-Nov Keeping Safe with PC Fletcher
- 29-Nov Preparation for exams and managing the exam period
- 06-Dec What is emotional and mental wellbeing and how can I help?
- 13-Dec How can I support my daughter with Maths?
- 20-Dec How is attendance celebrated in school and what can I do to help?

Booking is recommended, please ring the school on 0121 464 3094 to book your place. It may be possible to join at the beginning of a workshop and sign in.

We hope that parents will find them helpful.

Parents E-safety Coffee Morning - Birmingham City Council Communication and Autism Team invites parents to an E-Safety Coffee Morning on Friday 23rd November. For more information [click here](#).

Important Reminders

- **Coats** - Please ensure that your daughter brings a waterproof coat to school with her. This is especially important during the colder and damper mornings of late Autumn and Winter.
- **School Uniform** - Please reinforce the school uniform standards with your daughter. Our school uniform guidelines are available on the school website and by [clicking here](#).
- **Contact Information** - We would like to remind parents and careers to inform the school of any changes to emergency contact details.
- **Medication** - Please ensure that your daughter's medication in school is within date.
- **Healthy Eating** - As a school we follow healthy eating guidelines and, as such, if pupils are bringing in food from home this should **not** include sweets, crisps, chocolate etc. There should be **NO NUT PRODUCTS** brought into school as we have a number of pupils with allergies. Pupils should not share their food with others, as they may not be aware of individual needs. Thank you for your support in safeguarding all our pupils.

Post 16 Preparations

The following table contains a list of some of the forthcoming open events. These are a great opportunity to visit colleges and sixth forms to support post 16 choices.

| College | Date of next Open Event | Website address |
|--|--|--|
| Access Creative College | Tuesday 27 th November, 5:00pm or 6:30pm | www.accesscreative.ac.uk/locations/birmingham/ |
| Aston University Sixth Form | Thursday 15 November, 5:30pm to 8:30pm | https://auea.co.uk/ |
| BMET | Saturday 24 th November, 10:00am to 1:00pm | www.bmet.ac.uk |
| Cadbury College | Wednesday 21 st November, 5:00pm to 8:00pm | www.cadcol.ac.uk |
| Joseph Chamberlain Sixth Form College | Thursday 29 th November, 6:00pm to 7:30pm | www.jcc.ac.uk |
| King Edwards VI Camp Hill School for Girls | Thursday 15 th November, 6:00pm to 8:00pm | www.kechg.org.uk |
| Solihull College | Saturday 24 November, 10:00am to 2:00pm | www.solihull.ac.uk |
| South and City College | Wednesday 21 st November, 4:00pm to 7:00pm | www.sccb.ac.uk |
| The Sixth Form College Solihull | Thursday 15 th November, 5:00pm to 8:00pm | www.solihullsfc.ac.uk |
| University College Birmingham | Saturday 24 November, 11:00am to 3:00pm | www.ucb.ac.uk |
| University of Birmingham School | Wednesday 9 th January 2019, 5:30pm to 8:00pm | www.uobschool.org.uk |

HOW TO DEAL WITH EXAM STRESS

Don't let the stress of exams overwhelm you. Stay in control with these top tips.

EXAM SUCCESS



BELIEVE IN YOURSELF

If you work hard and stay focused with positive energy, stress will be reduced. Believe in yourself and have the confidence to succeed.



GET ORGANISED

You'll feel more confident and in control if you make a list of everything you need to study and create a schedule.



MAKE SLEEP A PRIORITY

Without getting the proper rest it will be even harder to retain information. A good sleep of between 7-9 hours every night helps you have a relaxed and well-rested mind and body.



OVERCOME PROBLEMS

If you find you don't understand some of your material, getting stressed out won't help. Instead, take action to address the problem directly by seeing your teaching or revising on GCSEPod.



FIT EXERCISE IN EVERYDAY

It's easy to put off exercise but remember a healthy body = a healthy mind. Doing at least 20 minutes of physical activity a day can help to improve focus and keep you relaxed.



EAT RIGHT

Eat three healthy meals a day and limit your consumption of caffeine and sugars. Power foods for your brain include blueberries, salmon and nuts.



TALK ABOUT YOUR NERVES

Nervousness is a natural reaction to exams, but bottling it up will only make it worse. Talking to your friends and family about how you are feeling is a great way of alleviating stress and worry.



KEEP THINGS IN PERSPECTIVE

The exams might seem like the most crucial thing right now, but in the grander scheme of your whole life they are only a small part. Just concentrate on the actual exam in hand not what may or may not happen after.