



Hodge Hill Girls' School Weekly Parent Bulletin

Value of the Month: **SINCERITY**

4th February 2022

Dates for your diary 2022

Monday 7 th – 13 th February	Children's Mental Health Week
Monday 7 th – 13 th February	National Apprenticeship Week
Tuesday 8 th February	International Safe Internet Day
Monday 14 th February	Governors Meeting
Monday 14 th February	Library Lovers Day
Thursday 17 th February	National Random Acts of Kindness Day

Important information

It is important that you are checking your School Gateway/emails and the school website for updates from the school.

Remember: Twice weekly Covid testing at home for pupils

It is vital for pupils to keep testing at home, twice a week on Sunday and Wednesday.

Lateral Flow Testing (LFT): Please use the following link to report your [home results](#).

NHS If you have no symptoms:

- [report rapid lateral flow test results](#)

Face Covering Update

Local public health teams may advise that face coverings are kept in place if there is a local outbreak.

Changes to the self-isolation period for those who test positive for COVID-19

This change came into effect in England on Monday 17 January and applies to all positive cases, regardless of vaccination status.

People who are self-isolating with COVID-19 have the option to reduce their isolation period after 5 full days if they test negative with an LFD test on both day 5 and day 6 and they do not have a temperature. For example, if they test negative on the morning of day 5 and the morning of day 6, they can return to their education or childcare setting immediately on day 6.

The first test must be taken no earlier than day 5 of the self-isolation period, and the second must be taken the following day. All test results should be [reported to NHS Test and Trace](#).



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If the result of either test is positive, they should continue to self-isolate until they get negative results from two LFD tests on consecutive days or until they have completed 10 full days of self-isolation, whichever is earliest.

The new rules also apply to people who are already isolating – so if someone was already isolating before Monday 17 January, they can take LFD tests on day 5 and 6 and if they are both negative and they have no temperature they can end their isolation.

Further [information on self-isolation for those with COVID-19](#) is available.

Mock Exams Year 11

Reminder, year 11 mock examinations will take place from **Monday 28th February to Friday 11th March 2022** and MFL languages mock exams from **10th February – 18th February** a full timetable will be published on the school website in due course. Personalised timetables will be provided to ensure that all students know what is happening and when.

A reminder about aerosols on school site



NO SPRAY DEODORANTS IN SCHOOL

Due to a number of pupils and staff who are diagnosed with Asthma it is recommended that Roll on deodorants are used in school after PE. Can you please ensure that your daughter does not bring into school any spray deodorants or perfumes.



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EAL - Independent Learning



NEW LOOK FOR FLASH ACADEMY

Flash Academy have a brand-new logo and icon! So, your child will need to look out for the new icon on their devices.

DK English for Everyone

English for Everyone is a comprehensive course which has been specifically designed for EAL and newly arrived pupils. Here are some free sample exercises to help your child improve in all areas: vocabulary, grammar, listening, speaking, reading and writing.

[English Learning](#) | [English Courses](#) | [DK English For Everyone \(dkefe.com\)](#)

Children's Mental Health and Well-Being

Here is a fantastic resource aimed at supporting the emotional wellbeing of EAL and SEND children at school by helping them explore mental health and how to express their emotions in different situations.

[Health & Body: Wheel of Emotions - FlashAcademy®](#)



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Value of the Month: February

February is the month we think about the value of SINCERITY AT HODGE HILL GIRLS SCHOOL. What can we do at home to support this value?

Definition: Sincerity- the absence of pretence, deceit, or hypocrisy.

Benefits of sincerity (honesty):

- Encourages authenticity
- Promotes courage
- Shows we care
- Creates a circle of loving relationships
- Fosters a connection
- Allows us to be free
- Keeps us out of trouble
- Attracts honesty
- Eliminates wastage- time, thoughts etc.
- Shows maturity and self-acceptance



Careers Education, Information, Advice and Guidance (CEIAG)

BUILD THE FUTURE - NATIONAL APPRENTICESHIP WEEK

The theme for the 15th annual National Apprenticeship Week has been announced and you can find out more on the gov.uk website. Here's a couple of helpful links if you want to find out more.

- Apprenticeship Toolkit: <https://www.apprenticeships.gov.uk/influencers/naw-2022>
- Resources for Parents: <https://www.apprenticeships.gov.uk/influencers/resources-for-parents>
- Event listings: <https://www.apprenticeships.gov.uk/influencers/naw2022-events-listing>



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Up and Coming Events

8 th February 2022	BTEC External Exam – The Principle of Training, Nutrition and Psychology for Sport and Activity – Year 11
8 th February 2022	Data Analytics Session with Capital One
8 th February 2022	BTEC External Exam – Health and Wellbeing (H&SC) – Year 11
W/C 14 th February 2022	MFL Mock Speaking Exams; French, Spanish, and Urdu
16 th February 2022	STEM In Defense (Babcock International/DSTL)
23 rd February 2022	Water Industry (Severn Trent)



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UNIVERSITY OF
BIRMINGHAM

SCHOOL OF
MATHEMATICS

BIRMINGHAM POPULAR MATHEMATICS LECTURES

The Birmingham Popular Maths Lecture series runs in the Watson Building (School of Mathematics) on the last Wednesday of each month, arriving from 6.30pm onwards for a 7pm start. We will also be showing the lecture live on Zoom for those that are unable to attend the lecture. To watch the lecture on Zoom you will need to register by visiting www.birmingham.ac.uk/BPML. If you plan on attending the lecture in person, there is no need to register.

The Birmingham Popular Mathematics Lectures are open to all members of the public and the University who are interested in the study of Mathematics. They are particularly suitable for those studying Mathematics at A Level and we also welcome advanced GCSE students. Young people are welcome on their own, with parents or with a school group.



Wednesday

16th February 2022 at 7pm-8pm

Dr Martine Barons

HOW CAN MATHS SAVE MY FAMILY TREE?

In January 2022 The National Archives made public the 1921 census, taken on 19th June 1921. They said: "It has taken a team of hundreds of conservators, technicians and transcribers almost three years to conserve and digitise more than 30,000 bound volumes of original documents, stored on 1.6 linear kilometres of shelving, ahead of publication today."

Now that this precious information is available in digital form, how can researchers and archivists ensure that it remains available as technologies become obsolete and digital storage mediums deteriorate?

In this talk, I will describe a recent project we did with The National Archives (TNA) to identify the risks to digital archives using probabilistic modelling. This mathematical model became a tool - DiAGRAM - which TNA continues to use to decide how best to spend the resources available to it for greatest effect.

FOR MORE INFORMATION, CONTACT RACHEL BURGESS
MATHSOUTREACH@CONTACTS.BHAM.AC.UK
WWW.BIRMINGHAM.AC.UK/BPML



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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 access any of the following links:

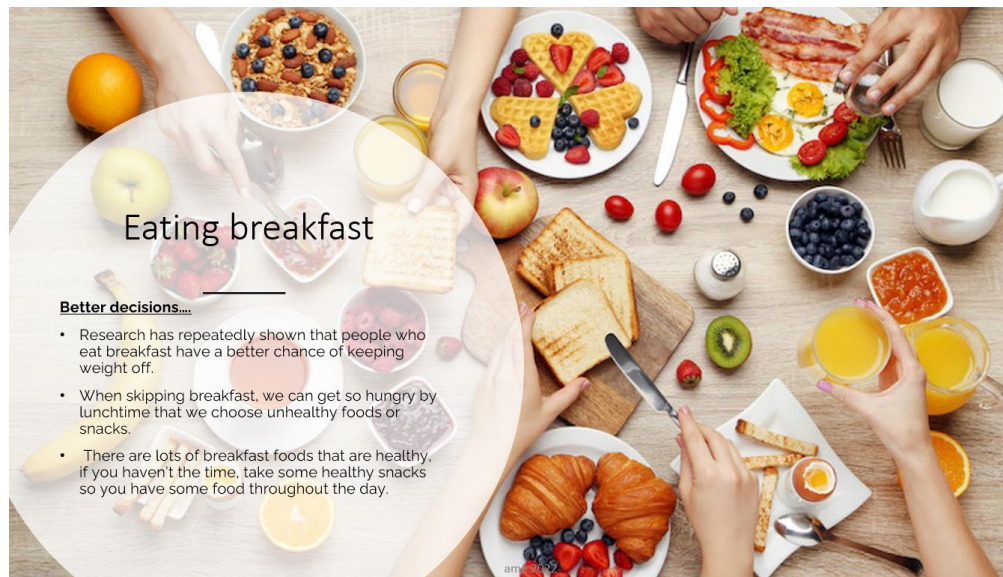
MIND: www.mind.org.uk

KOOTH: www.kooth.com

CHILDLINE: www.childbereavementuk.org

Eating breakfast, the benefits

- Studies have shown that people who eat breakfast are more alert and perform better in tests than people who skip the meal. ...
- Breakfast elevates the blood glucose level, helping the brain function more efficiently. Your memory will work better and your ability to concentrate will be enhanced.
- A healthy breakfast can reduce stress levels and make you cope better.





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Safer Internet Day 8th February

Safer Internet Day is celebrated globally in February each year to promote the safe and positive use of digital technology for children and young people, and to inspire a national conversation about using technology responsibly, respectfully, critically, and creatively.

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2022/supporter-registration>



Week 14 OF THE MINDFULNESS CHALLENGE

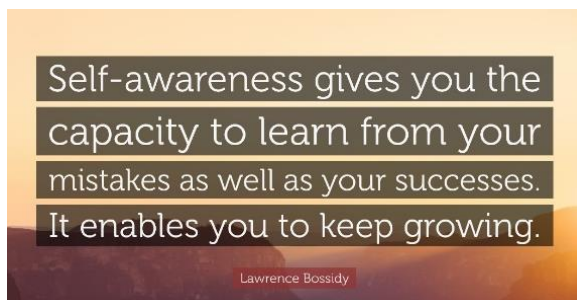
“EXERCISE – Mindful Listening”

To mark Children’s Mental Health Week we wanted to raise awareness of how we grow and develop emotionally. With support giving us the tools to build resilience we can maintain a positive outlook in the face of adversity. One way of learning how to deal with unforeseen circumstances is by LISTENING.

The aim of the exercise is to open our ears to new sounds in a non-judgmental way. Most of what we hear is influenced by our past experiences but with “Mindful Listening” we can achieve an impartial awareness of the present moment and let go of distractions around us.

Listen to a piece of music you have not heard before. Close your eyes and put on your headphones so all other sounds are blocked out. Do not judge the music by genre, artist or title, just listen. Let it take you on a journey you have never experienced before. By listening without preconception helps build awareness of new experiences, be more open to new encounters and build the skills needed when encountering the unknown.

Do not forget to leave feedback or pictures at mindful@hodghegs.bham.sch.uk





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EARLY HELP Hodge Hill Localities

Household Support Fund

Financial Support is available to households in Birmingham over the winter using funding from the Government's Household Support Fund.

£150.00 is available per household.

Please call |
0 7816 086 607
for information
or email

Do you need support with food, energy and water bills?

earlyhelp-hodgehill@family-action.org.uk

Perhaps you need further Early Help advice or support?



You may need support with other ESSENTIALS linked to food and fuel.

Locality Phone Number
07976199894

Email earlyhelp-hodgehill@family-action.org.uk



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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