



# Hodge Hill Girls' School Weekly Parent Bulletin

Value of the Month: **STRENGTH**

18th March 2022

## Dates for your diary 2022

<b>Monday</b>	<b>21<sup>st</sup> March</b>	<ul style="list-style-type: none"><li>• Governors Meeting</li><li>• Year 9 Assessment Week</li></ul>
<b>Sunday</b>	<b>27<sup>th</sup> March</b>	<ul style="list-style-type: none"><li>• Mother's Day</li></ul>
<b>Monday</b>	<b>28<sup>th</sup> March</b>	<ul style="list-style-type: none"><li>• Year 8 Parents Evening – Face to Face</li></ul>
<b>Tuesday</b>	<b>29<sup>th</sup> March</b>	<ul style="list-style-type: none"><li>• PE Interform Competitions</li></ul>
<b>Thursday</b>	<b>31<sup>st</sup> March</b>	<ul style="list-style-type: none"><li>• Year 10 Citizenship Presentations</li></ul>
<b>Saturday</b>	<b>2<sup>nd</sup> April</b>	<ul style="list-style-type: none"><li>• International Children's Book Day</li></ul>
<b>Friday</b>	<b>8<sup>th</sup> April</b>	<ul style="list-style-type: none"><li>• Break up for Easter Holidays</li></ul>

## Important information

Thank you to all the pupils, parents, staff and governors who were involved in the recent Ofsted inspection. We will share the final report with you in due course.

- 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.
- Next week will be week A

## Setting Language Preferences

You can change your preferred language on the school website to keep up to date with key dates and information.

Office 365 Email ClassCharts Homework GCSE Pod Hegarty Maths Tassomai Contact Us Vacancies **Select Language** ▼

**Hodge Hill Girls' School**

0121 464 3094 | enquiry@hodgehgs.bham.sch.uk | f t A- A+

Search



# Hodge Hill Girls' School Weekly Parent Bulletin

Value of the Month: **STRENGTH**

18th March 2022

## Keeping Healthy

**A reminder if your daughter displays signs of Covid-19 or tests positive they should not come into school, but follow the latest national guidance found below:**

<https://www.gov.uk/government/publications/covid-19-people-with-covid-19-and-their-contacts/covid-19-people-with-covid-19-and-their-contacts>

The Department for Education has published updated guidance for parents and carers of children who attend school.

<https://www.gov.uk/government/publications/what-parents-and-carers-need-to-know-about-early-years-providers-schools-and-colleges-during-the-coronavirus-covid-19-outbreak/step-4-update-what-parents-and-carers-need-to-know-about-early-years-providers-schools-and-colleges>

School will continue to encourage good hygiene with frequent hand washing/sanitising

Maintain appropriate cleaning regimes

Keep occupied spaces well ventilated

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

If your child has to 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.

## Covid-19 National Day of Reflection

On Wednesday 23<sup>rd</sup> March 2022, the 'National Day of Reflection' marks the anniversary of the first Covid-19 lockdown. On Tuesday evening the exterior facade of the Library of Birmingham will be lit up light blue to honour the UK's Covid-19 National Day of Reflection along with a minute's silence and a national doorstep vigil.

<https://www.birmingham.gov.uk/blog/library-news/post/799/lighting-up-the-library-for-covid-19-uk-national-day-of-reflection>





# Hodge Hill Girls' School Weekly Parent Bulletin

Value of the Month: **STRENGTH**

18th March 2022

## Value of the Month: March, week 3

March is the month we think about the value of **STRENGTH** at Hodge Hill Girls' School. What can we do at home to support this value?

### Value of the Month **March: STRENGTH- Week 3**

March is the month we think about the value of **STRENGTH** @HHGS. What can we do at home to support this value?

Daily conversations: Ask yourself what you have learnt about your thoughts, emotions and behaviour today. Consider what you hope to develop upon or achieve tomorrow.



How can we build **STRENGTH** to speak the TRUTH in ourselves and in others daily?

Ways to teach truth-telling.
Stay calm, curious and nonreactive.
Set clear boundaries, rules & fair consequences.
Model telling the truth.
Talk about benefits of telling the truth.
Provide an incentive to tell the truth.
Find the root cause of lying.
Talk about the consequence of lies.
Find alternatively ways truth can be shared.
Tell stories that show consequences of lies.

Benefits of telling the **truth**:

- Lies don't need to be remembered.
- Respect & trust is earned.
- Builds self-confidence.
- Relationships become stronger.
- Lying saps energy.
- Truth is a timesaver.
- Truth is a good karma.
- Shows care & consideration.
- Allows to make the right decision.
- Keeps people safe.

Is it ever right not to tell the truth?

Why do people choose to lie?

How does telling the truth or lies feel?

How does the gut know the truth?

It's wrong to grass on someone. Do you agree?

"Never be afraid to raise your voice for honesty and truth and compassion against injustice and lying and greed. If people all over the world...would do this, it would change the earth." William Faulkner



# Hodge Hill Girls' School Weekly Parent Bulletin

Value of the Month: **STRENGTH**

18th March 2022

## Word of the Week 21<sup>st</sup> – 25<sup>th</sup> March

After a successful launch last week and great student participation we continue with Word of the Week to challenge students to develop and extend their vocabulary.

**Next week the word we will be focusing on is 'Perilous'**

Staff will be listening out for good examples of the Word of the Week being used around school to award positive points.

**How can you support this at home?** Try to use the word 'perilous' as much as possible at home, make sure your child understands its definition and reward them for using the word themselves.

**Wow!**  
WORD OF THE WEEK

**Definition:**  
Full of danger or risk

**Examples:**

- You should avoid driving during the snowstorm because the icy roads are **perilous**
- Putting out wildfires in Australia is a very **perilous** job.

**Perilous**  
*adjective*

what are other words for perilous?  
precarious, dangerous, hazardous, risky, unsafe, parlous, treacherous, chancy, dicey, touch-and-go

**Characteristics:**  
The word '**perilous**' is an adjective. It comes from the Latin word for danger '**periculum**'.

**Synonyms:**  
(An alternative word with a similar meaning):  
dangerous hazardous risky

**Antonyms**  
(opposite meaning):  
safe secure



# Hodge Hill Girls' School Weekly Parent Bulletin

Value of the Month: **STRENGTH**

18th March 2022

## Careers Education, Information, Advice and Guidance (CEIAG)

### Young Entrepreneurs Club

The Young Entrepreneurs Club is designed to equip young people aged 11-16, with the tools they will need to plan, start and run a successful business. Young people will develop an understanding of business and entrepreneurship whilst improving and increasing life skills.

**YOUNG ENTREPRENEURS CLUB**  
Inspiring Young People to bring their Big Ideas to life  
**Where:** 39-41 School Street, WV1 4LR  
**When:** Saturdays (10am) or  
**Sunday (2-5pm)**  
**Who:** 11-16 Years olds  
☎ 01902219590 ✉ info@wfrc.uk.com

[https://www.eventbrite.co.uk/e/young-entrepreneur-club-tickets-201646970517?aff=ebdssbdestsearch&keep\\_tld=1](https://www.eventbrite.co.uk/e/young-entrepreneur-club-tickets-201646970517?aff=ebdssbdestsearch&keep_tld=1)

### The National Apprenticeships & School Leavers Event

Quality advice, guidance and support are vital to ensure young people, school-leavers and students are inspired by the prospect of an apprenticeship as well as other career options. This event is designed to equip young people and parents/carers with the tools they need to make informed decisions when leaving school.

Friday 25th March 2022 | Millennium Point Birmingham, The Midlands 9.30am until 4pm  
– All welcome, FREE to attend, booking essential

<https://www.eventbrite.co.uk/e/the-national-apprenticeship-event-and-conference-tickets-195081322487?aff=ebdssbdestsearch>



# Hodge Hill Girls' School Weekly Parent Bulletin

Value of the Month: **STRENGTH**

18th March 2022

## Up and Coming Events

Date	Event
Friday 25 <sup>th</sup> March	<a href="#">The National Apprenticeship &amp; School Leavers Conference</a>
Wednesday 23 <sup>rd</sup> March	<a href="#">Astronomy in the city</a>
Saturday 26 <sup>th</sup> March	<a href="#">Earth Hour</a>

**Earth Hour** - <https://www.earthhour.org/>

On 26<sup>th</sup> March, 8:30pm people around the globe will switch off their lights to help shape our future. Join the world to show your support of the mission.

Unable to join the light switch off? Here are some other ways you can get involved:  
<https://www.earthhour.org/take-part>

### Crochet Club Reminder

If your child signed up to be part of crochet club, then we are pleased to inform you it is back up and running each Thursday of week A.



# Hodge Hill Girls' School Weekly Parent Bulletin

Value of the Month: **STRENGTH**

18th March 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](http://www.mind.org.uk)
- KOOTH: [www.kooth.com](http://www.kooth.com)
- CHILDLINE: [www.childbereavementuk.org](http://www.childbereavementuk.org)



### Updated TikTok checklist

SWGfL have brought out an updated TikTok checklist available to download. Last week they hosted an online event with TikTok titled 'Exploring Media Literacy' where the new checklist was introduced and new resources were explained to a host of professionals working with children and young people. The checklist includes.

- What is TikTok?
- How to stay safe on TikTok?
- How to set up the parental controls?
- How to block users on TikTok?
- Where can I go for further support?

Download here: <https://swgfl.org.uk/resources/checklists/tiktok/>



# Hodge Hill Girls' School Weekly Parent Bulletin

Value of the Month: **STRENGTH**

18th March 2022

## Mindfulness Challenge

### Week 19 OF THE MINDFULNESS CHALLENGE

#### “EXERCISE – Silent walking exercise”

Spring, when the weather starts to change, and the days get longer and warmer, you might feel motivated to walk a bit more, enjoy your surroundings or meet with your friends. The “SILENT WALKING EXERCISE” can help your mental and physical health as it gives you the opportunity to spend some time alone, gathering your thoughts or the time out you may need. So go on, give the exercise below a go and see how it helps you.



When you can take ten minutes or longer to walk either indoors or outdoors, remain silent throughout the entire walk. This gives you the opportunity to hear what thoughts your mind is producing. As your attention is drawn to objects or sounds in your environment, to your thoughts and feelings, to sensations in your body, call them out three times. For example, when a car passes by say to yourself “car, car, car.” If you start to feel stress in your body, say “stress” three times. Notice what happens when you do this and let any thoughts or feelings about them pass right by, along with the sound. Continue to label everything you hear and feel, repeat as you become aware of it. This helps you to appreciate sounds or feelings that are positive and learn to let go when they are negative. Not only does walking reduce blood pressure, heart rate, and create feelings of wellbeing but helps manage stress, raise awareness and a sense of calmness.



# Hodge Hill Girls' School Weekly Parent Bulletin

Value of the Month: **STRENGTH**

18th March 2022

**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](mailto: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](mailto:enquiry@hodgehgs.sch.bham.uk)