



Hodge Hill Girls' School Weekly Parent Bulletin

Value of the Month: **STRENGTH**

25th March 2022

Dates for your diary 2022

Sunday	27th March	World Theatre Day
Monday	28th March	Year 8 Parents Evening
Monday	28th March – 1st April	Reading test / Maths progress assessments Year 7, 8, 9 and 10
Wednesday	30th March	BTEC Results
Wednesday	30th March – 2nd April	Family Safety Week (RoSPA)
Thursday	31st March	Student Council Meeting
Friday	1st April – 30th April	Mathematics Awareness Month
Sunday	3rd April	Start of Ramadan TBC
Monday	4th – 8th April	Spelling tests for Year 7 and 8
Monday	11th – 25th 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.
- 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+

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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.



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Value of the Month: March, week 4

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 4**

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** in asking for help in ourselves and in others daily?

How can we encourage young people to ask for help?	Why do young people say they don't ask for help?	What do youngsters need help with?
Model asking for help when worried.	Feel ashamed.	Homework
Encourage empathy.	Too young to have worries.	Friend issues
Make time- have a time in the day to chat.	Believe talking doesn't help.	Bullying
Create a secure & safe environment to talk.	Believe they can cope.	Peer pressure
Advise without judgment.	Lack of trust.	Relationship strain
Pay attention- take notice.	No one will understand.	Workload
Model asking others for advice.	Sign of weakness.	Worry/stress
	Nobody is bothered.	Lack of confidence
		Issues at home

What do young people need help with?

Why is it important to ask for help?

Why should help be given?

Why do some people fear to ask for help?

Do you think asking for help is a sign of strength?

"Make each new day count by helping someone or just making someone smile." Catherine Pulsifer



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Word of the Week 28th March – 1st April

Next week the word we will be focusing on is 'Elated'

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 'Elated' 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:
Feeling incredibly happy

Examples:

- She was **elated** upon receiving her test result
- She felt **elated** when she won the race against Alison.

Elated
adjective

what are other words for elated?

jubilant, exultant, joyful, gleeful, ecstatic, euphoric, joyous, overjoyed, triumphant, exhilarated

Synonyms:
(An alternative word with a similar meaning):
ecstatic
exhilarated

Characteristics:
The word 'elated' is from the Latin word 'elatus'
It means more than just being happy- it is when you are over the moon with something

Antonyms
(opposite meaning):
disappointed
unhappy



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Careers Education, Information, Advice and Guidance (CEIAG)

HSBC Graduation Apprentice Stories

Be inspired by the successes of HSBC Apprentices and why they chose this alternative route to college/university. To register click [here](#)

Find out more: <https://www.youthemployment.org.uk/hsbc-webinar-graduation-apprentice-stories-13th-july-westmidlands/>

The Prince's Trust Development Awards

Find out more: <https://www.youthemployment.org.uk/the-princes-trust-development-awards-funding-to-help-you-get-into-work/>

 **START SOMETHING**

Development Awards

Funding to help you get into work.

Average grant
£100 - £150

The Prince's Trust Development Awards are easy for young people to apply for & can help pay for work essentials such as course fees, tools, travel costs or equipment .



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Attention Year 10 Unifest is back

UniFest Summer Schools take place at six universities across the West Midlands. UniFest gives you the chance to spend time exploring university life, meeting students and staff, making friends and having an action packed, fun experience! Read more:

<https://aimhigherwm.ac.uk/unifest/>

Up and Coming Events

The World Reimagined

The Art Department is excited to share the news that we have won a bursary to receive one of the World Reimagined Globes. This national project will see trails of large globe structures across cities such as Birmingham, between August to October 2022. The sculptures will be created by artists to bring to life the reality and impact of the Transatlantic Slave Trade. The Globes will be created by both established and undiscovered artists, alongside those created by community groups and schools.

The base globe structure will be the canvas for all participating artists was created by Yinka Shonibare CBE and we are looking forward at Hodge Hill Girls' School to creating our very own response.

Look out for regular updates as pupils get involved and the globe develops.





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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/>

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>





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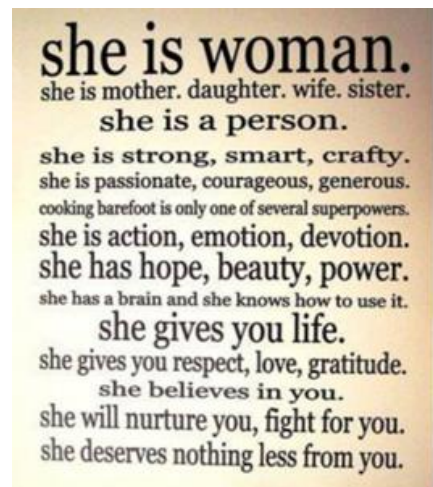
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Mindfulness Challenge

Week 20 OF THE MINDFULNESS CHALLENGE

“EXERCISE – Mindful sense of smell”

This week on Sunday, 27th March 2022 we celebrate Mother's Day where we have the opportunity to celebrate not only Mothers but other females who have played an important part of our lives.



Those females who have made an impact by looking after you or supporting you through good times and bad. By taking part in the “Mindful Sense Of Smell Exercise” it helps to identify individual aromas that evoke thoughts or memories of special females in your life.

This Challenge asks you to smell something strong like coffee or perfume and pay close attention to the sensations in your nose and what feelings or thoughts these scents evoke. Does the smell of coffee in the morning lift your mood or make you feel more awake? Does the smell of a loved one's perfume, aftershave or deodorant make you feel safe or loved?

Really try and appreciate how the object smells and how it makes you feel. Breathe in deeply without thinking of anything else but that object and the feelings it creates.

Try this a couple of times until you have fully understood and appreciated every aspect and emotion of that smell. This helps you to remember the person you associate with a particular smell as it triggers feelings, can relieve stress and bring fond memories if they are with you in person or not. Do not forget to leave feedback or pictures on: mindful@hodgehgs.bham.sch.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

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