



# Hodge Hill Girls' School Weekly Parent Bulletin

Value of the Month: **CHANGE**

7<sup>TH</sup> January 2022

## Dates for your diary 2022

Friday 14 <sup>th</sup> January	Year 11 Interviews with JCC
Monday 17 <sup>th</sup> January	Year 9 Options - virtual
Tuesday 18 <sup>th</sup> January	Year 9 HPV
Monday 24 <sup>th</sup> January	Year 9 Parents Evening – virtual
Monday 24 <sup>th</sup> and 25 <sup>th</sup> January	Holocaust memorial events
Monday 31 <sup>st</sup> January	Governors meeting

## 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:**

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

Please remind your daughter to bring a face mask into school daily.

Do not send your daughter into school if she displays COVID symptoms.

Please read the latest guidance around self-isolation on the link below.

- [Click on the link](#)



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## Value of the Month January: **CHANGE**

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

Choose an area you can change together.		
Behaviour	Environment	Inequalities
Thinking	Words	Eating habits

Keep **CHANGE** within your **RANGE**!

Steps to lasting behavioural change:

- Step 1:** Observing our own actions & their effects.
- Step 2:** Analysing what we observe.
- Step 3:** Strategizing an action plan.
- Step 4:** Taking action.

“Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.”

**Margaret Mead**

### Safeguarding, Well-Being and Mental Health

At Hodge Hill Girls' School we have Pastoral Managers who can offer support to all our pupils regarding their well-being and mental health.

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](http://www.mind.org.uk)

KOOTH: [www.kooth.com](http://www.kooth.com)

CHILDLINE: [www.childbereavementuk.org](http://www.childbereavementuk.org)

YOUNG MINDS: [www.youngminds.org.uk](http://www.youngminds.org.uk)



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## Show and Tell - The Photography Movement

**#MyPhotoMyFeeling** is a movement to reveal how young people across the nation are feeling today, via the largest youth-led photography exhibition ever run in the UK. Open to all 10-18 year olds; participants simply say how they're feeling, take a shot that represents the emotion and share it via <https://www.thephotographymovement.com/exhibition-no2/>. The Show and Tell exhibition aims to help young people connect with their inner self, improve their mental health and hone their visual creativity. **Closing date: 13th Jan 2022.**

**Download Schoolgateway our free school app for parents/carers port**

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**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)