



Hodge Hill Girls' School Weekly Parent Bulletin

Value of the Month: **Gratitude**

10th December 2021

Dates for your Diary 2021

- | | |
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| <ul style="list-style-type: none">Monday 13th DecemberFriday 17th DecemberMonday 20th December | <ul style="list-style-type: none">Year 11 Parents EveningNon-Uniform Day and early finish for all pupils at 12:15pmSchool Closed – Christmas Holidays |
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It is important that you are checking your **School Gateway/emails** and the **school website** for updates from the school.

Important Information

Face Masks

Your daughter should bring a face mask to school every day, plus a spare mask if using a single use mask. These will need to be stored in a sealable plastic bag. Masks should be worn as pupils move around the school building and in communal areas. Please inform us if your daughter is exempt from the existing face covering obligations, if so she will be given an exemption pass.



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. Your daughter can collect a LFT kit from school.

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](#)

If you have coronavirus symptoms:

- [get a PCR test](#) and stay at home





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This week Year 7 had the best attendance.
Well done!

Free School Meals vouchers

We are in the process of arranging the distribution of Free School Meals' supermarket vouchers; these are to the value of £30 and will be sent via School Gateway. If your daughter is eligible for FSM and you have not received the voucher by 1:00pm on Thursday 16th December, please contact school so we can support you with this process. Please note that there has been a slight change to the process this time and you will receive a link to take you directly to the Sodexo website to redeem and select a voucher for the supermarket of your choice. Any pupil who becomes FSM-eligible before the end of the Autumn Term is entitled to a voucher; we will order additional vouchers for any pupils who become eligible before the end of term so please check if your circumstances have recently changed.

- Click on the link to check if you qualify for free school meals.
<https://www.cloudforedu.org.uk/ofsm/birmingham>

GCSE Pod

Pupils watched a huge 5047 pods between 28th November and 4th December; this means that they are still in first place out of 108 schools of our size in our region with an average of 34.99 pods having been watched per Key Stage 4 pupil since 1st November. The most watched subjects across the whole school last week were History, Maths and English Literature.

Individual year group figures are as follows:

Year 7	71%	1479	Maths, English Language, Chemistry
Year 8	94%	899	English Literature, Spanish, Chemistry
Year 9	96%	1322	History, Maths, English Literature
Year 10	97%	703	English Literature, Biology, History
Year 11	99%	644	History, Maths, Geography





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Value of the Month December: **GRATITUDE**

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

Saying thank you!	Talk about the blessings.	Listen more.
Give a hug.	Make someone a cup of tea.	Do someone else's chore.

Making GRATITUDE our ATTITUDE!

1. **Noticing**- Recognising the things we can be grateful for.
2. **Thinking**- Thinking about why we've been given those things.
3. **Feeling**- The emotions we experience as a result of the things you've been given.
4. **Doing**- The way we express appreciation.

"The deepest craving of human nature is the need to be appreciated." William James








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SEND



South Asian Young Person's Mental Health Project

Do you live in Hodge Hill, and have a B8 postcode?
If so, why not join us for fun and interactive

Well-Being Sessions

If you feel you would benefit from attending the sessions please call our Parenting Support Worker

Aisha - 07976199904
For more information or to book a place

We will provide both practical and emotional support

Tips to help you manage your stress and anxiety

Perhaps you need support with setting new goals and aspirations?

Do you need support or advice in dealing with issues that arise for you or your

at Norton Hall Children and Family Centre

Working in partnership with Early Help

Hodge Hill Locality Phone Number 07976199894

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





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Week 9 of THE MINDFULNESS CHALLENGE - "Exercise – Mindful Melting"

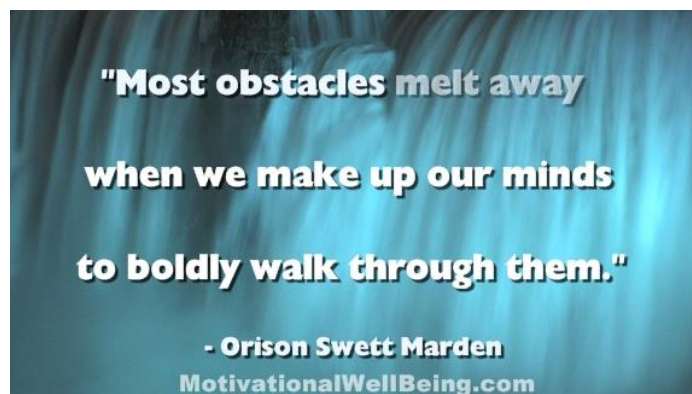


As we head to the end of another term, some of us are getting ready to celebrate Christmas, spending time with family, friends giving and receiving gifts from those we love. This exercise can help engage your mind on how you feel at this time towards yourself and others. The moments when you freeze as you do not know what you should do or feel. So come on, try closing your eyes, enjoy using your imagination to empty your mind from things you cannot fix and melt away the pain you may be feeling or going through at this present time.

The "Mindful Melting" exercise is simple and you can do it anywhere you find a small space. Sit still, relax your body and imagine yourself melting into everything around you. Perhaps you could imagine you are a snowman, standing in crisp, fresh, glistening snow that no one has walked on. Focus on how peaceful it feels, then the sun breaking through and the warmth bouncing off your face. Now imagine yourself melting into the snow around you, slowly emptying your mind and feeling at one with your surroundings. Hopefully you will feel more relaxed and better equipped to deal with whatever lies ahead.

Included is a link to a short video: <https://www.youtube.com/watch?v=fTzXFPh6CPI>

Don't forget to leave feedback or pictures etc. on: mindful@hodgehgs.bham.sch





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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

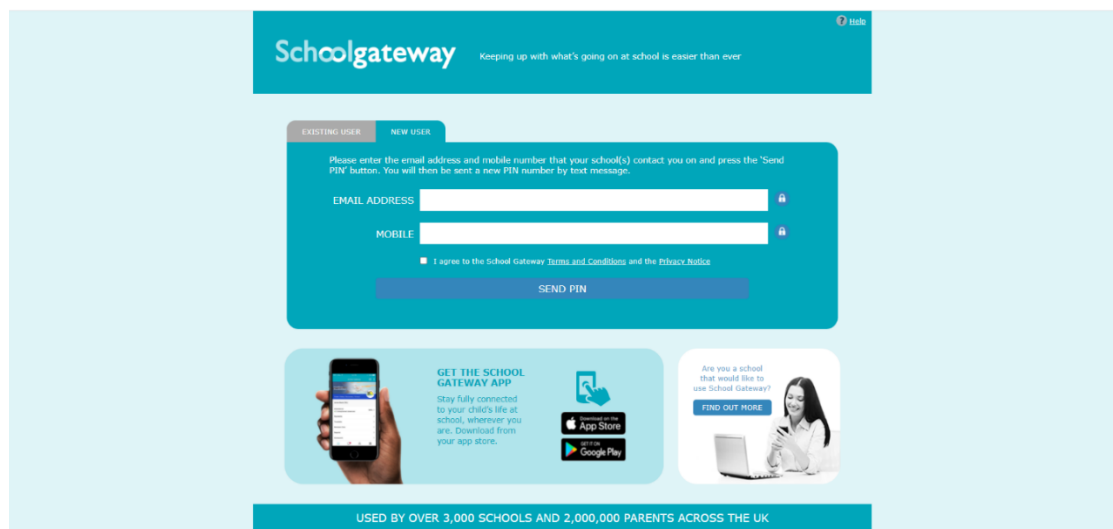
KOOTH: www.kooth.com

CHILDLINE: www.childbereavementuk.org

YOUNG MINDS: www.youngminds.org.uk

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.





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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

