



HODGE HILL GIRLS' SCHOOL

"Educating tomorrow's women today"

Weekly Parent Bulletin

Value of the Month: **PATIENCE**

13th May 2022

Dates for your diary 2022

Sunday	1st – 31st May	National Teen Self-Esteem Month
Monday	16th May	Governors Committee meeting GCSE Examinations start Year 11
Tuesday	17th May	Year 10 Coffee Morning
Wednesday	25th May	Year 8 HPV vaccinations
Thursday	26th May	Thank a Teacher Day
Monday	30th May – 3rd June	Half Term Week – School Closed
Monday	6th – 10th June	Year 8 Assessment Week

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.

School Uniform

Second-hand uniforms can benefit all parents, particularly those on low incomes. In addition, by extending the life of garments, it is more sustainable. We are asking our parents to donate any unwanted uniforms back to the school as long as it is still in good condition, clean and wearable for another child.

You can pass on your donations through the school reception in a bag.

Lost Property

- We have a high volume of lost coats and uniform.
- Every Friday we will be displaying the items for your daughter to claim.



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- To help with re-uniting clothing with our pupils could you please label each item with their name.

Attendance

- School opens at 8.25am and registration starts at 8:35am for all pupils. All pupils should be sat in their Form rooms by this time.
- Any pupil arriving late will receive a late mark. Repeated lateness will be followed up.

Holidays should only be taken during school breaks. It is essential for your daughter to be in school regularly to benefit fully from their educational opportunities. Good attendance will ensure that your daughter can reach her full potential. To achieve this, your daughter needs to attend school every day and arrive on time.

Thank a Teacher Day

National Thank a Teacher Day is on Thursday 26th May. You can thank everyone on the school team, from teachers to support staff. You can register your thanks at

- <https://thankateacher.co.uk/>

House Keyrings



KS3 Enterprise group have been busy designing and micro manufacturing a range of keyrings that represent each house group. These will go on sale Monday 16th May at a cost of £1.50 profits will be donated to <https://www.youngminds.org.uk/>

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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 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

Week 25 OF THE MINDFULNESS CHALLENGE

"Mindful Tactile Exercise"



This week from the 9th to the 15th of May is Mental Health Awareness Week and the theme for this year is "Loneliness". Mindfulness is recommended to a lot of people who have experienced mental health problems. This can include a wide range of problems such as stress, depression, or self-harm. The "Mindful Tactile Exercise" can raise awareness and give an insight of how others experiencing mental health problems may feel and the emotions they are going through.

Pinch your arm and pay close attention to how it feels and what your emotions start to do. Pay attention to the pain it causes and how it radiates out from the point where you pinched it and then how it flows through your body. This exercise can really tune you in to how your body deals with discomfort and what emotions arise.

Do you get angry, annoyed, or frustrated when you feel pain? Do this exercise several times until you feel you appreciate and understand the sensation and how your body and mind deal with it. Spend a few minutes thinking about how others may undergo or suppress these feelings or emotions whilst also dealing with loneliness.

Do not forget to leave feedback or pictures: mindful@hodgehgs.bham.sch