



# Hodge Hill Girls' School Weekly Parent Bulletin

Value of the Month: **CHANGE**

14<sup>TH</sup> January 2022

## Dates for your diary 2022

Monday 17 <sup>th</sup> January	Year 9 Options - virtual
Tuesday 18 <sup>th</sup> January	Year 9 HPV
Thursday 20 <sup>th</sup> January	Flu vaccinations
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
Monday 7 <sup>th</sup> – 13 <sup>th</sup> February	Children's Mental Health Week
Tuesday 8 <sup>th</sup> February	International Safe Internet Day

## 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.

From 11 January in England, people who receive positive lateral flow test (LFT) results for coronavirus (COVID-19) will be required to self-isolate immediately and won't be required to take a confirmatory PCR test.

This is a temporary measure while COVID-19 rates remain high across the UK.

**Lateral Flow Testing (LFT):** Please use the following link to report your [home results](#).

**NHS If you have no symptoms:**

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

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

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

- [Click here on what to do](#)



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## EAL

We have some new and exciting after school clubs starting this term. Miss Mullins will be running the following clubs from 2.45pm - 3.45pm after school in the Learning Hub. If your child would like to attend, please contact Mrs. Arshad

- email: [n.arshad@hodgehgs.bham.sch.uk](mailto:n.arshad@hodgehgs.bham.sch.uk)

Day	Time	Focus
Monday	2.45-3.45pm	Key Stage 4 EAL GCSE Subject Support/Revision 
Tuesday	2.45-3.45pm	ESOL Reading Zone/Flash Academy 
Friday	2.45-3.45pm	Supporting Year 7 EAL pupils with Maths Vocabulary 
Monday	2.45-3.45pm	ESOL Reading Zone/Flash Academy 
Tuesday	2.45-3.45pm	Supporting EAL/NAP pupils in Humanities 
Thursday	2.45-3.45pm	Supporting Year 10 EAL/NAP pupils in GCSE English Literature, Unseen Poetry 
Friday	2.45-3.45pm	Supporting Year 11 pupils with exams 

## **Bilingual Dictionaries**

Bringing the correct equipment to school is essential for students to make good progress in lessons. All newly arrived pupils should bring their bilingual dictionaries to school every day and remember to collect their iPad from the Learning Hub before morning registration.



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## Flash Academy

In case you didn't know, our school has a subscription to the award-winning Flash Academy platform. This app is a tool which accelerates language acquisition. It is ideal for supporting language lessons in school and for revision purposes. Pupils will be assigned homework on a daily basis which they will need to complete via the app. Therefore, we would advise parents to encourage their daughter to log in regularly. Parents may view their child's progress via the dashboard. There are also a number of free resources that can be downloaded from [www.flashacademy.com/resources](http://www.flashacademy.com/resources).

## 'Have your Say' on SEND

You are invited to Parent and Carer Engagement Events focusing on Co-Production and the Local Offer website. Find out how your voice can influence the SEND offering in Birmingham. There is a choice of online or in person events (COVID regulations allowing).



[www.localofferbirmingham.co.uk](http://www.localofferbirmingham.co.uk)

### Online events

22nd January 2022, 10am - 12noon

27th January 2022, 10am - 12 noon

### In person

Carrs Lane Conference Centre

15th February 2022, 10am - 1pm



BIRMINGHAM  
CHILDREN'S TRUST



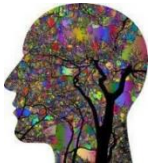


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## Safeguarding, Well-Being and Mental Health



### WEEK 11 OF THE MINDFULNESS CHALLENGE

#### “EXERCISE – SENSORY AWARENESS”



As a new year begins, it is a time of new beginnings, putting the past behind us and starting afresh. Time to start a new chapter, another opportunity to work at achieving our hopes and dreams, addressing any bad habits we have picked up along the way. We can begin this new school year with optimism and positivity, we may not always get things right and may make mistakes because we are only human.

The “Mindful Full Sensory Awareness” exercise is simple and you can do it right now. Wherever you are take a moment to stop in an appropriate place and become aware of everything your senses pick up.

- How do you feel?
- Do you feel happy?
- Do you feel excited?
- Do you feel anxious?
- Are you worried?



Take a moment and appreciate where you are and what is happening along with how you are actually feeling in this moment. This helps us to understand our emotions better and why we acted in the way we have. It can help us to make wiser choices in the future and if feeling overwhelmed with any thoughts or feelings to be able to ask for support.

Don't forget to leave feedback or pictures on: [mindful@hodgehgs.bham.sch](mailto:mindful@hodgehgs.bham.sch)

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)



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

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)