



Hodge Hill Girls' School Weekly Parent Bulletin

Value of the Month: **COURAGE**

19th November 2021

Dates for your Diary 2021

- | | |
|--|---|
| <ul style="list-style-type: none">• Saturday 20th November• Monday 22nd November• Wednesday 24th November
• Friday 26th November
• Monday 6th December | <ul style="list-style-type: none">• Universal Children's Day• Year 9 Assessment Week• SEND Coffee Morning (has moved from 26th November as previously posted)• Inset Day for staff – School closed to pupils• Full Governing Board meeting |
|--|---|

It is important that you are checking your School Gateway/emails and the school website for updates from the school.



Important Information

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: 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

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





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Free School Meals

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

GCSE Pod

3557 pods watched during the last week with History, English Literature and Maths the most accessed subjects.

On 13th November we remained in first place out of 108 schools of a similar size to us in our region for GCSEPod usage.

Individual year group figures are as follows:

Year 7	667 pods accessed; Maths, English Literature and English Language
Year 8	579 pods; Maths, English Literature, Spanish
Year 9	1501 pods; History, English Literature, English Language
Year 10	425 pods; English Literature, Biology, French/Chemistry
Year 11	386 pods; History, Physics, RS



The stunning **Walking with The Snowman sculpture trail is coming to Birmingham for the first time between 17th November and the 6th January 2022.** Each Snowman has been designed and decorated by a professional artist, inspired by the theme of the 12 Days of Christmas.

Why not pick up a map in Birmingham and follow the trail of the colourful sculptures brightening up a range of locations across Birmingham city centre such as the Bullring, Grand Central, the Mailbox, Centenary Square, Victoria Square and House of Fraser where The Snowman™ will be in his very own fifth-floor Snow Village.

- <https://walkingwiththesnowman.co.uk/event/birmingham-2021/>

SPRINGBOARD PROGRAMME

Black British History Music Event

The Springboard Programme is a scheme that involves free out of school workshops for young people aged 11-16. Attendees will learn Black British history through the lens of music, including afro beats, reggae and much more. Why not join us for one of our monthly weekend sessions?





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Sessions will be run across five different locations (London, Liverpool, Manchester, Birmingham and Bristol) at a school, college or university. Food and beverages will be provided.

- <https://theblackcurriculum.com/springboard>

The next venue is Birmingham:

Conference Aston, Aston University, Aston St, Birmingham B4 7ET **Saturday 11th December.**
[Register here](#)

SEND

After-School Clubs for Newly Arrived Pupils

We are pleased to inform you that during Autumn Term Two the following clubs will be available to newly arrived pupils. All clubs will commence from **Monday 22nd November 2021** in the Learning Hub with Miss Mullins. If you would like your child to attend any of the after-school clubs, you'll be able to access this through School Gateway. If you incur any difficulties booking via the School Gateway, please contact the school on **0121 464 3094**.

Club	Teacher	Year Group	Time	Day
ESOL Club for Beginners 	Miss Mullins	All	2.45-3.30pm	Monday, Week A
ESOL Reading Club Zone/Flash Academy 	Miss Mullins	All	2.45-3.30pm	Tuesday, Week A
ESOL Club for Beginners 	Miss Mullins	All	2.45-3.30pm	Thursday, Week A
EAL Maths Vocabulary Support	Miss Mullins	All	2.45-3.30pm	Friday, Week A
ESOL Club for Beginners 	Miss Mullins	All	2.45-3.30pm	Monday, Week B





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ESOL Reading Club Zone/Flash Academy 	Miss Mullins	All	2.45-3.30pm	Tuesday, Week B
How Language Works	Mrs Arshad	Year 7	2.45-3.45pm	Tuesday, Week B
ESOL Club for Beginners	Miss Mullins	All	2.45-3.30pm	Thursday, Week B
Supporting Key Stage 4 EAL learners	Miss Mullins	Year 9-11	2.45-3.30pm	Friday, Week B



Week 6 of the MINDFULNESS CHALLENGE

“Exercise Mindful Shadow Boxing”



This week we have marked “**Anti-bullying Week**” by having Assemblies for each Year group. Engaging in Mindfulness exercises can help bullies to learn self-control, how to express empathy and raise awareness of other’s feelings. For those on the receiving end of bullies it can build up their resilience, self-esteem and insecurities.

The “**Mindful Shadowboxing**” exercise can help both the “bully and bullied” to understand what affects our emotions and actions have on others by improving their mental health. Start by taking ten minutes out of your day to “fight your shadow” Make sure to breathe steadily, focus and concentrate on fighting your shadow. Feel the movement in your arms and legs as you punch or kick. Think and feel the power and pressure inside your body as it relieves the hostilities in your mind breaking the negative pattern of your thoughts as you focus on yourself blocking out any distractions. When you put these moves together with simple footwork and steady breathing shadowboxing becomes an excellent opportunity to release how you feel so try to make Shadowboxing part of your routine when you know you are struggling to contain pent up anger or emotions.





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Charity Work - Can you help us to support a local charity?

In the run up to the end of term we will be helping local people in crisis by collecting items for the **Aston & Nechells Food Bank**.



We are asking for you to donate dry/non-perishable food items (toiletries can also be donated).

Donations will be kept with your Form Tutors - it will be great to see which House donates the most!

Please click on the link below to find out more about the Aston & Nechells Food Bank.

<https://astonnechells.foodbank.org.uk/>

The last day for donations will be **Friday 3rd December** to give the food bank sufficient time to arrange for items to be collected from school before the end of term.





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Feel like you could use some emotional support?

No problem is too small at Kooth. Explore our mental wellbeing community for free, safe and anonymous support.

kooth

Sign up for free at **Kooth.com**

[Kooth.com](https://www.kooth.com) 's **free, anonymous** online platform continues to support **all** children and young people across the West Midlands, with their mental health & emotional-wellbeing.

PARENT & CARER KOOTH INFORMATION SESSION

26th November A session for parents and carers living in the West Midlands, providing information around the Kooth service and how parents/carers can support their young people to access Kooth

<https://www.eventbrite.co.uk/e/introduction-to-kooth-for-parents-carers-west-midlands-tickets-169330994563>



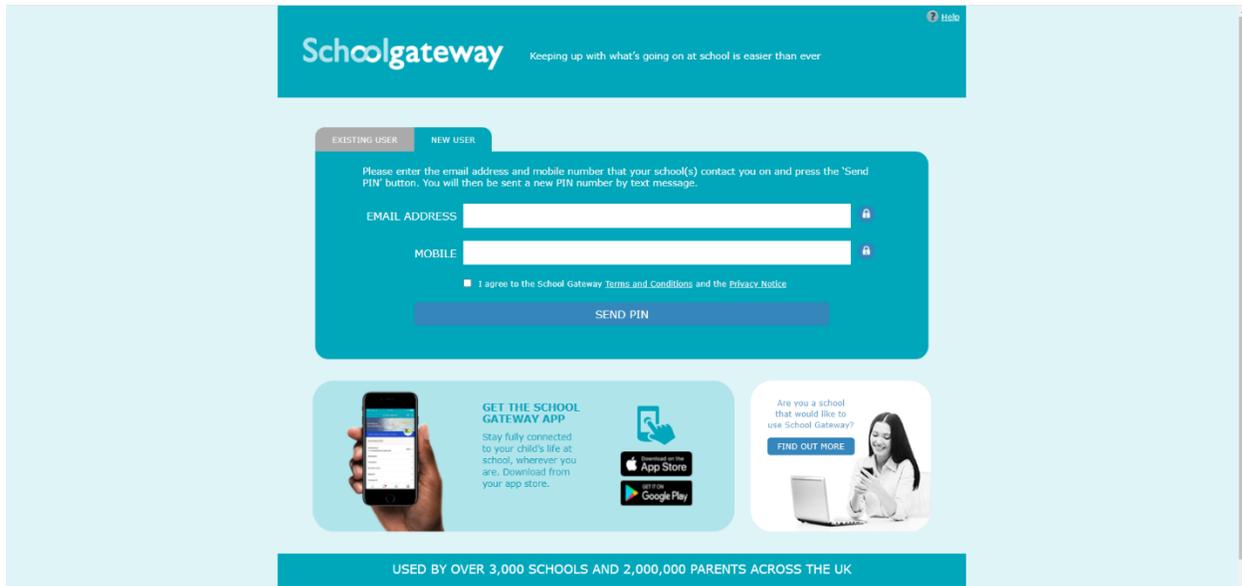


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Download Schoolgateway our free school app for parents and carers.



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

