



HODGE HILL GIRLS' SCHOOL

"Educating tomorrow's women today"

Weekly Parent Bulletin

Value of the Month: **PATIENCE**

20th May 2022

Dates for your diary 2022

Sunday	1st – 31st May	National Teen Self-Esteem Month
Monday	23rd May	Year 7 Assessment Week
Tuesday	24th May	Year 8/9 HPV/MMR 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.

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.

Examinations

Reminder all Year 11 pupils must be on time and in full school uniform when attending an exam. You **must not be** in your PE kit or in trainers.

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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.

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

Mobile Phones

- Mobile phones must be turned off/on silent and kept out of sight in a school bag whilst on school site.
- Headphones and 'air pods' must not be worn whilst in the school building or on the schoolgrounds.
- Mobile phones are brought into school at your own risk.

School Uniform

We expect all students who attend our school to wear the correct school uniform. This includes having the correct PE kit, this does not include branded sportswear clothing. PE kit should only be worn on the day of the PE lesson.

Students should not be wearing any non-school uniform items of clothing/jewellery/excessive make up/ or false nails that are not part of our school policy. Please take the time to check that your daughter has all the necessary correct uniform items in readiness for the new term.

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.



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Social Media

Please remind your daughter about the appropriate usage of social media. Your daughter should only be accessing age-appropriate materials online and should be reminded to only send images/messages that she would be happy to show a parent or a teacher.

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



We will continue to sell the house keyrings at break and lunch time. These will go on sale at a cost of £1.50 profits will be donated to <https://www.youngminds.org.uk/>



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Be Empowered....



Early Support Programme for SEND Parent Carers

Be Empowered Workshops

The first Face to Face workshop of this academic year
Tuesdays & Wednesdays 10am – 2pm (for 6 weekly sessions)
Starting Tues 7th June, Wed 15th, Wed 22nd, Tues 28th, Tues 5th July, and
Tues 12th July

At Thornbury Centre, Thornbury Road, Birchfield, Birmingham B20 3DE

Are you a parent of a child with special or additional needs?

Do you want to meet with other parents and learn more about local and national services and what they can offer?

Do you want to feel more confident about working with practitioners and making decisions about your child's journey?

We warmly invite you to a series of workshops that have been written by and are led by trainers who are parent/carers of a child with additional needs themselves.

These workshops are for parent/carers of children and young people of any age, with any additional need, following diagnosis. They are an attempt to support parent/carers through times of change and at whatever stage of the journey participants may find themselves.

TO BOOK – Complete the booking form and return to:

BeEmpowered@birmingham.gov.uk

This workshop is going to be conducted in a number of community languages.

For more information contact:

Gulshan Hussain on
07827 082 752

DEADLINE FOR RECEIVING BOOKINGS IS TUESDAY 24TH MAY 2022!



URDU



GREEK



ENGLISH



FRENCH



BENGALI (Sylethi)

Click on the following link for the [Booking Form](#)

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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 26 OF THE MINDFULNESS CHALLENGE

"The Good Posture challenge"



This week from the 16th of May until 23rd June Year 11 will be sitting their GCSE's and we wish them all "Good Luck". The challenge "Good Posture" is something they might want to try to help them refocus in exams if they become distracted or begin to doubt their own ability. For the rest of us it is an opportunity to think about our posture and how we feel.

For an entire day try to bring awareness to your posture. Whether you are sitting in an exam, lying down or standing, just bring your all your attention to your body. This technique has an immediate grounding effect and restores our mindfulness. The goal is to be aware of the sensations that the body is feeling right now. Whether your body feels the pressure of the chair you are sitting on, the ground under your feet, or a slight breeze on your arms. Simply scan your body up and down, notice whatever sensations are present.

You only do this for a minute or two, then return your attention to your exams or whatever task you were doing. The aim is to try and remember to observe your posture and its sensations as often as you can when you do try it. It can help raise awareness of the stress levels in your body and help you to regather your thoughts of what you need to include in your exam paper or classwork.

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