



# Hodge Hill Girls' School Weekly Parent Bulletin

22<sup>nd</sup> January 2021

## Important Dates

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>• Monday 25<sup>th</sup> January 2021</li><li>• Sunday 24<sup>th</sup> January 2021</li><li>• Wednesday 27<sup>th</sup> January</li><li>• 1<sup>st</sup> – 7<sup>th</sup> February</li><li>• Wednesday 3<sup>rd</sup> February</li></ul> | <ul style="list-style-type: none"><li>• Year 9 Parents Evening - virtual</li><li>• International Day of Education</li><li>• Holocaust Memorial Day</li><li>• Children's Mental Health Week</li><li>• Year 9 Options Deadline for return</li></ul> |
|--|---|

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



### IMPORTANT INFORMATION

#### Attendance coding for Keyworkers and Vulnerable provision

- If you have booked a place and your child does not come into school that day they will be coded as "C" which means authorised absence. "C" coding does affect your child's attendance %.
- If your child is unable to attend school due to illness you should contact the school by 8.00 am to inform us.
- If you have booked specific days rather than Monday to Friday, the days your child is not due to attend will be coded as "X".

You must communicate your requirements for the following week by clicking on the [Parent Survey](#) the week before. This ensures we have the correct staffing levels.

Due to government announcements changing on a regular basis you can keep up to date on the latest information by click on the following link: [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

- Letter from Councillor Ian Ward – Leader of the Council. [View letter here](#)
- Look out for the weekly update letter from the Headteacher every Monday via School Gateway and the [school website](#)

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# Hodge Hill Girls' School Weekly Parent Bulletin

22<sup>nd</sup> January 2021

## School Information



### **Free School Meals:**

Vouchers have been ordered via Edenred to be delivered via email; the requested delivery dates were 20<sup>th</sup> and 25<sup>th</sup> January, 1<sup>st</sup> and 8<sup>th</sup> February. The vouchers are to the value of £15 each week for each pupil who is eligible for Free School Meals. Please contact school on [enquiry@hodgehgs.bham.sch.uk](mailto:enquiry@hodgehgs.bham.sch.uk) if you have questions, and we will do our best to help; please note that we are unable to help with all queries and we may need to contact Edenred or ask you to contact Edenred directly dependent on the query.

If your daughter becomes eligible for FSM during this period, we will order vouchers for her; please note that we are only able to order vouchers from the date that the pupil became eligible and cannot backdate them beyond this.

Parents/carers whose daughters are in receipt of FSM may wish to look at the following documents from Edenred to support the process:

- [Parent/Carer visual user guide](#)
- [Parent/Carer FAQs](#)

If your personal circumstances have changed and you think that your daughter may now be eligible for Free School Meals, please complete the form on the school website, or contact the school on [enquiry@hodgehgs.bham.sch.uk](mailto:enquiry@hodgehgs.bham.sch.uk) for support.

- Click on the presentation on how to apply [FSM PowerPoint presentation](#)
- Online application form <https://www.cloudforedu.org.uk/ofsm/birmingham>

**GCSE Pod:** Our GCSEPod usage was so high that we were one of the 10 highest using schools out of **1532** schools in the country last week! That is a fantastic achievement and demonstrates a huge amount of effort and engagement in learning from all of our school community. [View Lockdown Legend Certificate](#)

Over 100 pods have been watched in each of English Literature, DT, English Language, Biology, Chemistry, Combined Science, French, History, Maths, Physics and RS.

Individual year group figures are as follows:

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# Hodge Hill Girls' School Weekly Parent Bulletin

22<sup>nd</sup> January 2021

<b>Year 7</b>	90%	584 pods accessed; French, RS and Chemistry are the most accessed subjects.
<b>Year 8</b>	90%	280 pods; DT, Combined Science, Creative iMedia
<b>Year 9</b>	95%	454 pods; English Literature, DT, Maths
<b>Year 10</b>	99%	471 pods; English Language, English Literature, Chemistry
<b>Year 11</b>	99%	330 pods; History, English Language, Chemistry

Check out the leader board to see if you have made the top ten. Click [here](#) to view.

## Food Technology

Breakfast is the most important meal of the day. Overnight your body uses some of its stored energy while you are sleeping. Eating breakfast replaces these stores and provides you with energy for the day ahead. This can help you focus on your studies, help you to concentrate and improve your moods. [What do you eat for breakfast?](#)

## History

Holocaust Memorial Day Wednesday 27th January take part by lighting a candle. This will be the theme for pupils' assemblies this week.

## Maths: University of Birmingham

Birmingham Popular Maths Lecture on **Wednesday 27th January at 7.00pm** online hosted by the University of Birmingham. The lecture will be delivered by Professor John Terry. It is suitable for those studying Mathematics at A Level or advanced GCSE. The lectures are free of charge and run on the last Wednesday of each month, between October and March.

- [View information here](#)

## PE Department

- **Health and Wellbeing Calendar:** Join in the fun and give it a go [Wellbeing calendar](#). Share your achievements by emailing [s.barron@hodgehgs.bham.sch.uk](mailto:s.barron@hodgehgs.bham.sch.uk) teacher of Physical Education.
- **Mental Health Week 1<sup>st</sup> February – 7<sup>th</sup> February 2021.** A mental health challenge has been created and shared with pupils via PE through ClassCharts for the beginning of February. To view the weekly challenge [click here](#).

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# Hodge Hill Girls' School Weekly Parent Bulletin

22<sup>nd</sup> January 2021

## SEND

Here are some links for resources for pupils with SEN that will be useful:

- [How to support children with SEND through COVID-19 lockdown](#)
- <https://stories.audible.com/start-listen>
- <https://www.educationotherwise.org/resources/by-category/>
- <https://www.twinkl.co.uk/resource/send-school-closure-home-learning-resource-pack-t-s-2548769>

Mental Health Support- Managing anxiety and regulating emotions.

Here are some resources that can be used to support anxiety and regulating emotions during lockdown:

- <https://www.mentallyhealthyschools.org.uk/resources/tracking-my-feelings/>



7,11 Breathing Technique

<https://www.sabp.nhs.uk/application/files/9115/6318/8848/Anxiety.pdf>

## MEDICAL

If your daughter has had any recent changes to their medical needs, please remember to notify school.

Free first aid course on choking: <https://onlinefirstaid.com/free-choking-course/>

## First News Quiz

Reading is so important for our learning; pupils are encouraged to read 'First News' each week. Each week Mrs Evans and Ms. Mullins send out a quiz related to the reading and all pupils who take part receive a positive point. Please have a conversation with your daughter about what she has read in First News and her answers to the quiz questions.

## Careers Education, Information, Advice and Guidance (CEIAG)

**Access Creative College Birmingham:** Music & Events // Music Tech // Games & Computing // Media & Design. Virtual Open Day Monday 1st February [Click Here to Book](#)

**Amazing Apprenticeships:** Your ten-step apprenticeship plan for 2021. Click on the following link that will inform you of online events, guidance and helpful links. [Download](#)



Here is next week's full [Live Broadcasts Schedule](#).

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# Hodge Hill Girls' School Weekly Parent Bulletin

22<sup>nd</sup> January 2021

## WEEK STARTING MONDAY 25<sup>TH</sup> JANUARY

DATE	SPEAKER	INFO
<b>Mon 25<sup>th</sup> January 2-3pm</b>  <a href="#">LINK TO JOIN</a>	<b>Jason Spencer, Business Development Director, ITV for KS4-5/ S4-6</b>	Join us here to hear Jason Spencer, Business Development Director at ITV share his perspective on how the world of media and marketing is changing and the impact of digital transformation. Jason has led the growth in revenue of ITV's commercial teams across the UK outside London and will be sharing career advice for those considering careers in TV and digital sectors.
<b>Tues 26<sup>th</sup> January 10-11am</b>  <a href="#">LINK TO JOIN</a>	<b>Brandie Deignan, Chief Executive Officer, Pier Health Group &amp; Former Managing Director, Marco Pierre White Restaurants for KS4-5/ S4-6</b>	Join us to hear Brandie Deignan, Chief Executive Officer at Pier Health Group and Former Managing Director at Marco Pierre White Restaurants discuss the importance of empowerment and what is it like to change your career path. A must watch for young aspiring leaders!
<b>Wed 27<sup>th</sup> January 2-3pm</b>  <a href="#">LINK TO JOIN</a>	<b>Col Russell Lewis, Head of Youth Engagement, Royal Military Academy Sandhurst for KS3-5/ S1-6</b>	Join us to watch a broadcast with Lieutenant Colonel Lewis from The Royal Military Sandhurst. Lieutenant Colonel Lewis left regular service in 2013 and now delivers strategy, leadership and team building training. He will discuss how values and standards benefit great teamwork and leadership. He will also reflect on how young people can build their confidence and resilience.
<b>Thurs 28<sup>th</sup> January 2-3pm</b>  <a href="#">LINK TO JOIN</a>	<b>Toby Jones, Actor for KS4-5/ S4-6</b>	Tune in to hear from Actor, Toby Jones. Toby has starred in films such as the Hunger Games, Harry Potter and Snow White and the Huntsman. Toby will be sharing his insights into his career and discussing the importance of the creative industries. There will be an opportunity for students to submit their own questions.

### HOW TO JOIN THE LIVE BROADCASTS

- Join 10 minutes before the broadcast to be ready.
- You can join without needing an account – [Watch how here](#)
- For full speaker descriptions visit the [Broadcast Schedule here](#)

**Year 10 Pupils: Speakers for Schools** have a number of new virtual work experience opportunities for which they are recruiting now:





# Hodge Hill Girls' School Weekly Parent Bulletin

22<sup>nd</sup> January 2021

- [ST EMpowered Working in the Water Industry](#)
- Dates: 15<sup>th</sup> February 2021.
- Eligibility: 16 – 19-year-old students keen to find out more about a career in management.
- Application Deadline: 25<sup>th</sup> January 2021
  
- [Insights into Infrastructure and the Built Environment](#)
- Dates: 15<sup>th</sup> – 19<sup>th</sup> February 2021.
- Eligibility: 15– 19-year-olds students interested in environmental sustainability, diversity and inclusion.
- Application Deadline: 15<sup>th</sup> January 2021
  
- [Virtual Work Experience with a leading Construction/Engineering/Infrastructure/Design Company](#)
- Dates: 15<sup>th</sup> -19<sup>th</sup> February 2021.
- Eligibility: 14– 19-year-olds students interested in Smart Motorways sector & technology
- Application Deadline: 29<sup>th</sup> January 2021
- [Green Skills in the Construction and Engineering Industry](#)
- Dates: 6<sup>th</sup> - 9<sup>th</sup> April 2021.
- Eligibility: 14 – 19-year-olds interested in the 'green' plans for the construction and engineering industry.
- Application Deadline: 7<sup>h</sup> March 2021
  
- [East West Railway Company - Building a New Railway](#)
- Dates: 6<sup>th</sup> - 9<sup>th</sup> April 2021.
- Eligibility: 16 – 19-year-olds interested in Technology, Engineering, Planning, Business Studies, Design and/or Customer Services
- Application Deadline: 28<sup>h</sup> February 2021

**The Smallpeice Trust** have two opportunities for pupils in Year 9 to find out about humanitarian engineering with the RAF with free online courses; details are available at [Smallpeice Trust](#) (girls-only) and [Smallpeice Trust mixed course](#). Please click on the links for further details.

**The PLACED Academy** are launching a new series of FREE events for people aged 13-19 interested in careers in design and the built environment. At each event you will hear from inspirational speakers at all stages in their careers, from recent planning graduates to architects heading up national design practices. [Click on the link](#)



# Hodge Hill Girls' School Weekly Parent Bulletin

22<sup>nd</sup> January 2021



## Safeguarding and Wellbeing

We are aware that this may be a worrying time for adults and children. We have therefore extended the resources on our website around Safeguarding and Wellbeing.

**Job of the Week in the Health Sector:** [Biomedical scientist](#). Click on the link for further details.

**Thought for the week:** 'Acceptance' Click on the link [Secondary Presentation 'Acceptance'](#) also view the [video link](#).

**Value of the month:** January 'Change' Please discuss this value with your daughter. To support please use the following link. [Poster](#) and [30 days of change](#).

**Maintaining a good Wellbeing whilst in lockdown.** The attached PowerPoint presentation has been shared through ClassCharts for pupils/parents and carers to view. The presentation mentions the importance of drinking water and staying hydrated - this is essential for our physical wellbeing which in turn will have an effect on your mental and emotional health. [View PowerPoint presentation on Wellbeing](#)

### **St Giles SOS+ Programme**

St Giles' SOS+ Service delivers early intervention work in educational and community settings, through preventative sessions on violence, vulnerability and exploitation. They deliver training and awareness sessions to parents and other professionals to help tackle the issues of county lines drug smuggling, gangs and knife crimes. Click on the [Parent's webinars](#) for dates.



# Hodge Hill Girls' School Weekly Parent Bulletin

22<sup>nd</sup> January 2021

Your daughter or family can find support through the organisations below:

## Support for families

### **(BCP) Birmingham Children's Partnership**

Emergency and ongoing help for Birmingham please click on the letter for more information on help and support [BCP letter](#).

### Kooth

**Friday 29th January** - Learning to Be and Showing Your True Self

(For further information, please see attached the January Live Forums Topic Calendar)

<https://www.kooth.com/>

### Useful websites:

- **Women's Aid:** [womensaid.org.uk](http://womensaid.org.uk)
- **Barnado's:** [barnados.co.uk](http://barnados.co.uk)
- **Mind:** [mind.org.uk](http://mind.org.uk)
- **NSPCC at** [www.nspcc.org.uk](http://www.nspcc.org.uk) or call their national helpline 0808 800 5000.
- **Pause: School website -** [Pause | Hodge Hill Girls' School \(hodgehgs.bham.sch.uk\)](http://Pause | Hodge Hill Girls' School (hodgehgs.bham.sch.uk))
- **Forward Thinking Birmingham** click on link for further support contacts: [FTB](#)
- **Partnership for Children:** [www.partnershipforchildren.org.uk](http://www.partnershipforchildren.org.uk)
- [GFS lockdown activities - Children's Wellbeing Week - Girls Friendly Society](#)
- YoungMinds: [Looking after your mental health](#)

## **Keeping your daughter safe online:**

All parents/carers need to be aware of what their daughter are accessing when online. Young people often access sites that are not appropriate for their age. Click on the following links for further guidance on staying safe online and preventing cyberbullying on social media.

- <https://www.hodgehgs.bham.sch.uk/parents/online-safety>
- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
- <https://www.nationalbullyinghelpline.co.uk/social-media.html>

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# Hodge Hill Girls' School Weekly Parent Bulletin

22<sup>nd</sup> January 2021

If your child develops symptoms associated with Covid-19 whilst at **home**, please keep them at home and follow the process outlined below. If your child develops symptoms associated with Covid-19 whilst **at school**, we will isolate them immediately, providing the support and reassurance they will require. We will contact you and require that you collect them immediately from school. Please take them straight home and follow the same process outlined below.

## Step One: CONTACT

the NHS and request a COVID-19 Test from them online or by calling 119. Do not visit your GP, pharmacy, hospital or other healthcare provider. Call 999 if emergency care is needed.

## Step Two: ISOLATE

Your child should isolate for 10 days after symptoms appear and other people in your household should isolate for 10 days.

## Step Three: TEST

Get a test. Keep your child at home until she gets her results.

## Step Four: RESULTS

You should receive your results within 72 hours. If the test is negative, your daughter and household may stop isolating although they must not return to school until they are well. **Please inform us of a negative test result immediately.**

## Step Five: A POSITIVE TEST RESULT

If your child tests positive for Coronavirus, contact tracers will contact you to inform you of the isolation regulations you will need to follow. **Please inform us of a positive test result immediately.**

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