

WEEKLY PARENT BULLETIN

KEY SCHOOL DATES, EVENTS, AND IMPORTANT INFORMATION.

DATES FOR YOUR DIARY - SPRING TERM 2024

Monday 5th February 2024 - Children's Mental Health Week

Wednesday 7th February 2024 - Year 9 Immunisations

Wednesday 7th February 2024 - Parent Coffee Morning - 'My Voice Matters'

Friday 9th February 2024 - End of Spring Term 1

Monday 19th February 2024 - Start of Spring Term 2

Monday 26th February 2024 - Year 9 Options Evening 4:15pm - 6:00pm

Friday 22nd March 2024 - End of Spring Term 2

IMPORTANT INFORMATION

Parent Coffee Morning - 'My Voice Matters' - 07/02/2024

Hodge Hill Girls' School will be celebrating Children's Mental Health Week from w/c Monday 5th February 2024 - Friday 9th February 2024. Let's come together to learn and support the importance of nurturing our children's wellbeing. This event will be an opportunity to meet other parents and learn strategies on how to support positive wellbeing. Tea/coffee and cake will be available. This event is open to parents/carers of all year groups. We would be delighted to welcome you and hope you can make it. Please confirm your attendance [here](#).

Measles (MMR) Vaccine

Please contact your GP to book an appointment for Measles (MMR) vaccine. Children and adults can catch up on any missed vaccines. Children should have the first dose at 1 year old and the second dose at 3 years and 4 months old. Two doses of the MMR can provide life-long immunity.

If a child has symptoms of measles, please stay at home. Children should not come to school with any symptoms of measles. Advice is available on the NHS website, NHS 111 and from your GP. Please DO NOT go to your GP practice or any other healthcare provider – instead, phone for advice and say it could be measles.

Inclement Weather Contingency Plans

In the event of school closure due to adverse weather conditions, parents and guardians will receive a text message through the School Gateway, and relevant information will be posted on our school website.

Updated Record-Keeping

A reminder to all parents and guardians to promptly notify the school of any changes in personal details, including contact information, name, address, etc. This ensures the effective implementation of school policies and procedures.



Cost of Living

Many families are impacted by the cost of living crisis.

The link below provides a wide range of available help and support:

[Access Cost of Living Support here](#) | [Birmingham City Council](#)

February Half-term Supermarket Vouchers:

Supermarket food vouchers worth £20 are being provided by the DWP's Household Support Fund to support families over February half term. You will receive one £20 voucher code per child. Voucher codes will be sent by email to all priority 1 parental contacts by Wednesday 7th February. Your code can be redeemed for use at the following supermarkets: Aldi, ASDA, Farmfoods, Iceland, Morrisons, M&S, Sainsbury's, Tesco and Waitrose.



Impact Pathways West Midlands

Impact Pathways is a 'map' of provision designed to help people who live and work in the West Midlands access support they might need. It allows the public and professionals to search in their area for the resource, knowledge and expertise of statutory agencies such as the NHS, private companies, together with a whole range of charities and community groups who exist to offer services to support people. The agencies are arranged by 'pathways' and postcode.

The nine pathways are:

- Drugs
- Alcohol
- Accommodation
- Children and families
- Finance, benefit and debt
- Mental and physical health
- Attitudes, thinking and behaviour
- Education, training and employment
- Domestic abuse, sexual abuse and sex work

If you are looking to access support for yourself or someone else please browse the IWP website [here](#). You can search by postcode, pathway, and get the information back as a list of providers who will work with you or on a map. The agencies on this site contain information about how to access their services and often this is FREE, confidential and may even be a walk-in service.



Parent Coffee Morning

Wednesday 7th February 2024 - 9am till 11am

'My Voice Matters'

Hodge Hill Girls' School will be celebrating Children's Mental Health Week from w/c Monday 5th February 2024 - Friday 9th February 2024.

Let's come together to learn and support the importance of nurturing our children's wellbeing. This event will be an opportunity to meet other parents and learn strategies on how to support positive wellbeing.

Tea/coffee and cake will be available.

This event is open to parents/carers of all year groups. We would be delighted to welcome you and hope you can make it.

Please confirm your attendance by filling in the form available on the school website.

Let's talk about it.
Be part of
the conversation.

End the stigma.

It's okay to ask for
help.

Taking care of your
mental health is an act
of self-love.

Your mistakes
don't define
you.

No act of kindness, no
matter how small, is
ever wasted.

Your wants and needs
are valid.

You are allowed to
say no.



Children's Mental Health Week 2024



For Children's Mental Health Week 2024, we will be running activities throughout the week from Monday 5th February - Friday 9th February to promote positive mental health and well-being. This will include learning more about the importance of positive mental health during assembly, taking part in daily form time activities, sports competitions during lunch time, and drop-in sessions with the school counsellor.

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What's on?

MONDAY 5TH FEBRUARY 2024

- Basketball Shoot-out competition. 50p to take part, shoot as many baskets as you can in 1 minute. The person with the highest score wins a prize.

TUESDAY 6TH FEBRUARY 2024

- Penalty Shoot-out Competition. 50p to take part, score as many penalties as you can in 1 minute. The person with highest score wins a prize.
- School Counsellor drop in sessions during lunch times

WEDNESDAY 7TH FEBRUARY 2024

- Keep Ups Competition. 50p to take part, the person who can kick the ball up with the highest score in one go wins a prize.
- School Counsellor drop in sessions during lunch times

THURSDAY 8TH FEBRUARY 2024

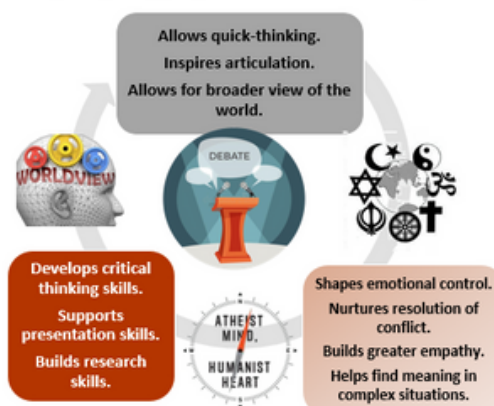
- Basketball Shoot-out Competition. 50p to take part, shoot as many baskets as you can in 1 minute. The person with the highest score wins a prize.

FRIDAY 9TH FEBRUARY 2024

- Basketball Tournament Competition. 50p to enter, create teams with people from other year groups. Winning team from both lunch breaks wins a prize.

Religious Studies Department @HHGS!

Benefits of DEBATING!



What can we do at home to support our young people to develop key 21st-century skills such as self-confidence, communication, and empathy. Take some time as a family to take part in the BIG debate statement that will be sent home weekly. Religious Studies debate-led practise puts our young people at the centre of their learning and equips them with the critical-thinking and leadership skills required to tackle big questions in the world.

Fear of punishment should not be used as a deterrent.

Evaluate

- What do you believe & why?
- What would other religious traditions say?
- What would non-religious traditions say?

RS Disposition: Being accountable & living with integrity.

Spring 1- Week 4

A good debate is more than just an argument: 'It's the ability to see one statement or idea from various perspectives, through critical thinking, critical listening and critical speaking.' [Leela Koenig](#)

Voluntary Litter Picking in Local Community

Humanities Heroes' club

Better Environment, Better Tomorrow.

Day: Thursday Week B

Time: 2.45-3.35pm

Location/room: G-02

Club focus

Session date	Activities
25 th January 2024	Litter picking in the local community.
08 th February 2024	Litter picking in the local community.

Half-term

29 th February 2024	Recycling project
14 th March 2024	Promoting Energy Efficiency.



Job of the Week

This week's job of the week is a Naval Architect.

Naval architects work as part of a team responsible for designing, producing and repairing safe, sea-worthy surface or underwater vessels. Naval architects need to have a creative, logical and inquiring mind. Naval architects can work with a range of vessels including ships, ferries, submarines and yachts.

Find out more [here](#).



Solihull Approach - Free Parent Resources

Hodge Hill Girls' School sits in a free access area for in our place which is an online hub for parent resources in children's and teenager's emotional health and wellbeing. This is one of many courses available to our parents for free.

Access free parent resources [here](#).



UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

inourplace

NHS

Understanding your relationships

Free online course to follow in your own time to help understand your relationships and your mental health.

- Understanding your emotions in your relationships
- Communicating feelings and expressing yourself
- Reading others behaviours and different communication styles
- Managing conflict, self-regulation and anger

Designed by expert psychologists in partnership with people

www.inourplace.co.uk

Course costs £24. You may be in a funded area thanks to our network of sponsors!



National Apprenticeship Week Webinar

To celebrate National Apprenticeship Week 2024, founder of Success at School speaks to three inspirational apprentices about their journey to becoming an apprentice.

This webinar is for you if you are thinking about applying for an apprenticeship and want to learn how to make it!

Date: Wednesday, 7th February 2024

Time: 6.30 – 7.15pm

Book your slot for the webinar [here](#).



What Next? - Free Post-16 Event

Join 'What Next?' at the NEC, Birmingham, on 1 & 2 March 2024 at the free event to learn more about educational options once pupils leave school or college.

Opening Times:

Friday 1st March 2024: 09:30 - 15:00

Saturday 2nd March 2024: 10:00 - 16:00

Book the free event [here](#).



Birmingham Museum and Art Gallery

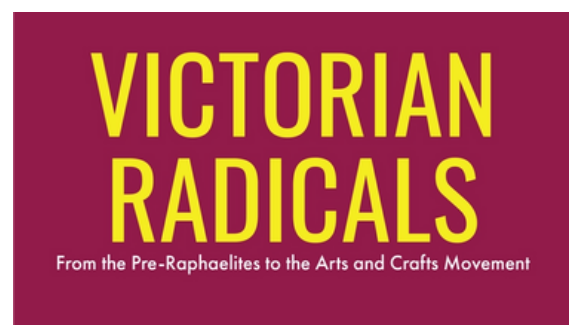
Victorian Radicals - From the Pre-Raphaelites to the Arts and Crafts Movement

Opening Times:

Begins on Saturday 10th February 2024

Open on Wednesday - Sunday from 10am - 5pm

Click [here](#) for more information and how to book.



University of Birmingham - Institute of Physics Evening Lectures

The following Physics lectures are suitable for GCSE-age pupils and above, held in the Poynting Physics Building, University of Birmingham.

Doors open: 19:00

Lectures: 19:30 – 20:30

- **Tuesday 6th February 2024**

Understanding the Atomic Nucleus: Into the Quantum Realm – Dr Jack Bishop, University of Birmingham

We hear a lot about the subatomic realm and new discoveries but how do we actually "see" the behaviour of matter at this scale? This lecture will give an overview of how physicists have learnt ever more about the core of every atom - the nucleus - and the techniques scientists use to study it and how these methods links to our everyday lives.

- **Tuesday 5th March 2024**

100 years of medical x-rays in Birmingham: how radiation has transformed healthcare delivered by Dr Geoff Hayes, Deputy Head of Radiotherapy Physics, University Hospitals Birmingham.

You can find more information (and recordings of previous lectures) [here](#).

- **Astronomy in the City**

Shorter talks on all things astronomy, held in the Poynting Physics Building, University of Birmingham. Suitable for families, students and adults, during the evening you can investigate interactive exhibits, visit the planetarium and try some observing from the roof.

Doors open: 17:30

Sessions begin: 18:00 – 19:00

The next instalment will be the 10th anniversary special on Wednesday 21st February 2024.

For more information and to book your free tickets, click [here](#).



UNIVERSITY OF
BIRMINGHAM





Autism Empowerment Webinar

This one-hour lunchtime webinar is a brief exploration of how Autism can present, the history of Autism, diagnosis as well as differences in communication and social interaction. We will also be looking at how the environment can impact on someone with sensory processing challenges.

The main aim of this webinar is to focus on the many strengths autistic individuals have and how we can increase understanding and Neuro-inclusivity through education and raising awareness.

Webinars are held on Zoom on the following dates:

Thursday 29th February 12:30 to 13:30

Friday 29th March 12:30 to 13:30

Friday 26th April 12:30 to 13:30

At the end of the webinar, you will receive a certificate of attendance that will be emailed to your given email address.

The cost of this one-hour webinar is only £5.50!

To book your place on the webinar please either scan the QR code below or go to: www.theautismtrainingnetwork.com/training

"For every person who understands Autism better, another Autistic person will be happier."-
Libby Scott, Autistic Author (at age 11)





Help in Brum

Find Help In Brum Are you concerned about the rise in cost of living?

Find some helpful contact details for advice and support.

Birmingham City Council and partners are working to support and offer guidance to our residents during the cost of living crisis in the UK.

We want to support as many of our residents as possible across key areas which are outlined in this leaflet.

Warm Welcome:

We are working with the local community and a partnership of voluntary and community sector organisations to expand a network of warm spaces. These spaces will be available for people to use and visit during the winter period and beyond.

There are several existing Warm Welcome Spaces within local communities across the city. Warm Welcome Spaces are:

- inclusive and non-judgmental
- heated and free to access

The services at each space will vary but may include:

- information on further support and available guidance
- opportunities to participate in activities and learn new things
- free internet access, computers and charging points
- a friendly environment to connect with others within the community

You can find details of our current Birmingham Warm Welcome Spaces at

www.birmingham.gov.uk/warmwelcome

Keeping checking back online as more spaces will be launched weekly.

Benefits and Money Advice:

During the cost of living crisis, it is also important to ensure you have access to the right benefits and money advice for you. There are several information portals below which can help.

To find out what benefits you are entitled to, it is best to use the Benefits Calculator provided by the Government. Find out more by using this link www.gov.uk/check-benefits-financial-support

Birmingham City Council has also developed several support factsheets which provide useful information on a range of debt related issues. You can view and download information on www.birmingham.gov.uk/debtadvice team

If you are struggling with debt and need advice and support you can also visit www.birmingham.gov.uk/helpinbrum which can help direct you to the right information.

There are also other services who offer free and confidential advice:

- The Project - Benefit, debt and housing advice
0121 453 0606 | www.theprojectbirmingham.org
- Citizens Advice Birmingham - Advice on benefits, debt, housing and more
Freephone 0808 278 7990 (Mon – Fri 9.30 am – 4.30pm) | www.bcabso.org.uk
- Disability Resource Centre - Advice and advocacy services for disabled people
03030 402 040 | www.disability.co.uk

Energy Efficiency:

As energy costs rise we are committed to reducing energy bills and helping everyone to keep warm as we head into the winter months.

There are several schemes already available for residents, with full information and guidance available at

www.birmingham.gov.uk/energyhelp

There has been a significant rise in energy scams linked to the cost of living crisis.

There is some helpful support on the Birmingham City Council website to avoid these scams.

www.birmingham.gov.uk/energyscam

HUMAN HABITAT ON MARS 2024 (VIRTUAL)

Will humans ever get to walk on Mars? How would you get there? What would the impact be on the body? What type of computing equipment would we need to measure and analyse the data? Join us on this three-day virtual course, where leading academics from City, University of London will introduce you to the following three key disciplines – Aeronautical Engineering, Biomedical Engineering and Computer Science in the year 2050. This course is for Year 10 in England and Wales, S4 Scotland and Year 11 Northern Ireland.

'I really liked the atmosphere and how most of the other participants were in the same mindset – they wanted to learn new things and discuss quantum physics. I was also really happy to see lots of other females on the course...' **Human Habitat on Mars 2023 Female Course Student**

This event includes the following:

- Space Technology, understanding and learning about powered space flight
- Space Habitats, learning about the impact of a new environment on the body
- Rocket Technology, understand the difference between modern and future powered technologies
- Quantum Computing, how can we harness the ability to crunch vast amounts of data, quickly and efficiently?
- Classical Computing, explore the difference between classical and quantum computing – bits vs qubits.



WHEN

28 Aug - 30 Aug 2024

Start time: 09:30 hrs

Finish time: 15:30 hrs



WHERE

Virtual



COST

£110*

* If cost is a barrier please see our FAQ for more details.

[Book this course](#)



National
Online
Safety®

#WakeUpWednesday

12 Social Media

Online Safety Tips

FOR CHILDREN WITH NEW DEVICES

With Christmas only a few weeks away, many of you will be using social media to share your excitement with friends and family. Being active on social media is a great way to show others how much fun you're having, but it's important that you know how to use these apps safely and securely so that bad things don't happen. By following our safety tips below, you can make sure that your personal information stays private, your postings are positive and that your social media use overall is responsible, healthy and most of all enjoyable.

1 DON'T ACCEPT FRIEND REQUESTS FROM STRANGERS

Make sure that you set your profile to private so that people you don't know can't find you online. Always tell a trusted adult if a stranger or somebody you don't know sends you a message or a friend request.

2 NEVER SHARE YOUR PERSONAL INFORMATION WITH PEOPLE YOU DON'T KNOW

Keep your personal information personal. Sometime people online aren't always who they say they are and might ask you to share things that you don't feel comfortable sharing.

3 DON'T SHARE EMBARRASSING PHOTOS OR VIDEOS OF OTHERS ONLINE

This could really upset them and could get you into a lot of trouble. Always think twice before posting anything on social media and treat people online as you would in real-life.

4 NEVER SEND NAKED PICTURES OF YOURSELF TO OTHERS

This is illegal if you are under 18 and you could get into trouble with the Police. If you are being pressured by someone, always say no and tell a trusted adult. Even if you think it is innocent fun, the photo could be shared with other people and you won't be able to control who else sees it.

5 CREATE A POSITIVE ONLINE REPUTATION

Always be kind and polite when posting comments on social media and only upload pictures and videos of things you are proud of. This forms part of your digital footprint. Everything you do online can be tracked and monitored and could affect what people think of you in real-life if it is negative.

6 LIMIT YOUR SCREEN TIME

Social media can be addictive, and it is easy to keep checking newsfeeds or your notifications every 5 minutes which can affect your behaviour and stop you from doing other things. Remember to only use your phone at certain times of the day, turn notifications off at bedtime and go out and have as fun as much as possible. This will keep you fit and healthy and make you appreciate there's more to life than just what's on social media.

7 BLOCK ONLINE BULLIES

Sometimes people might say nasty things to you online or post offensive comments on your pictures or videos. If this happens, always tell a trusted adult who will help you block them from your profile and support you in taking further action.

8 REPORT INAPPROPRIATE CONTENT

If you see something on social media that you don't like, offends you or upsets you, you should always report it to a trusted adult. You should also report it to the social media app who will be able to remove the content if it is against their user policy and can block the person who posted it.

9 ONLY USE APPS WHICH YOU ARE OLD ENOUGH TO USE

Before downloading any new social media app, always check the age-rating. If you need help, ask your parent or carer to make sure that the app is safe for you to use and never download anything which you are too young for as it may contain content that isn't safe for you to see.

10 ALWAYS SECURE ALL YOUR SOCIAL MEDIA PROFILES WITH A PASSWORD

This will help to keep your private information safe and won't allow others to access your profiles without your permission. Make sure your passwords are memorable and personal to you but something which other people can't guess, and always share them with your parents just in case you forget them.

11 ASK PARENTS TO SET-UP 'PARENTAL CONTROLS' FOR SOCIAL MEDIA

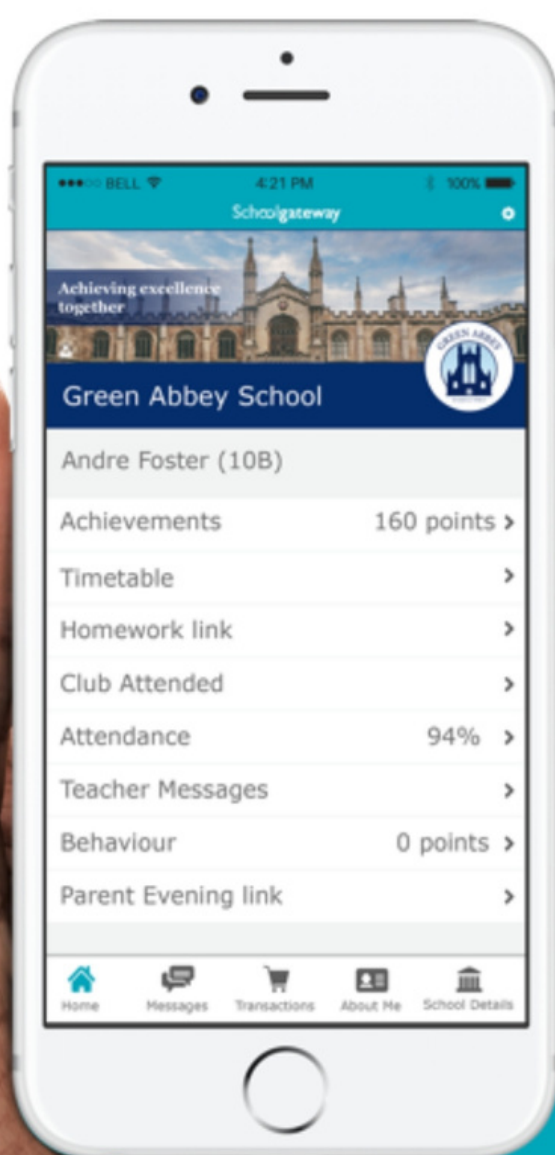
When you download a social media app, you should always ask a trusted adult to help you set it up for the first time. This will help you control who sees what you post, who can contact you and make sure you are able to enjoy using the app safely and securely.

12 ALWAYS TALK TO YOUR TRUSTED ADULT IF SOCIAL MEDIA IS MAKING YOU UNHAPPY

Sometimes, social media can make us feel bad about ourselves or sad that we aren't the same as someone else or doing the same things as someone else. Remember, if you ever feel this way, it's really important to talk to your trusted adult(s) like your parents, carers, other adult family members or a teacher, all of whom will be able to support you and discuss your feelings with you to help make you feel better.

Schoolgateway

School Gateway: keeping you up-to-date with your child's school life, wherever you are.



"School Gateway genuinely gets me more engaged and involved at home with my daughters' schooling and rates a 10 out of 10 from me!"

Rohan, Queen Elizabeths, Exeter

Download the
app for free today



Available on the
App Store



Get it on
Google play

School Term Dates 2023/2024

Spring Term 2024

Term Starts: Monday 8th January 2024 to Friday 9th February 2024

Half Term: Monday 12 February 2024 to Friday 16 February 2024

Term 2 Starts: Monday 19th February to Friday 22nd March 2024

Term Ends: Friday 22 March 2024

Summer Term 2024

Term Starts: Monday 8 April 2024 to Friday 24th May 2024

Half Term: Monday 27 May 2024 to Friday 31 May 2024

Term 2 Starts: Monday 3rd June 2024 to Monday 22nd July 2024

Term Ends: Monday 22 July 2024

Teaching Training Days

Friday 28th June 2024

Monday 22nd July 2024

