

WEEKLY PARENT BULLETIN

KEY SCHOOL DATES, EVENTS, AND IMPORTANT INFORMATION.

DATES FOR YOUR DIARY - SPRING TERM 2024

Monday 6th May 2024 - May Bank Holiday (School Closed)

Monday 15th May 2024 - Year 7 Parents Evening - 4:00pm till 6:30pm

Monday 15th May 2024 - Year 8 Vaccinations

Friday 24th May 2024 - End of Summer Term 1

Monday 3rd June 2024 - Start of Summer Term 2

Monday 10th June 2024 - Year 8 Parents Evening - 4:00pm till 6:30pm

IMPORTANT INFORMATION

Mobile Phone Policy Reminder

Government guidance on mobile phones in schools clearly state the importance of prohibiting the use of mobile phones throughout the school day. Our school rules state that mobile phones must be turned off and stored in the pupil's bag throughout the school day. It is important to emphasise that any mobile phones found in a pupil's blazer will be confiscated and returned to parents only. Furthermore, pupils are prohibited from contacting parents during school hours via their mobile phones, and any attempts to do so will result in confiscation. Should pupils need to contact parent/carers they can do so through their Head of Year. Your cooperation and support in reinforcing this policy with your child are greatly appreciated.

Birmingham City Council Supported Internships

Are you between 19 and 24 years old on an Educational Health Care Plan or a Parent/Carer of someone who is? This is a great opportunity to kick-start your career!

- Birmingham City Council's, 14-19 Full Participation and Skills Team [Supported Internship Programme](#) in collaboration with Heart of Birmingham Vocational College, Royal Mencap and Amazon provides hands-on work experience, training, and a Job Coach to support you into work. The internship welcomes all young people with disabilities, learning difficulties, or other additional needs. If you are interested, please complete the application form here: [Heart of Birmingham Vocational College - BCC Supported Internship \(hbvc.ac.uk\)](#).
- Birmingham City Council's, 14-19 Full Participation and Skills Team [Supported Internship Programme](#) in collaboration with Royal Mencap and Heartlands Hospital provides hands-on work experience, training, and a Job Coach to support 19-24 year olds with an Education, Health and Care Plan (EHCP) to kick start their careers! Find out more here: [Supported Internship Programme](#), or contact Sarah Fletcher directly at sarah.fletcher@mencap.org.uk



10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



Religious Studies Department @HHGS!

Benefits of DEBATING!

Allows quick-thinking.
Inspires articulation.
Allows for broader view of the world.

Develops critical thinking skills.
Supports presentation skills.
Builds research skills.

Shapes emotional control.
Nurtures resolution of conflict.
Builds greater empathy.
Helps find meaning in complex situations.

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.

Physical beauty is not as important as inner. Evaluate

What do you believe & why?

What would other religious traditions say?

What would non-religious traditions say?

RS Disposition: Appreciating beauty

Summer 1- Week 2

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

Job of the Week

This week's job of the week is a Dermatologist.

Dermatologists are responsible for diagnosing, treating and prescribing medicines to adults and children with skin conditions and illnesses. Dermatologists work broadly, covering everything from skin cancer to acne and even sometimes hair and nail conditions

Find out more [here](#).



Top Tips for Supporting Children Who Are EXPERIENCING BULLYING

In a DfE survey, 36% of parents said that their child had been bullied in the past year, while 29% of secondary school headteachers reported bullying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying – so it's important that parents, carers and educators know how to talk to children about bullying.

1. WATCH FOR BEHAVIOURAL CHANGES

Children who are experiencing bullying may become quiet, withdrawn, or anxious; however, they may also act on the pain and anger that they're feeling. A shift in attitude towards their existing friends (or not mentioning them any more at all) or alluding to new friendships which seem notably different could also be warning signs. It's important to be alert to such changes and talk to your child about them if they occur.

2. THINK THINGS THROUGH

Before acting, ask yourself if this is the right time and place to address concerns about bullying. Might your worries trigger strong feelings – perhaps from your own experiences – that could discourage your child from opening up to you? You could try discussing what you've noticed with another trusted adult who knows your child well.

3. BE OPEN AND UNDERSTANDING

Try to outline to your child the changes that you've noticed in their body language, appearance, behaviour, or tone of voice – and do so without sounding judgemental. Help them to describe what they're feeling – be it anger, sadness, fear or something else – as accurately as possible. If they say they're "angry", do they mean "enraged" or "frustrated"? This will help them to understand how they're feeling and why.

4. LET THEM SPEAK FREELY

Use open questions and a welcoming tone to encourage your child to talk. Listen closely and summarise what they've said at appropriate points (ideally without interrupting) to demonstrate that you're understanding clearly. Bullying may have undermined your child's sense of control, and they may fear that you'll judge them, overreact or impose consequences – so this conversation can reassure them being honest with you was the right decision.

5. CALL A TIME OUT

A conversation about bullying could leave both you and your child feeling distressed. It's important to recognise this and pause at suitable moments to calm down. Take deep breaths, enjoy a hot drink or even have a cathartic cry. This can reinforce trust, while also helping you both feel that you have control over the situation and the emotions that you're feeling.

6. STAY INFORMED

Make sure you know your child's school's definition of, response to and relevant contacts for bullying. This information should be in their anti-bullying policy, which ought to be available on the school's website. Class teachers or form tutors are usually the first point of contact, though there may be dedicated support teams or key workers to help your child, depending on the specific situation.

7. PREP YOUR CHILD FOR THE RESPONSE

Schools' responses to bullying vary depending on whether they're resolving disagreements and arguments, or addressing unintended verbal or physical harm and so on. It's important to work out with your child whether any harm was intentional, how much control they had over the situation and how often such incidents have occurred. Reporting concerns accurately will get the best outcome for your child more quickly.

8. SUMMARISE YOUR CHILD'S EXPERIENCE

When you contact the school, make sure you've precisely described what your child experienced: what happened; when; where; and who was involved. This will help the school to investigate further, identifying any witnesses, as well as those who were directly involved. It can also help the school to know how your child is feeling and how they'd like the matter to be resolved.

9. LIAISE WITH THE SCHOOL

Any school has a duty to ensure that the members of its community feel safe and included. It's important for children to learn their role in this. The school must determine how best to restore these feelings of safety and respect. It's often best for schools to keep parents and carers informed of any action taken – and for families to avoid taking matters into their own hands.

10. CHECK IN FREQUENTLY

Once the issue has been resolved and the bullying behaviour has stopped, your child may still feel anxious and might find it difficult to rebuild relationships or develop new ones. Parents, carers and the school should all keep an eye on how the child is feeling and acting over the following months. Any relevant information should be shared, so that further support can be planned if necessary.

Meet Our Expert

Bob Basley is the Director of Anti-Bullying Quality Mark-UK, which challenges and supports schools to develop sustainable whole-school approaches to prevent bullying, including working with parents and carers. More than 80 schools in England and Wales currently hold the quality mark.



#WakeUpWednesday®

The National College®

Source: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/788040/survey_of_pupils_and_their_parents_or_carers-wave_5.pdf
<https://www.oeed.org/education/kais/tails2018tabiles.htm> | https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/621070/health_behaviour_in_school_age_children_cyberbullying.pdf

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 teenager's brain

Free online course for all parents, carers, grandparents.

- Understanding your teenager's brain development in adolescence
- Reading your teenager's behaviour and understanding their feelings
- Reflecting on the importance of your relationship and how to nurture your teenager's mental health

Designed by clinical psychologists in partnership with practitioners and parents



Course costs £9. You may be in a funded area thanks to our network of sponsors!

Use our

FREE ACCESS CHECKER

to find out if your area is covered and start learning for FREE!





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

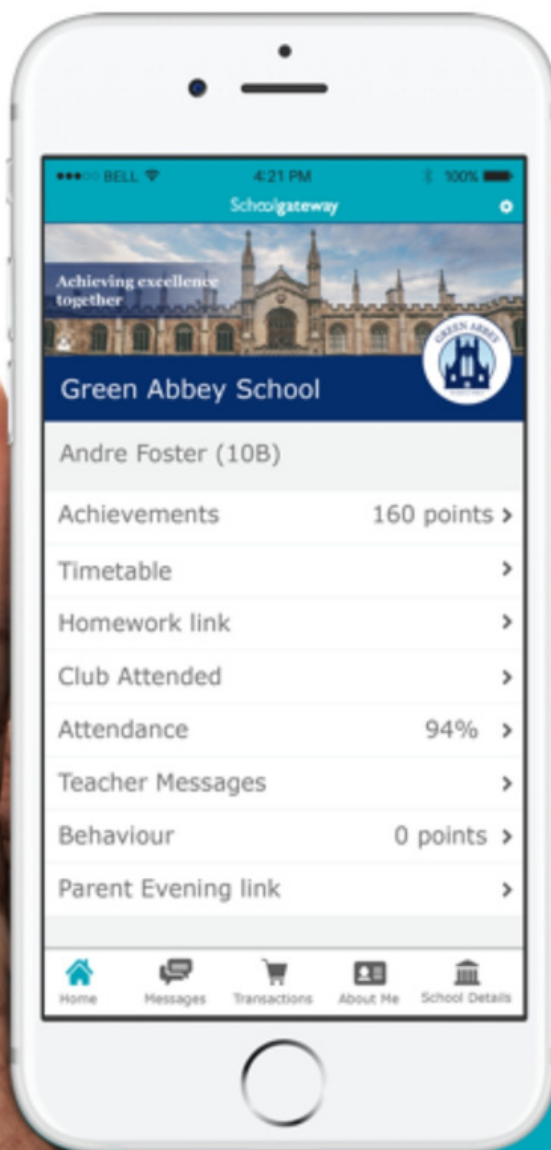
There has been a significant rise in energy scams linked to the cost of living crisis.

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

www.birmingham.gov.uk/energyscam

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

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

