

Weekly Bulletin

22 January 2024 - 26 January 2024

Important Dates	
7 February	Year 9 Parents' Evening
12-16 February	February Half-term
26 February-8 March	Year 11 Spring Exams
13 March	Year 10 Parents' Evening
25 March-5 April	Easter Holidays
15-19 April	GCSE Speaking Exams
22 April-3 May	GCSE Creative Design Exams
6 May	Early May Bank Holiday (School Closed)
7 May-18 June	BTEC/GCSE Exams



HH Hodge Hill College

YEAR 9

PARENTS' EVENING

Wednesday 7 February
3:30pm-6:30pm

☎ 0121 783 7807 🌐 www.hodgehill.bham.sch.uk

Parents' Evening is very important for all parents/carers, students and teachers. The evening will provide teachers with an opportunity to discuss your child's academic progress and crucially give advice on suggested next steps to secure further improvements.

We place a huge emphasis on working in partnership with families and, therefore, you must take this opportunity to discuss with teachers how your child is performing in relation to their potential and what could be done together to further support your child.

All students will be given their latest report during the evening and this should form the basis for discussion around attainment and effort. Teaching staff will be available from 3.30pm and 6.30pm to meet with you.

Please note: if you wish to see all of your child's teachers, please allow at least an hour and a half and arrive no later than 5.00pm.

Useful Links



[Hodge Hill College](#)



[ParentPay](#)



[MyEd](#)



[Birmingham City Council](#)



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1



Step 2: Search for My Ed

2



Step 3: Download the app

3

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Information about your student
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Attendance

Keep up to date with your
child's attendance details.



Forms

Fill in forms securely on your app
and return them directly to school.



Timetables

Get regular updates
on timetables.



Key Dates

Important dates the
school needs you to know.



News

Access the latest
school news.



Info Packs

Digital information packs
reduces time, hassle & paper.



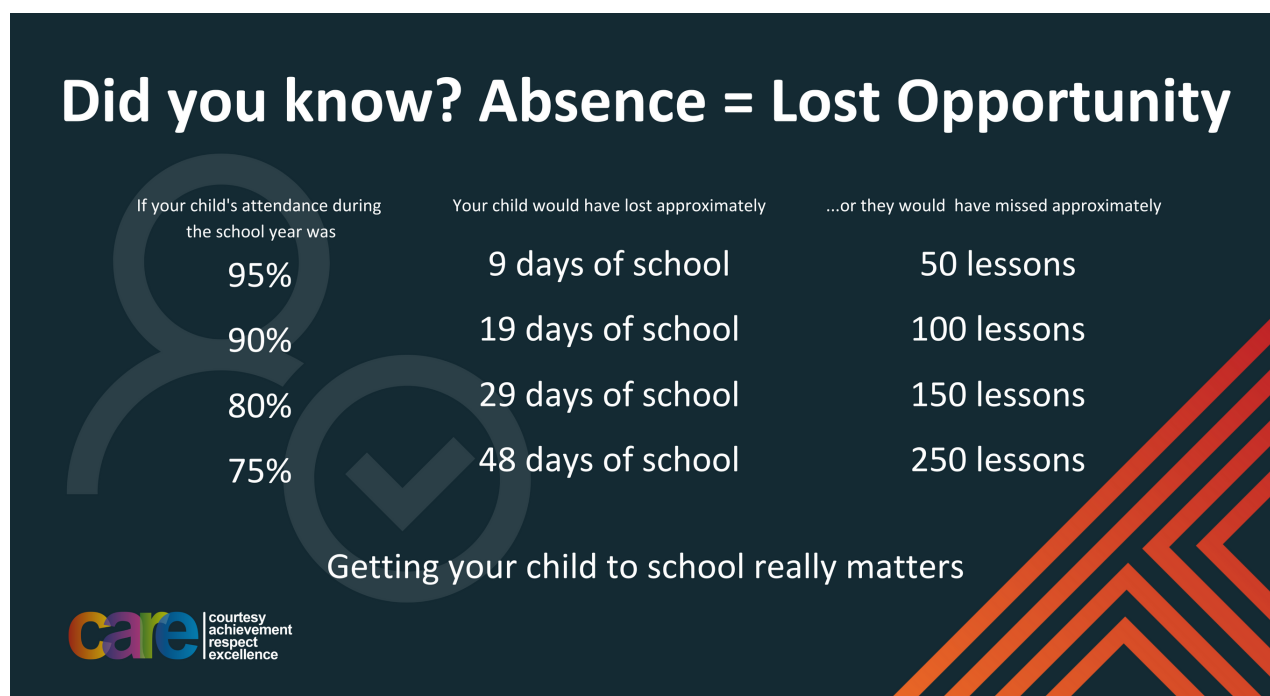
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www.myedschoolapp.com



Is my child too ill for school?

We know that, at this time of year, children pick up winter bugs and illnesses. However, please remember that children can come to school with some illnesses if they feel well enough. NHS guidance is available at <http://bit.ly/3hD7ryQ>.

Medical Appointments During the School Day

In order to ensure that your child's learning is not disrupted, it is strongly recommended that non-urgent GP, dentist, or optometrist appointments are scheduled outside of school hours.

If your child has a hospital appointment or requires specialist medical care, please inform the school in advance. You can do so by sending a photo of the appointment letter via MyEd or by submitting it in person to the School Office. A copy of the letter will then be sent to your child's AC and AAC to authorise the absence

Medication

As a parent or carer, it is your responsibility to provide the school with accurate and updated information regarding your child's medical needs. You should also be involved in developing and reviewing your child's individual healthcare plan.

If your child has any medical needs or needs to take medication during school hours, please visit the School Office to complete a Parental Medical Consent Form and drop off any medication that needs to be kept in school.

If your child has asthma, we highly recommend that they always carry an inhaler with them. Please provide us with an inhaler by dropping it off at the School Office in case of any emergencies, and completing the consent form.

Zero Tolerance

Please note that Hodge Hill College operates a zero-tolerance policy about verbal and physical aggression.

If you become abusive towards a member of staff, we will need to:

- Close down any conversation and not speak with you any further
- Ask you to leave and come back another time
- If necessary, call the police for assistance

Please be respectful of our staff in the School Office team. They will do their best to help you but in a large school with several buildings, over 150 members of staff, and approximately 1200 pupils, they may not always be able to find out what you want to know or locate a member of staff immediately, so please be patient.

Managing Stress

Stress is an uncomfortable experience of pressure or worry caused by problems in your life. Stress can cause many different symptoms and may affect how we feel physically, mentally, how we behave and make choices. It is not always easy to recognise when stress is the reason you are feeling or acting differently.

This guide will give you some top tips so that you can take action to reduce the symptoms of stress in your life.

1. WARNING SIGNS, PART 1

Warning signs of stress include emotional symptoms such as anxiety, fear or loss of confidence and cognitive symptoms such as poor concentration, poor memory or repetitive thoughts.

2. WARNING SIGNS, PART 2

Warning signs also include physical symptoms such as excessive sweating, racing heart rate, headaches and muscle tension. Behavioural symptoms might include, poor sleep, irritability, drinking excessive amounts of coffee or alcohol or losing your temper.

3. UNDERSTAND YOUR TRIGGERS

Take time to reflect on situations which may be causing stress. Once you know what they are, you can begin to reduce your exposure to the stressors and/or manage the causes.

4. TAKE CONTROL

Often stress symptoms are caused by feeling out of control. Not doing anything about the stress triggers or symptoms will make things worse, so start by understanding what you can and what you can't control.

5. MAKE HEALTHY CHOICES

Plan regular, healthy activities which will reduce stress symptoms. These will be a non-negotiable part of your week and a regular antidote to stress.

6. INDUCE CALM

Activities known to help induce calm range from deep breathing, meditation and mindfulness to walking, outdoor exercise or gardening.

7. USE YOUR SOCIAL NETWORK

Plan opportunities for fun and enjoyment with people you care about and who care about you. This could be sharing a new experience or an activity you enjoy doing together. Share and talk about your feelings too, sometimes that is all that is needed to cope.

9. MANAGE YOUR TIME

Prioritising tasks, including emails and wellbeing activities, will be a crucial first step to change and taking control. Get someone to help you to keep on track with the change.

10. PRIORITISE WELLBEING

As a way of preventing stress, you should prioritise your wellbeing and be consistent about it. A one-off activity will have some impact, but it won't help you manage stress or maintain wellbeing in the long term.

8. CHANGE YOUR PERSPECTIVE

Amend your thinking and expectations of what is possible or doable. Reduce the pressure on yourself by reframing the problem or accepting that not everything will be finished or perfect. Most of the time, good enough is ok.

The National College®

This guide is part of
**The National College
staffroom poster series**
A collection of information posters
for your school staffroom.

Meet the Expert: Anna Bateman

Anna Bateman, subject matter expert on mental health & wellbeing and school improvement adviser

Confiscated Items

If a pupil has an item confiscated, their parents/carers can pick it up from the Main Office after school on the same day. If they cannot collect it on the same day, the parent/carer must pick it up on another day after school. Pupils are not permitted to collect the item.

Contact Details

Please remember to inform the school of any changes to your contact details. This is important because we may need to contact you if your child is injured or taken ill, to provide you with information about trips and closures or to send you reminders and cancellations of any event. Please update and submit any new details via the Change of Pupils Details Form on the MyEd app. Alternatively, you may visit the School Office to complete an electronic/paper copy of the form.

School Office & Telephone Line Opening Hours (Term Time Only)

A polite reminder of our School Office opening hours:

- Monday to Thursday: 8:00am-4:45pm
- Friday: 8:00am-2:30pm

Our phone lines are open during these hours except on a Friday when the lines close at 3pm.

Weekly Lunch Menu

The school lunch menus are available to view online and provide an overview of the menu items that will be served each day: <https://www.hodgehill.bham.sch.uk/lunch>.

Our Community and the Cost of Living

Now more than ever, with the rising cost of living, many families are feeling the squeeze. As a school, we are actively seeking to do whatever we reasonably can to support our students and their families with these rapidly growing pressures.

We are continuing to open West Canteen to pupils every morning before school between 8:00am and 8:30am to provide a free breakfast including toast and hot drinks. Please encourage your child to attend this, particularly if they arrive early to school in the morning, as it is a supervised space with access to games and other activities.

If you are facing particular hardships, please feel free to get in touch with us here at Hodge Hill College at householdsupport@hodgehill.bham.sch.uk. All requests will be treated with the utmost confidentiality and we will look at what support we are able to practically provide. Previous support has included supermarket vouchers, new uniform, school shoes and PE kit.

Further information about support being provided by Birmingham City Council for the cost of living crisis can be found on <https://www.birmingham.gov.uk/livingsupport> and this may be of use to you in signposting where you can get help, support, and advice if you are affected.

We have a second-hand store of pre-loved uniform items, all washed and ready if you need them. Please get in touch with the school at the email address above if you would like to take advantage of this.

Uniform Donations

As the new school year begins, we kindly request your help in supporting other families in need. If your children have outgrown their old school uniforms, please consider donating them to the School Office. We will collect all donated uniforms and distribute them to students who would greatly benefit from them. Even a single donated item can make a significant difference.

Please make sure to wash the uniforms before donating and ensure they are in good condition. You can send the uniforms with your child or drop them off at the School Office yourself. We appreciate anything you can provide to help clothe and equip students whose families are facing financial difficulties.

Together, we can ensure that all our students feel comfortable, confident, and ready to learn in the new school year.

10 ways to stay safe online!

Do

- ✓ Think before you post: only say online what you'd be happy to say in real life
- ✓ Set your profiles to private
- ✓ Block and report any content that concerns you
- ✓ Share what you do online with adults you trust
- ✓ Tell an adult if anything upsets you

Don't

- ✗ Believe everything you see
- ✗ Trust everyone is who they say they are
- ✗ Give out any personal information (like your name, age or address)
- ✗ Meet up with anyone you've met online
- ✗ Post anything online that you want to keep private



Year 11 After-school Tuition

As Year 11 pupils prepare for their important GCSE exams, we are pleased to offer after-school tuition sessions on Thursday afternoons from 2:40pm-3:30pm. Our teachers have designed these bespoke sessions to equip pupils with the skills and knowledge needed for exam success.

Regular participation in these sessions will give pupils that extra push when it matters most. We would like to see every pupil reach their full academic potential and achieve the strongest exam results possible.

Attendance at Thursday's after-school tuition is compulsory for all Year 11s. Please support your child by ensuring they attend each week.

This term's tuition timetable is available at <https://www.hodgehill.bham.sch.uk/tuition>.

Extra-curricular Activities & Clubs

At Hodge Hill College, our enrichment and extra-curricular provision provides our pupils with a breadth and balance of activities designed to broaden their horizons, allowing them to develop their own interests and talents. The programme is an extension of the school's curriculum and builds on our CARE brand whilst instilling British Values.

We offer quality provision which provides our pupils with a number of opportunities to develop their resilience, character and performance. Our sports provision has continued to improve to develop pupils physically and mentally.

Please note, that all pupils must sign in at reception upon arrival for before-school sessions each morning.

For more information and the activities timetable, please visit: <https://www.hodgehill.bham.sch.uk/extracurricular>.

B.Y.O.B - Bring Your Own Bottle

As part of our sustainability efforts to reduce waste, single-use plastic cups are no longer provided at school. Instead, all pupils are now required to bring their own reusable water bottles.

Having a reusable bottle is important for both health and environmental reasons. Staying hydrated helps pupils concentrate better, and bottles can be easily refilled at our water stations during breaks, and by using reusable options instead, we can significantly lower our plastic consumption.

To make the transition easier, we are making reusable water bottles with straws available for purchase via ParentPay for £3.50 each, while supplies last. Your child is welcome to bring any reusable bottle they may already have at home too, such as aluminium, stainless steel, or BPA-free plastic, as long as it has a sealable lid.

Please make sure all bottles are clearly labelled with your child's name.

Detentions

Hodge Hill College operates a detention system. If your child is late, misbehaves or doesn't hand in their homework on time, they will be given detention at lunchtime or up to 30 minutes at the end of the day. You will usually get a text or an in-app message on [MyEd](#) to inform you. Please ensure your contact details are up to date. For more serious matters, staff can issue an hour's detentions after school without giving parents/carers notice.

What the Law Allows

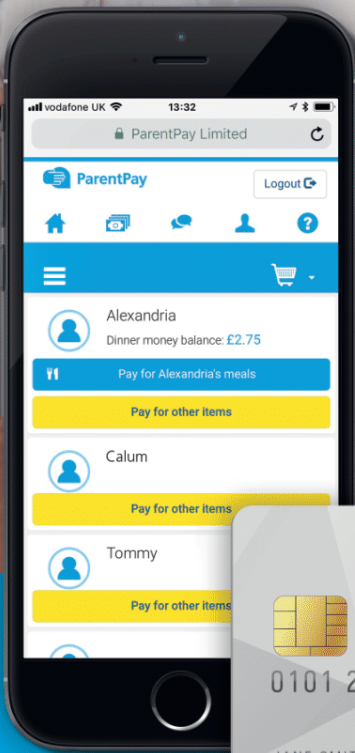
- Teachers have the power to issue detention to students (aged under 18)
- Schools must make clear to students and parents/carers that they use detention (including detention outside of school hours) as a sanction
- The times outside normal school hours when detention can be given (the 'permitted day of detention') include:
 - any school day where the student does not have permission to be absent
 - weekends - except the weekend preceding or following the half-term break
 - non-teaching days – usually referred to as 'training days', 'INSET days' or 'non-contact days'
- Parental consent is not required for detentions
- As with any disciplinary penalty, a member of staff must act reasonably given all the circumstances

The Government's summary on behaviour and discipline in schools can be read online at: <https://bit.ly/39yoRFb>.

THE EASY WAY TO PAY

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can easily pay online for school
dinners, trips and clubs.

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Cashless Payments

We operate a biometric cashless catering system in school. In addition to school meals, we do not accept cash payments for trips or uniform (ties, badges and hijabs).

Activation

If you are yet to activate your ParentPay account, please do so as soon as possible. If you would like another copy of the activation letter with your username and password, please call us on 0121 783 7807 or send a message via MyEd.

Outstanding Balances

If you have an outstanding balance on ParentPay for your child, we would appreciate if you could arrange for it to be paid immediately by logging into your account.

If you would like assistance with activating your account or adding credit, please visit the School Office between the following times (term-time only) along with your debit card:

- Tuesday to Thursday: 3:00pm-4:00pm

Free School Meals

Who is eligible for Free School Meals?

Your child may be able to get free school meals if you get any of the following:

- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- support under Part VI of the Immigration and Asylum Act 1999
- the guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

Apply for Free School Meals

We encourage you to apply for Free School Meals through the online service found on our website: www.hodgehill.bham.sch.uk/freeschoolmeals. You can also telephone (0121 783 7807) or come into school and complete a Free School Meals application online with a member of staff if you prefer.

Please make sure you have the National Insurance Number with you for the named person who receives either working tax credit/child tax credit and we will be happy to help.

Uniform & Standards

As part of the school's continued drive to improve standards, we would like all pupils to consistently adhere to the expectations on appearance, conduct and equipment. We are a professional environment and as such, we need all pupils to look smart, professionally conduct themselves and come equipped for their learning.

If a pupil does not meet the standards consistently, they will sit a 30-minute detention. We must have your support to raise our standards collectively. Please can we remind you that pupils are not permitted to wear nose studs and patterns and lines are not to be shaved into hairstyles or eyebrows.

If there are any problems in acquiring uniform, please contact the school and we will endeavour to work with you to address these issues. Such cases will be treated with due sensitivity and confidence.

Our full school uniform and PE kit list can be found at <https://www.hodgehill.bham.sch.uk/uniform>.

