

Weekly Bulletin

5 February 2024 - 9 February 2024

Important Dates	
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

Supermarket Vouchers

We are pleased to inform you that Birmingham City Council is offering a £20 supermarket voucher (per child) to help you purchase food for your family during the February half-term only. This initiative is funded by the Department for Work and Pensions and is available through the Household Support Fund. On **DAY**, you would have received a text message containing a voucher link which you must redeem as soon as possible.

The voucher can be redeemed at the following grocery retailers:

pluxee
Grocery Retailers



Terms and conditions apply. Participating retailers are correct as of January 2024. Subject to change.



Should you require any help and support with your vouchers, please call 0800 505 3924 - the lines are open every day between 8am and 6pm.

Useful Links



[Hodge Hill College](#)



[ParentPay](#)



[MyEd](#)



[Birmingham City Council](#)

H O D G E H I L L C O L L E G E
FOOD BANK

Every Friday from 1:30pm to 3:00pm in the Studio

At Hodge Hill College, we have established a food bank specifically for the families of our pupils in light of rising food prices and the cost of living.

We have the following items available:

Pasta | Rice | Cereal | Soup
Tinned Vegetables | Tinned Fruit | Tinned Fish

CLICK BELOW TO REGISTER YOUR INTEREST

<https://bit.ly/3Uxzi4X>



Donations Welcome



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.

Help in Brum - Cost of Living Crisis

The cost of living crisis is impacting people across Birmingham and we know this is a worrying time for many families. On each page of [this](#) booklet, you'll find useful organisations that can offer support if you are affected by the increased costs of living.

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.



Connecting parents, students and schools



Download our
school app
NOW

Step 1: Go to your app store

1



Step 2: Search for My Ed

2



Step 3: Download the app

3

FREE
Download

Information about your student
and school direct into your pocket.

95%

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.



**GET
THE
APP
HERE**

SCAN ME



Find out more

www.myedschoolapp.com

Translate Our School Website Using Google Translator on Chrome

If you need help understanding information on our school's website, Google Chrome has a built-in translation feature that can translate the pages into your preferred language.

To use this, first make sure you have the latest version of Google Chrome installed on your device. Then navigate to our school's website and click on the three-dot menu icon in the top right corner of Chrome. Select "Translate" from the menu. This will bring up a sidebar where you can choose which language you want to translate the page into. Click on your desired language and Chrome will automatically translate everything on the webpage.

The translation may not be completely perfect, but it should help convey the key information and allow you to understand important updates from teachers or the school administration.

This feature works for dozens of popular languages - just select the one you feel most comfortable with.

Examples:

Arabic



Bangla



Chinese



Romanian



Polish



Urdu



Bikeability

Since returning from the Christmas holidays, Year 7 students have been participating in the Bikeability programme. The programme aims to provide pupils with the skills and confidence necessary to ride a bike safely on the roads.

So far, 176 out of approximately 260 Year 7 students have taken part in Bikeability. Regardless of their ability on a bike, all pupils have gained something from the course. Some were able to complete the Learn to Ride aspect, while others progressed to Level 1. The majority of pupils were able to complete Level 2, demonstrating their ability to ride safely on the roads.

We hope to make this program an annual course for Year 7 pupils.

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College

NOS
National Online Safety
#WakeUpWednesday

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.

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.

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.

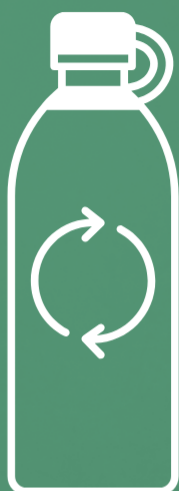
If your child has asthma, we highly recommend that they always carry an inhaler with them. Please provide us with an inhaler by dropping it off at the School Office in case of any emergencies, and completing the consent form.

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.

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/carers must pick it up on another day after school. Pupils are not permitted to collect the item.



B.Y.O.B

BRING YOUR OWN BOTTLE

As part of our move towards sustainability,
single-use plastic cups are no longer
available in school.

All pupils must take responsibility for
bringing in their own reusable water bottle.

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>.

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>.

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.

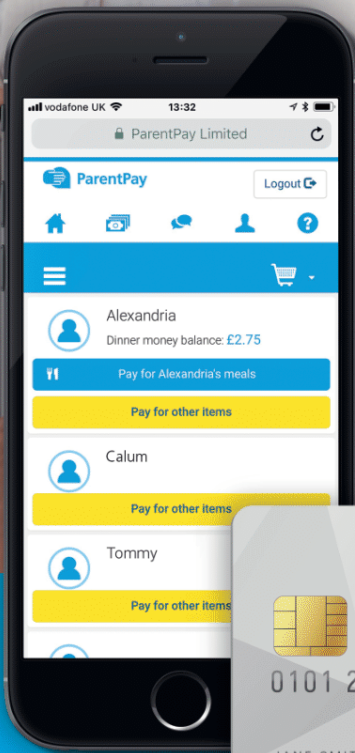
Please note, that all pupils must sign in at reception upon arrival for before-school sessions each morning.

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

THE EASY WAY TO PAY

We're using ParentPay so parents
can easily pay online for school
dinners, trips and clubs.

No stress, hassle free.



**SIMPLE
QUICK
SAFE**



www.parentpay.com



ParentPay
COUNT ON US

VISA

VISA Checkout



ParentPay

ParentPay enables parents/carers to make secure payments for their child's lunches and school trips.

ParentPay Activation

When pupils join Hodge Hill College, parents/carers are issued with a ParentPay Activation Letter that contains a temporary ParentPay username and password. As part of the account activation, the parent/carer will need to choose an email address and new password to use with ParentPay. Parents/carers should follow the instructions in the letter, and on www.parentpay.com to successfully activate their account. If you have more than one child at our school or have children in other schools that use ParentPay, you can create a single account to manage them all.

Forgotten Password

If a parent/carer can't get into their ParentPay account, they should go to www.parentpay.com > For Parents > Parent Login, and click on the "Forgotten password" link. Parents/carers should not need to contact school to regain access to ParentPay accounts.

Outstanding Balances

If you have an unpaid balance on your child's ParentPay account, we kindly request you to settle it as soon as possible by logging into your account.

If you need help with adding credit to the account, please visit the School Office with your debit card.

More Information

For further information on ParentPay, please visit www.parentpay.com or contact the School Office on 0121 783 7807.

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.

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>.



