

# Weekly Bulletin

26 February 2024 - 1 March 2024

Important Dates	
27 February-8 March	<u><a href="#">Year 11 Spring Exams</a></u>
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

All Priority 1 contacts were sent a text message on 6 February 2024 containing a voucher link which they should redeem as soon as possible. If you have not received your voucher, please check your text message spam/junk folder. The voucher must be redeemed as soon as possible.

Should you require any help and support or would like your voucher to be re-issued, please call Pluxee on 0800 505 3924 - the lines are open every day between 8am and 6pm.

## Cost of School Meals and the Associated Tariffs

After careful consideration and consultation with our catering company, ABM Catering, we have decided to increase the cost of school meals and associated tariffs.

We understand that this decision will have an impact on family budgets, but we have worked closely with ABM Catering to minimise the impact, particularly on the price of the Meal Deal. Due to unprecedented increases in food, fuel and labor costs, we can no longer sustain the current tariff.

We have held our price for school meals at Hodge Hill College successfully for a few years now, but cost pressures mean that it will increase to £2.60.

We have taken great care to reach a solution that remains cost-effective for all students and staff.

A list of the new tariff and meal deals can be found [here](#).

## Free School Meal Daily Allowance

We are pleased to announce that the Free School Meal daily allowance has also been increased to £2.60.

## Useful Links



[Hodge Hill College](#)



[ParentPay](#)



[MyEd](#)



[Birmingham City Council](#)

## Year 10 Parents' Evening



**H** Hodge Hill College

**YEAR 10**  
**PARENTS' EVENING**  
Wednesday 13 March  
3:30pm-6:30pm

0121 783 7807  [www.hodgehill.bham.sch.uk](http://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.

### Year 10 Department for Work & Pensions Presentation

We extend an invitation to all Year 10 students and their parents/carers to attend the Department for Work & Pensions (DWP) presentation on Wednesday 24 January at 4:30 pm, during the Year 10 Parents' Evening. The presentation is expected to last approximately 50 minutes, and will be followed by a Q&A session.

### Personal Development

Pupils in Key Stage 3 have recently begun a new lesson called Personal Development, which commenced after the Christmas holidays. During the last half term, pupils focused on securing their wellbeing, which involved learning about making healthy food choices, the importance of sleep and physical activity, as well as the dangers of smoking and vaping. This half term, the focus has shifted to "Secure Your Relationships". Last week, pupils learned about what it means to be a good friend and how to resolve conflicts with friends. The main message conveyed to the pupils was:

- Never call your friends names or behave in a threatening way
- Never broadcast your feelings about someone to other people or online
- Try to stay calm
- Don't bring up old issues that you have previously fallen out over

This week, the students are learning about the difference between bullying and banter. The main message here is that bullying is focused and repeated behavior that is intended to upset, harm, or intimidate someone. On the other hand, banter is a friendly exchange of teasing remarks that both parties find amusing. However, banter can turn into bullying if one person no longer finds it humorous, but the other individuals continue with the "banter." Pupils will examine various situations of both bullying and banter and learn how they can differentiate between them.

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](mailto: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.

# MY Ed

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](http://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



### Homework - Useful Links



[SAM Learning](#)



[ClassCharts](#)



[MathsWatch](#)



[My GCSE Science](#)



[myON](#)

# 10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

## 1. DESIGNATE A TRUSTED ADULT



It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

## 2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

## 3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

## 4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

## 5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

## Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



## 6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

## 7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

## 8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

## 9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

## 10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

## **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**

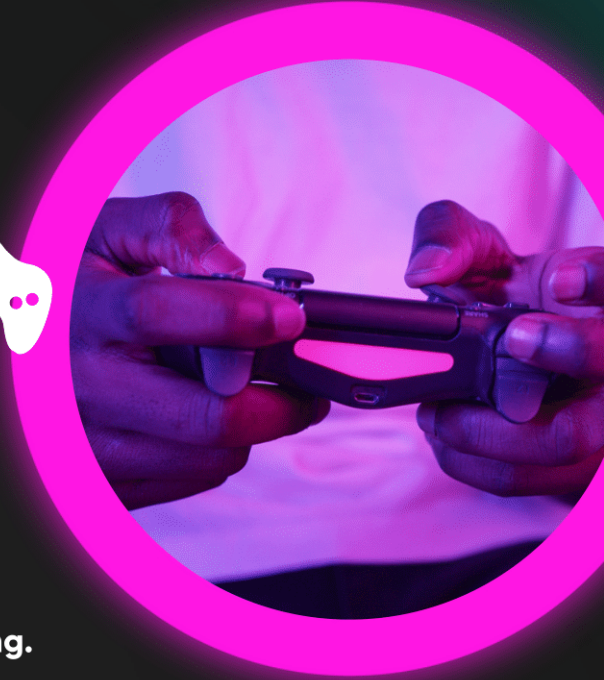
Please remember to inform the school of any changes to your contact details. This is important because we may need to contact you if your child is injured or taken ill, to provide you with information about trips and closures or to send you reminders and cancellations of any event. Please update and 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.

# SAFER GAMING

## TOP TIPS FOR CHILDREN AND YOUNG PEOPLE



1

Have a healthy balance between your online and offline activities. Remember to **take breaks** for your well-being.

2

Stay informed about the content you interact with. Think about the **PEGI age rating** for a game and choose games that are suitable for your age and any other children in your family.

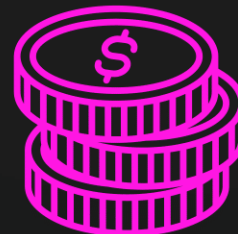
3

Be kind and considerate when online. Think about how **your words can affect others**, whether online or offline.



4

Protect your personal information online. Use **strong passwords** and **don't share personal information**.



5

Think about your choices when playing games. Stop and **think before you buy things in games**.

6

Know how to report any issues online. Use the **reporting tools** available and **seek help from a trusted adult or friend**.



How do you balance your gaming with your other interests?  
**Talk to your friends about it.**



## 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.

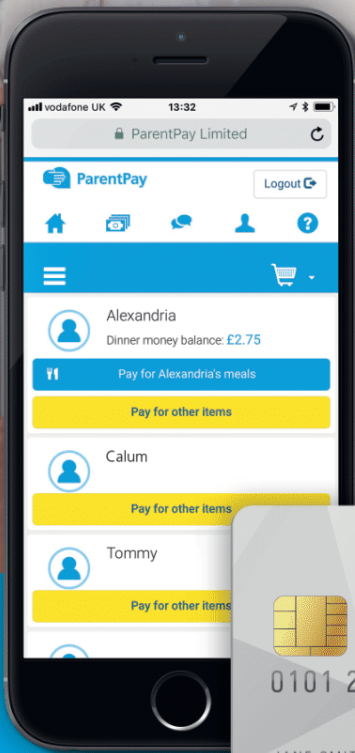
**Please note, that all pupils must sign in at reception upon arrival for before-school sessions each morning.**

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](http://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](http://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](http://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.

### FAQs & More Information

- FAQs: [www.hodgehill.bham.sch.uk/parentpay](http://www.hodgehill.bham.sch.uk/parentpay)
- More information: [www.parentpay.com](http://www.parentpay.com)
- Call the School Office: 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](http://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>.



Responsibly sourced,  
Safe British Produce,  
Good Animal Welfare.



Organic Product Suppliers



Healthy Food  
Fresh Ingredients  
75% freshly prepared



Highest Standards in UK  
Egg Production



Wild fish or Seafood from  
Sustainable Fishing



FAIRTRADE Sourced Ingredients



Sustainably Farmed Products



Commitment to ongoing  
environmental improvement.



# 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.

