

Weekly Bulletin

29 April 2024 - 3 May 2024

Important Dates	
6 May	Early May Bank Holiday (School Closed)
7 May-18 June	<u>BTEC/GCSE Exams</u>
3 July	Year 6 Induction Day & Welcome Event
5 July	Staff Training Day (School Closed to Pupils)
8 July-18 July	Year 10 Work Experience
19 July	Year 10 Work Experience - Debrief & End of Summer Term
22 August	GCSE Results Day
2 September	Start of Autumn Term & Staff Training Day (School Closed to Pupils)
3 September	Year 7 & 11 Start School
4 September	Year 8, 9 & 10 Start School

Important Reminder: Changes to School Day Timings from September 2024

We are committed to providing the best educational experience for our pupils. With this in mind, we would like to gently remind you of the changes to the school day timings that will take effect from September 2024.

The Department for Education has set a new minimum expectation of a 32.5-hour school week. To meet this requirement, Hodge Hill College will return to our pre-Covid start and finish times, as follows:

	School Start Time	School Finish Time	Total Time
Monday	08:30	16:10	7 hours 40 minutes
Tuesday	08:30	15:10	6 hours 40 minutes
Wednesday	08:30	15:10	6 hours 40 minutes
Thursday	08:30	15:10	6 hours 40 minutes
Friday	08:30	13:40	5 hours 10 minutes
			32 hours 50 minutes

All pupils will have two breaks from Monday to Thursday throughout the day depending on their year group. The school canteens will be open during both break periods, and pupils' free school meal entitlement will not be affected.

For more information, please read click [here](#).

Year 11 BTEC/GCSE Examinations

Year 11 BTEC/GCSE examinations will commence on 7 May 2024. The full timetable is available to view at <https://www.hodgehill.bham.sch.uk/exams>.

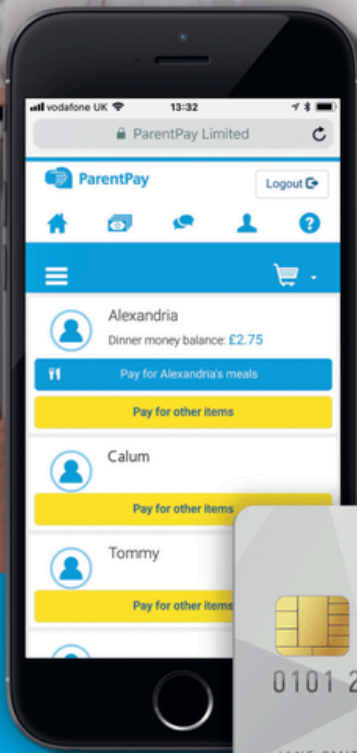
Road Safety Action Plan

The West Midlands Combined Authority is developing a Road Safety Action Plan to reduce serious road incidents by 2030. Your input is crucial in shaping this plan. Please complete the online survey at wmroadsafety.commonplace.is by 10 May 2024 to share your perspectives as parents on improving road safety in our community. Your participation will help make our roads safer for all.

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.

FAQs & More Information

- FAQs: www.hodgehill.bham.sch.uk/parentpay
- More information: 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. 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.

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



My Ed

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



Homework - Useful Links



[SAM Learning](#)



[ClassCharts](#)



[MathsWatch](#)



[My GCSE Science](#)



[myON](#)

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



The graphic features the Hodge Hill College logo at the top, followed by the text 'HODGE HILL COLLEGE' in a spaced-out font, and 'FOOD BANK' in large, bold red letters. Below that, 'Donations Welcome' is written in a smaller, orange font. A central text block states: '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 welcome the following donations:'. Below this, a list of donation types is provided: 'Pasta | Rice | Cereal | Soup | Tinned Vegetables | Tinned Fruit | Tinned Fish'. At the bottom, a collection of various food items is displayed on a wooden shelf, including cans of Baked Beans, Kidney Beans, Sweet Corn, Tomato Soup, and Macaroni, as well as jars of Pineapple Slices and a jar of Pineapple. The background is a light orange color with a decorative geometric pattern on the right side.

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

Throughout the year, 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.

What Parents & Educators Need to Know about ENERGY DRINKS

WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



#WakeUpWednesday®

The National College®

Source: See full reference list on guide page at nationalcollege.com/guides/energy-drinks

Restorative Approaches – Reminder from West Midlands Police

We are aware that conflicts can occur in the school setting, between students, which can evoke a strong emotional response within the students themselves, and also their wider family. It's important that this emotional response doesn't escalate matters into incidents of violence either within school or out in the wider community.

Click [here](#) to continue reading.

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.

flu: 5 reasons to have the vaccine

1. Protect yourself

The vaccine will help protect you against flu and serious complications such as bronchitis and pneumonia

2. Protect your family and friends

Having the vaccine will help protect more vulnerable friends and family

3. No injection needed

The nasal spray is painless and easy to have

4. It's better than having flu

The nasal spray helps protect against flu, has been given to millions worldwide and has an excellent safety record

5. Avoid lost opportunities

If you get flu, you may be unwell for several days and not be able to do the things you enjoy

For more information visit
www.nhs.uk/child-flu

Flu  **mmunisation**

Helping to protect you against flu



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>.



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.

