

# Weekly Bulletin

24 April 2023 - 28 April 2023

Important Dates	
1 May	Early May Bank Holiday - School Closed
2 May	Teachers' Strike Day - School Open to Year 11s Only
2-10 May	Year 11 Creative Design Practicals
8 May	His Majesty's Coronation (Bank Holiday) - School Closed
15 May-16 June	<u>GCSE Examinations</u>
29 May-2 June	May Half-term
19-28 June	New Year 11 Mock Exams
10-20 July	New Year 11 Work Experience

## 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 this winter, 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.

## 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.

Any confiscated items must be collected on a Friday between 12:30pm and 1:30pm.

## Useful Links



[Hodge Hill College](#)



[ParentPay](#)



[MyEd](#)



[Birmingham City Council](#)

## GCSE Examinations

This year's GCSE examinations timetable, rules and regulations have been published on our school's website: <https://www.hodgehill.bham.sch.uk/exams>.

## Year 11 After-School Tuition

Year 11 after-school tuition will run every Thursday from 2:40pm to 3:30pm in the summer term:

- Thursday 20 April: Maths (East) & English (West)
- Thursday 27 April: Creative Design & Science
- Thursday 4 May: Computer Science, History & English
- Thursday 11 May: RE & Biology
- Thursday 18 May: Maths
- Thursday 25 May: French, Geography & English

## 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.

## Impact of Reading - 20 Minutes Per Day

### IMPACT OF READING – 20 MINUTES PER DAY



A student who reads

# 20

**minutes per day**

will be exposed to  
*1.8 million words per year* and scores in  
90th percentile on  
standardised tests

A student who reads

# 5

**minutes per day**

will be exposed to  
*282,000 words per year* and scores in  
50th percentile on  
standardised tests

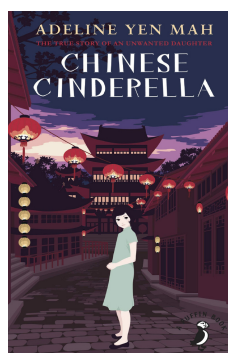
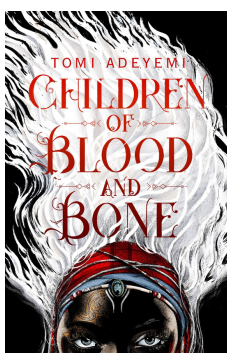
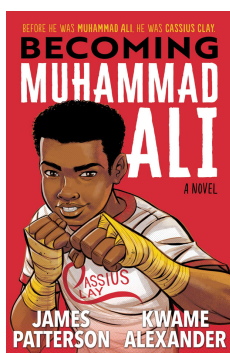
A student who reads

# 1

**minute per day**

will be exposed to  
*8,000 words per year*  
and scores in 10th  
percentile on  
standardised tests

## Recommended Reads



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



**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.

 Hodge Hill College

 courtesy  
achievement  
respect  
excellence

## Medical Appointments During the School Day

To ensure your child does not miss out on learning, we strongly advise that non-urgent appointments at the GP, dentist or optometrist are made out of school hours.

If your child has a hospital or specialist appointment, please notify the school in advance. You may do this by sending a photo of the letter via MyEd or bring it to the School Office where a copy will be sent to your child's AC and AAC for authorisation.

## 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>.

## Homework - Useful Links



## ParentPay

### 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

## Medication

It is the responsibility of parents/carers to provide the school with sufficient and up-to-date information about their child's medical needs and be involved in developing and reviewing their child's individual healthcare plan.

If your child has any medical needs or is required to take medication during school hours and you are yet to inform us of them, please visit the School Office to complete a Parental Medical Consent Form and drop off any medication you would like us to keep in school.

If your child has asthma, we advise that they always carry an inhaler on them. Please drop an inhaler at School Office for us to keep in case of emergency and complete the consent form.

## 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.





## Next Week's Lunch Menu

<div>Lunch week 3</div> <div>All our ingredients are locally sourced and delivered fresh by local suppliers. Our eggs are free-range and Red Lion stamped, our fish is sustainably sourced and MSC approved and our meat is British Red Tractor accredited wherever possible.</div>					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL</b> From £1.90	CHICKEN BURGER IN A BUN	STICKY CHICKEN & RICE	CHICKEN WRAP CHAPATI	CHICKEN TIKKA PASTA BAKE	BATTERED FISH WITH CHIPS
	ALL SERVED WITH SEASONAL VEGETABLES & POTATO OR RICE DISH OF THE DAY				
<b>PLANT BASED / VEGETARIAN</b> From £1.90	VEGETABLE BURGER IN A BUN WITH SALAD	PLANT BASED SAUSAGE ROLL	VEGETABLE NUGGETS	CHEESE & POTATO PIE WITH BAKED BEANS	PEPPER & TOMATO QUICHE
	ALL SERVED WITH SEASONAL VEGETABLES & POTATO OR RICE DISH OF THE DAY				
<b>STREET FOOD</b> FROM £2.35	HOT & SPICY CHICKEN PANINI	VARIOUS CHICKEN BURGER IN A BAP WITH LETTUCE & MAYO	CHICKEN GOUJONS IN A NAAN BREAD WITH SALAD	SPICY LAMB WRAP WITH SALAD	SPICY CHICKEN WRAP WITH SALAD
<b>TAKEAWAY TUBS</b> FROM £1.75	FISH FINGER WRAP	SPICY CHICKEN WINGS	CHICKEN & CHEESE LOADED WEDGES	FRENCH BREAD PIZZA WITH WEDGES	BBQ CHICKEN WINGS
	Nacho Pots				
<b>PIZZA SLICE</b> FROM £1.45	MARGHERITA	MARGHERITA OR BBQ CHICKEN	MARGHERITA OR SPICY CHICKEN	MARGHERITA	MARGHERITA OR BBQ CHICKEN
<b>JACKETS</b> From 0.95p	TRY OUR DELICIOUS FILLINGS FOR 35p EACH				
<b>DESSERTS</b> 0.95p	STEAMED TREACLE SPONGE	PANCAKE BAR	BANOFFEE PIE	PINEAPPLE UPSIDE DOWN	ICE CREAM VAN

**Meal Deal**  
Main Meal With Vegetables And Dessert

**£2.40**  
All Of Our Main Meals, Sandwiches & Desserts Are Freshly Made On Site Every Day

## 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.



# 10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage ...

## THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. Those emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

## ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

## SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

## TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fail or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance: striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

## REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

## A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

## PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

## THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

## TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity: it's like listening to a favourite song that always makes you feel happy or confident.

## ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

## Meet Our Expert

Daniel Lipscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.



Source: [https://www.ofcom.org.uk/\\_data/assets/pdf\\_file/0024/234809/childrens-media-use-and-attitudes-report-2022.pdf](https://www.ofcom.org.uk/_data/assets/pdf_file/0024/234809/childrens-media-use-and-attitudes-report-2022.pdf)

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APP  
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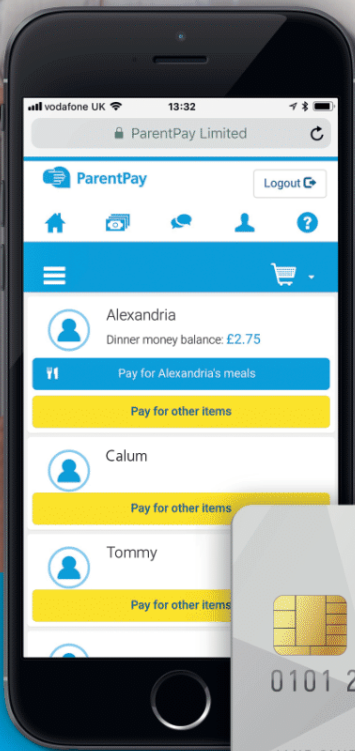
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[www.myedschoolapp.com](http://www.myedschoolapp.com)

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