

Parent Bulletin



31st January - 4th February

Week 1

Lordswood Girls' School
www.lordswoodgirls.co.uk
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Upcoming dates

Date	Event
Thursday 3rd February	Year 9 Parents' Evening
Monday 7th February	PSHE Day
Tuesday 15th February	Year 9 Options Deadline
Friday 18th February	Years 7-11 Covid Vaccinations
Monday 21st - Friday 25th February	Half term holiday
Week beginning Monday 28th February	Year 11 Mock Examinations

Year 11 - Study Skills Workshops - Friday 4th February 2022

We are delighted to inform you that your child will be participating in a two hour study skills workshop led by one of the UK's leading study skills companies, Learning Performance. Their interactive and motivational workshops will show your child how to learn, how to revise and how to prepare for examinations using a variety of strategies such as memory techniques. This will take place on Friday 4th February during either periods 1 and 2 or periods 3 and 4.

Tariff increase

Due to the increasing costs of food, transport and operational costs, Aspens - our catering supplier has unfortunately been forced to make a small increase to their prices. The price increase will start immediately after the February half term.

Currently our Main meal deal is £2.25, this will increase to £2.40 but will now include a water/cuplet OR the desert of the day.

Examples of some of the other price changes can be found below:

Product	Current tariff	New tariff	Increase
Panini	£1.70	£1.80	10p
Sausage roll	£1.00	£1.05	5p
Pizza Slice	£1.00	£1.05	5p
Plain Jacket Potato	£1.00	£1.05	5p

In response to the price increase, we will be increasing the Free School Meal allowance from £2.25 to £2.40 from Monday 28th February.

Young Authors Fair

Eloquent Arts Centre is hosting its very first Young Authors Fair, and are looking to invite the community's young people to come down for free and experience it.

The Arts Centre wants to recognise and honour the amazing talent within our city, and put on an event where lovers of literature can come to browse and purchase some amazing work, as well as for the young community to be surrounded by like-minded young creatives from around the Birmingham area. They are also going to be putting together a workshop for young writers, to give them first hand experience of working with published authors.

The fair will take place from 2-7pm on Sunday 27th February, and all students from Years 7-13 will be given a free invitation in light of the upcoming World Book Day on the 3rd of March, the following week.

If you are interested in attending, please speak to the English Department.

Football Club

From now on football club will only take place on Week 2.

Social Media Pressure

What do people post on Social Media?

People only ever post perfect pictures on Social media... they never post the ones where they have an outbreak of spots. They post images of fun days out... they never post ones of a boring day sitting in the house. This creates an image that 'other people' have perfect lives, when the reality isn't as wonderful. This can put massive pressure on teenagers to look and behave in an unrealistic way. The following poster explores this issue and gives some strategies that you can use with your child.

Social media has its benefits for connecting with friends, sharing experiences and widening their understanding of broader issues beyond their local community. The challenge with connecting and sharing experiences via social media is that these shared experiences are often via images. Wanting to fit in and caring about their physical appearance is a perfectly normal part of adolescence. However, with the easy access of image changing software and filters, this physical appearance is often not the reality, further increasing the pressure for young people to gain or portray unreal perceptions.



What parents need to know about SOCIAL PRESSURES LINKED TO 'APPEARANCE'

ONLINE APPEARANCE AND MENTAL HEALTH
The opportunity to change physical appearance through social media apps is creating a high level of perfectionism for children to portray themselves faultless and compare themselves to images which are sometimes unreal. This can lead to anxiety, depression and poor self-image and an overall sense of never feeling good enough. Having poor self-image can affect the way that your child interacts with others and how we care for ourselves.

AIRBRUSHING
Refers to the retouching done to an image that changes the reality of the photo. It may include removing people, objects, altering body shapes or erasing blemishes like acne or scars. The digital technology to enable airbrushing is now widely and easily available for desktop computers and social media apps. It is sometimes known as 'Photoshop'.



FILTERS
Filters applied to manipulate a photograph are another way of creating a delusion of what is real. Software within social media apps reconfigure your face and skin to look more aesthetically pleasing. As innocent and fun as these filters may seem, they are sending a message that we are more attractive when our features are modified.



APPS WHICH CHANGE APPEARANCE
These relate to free downloadable apps or options within social media apps which create a fun and easy way to alter your appearance. They are designed to be fun and can become addictive because once an altered image is used, it is very difficult to revert back to an unaltered version of themselves.



MULTIPLE PHOTOS FOR THE PERFECT IMAGE
Taking multiple shots to capture the perfect image to put onto social media is another way of disguising reality. Creating an image which receives approval from peers through multiple comments and likes exacerbates the desire for a perfect picture and the approval for continuing to achieve the perfect image.



Safety Tips For Parents

QUESTIONS TO CONSIDER BEFORE TALKING TO YOUR CHILD

- Do most of their social media photos have a filter/image changing app on them?
- How often do they talk about their physical image in a negative way?
- Do they often talk about wanting to gain comments and 'likes'?
- Are they excessively anxious about their physical appearance, to the point it impacts on their every day life?

If you have answered yes to most of these questions, then it would be a good idea to have a discussion about their use of image altering apps.

DON'T GO COLD TURKEY
Talk with your child about taking one unfiltered image of themselves and sharing it with family first and then posting on social media. Perhaps ask other members of the family to send or post on social media unaltered pictures of themselves.



BE COMPLIMENTARY
Whilst improving body image starts with the child's image of themselves, complimenting them daily on their personality and qualities will provide external, positive encouragement about themselves, away from just their physical appearance.



DAILY APPRECIATION
When we have the sense that we are not good enough, we can feel like we are always falling short. You and your child together might want to create a gratitude journal, board with post-it's or wipe board where you write down things that you are grateful for or appreciate. This could range from the weather to a kind deed or to a piece of work that went well.

CHANGE THE STORY
We all have a narrative or a story we've created about ourselves that shapes our core self-image. Sometimes automatic negative thoughts like 'you're fat' or 'you're ugly' can be repeated in your mind so often that you start to believe they are true. These thoughts are learned, which means they can be unlearned. You can start with helping your child reframe the story into a more positive assertion or story. This will link to complementing and daily appreciation.



WHEN TO GET HELP
If your child becomes overly despondent, withdrawn or there is a change in behaviour over a prolonged period of time, they may need some professional support to help them. <https://www.bacp.co.uk/search/therapists> <https://www.themix.org.uk/> is good organisation as a source of support if your child wants to reach out for support themselves.



Meet our expert
Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.

