

Parent Bulletin



14th - 18th February

Week 1

Lordswood Girls' School
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Upcoming dates

Date	Event
Tuesday 15th February	Year 9 Options Deadline
Friday 18th February	Year 7 - 11 Covid Vaccinations
Monday 21st - Friday 25th February	Half term holiday
Week beginning Monday 28th February	Year 11 Mock Examinations
Week beginning Monday 14th March	Year 10 Examinations

Year 7 Drama

Just a quick reminder that Year 7 students will be in school until 3.30pm on Thursday 17th February as they will be watching a digital production of William Shakespeare's 'A Midsummer Night's Dream'. Students will miss period 5 lessons on this day and will need to stay in school until 3.30pm.

Please can you arrange to collect them at this later time.. If there is a reason that your child MUST leave at 3.00pm then please respond to the ParentMail message that will be sent out next week.

Summer 2022 examination advanced information

Following the publication of the advanced information for the summer examinations this year, published on 7th February 2022, please find the links for the examination boards and details of the specification coverage.

Whilst it has been stated that parts of the specification will not be examined, the awarding bodies have mentioned that some aspects of the curriculum may still be covered in other questions. Therefore students should be mindful of the crossover between topics.

■ Advanced information Summer 2022.pdf

Year 7 and 8 Football Club

Football club for Years 7 and 8 will take place after school on Fridays of week 1 from 3.15 - 4.15pm.

Year 9 Parent View Survey

Parents and Carers of students in Year 9 have been sent a link to complete a short survey in order for us to gather your views on a range of school related areas to help us ensure we are providing the best provision for our students.

If you haven't completed the survey yet, please click on the link below.

We would appreciate you taking the time to fill in this survey at your earliest convenience.

Year 9 survey link - <https://forms.gle/dZCMALYqjesCdKjD6>

Containers for Food and Cookery

If any students have borrowed a container from food can they please return it. Also if anyone has any sweet tubs or other suitable food containers that they no longer require, we will gladly take them.

Free Half Term Creative Opportunities

The Birmingham Hippodrome are running drop-in sessions between Wednesday 23 rd and Thursday 24 th February. Activities will include crafting, writing, dance, gaming, open mic sessions and more. Students can choose to stay all day or drop in for one session.

For more information email for more email to participation@birminghamhippodrome.com.

BeFestival at the Hippodrome

BEFESTIVAL's Youth Theatre Company, *BE Next*, are looking for young people aged 14-18 to join our free youth theatre workshops this upcoming half term. The workshops are FREE and will take place from Monday 21st to Thursday 24th February. The young people will work with three different artists from different performance artforms to develop their skills in a variety of new techniques. It's an amazing opportunity for skill development and to build confidence.

Workshops will take place at [The Birmingham Hippodrome](#) All travel to and from the venue on public transport will be covered/ reimbursed. We encourage young people with all or no performance backgrounds to get involved, everyone is welcome to join. Workshops will take place from 10am-4pm daily with a lunch break in the middle.

Signing up couldn't be easier, just click [here](#) below or email finley@befestival.org to register your details and BE Next producer, Fin, will be in touch to confirm your spot.

Suggested Reads from our Library

Following some requests during recent parents' evenings, Mrs Ashford has put together a list of popular fiction on offer in the school library:

Book title	Author
Heartstopper Volume 2 (Graphic Novel)	OSEMAN A
Noughts & Crosses	BLACKMAN M
The Cruel Prince	BLACK H
Heartstopper Volume 1 (Graphic Novel)	OSEMAN A
Heartstopper Volume 3 (Graphic Novel)	OSEMAN A
The Hunger Games	COLLINS S
One of Us is Lying	MCMANUS K
All the Bright Places	NIVEN J
Cookie	WILSON J
Coraline (Graphic Novel)	GAIMAN N
Heartstopper Volume 4 (Graphic Novel)	OSEMAN A
One of Us is Next	MCMANUS K
Pumpkin Heads (Graphic Novel)	ROWELL R
Clap When You Land	ACEVEDO E
The Cousins	MCMANUS K
A Darkness of Dragons	PATRICK S.A.
A Good Girl's Guide to Murder	JACKSON H
Sweet Honey	CASSIDY C
The Boy in the Striped Pyjamas	BOYNE J
Can You See Me?	SCOTT L
City of Ghosts	SCHWAB V
The Dog Runner	MACDIBBLE B
Girl, Missing	MCKENZIE S
The Hate U Give	THOMAS A
The Hunger Games Catching Fire	COLLINS S
New Moon	MEYER S
Proud	DAWSON
The Switch Up	CANNON K
To All the Boys I've Loved Before	HAN J
Twilight	MAYER S
Vampire Diaries The Awakening & The Struggle	SMITH L.J
Anne Frank The Diary of a Young Girl	PRESSLER M

As Good as Dead	JACKSON H
Beautiful Broken Things	BARNARD S
Because of You	AINSWORTH E
The Disconnection	DAVID K
A Dog called Homeless	LEAN S
Faceless	SHEINMEL A
Fire and Ice	HUNTER E
Ghost Boys	RHODES PJ
Good Girl, Bad Blood	JACKSON H
Harry Potter and the Chamber of Secrets	ROWLING J.K.
Hide and Secrets	MCKENZIE S

Holocaust Educational Trust Book Club Recommendations

The Auschwitz Violin – Maria Angels Anglada

In the winter of 1991, at a concert in Krakow, an older woman with a marvelously pitched violin meets a fellow musician who is instantly captivated by her instrument. When he asks her how she obtained it, she reveals the remarkable story behind its origin.

Imprisoned at Auschwitz, the notorious concentration camp, Daniel feels his humanity slipping away. Treasured memories of the young woman he loved and the prayers that once lingered on his lips become hazier with each passing day. Then a visit from a mysterious stranger changes everything, as Daniel's former identity as a crafter of fine violins is revealed to all. The camp's two most dangerous men use this information to make a cruel wager: If Daniel can build a successful violin within a certain number of days, the Kommandant wins a case of the finest burgundy. If not, the camp doctor, a torturer, gets hold of Daniel. And so, battling exhaustion, Daniel tries to recapture his lost art, knowing all too well the likely cost of failure.

Human Smoke – Nicholson Baker

Human Smoke evaluates the political turning points that led up to war, challenging some of the treasured myths we hold about how war came about and how atrocities like the Holocaust were able to happen.

Wellbeing

With this week being Children's Mental Health Week, I thought it might be useful to share some tips on how to engage children in discussions about their mental health. Hopefully you find some of the advice provided on the poster below useful in starting these conversations:

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



#WakeUpWednesday



1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.



6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.



Are you sure?

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.



3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.



8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.



4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss 'it's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.



5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.



10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.



Meet our expert

This guide has been written by Anna Bateman. Anna 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.



Sources of Information and Support

- Your GP
- Young Minds <https://youngminds.org.uk/>
- <https://www.nhs.uk/conditions/stress-anxiety-depression/>
- <https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
- <https://www.themx.org.uk/mental-health>

