

Parent Bulletin



7th - 11th February

Week 2

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

Date	Event
Monday 7th February	PSHE Day
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

Consultation on Changing School times on a Wednesday

At present the standard school day runs from 8:35-15:00 each day with the exception of a Wednesday when the day is shortened by 25min, resulting in a finish time of 14:35 for students.

Given the challenges posed by COVID we would like to propose changing the finish time on a Wednesday to mirror the other days in the week. This will create an extra 17 hours of learning time across an academic year.

In addition to the extra learning time, it is felt that keeping all days the same will be less confusing for students and staff.

The initial reason for introducing the shortened day was to support a curriculum model that is no longer in place and therefore there is no longer a need for the shortened day.

Should the changes be approved, they will come into force from 5th September 2022.

I appreciate that these changes may affect you, in terms of childcare or working arrangements, and in terms of your child's education. For this reason, I would like to invite you to give your feedback by sending your responses to consultation@lordswoodtrust.co.uk by Friday 4th March 2022

We will release the results of the consultation by Monday 4th April via the school bulletin.

Sickness

During this time of year, it is common to see an increase in cases of vomiting and diarrhoea, in schools. Whilst we appreciate the need for good attendance, these infections can spread rapidly in a school setting. We therefore would like to remind parents the NHS guidance states that children should not attend school for 48 hours after experiencing vomiting or diarrhoea. For further guidance on illness and attendance at school the following guidance has been published by the NHS:

<https://www.nhs.uk/live-well/healthy-body/is-my-child-too-ill-for-school/>

Covid 19 Lateral Flow Tests

Please encourage your daughter to continue testing at home twice a week on a Monday and Thursday morning. All tests results, whether positive or negative, should be reported using the following link:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing/test-results/report-a-rapid-lateral-flow-test-result/>

Students have been given the opportunity to collect a box of Orient Gene COVID-19 rapid lateral flow tests this week. Full instructions on how to use, read and report these tests can be found inside the box or alternatively using the link below:

<https://www.gov.uk/government/publications/coronavirus-covid-19-rapid-lateral-flow-home-test-kit-instructions-for-nose-only-test>

Translations of these instructions are also available in:

- [العربية](#)
- [বাংলা](#)
- [Cymraeg](#)
- [بَعْدِي](#)
- [فارسی](#)
- [ગુજરાતી](#)
- [हिंदी](#)
- [ਪੰਜਾਬੀ ਗੁਰਮੁਖੀ](#)
- [بنجابی شاہ مکھی](#)
- [Polski](#)
- [جرمني](#)
- [Română](#)
- [Slovensky](#)
- [Soomaali](#)
- [Türkçe](#)
- [اردو](#)
- [中文](#)

Students Late for School

When students arrive in the morning, the Lordswood Road entrance will be closed and locked at 8.30am. Students will not be let in that entrance after this time and must make their way into school via the Knightlow Road entrance. Anyone using the Knightlow Road entrance will be classed as late and will receive a late detention.

GCSE PE Intervention Club

GCSE PE Intervention Club will take place on Mondays in the sports hall from 3 - 4pm for practicals and Tuesdays in F1 from 3 - 4pm for theory.

Anyone from GCSE PE can come along, the club is open to all Year 10s and 11s taking GCSE PE.

Football Club

There will be no Football Club on Mondays after school until after the half term break.

Water Bottles

Please can parents ensure that students bring a reusable water bottle with them to school every day.

Face Masks

If students have chosen to continue wearing a face mask around school, they must bring their own to school as we are unable to provide them.

Student Appointments

If a student will be leaving school during the day to attend an appointment, parents must give the school 48 hours notice and provide evidence of the appointment.

Responsible Parking on School Site

Please can we ask that parents DO NOT park on any of the yellow lines in the school car park when collecting students from school as this can cause an obstruction.

Year 12 Interim Reports

These are now available on EduLink.

National apprenticeship week

We have been asked to share the following information about apprenticeships with students and parents in year 10, 11, 12 and 13.

Parent letter:

https://content.govdelivery.com/attachments/UKDFE/2022/02/03/file_attachments/2066223/2Skills%20Minister%20Letter_ParentsCarers_FINAL.pdf

Student letter:

https://content.govdelivery.com/attachments/UKDFE/2022/02/03/file_attachments/2066240/2Skills%20Minister%20Letter_YP_FINAL.pdf

Social media

Following on from the guidance on the bulletin last week, I would like to share some more information on the benefits and drawbacks of social media. Whether we like it or not, social media is an important part of our children's lives. Showing that we recognise the potential benefits as well as the risks is important to enable healthy conversation around the use of social media to take place. The following information sheet can be used to promote a healthy discussion with children about social media and how to spot the signs that the negative impacts are overcoming the potential positive effects.

WHAT TRUSTED ADULTS NEED TO KNOW ABOUT: SOCIAL MEDIA & MENTAL HEALTH

Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.

POSITIVE IMPACTS

EASY ACCESS TO SUPPORT AND HELP

Due to delays in young people getting help for their mental health, such as experiencing low mood, or suffering from anxiety, they may sometimes reach out to access support from others online. Sharing problems or issues with friends, peers and broader social networks can be met with positive reaction, with nearly 7 in 10 teens reporting to receive support on social media during tough or challenging times. Where there are moderated communities which offer support and guidance, children can be provided with a great source of support.

NEGATIVE IMPACTS

SELF-ESTEEM & BODY IMAGE

There are 10 million new photographs uploaded to Facebook alone every hour, providing an almost endless potential for young people to be drawn into appearance-based comparisons whilst online. No one is the same as how they portray themselves online as we tend to only show the best part of ourselves. The pressure to fit-in and conform is huge, which can become a driving force for children to replicate what they see from friends, celebrities and sponsored adverts. This pressure may contribute to anxiety, low mood and a feeling of inadequacy. As a result, it can lead to a feeling of low satisfaction with their own lives.

HARMFUL ADVICE

The online world provides the opportunity for anybody to upload and share photoshopped pictures, edited video, fake news and even unvetted advice. Children may stumble upon this, which could potentially encourage them make wrong decisions and not get the help that they need. It's important that you teach your child to differentiate between what is true and useful information and what is fake.

SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS

There is evidence to suggest that strong adolescent friendships can be enhanced by social media interaction, allowing children to create stronger bonds with people they already know. Online relationships can actually make children more relationship-oriented, thoughtful, and empathic. By sharing comments on pictures, videos and posts, it can create long-term friendships as they can continually keep in touch, even with a distance between them.

ADDICTION AND COMPULSIVE CHECKING

Social media addiction is thought to affect around 5% of teenagers. The Office for National Statistics found that children who spend more than 3 hours a day on social media are more than twice as likely to support poor mental health. Furthermore, compulsive checking due to 'Fear Of Missing Out' has been linked to poor and disturbed sleep, as well as difficulty to relax during evenings. One in five young people say they wake up during the night to check messages on social media, leading them to be three times as more likely to feel constantly tired at school than their classmates who don't use social media during the night.

A SENSE OF BELONGING

Support can be found in various places online; sometimes this is known as "finding your tribe". Online platforms and groups can provide a wonderful sense of belonging for children. They can find peers with similar interests and circumstances which can sometimes be difficult to find in real-life. As a result, this can create stronger connections and help to build confidence.

CYBERBULLYING

One recent large-scale UK study showed that cyberbullying is one of the biggest challenges for young people. Other studies suggest that cyberbullying has a bigger effect on wellbeing and mental health than other types of bullying. 7 in 10 young people have experienced cyberbullying, with 37% of young people saying they experience cyberbullying on a high-frequency basis. Young people are twice as likely to be bullied on Facebook than on any other social network.



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.



HELPFUL APPS:

- Hub of Hope - <https://hubofhope.co.uk/>
- Mindshift
- Smiling Mind

SOURCES OF HELP:

- Childline, 0800 1111 or visit their website
- Bullying UK, 0808 8002222
- Young Minds Parents Line, 0808 802 5544

SOURCES: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/measuring-adolescent-well-being-2015-16-20>, <https://www.rpsp.org.uk/uploads/assets/uploads/ed/62/6278a354419e4d66826c2d746ca.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505/warning-signs-mental-health-risk>