

Parent Bulletin



2nd - 6th May 2022

Week 1

Lordswood Girls' School
www.lordswoodgirls.co.uk
0121 429 2838

Upcoming Dates

| Date | Event |
|-----------------------------------|--------------------------------------|
| Monday 2nd May | Bank Holiday |
| Thursday 12th May | Year 7 Parents' Evening 4pm - 6.30pm |
| W/C 16th May | Year 8 Examinations |
| W/C 23rd May | Year 12 Work Experience Week |
| Monday 30th May - Friday 3rd June | Half term holiday |

Cars

As we start the summer term, the weather is getting warmer and the mornings/evenings are getting lighter - it is the ideal time for parents to encourage students to walk to school where possible. The school catchment area has been less than 2km for a number of years and therefore most students should live walking distance from the school.

Walking to school has a number of benefits, mainly for the health of the students. Walking to school doesn't just provide valuable exercise, but it also gives valuable sunlight needed by the body to produce vitamin D. If more students took the opportunity to walk to school, then there would be less traffic causing environmental pollution in the area as well as less risk of road traffic accidents.

Exam pressure

Since COVID we have seen increased anxiety surrounding assessments and examinations.

Whilst the obvious response would probably be to 'test less' or 'remove' the thing causing the anxiety, this is not always possible - for example GCSE or A level examinations. It is also not always the 'right' thing to protect students from challenging experiences. It is important that students experience pressure in order to build the resilience that they will require in later life. Students need to experience success and failure in safe surroundings so they can develop strategies to cope with other challenges later in life.

Over the next few weeks we will be sharing a series of videos that explore exam pressure and strategies to cope with this pressure. They are only 5min long and give a range of strategies that students might find useful. We encourage parents to watch these videos with their children so they have a shared understanding of the strategies.

Video 1 - [An Introduction to Exam Stress & Anxiety Ep. 1 | A-level & GCSE | SnapRevise](#)

Physics Club

Physics Club for Years 11 and 13 will be running on Mondays after school in G10 until the end of half term. The exception is next week when the club will be on the Tuesday after the bank holiday.

Careers

On Thursday 5th May midwives across the world will be celebrating 'International Day of the Midwife' 2022. Midwives often describe their job as 'privileged'. The role they have in preparing women for the delivery of new life makes them a vital presence during all stages of pregnancy, labour and the early postnatal period.

To become a midwife you'll need to train and study for an undergraduate degree or postgraduate degree or diploma, or secure a place on a midwifery degree apprenticeship. Entry requirements vary depending on where you'd like to study or work. However, they usually look for a minimum of:

- five GCSEs at grade 9-4/C or above - typically including English language or literature and a science subject
- and either two or three A-levels or equivalent qualifications such as GNVQ advanced level or NVQ level 3

Don't forget - academic qualifications aren't everything. Excellent communication and people skills are crucial as you'll need to answer questions and offer advice. You must be happy to work as part of a team and be able to deal with emotionally charged situations. You'll need to also have an interest in the physical, psychological and process of pregnancy and birth.

Find out more about this rewarding career here:

<https://www.rcm.org.uk/promoting/learning-careers/become-a-midwife/>

Students are able to see Miss Gager in FA2 to discuss anything career related!

Year 11 Prom

The deadline for payments for the Year 11 Prom is 30th April 2022, could payments be made as soon as possible please.

NHS Allied Work Experience Programme

A quick reminder that students who wish to participate in the NHS Allied Work Experience Programme on Sunday 8th May have just one week left to register via the following link:
<https://alliedhealthmentor.org/nhs-healthcare-careers-virtual-work-experience/>

The programme is available for years:

- 10-13 - England & Wales
- S3-S6 - Scotland
- 11-14 - Northern Ireland

All students will be awarded a Work Experience Certificate for participating in the day. This is something that they can include in their UCAS and Apprenticeship Applications!

The next Work Experience day is on the Sunday 8th May and will cover the following healthcare careers:

- Nursing
- Midwifery
- Paramedicine
- Physiotherapy
- Occupational Therapy
- Dietetics
- Radiography
- Prosthetics and Orthotics
- Speech and language therapy
- Pharmacy

The virtual work experience day will take place through an online portal and run LIVE from 10am-5pm, following 2 patients from their initial accidents through to recovery.

Students will see them interact with a variety of healthcare professionals listed above so that they develop an understanding of the multidisciplinary team as well as insights into their own chosen career.

The cost to attend is £10/student per session, which is just an administrative cost to cover the set-up of individual portals, personalised certificates, safeguarding, and the technology on the day, such as our servers and chat functions.

If you have any questions about the programme, please complete the following contact form: <https://airtable.com/shrM6UPT8Z2uxx7OL> or give our team a call on 01530 417299 and we will happily get back to you with a swift response.

Read for Refugees Sunflower Challenge

The #readforrefugees Sunflower Challenge Guess the Writer Competition is now live and can be found on the SLA website at [Read for Refugees: Sunflower Challenge](#). Fourteen writers very kindly gave their time and effort to support this cause and have created a fun video for you and your child to watch and guess who is who. There are prizes to be won!

Ex Cathedra *“one of Britain’s very best choirs”* (The New York Times)

Some Girls are representing the school in a high profile joint Concert in Birmingham Town Hall at 4.00 – 6.00 on Sunday 1st May. The organisers have stated that if any Lordswood staff would like to go to the concert and support the girls they can have free tickets.

See below - How to book your Free Tickets.

You can book in advance and use the free code “ECTHANKYOU”. You can do that by calling the box office direct on 0121 289 6333 (Mon-Fri 10am-2pm) or by booking online.

Here’s how to book online:

- visit <https://bmusic.co.uk/book/instance/1076536>
 - select any of the orange-coloured seats in the stalls that you would like, and click continue
 - you will then be taken to your shopping basket, showing the tickets at full price
 - click continue
 - in the Savings box on the next page enter the code ECTHANKYOU, and click “Apply code”
 - the screen will refresh, showing £0 as the amount to pay
 - click “checkout” and follow the rest of the process
 - note that any optional donations added to the basket will go to the venue, not to Ex Cathedra.
- If anyone wants to donate to Ex Cathedra in lieu of tickets, we can provide a donations link or they can tap our donation stations on the day of the concert.

SEND Therapy Team Newsletter

Spring 2022



Birmingham
City Council



OVERVIEW OF THE TERM

It has been another exciting term for the SEND Therapy Team. We have been busy attending Multi Agency Planning meetings and delivering webinars across Birmingham. We have been involved in the exciting new Developing Local Provision (DLP) project for early years including some therapists attending family stay and plays. We have met with schools, nurseries, and parents/carers during advice meetings to offer OT and SALT support. We are working closely with Pupil Support Service and Physical Disabilities Support Service to develop a unified approach to offering universal/targeted/specialised SEND support. Learn more about the SEND Local Offer: <https://youtu.be/TcAbIK6EVQ0>

OCCUPATIONAL THERAPY

The SEND Therapy Team have been running the OT Champion project in the Handsworth consortia. Schools have set up sensory circuits, handwriting and core stability intervention groups.

The team are in the process of creating an 'OT Skills Checklist' to support schools to measure a child's skills. The checklist helps schools establish a baseline and looks at outcomes following the implementation of an intervention.

The OT's have been sharing the role of the SEND Therapy Team with the wider team including physiotherapy. If your team are interested in learning more about the SEND Therapy Team please email us.

SPEECH & LANGUAGE THERAPY

SaLT have a final year student supporting teaching assistants from 2 schools in the North West Locality in using WellComm. This will support schools with early identification and intervention for SLCN.

The team is training teaching assistants in secondary schools in using the Language and Communication Screening Tool to identify pupils with SLCN and to set up interventions.

The team have started to offer whole school 'Introduction to DLD' training to schools across the city.

SaLT are working with the Early Years DLP to support parents/carers and settings with advice by attending stay and plays and offering drop ins.



BIRMINGHAM
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UPCOMING FAMILY WEBINARS

SEND Therapy Team events will be advertised through the Local Offer website, you can also book a ticket to the webinars below via the website:

<https://www.localofferbirmingham.co.uk/events-for-parents/>

SALT: Stammering

27th April @ 13:30 (Early Years/Infants Age) 28th April @ 9:30 (Junior/Secondary Age)

OT: Fine Motor Moves

18th May @ 09:30 (Primary age) 19th May @ 13:30 (Secondary Age)

OT/SALT: School Readiness

24th May @ 10:00 (Early Years) 25th May @ 14:00 (Primary Age)

OT: Encouraging Independence in Toddlers

8th June @ 18:30 9th June @ 10:00

To view previous webinars please go to: <https://www.localofferbirmingham.co.uk/webinars/>

SUCCESS STORY

Following some advice given to a SENCo at an OT Advice Meeting, these comments were made:

“One child was constantly chewing his chew toy but would not eat his food. OT suggested massaging his cheeks to support oral motor stimulation and chewing. When staff started to implement this strategy they noticed he began chewing his food and is now engaging in activities with purpose. Mom has also noticed a difference at home. He gave Mom a pastry and gestured for her to sit so they could chew together. Mom was very happy and emotional.”

FEEDBACK

After accessing the SEND Therapy Team a SENCo shared:

“We have used the expertise of both our named SALT and OT ...I really like this way of working - it is so efficient and effective.”

After attending the SEND Therapy WellComm training a teaching assistant shared:

“I feel like I know so much more since the training.”

CONTACT US

If you feel a child or young person's parents would benefit from an OT or SALT Advice Meeting please ask them or their education setting to email us: bchc.sendtherapy@nhs.net





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#TiptheBalance to positive: at work (for employers)

Workplaces are not only where work is done, but are places where employees thrive. Working from home and hybrid working can sometimes challenge personal growth if connections are reduced.

- 1 Promote taking a 15 minute break in the day to encourage employees to do something they enjoy, as well as create an opportunity for others to find out what that something is.
- 2 Create a 'recognition and praise' board for managers and employees to contribute to about each other.
- 3 Create a work fitness challenge on the day. For example, walk 1,000 more steps than you usually do (you could also make an opportunity for this to happen, for example host a 'walking meeting'). Provide prizes for winners or create a leader-board.
- 4 Ask employees to contribute ideas to an office 'care pack' which can be given out at the start of the following week.
- 5 Provide opportunities to have ten minute 'energy' chats with colleagues. An 'energy chat' should boost mood by finding out and focusing on something a person finds energising (an interest or passion, a book they love, the joys of parenthood...).

Holocaust Educational Trust Book Club Recommendations

A Bag of Marbles – Joseph Joffo

When Joseph Joffo was ten years old, his father gave him and his brother 50 francs and instructions to flee Nazi-occupied Paris and, somehow, get to the south where France was free. This book is a story of these children caught in the whirlwind of the Second World War.