

Parent Bulletin



4th - 8th April 2022

Week 1

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

Date	Event
Tuesday 5th April	Learning Performance Parent Workshop 5.30-6.30pm
Friday 8th April	INSET Day - school closed to students
Monday 11th - Friday 22nd April	Easter Holidays
Week beginning Monday 25th April	Year 11 practical examinations
Thursday 28th April	Year 12 Parents' Evening 4 - 6.30pm

COVID updates

From Friday 1st April the government have updated COVID guidance. LFD test kits will no longer be available in schools and routine testing for most of the population will no longer be available. From today onwards the following guidance will be in operation:

- adults with the symptoms of a respiratory infection, and who have a high temperature or feel unwell, should try to stay at home and avoid contact with other people until they feel well enough to resume normal activities and they no longer have a high temperature
- children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people. They can go back to school, college or childcare when they no longer have a high temperature, and they are well enough to attend

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- adults with a positive COVID-19 test result should try to stay at home and avoid contact with other people for 5 days, which is when they are most infectious. For children and young people aged 18 and under, the advice will be 3 days

Change of school times - Wednesday

Many thanks to all the parents who contributed to the consultation on potential changes to the school day.

There was an overwhelming positive response to the proposal. The governors reviewed the evidence and voted to support the change. Therefore from Monday 5th September 2022 the school day will start at 8:35am and will finish at 3pm every day of the week.

Punctuality to school

Please can parents/carers remind students that the school gates close at 8:30am promptly. This ensures that they have time to walk into school before registration starts at 8:35am. Any students not in form rooms at this time are considered late.

We are disappointed that in recent weeks there has been a number of students who choose to arrive at the school gate 2-3 minutes late every morning. This is often as a result of students walking to the shops before coming into school or waiting for friends. If students are not in the school gate prior to 8:30 they will be sanctioned for lateness.

I am sure that you will agree that it is important for students to develop good time management skills for later in life.

Uniform

Please can families use the holidays to ensure that all pieces of uniform still meet the school uniform requirements.

Some skirts are currently significantly shorter than the length mentioned in the school uniform policy. As a reminder - we do not allow skirts made of 'stretch' material. Skirts should be no longer than mid-calf (as they become a trip hazard) and no shorter than the crease in the back of the knee.

Trousers should cover the ankle/touch the top of the shoe. If trousers are slightly too short - unpicking the hem can often help extend the life of the trousers.

Please do not allow students to have piercings over the holidays as they often require longer than 2 weeks to heal - please wait until the summer holidays so they have time to heal before returning to school.

Shoes should be plain leather/fake leather. They should not be fabric, high heeled, trainers or boots. They should not have embellishments e.g. bows.



If uncertain please refer to the images above.

Over the next few months we would like to reduce the need for families to purchase new jumpers where possible (due to the logo changing in September). If you have any 'old' jumpers that no longer fit your daughter and would like to donate them to school for recycling, please can these be handed in to reception.

If your child grows out of their current LGS jumper, please do not buy a new one. You can either contact the school and we will endeavour to find a LGS jumper in our store room. Alternatively you could purchase a plain woolen V neck navy jumper from any school supplier. Students will not be sanctioned for wearing jumpers without the school logo after the Easter holidays.

Teenagers and sleep

As we come towards the end of another busy term, we are all looking forward to the rest a holiday can bring. For many teenagers, a holiday can mean late nights and the luxury of being able to stay in bed beyond 7am. Unfortunately it often takes students several weeks to 'readjust' to normal sleep patterns after a holiday. This is a massive issue for students as sleep deprivation is known to affect everything from students' attention span to planning and problem-solving skills.

When we meet with students who are not achieving their target grades, a lack of sleep/poor sleep hygiene is often stated as a reason for their difficulties.

The following links contain some really useful information about the importance of sleep and how parents can encourage healthy sleep patterns:

<https://teensleephub.org.uk/>

<https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/>

Water Bottles

Please ensure that your child brings a water bottle to school every day. We do not have a huge supply of plastic cups and these are needed for first aid incidents. If your child does not bring their own water bottle, they may need to purchase a bottle of water from the canteen.

Canteen Lunch Cards

Parents should ensure that all students have their canteen cards if they wish to purchase food or drink from the canteen. Many thanks.

Year 11 Drama Rehearsals Friday 22nd April

Rehearsals will run from 10.30am until 3.00pm. Please use the Knightlow Road entrance. Students should bring a packed lunch with them as they will not be permitted to leave the site. Please can you reply to the parent mail sent out by Thursday 7th April stating whether you are happy for your child to attend the session and to acknowledge the dates of the examination.

Holocaust Educational Trust Book Club Recommendations

David's Story – David Herman

David's Story is a thought provoking and moving memoir about survival and one young man's triumph over adversity. David's childhood was cataclysmically divided into two separate universes. First, there were the early years: rustic, ethnically diverse and idyllic. And then there was the Holocaust. In 1943, the Herman family move to a small apartment in the Munkacs ghetto. In May 1944 they are told to pack immediately as they are being sent to work on farms in the East. Unbeknown to them, their destination is Auschwitz-Birkenau. Alone, separated from everyone he loves, David is forced to rely on his most basic instincts to survive.

Unshed Tears – Edith Hofmann

Unshed Tears, written soon after the war, relates the authors experiences of being deported to Lodz ghetto by the Nazis where both her parents died when she was only 15. After 2 years in Lodz, she was sent to Auschwitz and then Bergen Belsen. Although Unshed Tears has been written as a novel, it details events, which were all too tragically true.

#TiptheBalance to positive: for your family

If you are feeling tense or stressed, this is likely to affect your family dynamic. Why not take a moment to plan something you can do with other family members to create a positive, supportive environment?

1 Make a plan to cook/bake something you enjoy together. Research recipes, check what ingredients you already have at home, and arrange a time to prepare the food together.

2 Plan a relaxing night in with a movie and popcorn. Decide what you will watch beforehand and set aside time for it. Maybe get some snacks you don't usually have in the house. Then put all phones and distractions away and cosy up together to enjoy the film.

3 Get together with a family member to sort books/clothes for a charity collection. Not only will you be spending time together, you'll also be decluttering your home, and also doing something for the greater good by donating things you no longer need.

4 Make an effort to pay each family member a compliment at least once a day. By showing that you acknowledge their strengths and positives, you will help to foster a supportive environment and show that you care. Plan some of the things you might like to say and do in the five minutes you have left aside.