

Parent Bulletin



16th - 20th May 2022

Week 1

Lordswood Girls' School
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Upcoming Dates

Date	Event
W/C 16th May	Year 11 Examinations
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
W/C 6th June	Year 7 Examinations

Year 11 and Year 13 examinations

Next week sees the start of GCSE examinations for a large number of our Year 11 and Year 13 students. I am sure that you will join me in wishing them all the best for their examinations.

A letter was sent earlier this week to all year 11 parents detailing plans for the next 2 weeks, if you have not received this letter please check parent mail or contact the school.

Year 8 End of Year Examinations

Please find shared the timetable for the Year 8 end of year examinations which will take place during the week beginning Monday 16th May 2022. Information and guidance has previously been shared with all students via email and during review times.

Students have been reminded to carry stationery in a clear pencil case/plastic bag and avoid having any additional material on their desks during the examinations. They have also been made aware that they have no writing on their arms/hand, including any henna.

When examinations are taking place in the sports hall, students are allowed to wear trainers to school for that day only.

[Year 8 end of year examination timetable SUMMER 2022 students](#)

Upcoming Exams

Just a reminder, that with exams coming, students should refrain from having Henna designs on hands or arms as students are not permitted to sit exams with any form of drawing/writing on their hands. If students have henna designs, we encourage you to try and remove it prior to any examinations. We run internal exams in exactly the same way as external exams, this is to give students as 'real' experience as possible. As a result the same rules will also apply for internal examinations.

Exam pressure

Video 3 -

[Dealing with Feelings of Exam Stress | Exam Stress & Anxiety Ep. 3 | SnapRevise | A-level & GCSE](#)

Parent Workshops on Mental Health from STICK Team

We have been given a fantastic opportunity via the local mental health support team (Forward Thinking Birmingham) for parents to attend a session to learn about teenage mental health.

If you would like to attend the workshop on 14th June between 4 and 5pm please complete the google form below:

<https://docs.google.com/forms/d/e/1FAIpQLSebu6vWPFgG52OUI-Maai7TwZllhgkFQpu2bhon2nq9wflCkQ/viewform>

Henna in School

It has come to our attention that a small number of students have been bringing Henna to school to use on each other. Henna can be an allergen and as such could pose a risk to some students. As a result Henna should not be brought in to school at any time, any students found with Henna in school will have it confiscated and appropriate sanctions issued.

Year 11 Prom - Urgent!

As you all know, the Year 11 Prom is fast approaching. If your daughter is going to be attending this prestigious event, the full balance must be paid by Friday 27th May 2022. Unfortunately, the deadline can not be pushed back any further as we need to pay the venue.

If you would like your daughter to attend but unable to make a payment through ParentMail, please call the Finance Department on the main school number as they will be able to take your payment over the phone.

Messages

There has been an increased number of parents asking for messages to be delivered to their child regarding how they are being collected at the end of the school day. This has become unsustainable. We would be grateful if you could ensure that you make your pick up arrangements before you drop your child off at school in the mornings. Unless messages are of an urgent nature, we cannot guarantee that messages will be passed on.

Thank you for your continued support and cooperation.

Extra Curricular Activities

I know students often use 'Headteacher's Question Time' to ask for an ever increasing number of enrichment opportunities. As a team, staff give up lunchtimes and time after school to try and provide a wide range of activities, however this solely relies upon staff willing to give up their time (unpaid) to provide these opportunities - because of this, sadly it isn't possible to offer all the activities that students request, but I am sure you will agree that it is sometimes important to be thankful for what we do have.

Below is a summary of the different activities on offer at the moment. If your child doesn't currently participate in any of these activities, I would highly recommend that they do. Studies have shown that students who undertake enrichment activities at school are more likely to achieve higher grades.

[Extra Curricular – Lordswood Girls' School](#)

Year 12 Work Experience

Just a reminder that Year 12 will be out of school on Work Experience from **Monday, 23rd May - 27th May 2022**.

For those students who have not arranged a placement, must remain in school all week and complete the bespoke Work Experience Programme taking place in Sixth Form.

Year 12 Parent View Survey

Parents and carers of students in Year 12 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:

<https://forms.gle/K67SWiEHdtwwCXbP9>

New Uniform

We understand that students might grow out of their LGS jumpers between now and July. We do not want parents to have to purchase new jumpers that will only be worn for a short period of time. If your child grows out of their jumper in the next few weeks, please contact the school office as we have a small collection of jumpers that we can supply, alternatively students will be permitted to wear plain navy v-neck woolen jumpers from highstreet uniform suppliers. Unfortunately students cannot wear the KEVI LSG jumpers until 1st September.

Year 8 Drama

Year 8 have begun a new play '*Hood*' from the National Theatre collection, written by Katherine Chandler. The play does feature aspects of poverty, young carers, social services and a parent leaving the household. Please ask your child to let their teacher know if there is anything that feels uncomfortable. Students are welcome to come and read the play so they have an idea of what is to come in their drama lessons.

Careers

The latest estimates show that women make up just **15%** of the workforce in the property and construction sector. There are lots of jobs in this sector that you may not know much about!

Careers in property and construction suit a wide variety of skill sets, from more creative-minded design jobs such as urban design to more mathematical, technical jobs such as a quantity surveyor or engineer. There are also numerous 'hands-on' jobs such as bricklaying or scaffolding available to you.

If you are interested in a career in this sector, have a look at the website below for more information.

[Property and construction jobs | Prospects.ac.uk](https://www.prospects.ac.uk/property-and-construction-jobs)

Online safety

CEOP is a part of the National Crime Agency. They have created a new website for teenagers called 'The internet, relationships & you' and offers advice on socialising online, online safety, getting support and sexual content online. Although aimed at teenagers, it contains some really useful information that parents might find useful in helping to protect their children:

https://www.thinkuknow.co.uk/11_18/

Tell us what you think about SEND services in Birmingham to be in with a chance of winning £100 of shopping vouchers

As you may know the SEND Local Area Partnership in Birmingham [Birmingham City Council, (Education) Birmingham Children's Trust (Social Care) Health (NHS) and the Birmingham Parent Carer Forum (BPCF)] is working hard to improve SEND services so that we provide the best possible help and support for children with additional needs in the City.

As part of this project we are working with parents and carers, amongst other stakeholders to determine what their priorities are for improvement, seeking the broadest possible understanding of a wide range of views, so that we can improve SEND services.

To help with this work, we are asking parents and carers to fill in a short, anonymous survey (about 5 minutes long) about their experiences with Special Educational Needs and Disabilities (SEND) services for their child or children in 2022. We hope that as many people as possible will take part so that we can get a clear picture of what is going well, and what is not so well in the service and use that information to bring about change.

Those people who wish to submit contact details will be in with a chance of winning a £100 of shopping vouchers.

Here is the link to the [SEND Survey](#) - which will be open until 5pm on Friday 27th May 2022. The survey details are also linked from the home page of the SEND Local Offer website - www.localofferbirmingham.co.uk/

Please feel free to circulate this widely so that we can hear from as many people as possible. If you have any questions about the survey or need support completing it, please email - SENDImpComm@birmingham.gov.uk

Boost your mental health with MINDYOUR5



Looking after your mental health is as important as looking after your physical health and yet, whilst we know what we should do to be physically fit, we don't often know what we should do to develop our mental fitness.

Just as five fruit and veg a day maximises your physical health, try five mental well-being activities to maximise your mental health.

The categories that make up MINDYOUR5 are equally important and a regular balance of these will contribute significantly to your mental well-being.

To keep positive mental health and #TiptheBalance to positive, practise the five categories in the MINDYOUR5 model developed by Dr. Krause. This can be done by making sure you:

- Do your 'five a day' everyday (one task from each category and cover all five).
- Develop a balanced focus on each category long term.

MINDYOUR5 can be done on your own, at work or at home. Why not make #PMHD a MINDYOUR5 day?



for Healthy Practice — this focuses on the fact that looking after your physical health is vital for good mental health. Healthy practice includes the importance of good diet and sleep.

- On #PMHD: Choose to sleep an extra hour; make a special, healthy meal from scratch.



for Activity — this is not only about the importance of regular activity including sport, but also includes other types of activity such as art, music or drama, as well as the ability to regulate activity through relaxing, having breaks, yoga, martial arts and learning to be mindful.

- On #PMHD: Do some yoga stretches; go for a short run with a colleague; do some family painting together.



for Positive Thinking — this highlights the importance of how your interpretation of a situation will determine its outcome. If your perspective is negative, the outcome of your thinking will be negative.

- On #PMHD: Change worried thought for a more factual thought; catch a worst-case scenario thought and think of a positive outcome that could happen instead.



for Positive Emotions — this states the relevance of emotional understanding, regulation and expression.

- On #PMHD: You could create time to have a laugh with friends or peers; share something you are worried about with someone; watch your favourite movie and remember the warm memories it brings up for you; do something kind.



for Your Connections — this category explores the importance of connectivity — forming relationships with family and friends, connecting with others positively and ways to boost social confidence and care.

- On #PMHD: Plan some shared activities; tell someone how important they are to you.

Learn more on how to MindYour5 at www.mindyour5.co.uk

Holocaust Educational Trust Book Club Recommendations

Among the Righteous – Robert Satloff

Thousands of people have been honoured for saving Jews during the Holocaust -- but not a single Arab. Looking for a hopeful response to the plague of Holocaust denial sweeping across the Arab and Muslim worlds, Robert Satloff sets off on a quest to find the Arab hero whose story will change the way Arabs view Jews, themselves, and their own history.