

Parent Bulletin



20th - 24th June 2022

Week 1

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

Upcoming Dates

Date	Event
W/C Monday 20th June	Year 10 Examinations for two weeks
W/C Monday 27th June	Year 12 Examinations
27th & 28th June	New Year 12 Welcome Days
Monday 4th July	INSET day - school closed to students
Thursday 14th July	Mental Health Workshop for Parents 4-5pm

Warmer weather

This week we have experienced improved weather conditions. Unfortunately our school building is not designed for this, please can you remind your children to bring plenty of water to school and to remove jumpers if they are warm. We also encourage you to provide sun cream and a sunhat for when students are outside e.g. PE lessons and lunchtime.

Year 10 End of Year Examinations

The end of year examination timetable has been shared with all students earlier on this week. Guidance on expectations has been shared with year 10 and includes the following:

- Students have been reminded to attend in full school uniform.
- All of the necessary stationery should be in a clear pencil case or plastic bag with no additional pieces of paper.
- There should be no writing (including henna) on their hands or arms.
- When examinations are taking place in the sports hall, trainers need to be worn and this will be allowed for the duration of the day.

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- Seating plans for examinations taking place in the sports hall will be on Edulink. They will also be in the ante-hall and outside the sports hall.

I would like to thank you in advance for your continuous support in ensuring all procedures are followed.

Enrichment activities

Even if your child has not had time to participate in any extra-curricular activities all year, now is the ideal time to start. Exams are finishing and the weather is good and they can sample a few of the activities on offer ready to start 'properly' in September. Below you will find a list of all the activities on offer during the last few weeks of term.

If your daughter would like to participate in any of the activities they will need to speak to the teacher to get a permission slip completed/their name added to the register.

All extra-curricular activities can be found [here](#) on the school website.

Dark Web Explainer from The Children's Society

Please see the following links for some facts and advice around the 'Dark Web' for parent/carers:

For parents and carers: www.thinkuknow.co.uk/parents/articles/dark-web-explained

Tickets for Performing Arts Showcase 14th July 6.30-9pm

Tickets will be on sale week beginning 20th June to the families of students in the show. In the first instance two tickets per student will be available. If you would like more tickets, and there is availability, then we will release the remainder of the tickets one week before the show.

We look forward to seeing many of you there supporting your child.



Summer Holiday Camps!



Tennis & Multisport Camp at Lordswood Tennis Club

B17 8AN

Ages 5-14 Years

- Range of sports included
- Fun, safe and relaxed environment
- Accredited and DBS Checked staff
- Equipment can be provided



Dates & Times

Monday- Wednesday 9am-12pm

Week commencing 25th July, 1st August, 8th August and 15th
August

Pricing and Booking

Just **£20.00** per day per child! *Discount for Junior Club
Members!*

All bookable via the website below or scan the QR code.

tinyurl.com/LWCamps22

Contact matthew.tew@edgbastonpriory.com with any
queries.

Holocaust Educational Trust Book Club Recommendations

A Girl called Renee – Ruth Uzrad

Ruth Uzrad is a Jewish teenager whose life was turned upside down by the Nazi regime. After her father was arrested in their Berlin apartment by the Gestapo, Ruth's mother sends 13 year-old Ruth and her two younger sisters on their escape route across Europe by train, heading for the safety of Belgium. Unfortunately, the chaos follows them to their new home.

When the Nazis conquer Belgium, Ruth and one of her sisters escape to France, leaving the youngest sister behind to be taken in by a Belgian foster family. Later, Ruth joins the Jewish underground movement in France and takes on a false identity. With her new name, Renee, she does everything she can to save as many Jews as possible, knowing that it could cost her life.

Supporting Children to Deal with Upsetting Content

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From the continuing impact of COVID-19 to the war in Ukraine, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent.

In the guide, you'll find tips on a number of tips such as encouraging your child to ask questions, setting limits and to emphasise hope.

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From the continuing impact of COVID-19 to the war in Ukraine, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

FIND OUT WHAT YOUR CHILD KNOWS

1 There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they have seen.



RIGHT TIME, RIGHT PLACE

2 Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



KEEP IT AGE APPROPRIATE

3 With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what is happening – but again, do stay aware of their emotional state.



EMPHASISE HOPE

4 Upsetting content can make us feel angry, scared, or overwhelmed. Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



MONITOR REACTIONS

5 All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



CONSIDER YOUR EMOTIONS

6 It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



SET LIMITS

7 Managing screentime and content can be difficult at the best of times, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try and at least limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screentime limits.



TAKE THINGS SLOWLY

8 Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



ENCOURAGE QUESTIONS

9 Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



FIND A BALANCE

10 There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



BUILD RESILIENCE

11 News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



IDENTIFY HELP

12 It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



Sources: <https://www.bbc.co.uk/news/health-5647898> <https://www.childnet.com/blog/supporting-your-child-with-upsetting-content/> <https://www.ncsc.org/consulting-how-talk-your-children-about-conflict-and-war>

