

# Parent Bulletin



**KING EDWARD VI  
LORDSWOOD  
SCHOOL FOR GIRLS**

## Monday 29th January - Friday 2nd February 2024

### Week A

Lordswood School for Girls

<https://lsg.kevibham.org/>

0121 429 2838

### Upcoming dates

Date	Event
Monday 29th January 2024	Careers advisor in school
Tuesday 30th January 2024	Careers advisor in school KS4 School council meeting
Wednesday 31st January 2024	Y9 Parents evening
Thursday 1st February 2024	Y10/Y11 Drama trip (London)
Friday 2nd February 2024	Y10/Y11 Drama trip (London) EDI committee (10am-12:30pm)

### Ready for the future day - Careers day

This week all students participated in a wide range of careers based activities as part of our first 'Ready for the future' day. We would like to thank everyone who supported by giving up their time to run activities.

If any parents would like to support with future career based activities please email [careers@lordswoodtrust.co.uk](mailto:careers@lordswoodtrust.co.uk).

We ask that parents/carers have a conversation their children about what activities they did on Wednesday so they can share any ideas that they might have about their future career aspirations.

## Year 9 Curriculum and Options Evening

Thank you to everyone that attended the year 9 options evening on Wednesday 24th January. It was lovely to see so many of you, we hope you found it useful.

Information from the evening and the options form can be found with the following link.

[Year 9 Options](#)

We welcome your feedback to help plan future curriculum events, and ask that you complete this short [questionnaire](#).

As mentioned at the event, the PowerPoint used during the evening can be found on the school website, under [Pastoral Care, Year 9](#).

## Children's Mental Health Week - 5th February to 9th February

We will be marking Children's Mental Health week in the week commencing 5th February. There will be assemblies and information around school to remind students about how they can look after their own mental health and where to seek support if required. Please find attached a family support leaflet with some guidance as to how to talk to your child about their mental health.

Please remember that if you have any concerns about your child's mental health, contact their review tutor for support in the first instance and we will do our best to support.

**My VOICE MATTERS**

**TALKING TO YOUR CHILD ABOUT MENTAL HEALTH**

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, wherever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.

**Here's what children and young people told us they need from you:**

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or...
- 5 If you are open with me about your feelings, this can help me to be more open about mine.
- 6 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school – because they 'get it'.
- 7 Sometimes a hug is all it takes to make me feel supported.

LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and set on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Place2Be's CHILDREN'S MENTAL HEALTH WEEK

**My VOICE MATTERS**

**CONVERSATION STARTERS**

Some ways to start a conversation with your child about mental health could be...

- TELL ME ABOUT YOUR DAY
- WHAT WAS THE BEST THING ABOUT TODAY?
- WHAT IS THE BIGGEST STRESS / WORRY IN YOUR LIFE RIGHT NOW?
- WHAT'S YOUR ONLINE LIFE LIKE?

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Place2Be's CHILDREN'S MENTAL HEALTH WEEK

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## **Drama London trip**

Can all students who are going on the trip please ensure they have read the booklet and signed and returned the expectations on the back page.