# Parent Bulletin



# **Monday 29th September - Friday 3rd October 2025** *Week A*

Lordswood School for Girls <a href="https://lsg.kevibham.org/">https://lsg.kevibham.org/</a>
0121 429 2838

**Upcoming dates** 

Special Business	
Date	Event
Monday 29th September 2025	Year 13 Trip to Police museum and crown court
Tuesday 30th September 2025	KS3 School Council Meeting
Wednesday 1st October 2025	Start of Black History Month
Thursday 2nd October 2025	National Poetry Day
Friday 3rd October 2025	Headteachers Question Time Year 7 & Year 10 Reading Buddies

### This week at Lordswood

This week we have welcomed prospective students and their families into school for our Open Morning and Open Evening events. The Open Mornings have allowed visitors to see the school in action and get a real feel for what it is like to be at Lordswood during a normal school day. During the Open Evening, each department showcased their subject through displaying student work, resources used in lessons and organising hands-on activities, giving visitors a sense of the engaging learning that takes place every day.

A number of students volunteered as guides, confidently leading tours, speaking about their experiences, and answering questions from parents and children. They were fantastic representatives of the school exemplifying our core values of Ready, Respect and Resilience. We are extremely proud of our ambassadors and the role they played in welcoming visitors to the school, demonstrating the sense of belonging we have in the school community.

To celebrate the European Week of Languages, all year groups have attended an assembly to learn about the benefits of learning a different language. Students were also informed of a number of different careers which require the ability to speak different languages. A variety of fun activities including interactive quizzes were organised. The year 7 students had a lot of fun hunting for clues displayed around the school.

Finally, a snippet of an actual conversation between Lewis Hamilton (F1 race driver) and his controller, demonstrating the importance of languages.



# First aid provision

We are very fortunate to have a large caring team of first aiders in school. However, it is important to note that they are 'first aiders' and not trained medical professionals. They are all volunteers who offer to provide first aid, alongside their full time role in school. The definition of a first aider is: someone in an organisation who has been trained to give immediate medical help in an emergency.

Every year we see a number of students requesting support from first aiders for non-emergency situations e.g. injuries sustained out of school, headaches, period pains, stomach ache. Whilst we can be caring in these situations, there is very little 'help' that a first aider can provide. In the majority of cases students do not require sending home and therefore will usually be asked to return to lessons.

Please can you speak to your children about only requesting support from first aid if they have a) injured themselves in school, b) have a condition that requires immediate care e.g. asthma attack, c) feel ill enough to go home.

We use a programme called Medical Tracker that emails parents when first aid has been administered. If you notice a pattern please can you arrange an appointment with the GP to check that this isn't a sign of any underlying condition.

# **Attendance**

Whilst we encourage parents to send their children to school as often as possible, there will be times when students are really too unwell to attend. If this is the case we ask that parents notify the school via the study bugs app.

#### Top 3 reasons to use Studybugs

- 1. It's integrated with our systems so we know right away if your child is unaccounted for.
- 2. It's quick and easy to register and use and automatically reminds you to keep us posted.
- 3. You'll be helping the NHS and other public health organisations improve children's health. (https://studybugs.com/about/schools)

Get the app or register now so you are already registered if the need to report an absence arises (<a href="https://studybugs.com/about/parents">https://studybugs.com/about/parents</a>)

# Social media

Just a reminder that it is not the responsibility of the school to police social media usage out of school hours. We have had reports that some students in Y7 have been forming whatsapp groups and using these in an unkind way - this is not acceptable, especially given that the age to have a whatsapp account is 16. We ask that parents check phones and delete any accounts that students are not old enough to have.

For more guidance the following website contains useful information: <a href="https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/">https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/</a>





# Headlice

It has come to our attention that there has been a case of head lice in school.

Head lice do not pose any danger to your child's health, although they are easily transmitted. Please can you check your daughter's hair and if found please follow the guidance on the NHS website regarding treatment:

https://www.gov.uk/guidance/head-lice-pediculosis

# **Car Parking around school**

As mentioned in previous bulletins, we ask parents to be mindful of safety when driving students to and from school. Sadly despite reminders, we are still seeing a significant number of parents dropping students off in the middle of Lordswood Road, doing U turns on Lordswood Road and parking illegally on the zigzags by the crossing.

This has resulted in a higher than average number of complaints from local residents and other parents who are concerned for the safety of their children.

As a result we have requested additional support from the local police. They have shared the following new initiative:

We want to make sure our roads are as safe as possible for all users. That's why we have Operation Snap (Op Snap) - and we need your help.

If you see anyone committing driving offences on our roads and it's captured on your dashcam, CCTV or a mobile phone by a passenger, we want you to send it in to us.

Along with the footage, you would need to provide the following information:

- Date and time of incident
- Location of incident
- Registration of vehicle
- Make and colour of vehicle
- Footage of the offence taking place
- Details of what happened and how you were involved

Log reports here:

**Nextbase** 

#### Instrumental lessons

We are delighted that instrumental lessons have now begun and they are going really well.

If you know you have still not paid, please do so at your earliest convenience or your lessons will not continue.

If students do not have an instrumental pass please encourage them to see Mrs Swallow in 008.

Please ensure that your child is aware that they need to check the time of their lesson each week outside the music room. Wherever possible, these will change each week to ensure that students are not missing the same lesson too often.

Thanks

Mrs Swallow

# Parents & Carers Webinar - Building safety for our children

By West Midlands Violence Reduction Partnership

Parents & carers are able to explore some of the key risks and issues facing children and young people which can pose a risk to their safety

Building safety for our children & young people

We will explore some of the key risks and issues facing children and young people which can pose a risk to their safety, to enable us to consider the ways we as parents or carers can support our children's safety and wellbeing. Topics we will touch on include peer pressure, influence, online safety, exploitation, mental health, strategies for talking with young people – and more.

This webinar is aimed at parents & carers.

#### Date and time

Tue, 4 Nov 2025 12:30 - 13:30 GMT

#### **Location: Online**

<u>Parents & Carers Webinar - Building safety for our children Tickets, Tue 4 Nov 2025 at 12:30</u>
<u>Eventbrite</u>

#### **Careers**

#### **Medic Mentor: Important Changes to Personal Statement**

Recent changes to the personal statement structure now require students to answer three specific questions. One of these is: "How have your qualifications and studies prepared you for this course or subject?" However, since universities and colleges already see students' grades on your application, UCAS advises against mentioning them. Instead, focus on highlighting other valuable aspects of your experiences.

This is where attending a **Free Virtual Get Into conference** can be beneficial. At the conference, students will get a detailed overview of the medical or dental application process, learn about any recent UCAS changes, and what to expect at university. Plus, you'll gain valuable insights from Dr Safiyyah and Dr. Kennedy, as well as current students, as they share their experiences in medical and dental school and the NHS.

Medic Mentor's upcoming Get Into Medicine conferences are:

- Saturday 4th October, 9am 1:30pm
- Sunday 5th October, 9am 1:30pm

#### Register here:

https://medicmentor.org/get-into medicine conference signup/?utm source=Sendgrid&ut m medium=Email&utm campaign=25%2F09+Teacher+Camp

Medic Mentor's upcoming Get Into Dentistry conference is:

- Saturday 18th October, 9am - 1:30pm

Register here:

https://dental-mentor.org/get-into-dentistry-conference-sign-up/?utm\_source=Sendgrid&utm\_medium=Email&utm\_campaign=25%2F09+Teacher+Camp

The Get into Medicine/Dentistry Conferences are a complete guide to the medical or dental application journey. Students get essential insights into the medical/dental UCAS application process, connect with professionals, fellow students, and gain a deeper understanding of a future career in medicine or dentistry.

Students will need to ensure they have a functioning camera and microphone for the session. It's also important that they have a parent or guardian present at these conferences to gain insight and guidance to support them effectively.

Warm regards,
Dr (Prof) Dhakshana Sivayoganathan
Medical Director of Medic Mentor (part of Mentorverse)

# University Open Days Aston University

The next Aston University Open Day takes place this **Saturday 27th September 9am - 3pm**.

To book please visit their website: <a href="https://www.aston.ac.uk/open-days">https://www.aston.ac.uk/open-days</a>

#### **University of Birmingham**

Saturday 11 October 2025 Saturday 15 November 2005

To book please visit their website:

https://www.birmingham.ac.uk/study/undergraduate/open-days

For more university open days please click here: <a href="https://www.opendays.com/calendar/">https://www.opendays.com/calendar/</a>

# SPOTLIGHT ON SAFEGUARDING

#### Protecting our children from harmful social media content

In today's digital world, social media platforms play a huge role in shaping our children's lives. While these platforms offer entertainment and social connection, they can also expose young people to disturbing and dangerous content. One of the most alarming trends is the way algorithms push self-harm and suicide-related content to vulnerable users, often without them actively searching for it. As parents/carers, it is crucial to understand these risks and take steps to protect our children.

#### How social media algorithms work

Social media platforms use complex algorithms to keep users engaged for as long as possible. These algorithms track a user's activity-what they watch, like and interact with-and then recommend similar content. Unfortunately, for children and teenagers who show any interest in mental health topics, this can lead to a harmful cycle where they are repeatedly exposed to content related to self-harm, suicide and other distressing themes. Research has shown that prolonged exposure to such content can increase anxiety, depression and even suicidal thoughts.

#### SPOTTING THE SIGNS

It is not always easy to know if your child is consuming harmful content but here are some warning signs to watch for:

- · Sudden changes in mood, including increased sadness or withdrawal
- · Increased secrecy about their online activity
- · Expressing feelings of hopelessness or despair
- · Talking about self-harm, suicide or excessive discussions about death
- Changes in sleeping or eating patterns.

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#### How parents/carers can help

Protecting children from harmful online content requires a proactive approach. Here are some steps you can take:

#### Open conversations

Encourage your children to discuss online content openly and assure them. they can approach you if anything bothers them.

#### Monitor and set limits

Use parental controls on social media to filter inappropriate content. Set screen time limits to avoid excessive use.

# Encourage healthy digital

Encourage your child to engage with positive online content while promoting offline activities.

#### Be aware of the platforms your child uses

Stay informed about your child's app usage and research their safety feetures.

#### Seek help when needed

If you suspect your child is struggling with mental health issues, seek professional help from a counsellor or therapist.

#### A balanced approach to technology

Social media should be used in a way that promotes well-being rather than harm. By staying informed, setting boundaries and fostering open communication, parents/carers can help their children navigate the digital world safely. If you have concerns or need additional resources, do not hesitate to reach out to safeguarding or pastoral staff at school.

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