

# Parent Bulletin



**KING EDWARD VI  
LORDSWOOD  
SCHOOL FOR GIRLS**

## Monday 23rd March - Friday 27th March 2026

### Week B

Lordswood School for Girls

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

0121 429 2838

### Upcoming dates

Date	Event
Monday 23rd March 2026	Neurodiversity celebration week Music trip - Woodwind Ensemble (SEF)
Tuesday 24rd March 2026	Values Day 3 - Respectful Relationships Arts Ambassadors meeting - Lunchtime
Wednesday 25th March 2026	Year 8 Parents Evening HPV Vaccinations Year 11 Science trip to UOB - Pharmacy Rights Ambassadors meeting - Lunchtime Careers ambassadors meeting - Lunchtime (room 117)
Thursday 26th March 2026	Year 13 Oxford University trip
Friday 27th March 2026	Break up for Easter (full day)

	Year 10 Practice Expedition KS3 Music visit to LBS 'Lordswood Unite' project
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## School development plan

As a school we are always striving to improve the provision that we provide for our students. Each year we write a school improvement plan, this plan helps us to remain focused on developing the areas that we have committed to improving for our community.

Each year we use a range of quality assurance processes to monitor our progress and identify new areas for development. These include the surveys that parents, students and staff complete each term, as well as academic outcomes and external reviews.

This year we would like to invite all stakeholders to contribute to the process by suggesting one key area that they would like us to focus on during the next 12 months. We will read all suggestions and evaluate which are the most common themes to include in the development plan next year.

Thank you for your continued support and commitment to making King Edward VI Lordswood School for Girls the best it can be for the students in our care.

[https://docs.google.com/forms/d/e/1FAIpQLSdO\\_DSabrCnlwqF-mcFWePmfii1tLIW1snj8Lw1\\_rY3By54nQ/viewform?usp=sharing&oid=107806416671153779381](https://docs.google.com/forms/d/e/1FAIpQLSdO_DSabrCnlwqF-mcFWePmfii1tLIW1snj8Lw1_rY3By54nQ/viewform?usp=sharing&oid=107806416671153779381)

## Year 9 Parent View survey results

Thank you to the parents/carers of year 9 who took the time to complete the parent view survey that was sent out after the parents' evening in February 2026, it's greatly appreciated. It really helps us to see what is working well and what areas we need to investigate and do more work on.

Based on the feedback that we received, these areas scored highly, with at least 75% of respondents agreeing or strongly agreeing that :-

My child is happy at KEVI LSG	91.2 %
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My child feels safe at KEVI LSG	94.1%
KEVI LSG makes sure its pupils are well behaved	85.3%
KEVI LSG makes me aware of what my child will learn during the year	88.3%
KEVI LSG has high expectations for my child	82.4%
My child does well at KEVI LSG	88.2%
KEVI LSG lets me know how my child is doing	85.2%
There is a good range of subjects available to my child at KEVI LSG	79.5%
My child can take part in clubs and activities at KEVI LSG	97.1%
KEVI LSG supports my child's wider personal development	88.2%

Some parents felt that there was not a good range of subjects available to their child when it came to choosing options.

Please be assured that the Year 9 curriculum model is designed to maintain breadth and ensure that students continue to experience a wide range of subjects without narrowing their learning too early. To support this, we provide early and clear information about KS4 options so students and families can make informed choices. As part of this process, we also highlight new subjects, pathways, and post-16 opportunities to help students understand the full range of routes available as they progress through their education.

Any other issues that were raised are currently being looked into and a member of staff will be in touch with the parent/carer to discuss these further.

Thank you once again for the feedback.

## Year 10 Curriculum Evening - Wednesday 18th March

Thank you to all the Year 10 parents and carers who attended our curriculum evening on Wednesday. We hope that you found the event useful.

The PowerPoint from the evening can be found on the school website, under Pastoral Care, Year 10.

Thank you, Mrs Adamson

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## ParentPay

Please note that when paying by 'One-click' on ParentPay the funds are drawn from your bank account, rather than a credit or debit card. Using this option can take 3-6 working days, before the payment is processed.

One-Click makes use of the Direct Debit service.

Payments can fail if there are not enough funds in your account when the transfer is processed, a few working days later. Please be mindful that when using One-click you will need to account for the funds coming out a few days later, not when you proceed to checkout.

We are having a few instances of failed payments, both on dinner accounts and trips, which can sometimes cause embarrassment at the tills if the payment fails and a student's dinner account goes into a negative balance.

You can pay via a debit card, please add the item to the basket, proceed to checkout and select 'Other Payment Method', this will then allow you to add your debit card details, where the payment is then taken from your account immediately.

Many thanks  
Mrs Coggins

## Instrumental lessons

Summer term lesson payments were due on Friday 6th March and are now outstanding. Please can you make payment as soon as possible if you have not already. If you wish to cancel lessons 6 weeks notice must be given.

Drum lessons are being sorted ready for the Summer term and either extra lessons or refunds for the lessons cancelled will be issued.

## Work Experience: Parent/Carer Reminder

**Year 10:** 15–19 June 2026

**Year 12:** 29 June–3 July 2026

Parents and carers are asked to support your child in securing a suitable work experience placement for the above dates.

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**Please return the Own Placement Form & Consent to Student Reception as soon as possible.**

Students will not be able to attend work experience without a confirmed placement and completed paperwork.

Thank you to all the parents/carers who have already supported their child with arranging a placement and returned all the required paperwork.

Regards,

Mrs McInerney

## **Could you inspire our students about their future?**

We are looking for parents and carers to support our Aspirations Day in July for students in Years 7-9.

The focus of the day is an interactive "Guess My Job" session, where students hear from a range of people about their careers and try to guess what they do based on a few clues. It's a fun and engaging way to open their eyes to the wide range of opportunities available to them.

We would love to hear from parents with all types of jobs and experiences. You might work in a role students have never heard of, or you may have taken a different or unexpected route into your career; these real-life stories are often the most powerful and inspiring.

You do not need to commit to the whole morning; even giving around an hour of your time would be greatly appreciated. There is no need to prepare anything formal; simply sharing your experience can make a real difference.

If you are interested in getting involved, please contact Mrs McInerney: [r.mcinerney@lsg.kevibham.org](mailto:r.mcinerney@lsg.kevibham.org)

Thank you for your continued support.

Mrs McInerney

## **Protecting Yourself and Your Family from Measles this Spring**

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*Together, we thrive and add value to the world*  
**BE READY**  **BE RESPECTFUL**  **BE RESILIENT** 

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We have been asked to share that there have been recent measles cases in the region. To keep yourself and others safe and healthy this spring, please read the following information:

### **What is measles?**

Measles is a highly contagious disease, which can be very serious, especially in children under one, pregnant women, and people with a weakened immune system.

The best protection against measles is two doses of the MMRV immunisation.

### **What are the symptoms?**

- cold-like symptoms such as runny or blocked nose, sneezing and cough
- red, sore watery eyes
- high temperature (fever) which may reach around 40OC / 104OF
- a non-itchy, red-brown rash usually appears 3-5 days after symptoms begin (sometimes starts around the ears before spreading to rest of the body), spots may be raised and join to form blotchy patches – which may be harder to see on darker skin tones

### **What is the best way to protect against measles?**

The MMRV immunisation protects against measles, mumps, rubella and chickenpox (varicella). Children are offered 2 doses of the immunisation when they are 12 months and 18 months old. Older children born on or after 1 January 2020 are also offered 1 or 2 doses of the immunisation.

A pork-free version of the MMRV immunisation, called Priorix-Tetra, is available at all GP surgeries.

The MMRV immunisation is safe, effective, and free of charge. It does NOT cause autism – numerous studies have proven there is no link between the immunisation and autism.

The MMR immunisation is no longer offered to all young children. It is recommended for anyone born on or before 31 December 2019 who missed having this immunisation when they were younger.

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## How can you get the immunisation?

To get immunised, book an appointment at your GP surgery. To find out if your child is up to date with their immunisations, can check their Personal Child Health Record or 'red book' or contact your GP surgery.

Further information on measles can be found [here](#), and information on the MMRV immunisation can be found [here](#).

Thank you for helping to keep Birmingham safe and healthy this spring.

## SEND Parents & Carers Conference – 26 March 2026

Birmingham City Council have asked us to share the following information with parents of students:

*A free Parents & Carers Conference is taking place on 26 March 09:30-16:00 at the Birmingham Rep Theatre, hosted by Blesst CIC, the West Midlands Violence Reduction Partnership, and Birmingham Children's Trust.*

*The full-day event is open to all parents and carers, including SEND families, young parents, foster carers, residential care staff, and professionals supporting children and young people. The day includes keynote speakers, workshops, practical parenting strategies, and opportunities to connect with local services. A free lunch is provided.*

Find out more and register:

<https://www.eventbrite.co.uk/e/parents-carers-parenting-conference-birmingham-tickets-1982781065542?aff=odtdtcreator>

For further information, contact Richard Campbell on 07889 673213 or [Richard@blesst.co.uk](mailto:Richard@blesst.co.uk).

## Shape the Future of Urgent Care in Birmingham and Solihull

We have been asked to share the following information with parents:

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*The NHS in Birmingham and Solihull is running a public consultation on proposed changes to Urgent Treatment Centres and GP out-of-hours services, and is encouraging NHS staff, patients, families, and the wider public to share their views before the consultation closes on 16 April.*

*Two options are being considered, and no decisions have been made – feedback from local communities will directly influence what happens next.*

Complete the consultation survey by visiting: <https://www.smartsurvey.co.uk/s/UTCservices/>

Find out more about other ways to get involved at:  
[www.birminghamsolihull.icb.nhs.uk/utc-review](http://www.birminghamsolihull.icb.nhs.uk/utc-review)

*Every response helps the NHS understand people's experiences and priorities so it can design services that meet the needs of all our communities.*

## **College of Medicine and Health Free webinar series**

Bangor University's College of Medicine and Health is delighted to invite your students to our upcoming series of free online Taster Sessions - a programme of live lectures designed specifically for students exploring their options ahead of university.

Sessions are available across the following subject areas:

- Sport Science
- Medicine
- Pharmacy
- Pharmacology
- Nursing
- Midwifery
- Biomedical Science
- Medical Science
- Psychology
- Health and Social Care

These sessions offer students the chance to:

- Hear directly from Bangor University's leading researchers and academics
- Get a genuine feel for university-level study in medicine and health
- Ask questions live during dedicated Q&A segments
- Attend from anywhere - no travel required, and no commitment to attend every session

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Registration is completely free, and students can sign up for as many or as few sessions as they like. This is a wonderful opportunity for them to deepen their subject knowledge, build confidence, and make more informed decisions about their future studies.

👉 Reserve your place [here](#).

If you have any questions or would like further information, please don't hesitate to get in touch. [c.halstead@bangor.ac.uk](mailto:c.halstead@bangor.ac.uk)



## The National Youth Orchestra

We're delighted to announce that applications for the Orchestra of 2027 are now open. Teenage musicians across the UK are invited to play their part in the greatest musical adventure of their life.

<https://drive.google.com/file/d/11zI2zEJAO3YcKSPU-7qtS52i4oNU1kAo/view?usp=sharing>

## Free Access To NHS Virtual Work Experience

The Virtual Work Experience Programme is brought to you by Birmingham Universities Hospitals Trust in collaboration with Medic Mentor. It is completely free to partake in, and is open to any student across the UK from 14 years old and above.

Students can apply for a placement for free using these links:

Medicine:

<https://medicmentor.org/university-hospitals-birmingham-trust-virtual-work-experience/>

Dentistry:

<https://dental-mentor.org/university-hospitals-birmingham-trust-virtual-work-experience/>

## Lloyds Banking Easter Virtual Work Experience

Lloyds Bank are offering students the following virtual work experience opportunity. If you take part, please let me know and log it on your Unifrog profile. Any queries, please do not hesitate to contact me, Mrs McInerney [r.mcinerney@lsg.kevibham.org](mailto:r.mcinerney@lsg.kevibham.org)

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Are you ready to take your first step into the world of banking and finance this Easter Break? Whether you're considering apprenticeships, work experience, internships or graduate schemes, this session is your launchpad.

Lloyds Banking Group is a world-renowned commercial, personal, and investment banking management firm and the UK's biggest Bank. LBG has over 30 million customers and around 60,000 employees globally and is a FTSE 100 company. Under the Lloyds Banking Group business, they also own Halifax and Bank of Scotland, as well as other financial institutions such as Scottish Widows.

**What to expect:**

- We'll show you an introduction to LBG
- How to evolve your presentation skills
- Take part in business-related challenges
- Commercial awareness and building essential skills workshops
- Learn about banking, finance, and digital technology
- Learn about a SWOT analysis and putting it into practice

**Event Details:**

**Date:** Monday, 30th March or Tuesday, 7th April - *please choose one session only*

**Time:** 10am - 2pm

**For:** Students at school and University

**Location:** (Zoom link provided upon registration)

**Application Link:**

[https://www.surveymonkey.com/r/LBG\\_VWEX\\_MAR](https://www.surveymonkey.com/r/LBG_VWEX_MAR)



## InvestIN can help with your university applications

With competition at an all time high for top university courses in the UK, students must find ways to strengthen their applications. At InvestIN, we know what universities are

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looking for. Our career-focused summer schools are designed to help students stand out in their applications and boost their chances of success.

Your students could spend this summer earning valuable **UCAS points** and a **Level 3 Award in Work Experience** while gaining real-world industry experience to aid their **UCAS Personal Statement**.

[https://trk.send.investin.org/l/01KXDVZ6328FKRY8535KFKHAY\\_2](https://trk.send.investin.org/l/01KXDVZ6328FKRY8535KFKHAY_2)



## The British Army: explore the new and refreshed BASE website

We're excited to share the newly refreshed **British Army Supporting Education** (BASE) website - redesigned to make it even easier for parents/carers and students to find clear, practical support when exploring Army careers.

Take a look at the new BASE website:

<https://britishar.my/BASEWebsite>

## University Open Days



### [University College Birmingham](#)

Saturday 21 March 2026, open day, Birmingham

21-Mar Open Day

Come along this weekend and discover University College Birmingham with tailored support and a FREE £5,000 for UK full-time undergraduates to help with the cost of living.

- 70+ real-world-ready degrees - many with built-in placements and no exams

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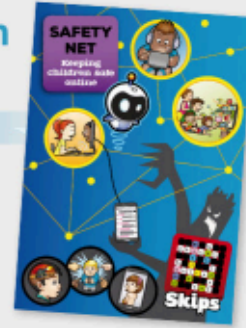
*Together, we thrive and add value to the world*  
**BE READY**  **BE RESPECTFUL**  **BE RESILIENT** 

- 
- £200 million invested in cutting-edge, practical facilities
  - City centre campus located in the heart of Birmingham
  - Award-winning services (regional winner at Whatuni Student Choice Awards 2024)  
– speak to our friendly staff about everything from accommodation and finance to wellbeing support

Come along and chat to current students!

Click here to book your place: <https://crm.student-crm.com/podBUBO/index>

Search <https://www.opendays.com/> for more Open Days.



## When Something Goes Wrong Online — A Simple Action Plan for Parents

### 1. Stay Calm First

If your child tells you something worrying:

- Thank them for telling you
- Avoid blaming or panicking
- Reassure them: "We'll deal with this together."

### 2. Keep the Evidence

- Take screenshots (include usernames and dates)
- Save messages
- Keep profile links

### 3. Use Official Reporting Routes


Grooming or exploitation – CEOP: [www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre)

Illegal images – Internet Watch Foundation: [www.iwf.org.uk/report](http://www.iwf.org.uk/report)

Nude images shared (under 18s) – Report Remove: [www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove](http://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove)

If in immediate danger, call 999.

### 4. If You Feel Overwhelmed - Use Structured Support

You can use free ChatGPT to help structure next steps.  ChatGPT

Free access: <https://chat.openai.com> Example prompts:

- My child received inappropriate messages. What steps should I take in the UK?
- How do I report online grooming?
- What should I say to my child after cyberbullying?

Important: ChatGPT is a support tool and does NOT replace official reporting or police action.

### 5. Ongoing Protection at Home

- Keep regular, calm conversations
- Review privacy settings together
- Monitor gaming contacts
- Encourage early disclosure

Children will make mistakes online, just as they do offline.

Trust and communication protect them more than punishment.



scan the QR code with your phone's camera for Parent Guides on how to help keep your children safe online



**Online safety is when young people know who they can tell if they feel upset by something that has happened online.**

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: [info@skipssed.com](mailto:info@skipssed.com) Tel: +44 121 227 1941

Developed in partnership with



# Skips

[www.skipssafetynet.org](http://www.skipssafetynet.org)

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

# What Parents & Educators Need to Know about ENERGY DRINKS

## WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

### HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine, often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

### INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

### IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

### DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

### LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

### POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

## Advice for Parents & Educators

### LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

### PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

### ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

### SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

### Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washington Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious food catering mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded Tasted, a sensory food education charity.



Source: See full reference list on guide page at [nationalcollege.com/guides/energy-drinks](https://nationalcollege.com/guides/energy-drinks)



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#WakeUpWednesday

The National College

Together, we thrive and add value to the world  
**BE READY** **BE RESPECTFUL** **BE RESILIENT**