



The Word

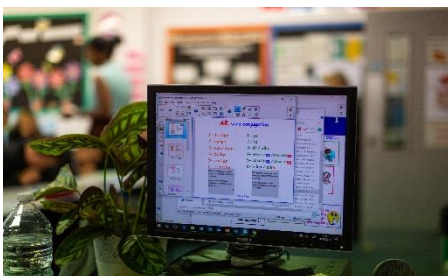
THE BEST FROM EVERYONE, ALL OF THE TIME

8 JANUARY 2021

Headteacher's Roundup

So we come to a snowy end to the first week of our new term, and the first of 2021. Obviously, a new national lockdown was not the start of year that anyone was hoping for, but our Light Hall spirit will prevail. No words can express my pride in our students. Their resilience and positive attitudes are a credit to them all. They have really engaged in their remote learning this week. Well done to all of them and a heartfelt thanks to parents and carers for your unflagging support.

Similarly, I must thank our wonderful staff who have taken all the last minute changes to their teaching in



their stride and have been working very hard to ensure that our remote curriculum is as engaging as possible. We are delighted that from Monday, year 10 will be able to “see” and hear their teachers live in their lessons. This is a facility that we hope to roll out to all year groups as the network and broadband improves.





Thank you so much for all the messages of support we have received. We fully appreciate that not everyone has a spare device “lying around” at home, but we have been overwhelmed by the generosity of community spirit shown, not just by our parents, but also our neighbours, who have been in touch with suggestions of other avenues we can explore in order to obtain devices that can be distributed to those students who need them. We are also looking at other ways that students can access their lessons. I know that Mr Hayfield has been in touch with students about the possibility of using PS4/Xbox platforms.

Finally, we miss having students in school, however, we are here if you need us. Please do not hesitate to contact us via office@lighthall.co.uk.

Please keep safe and well. Best wishes for the weekend.

House Points Totals

The running totals for number of house points so far are:

| | | | |
|---|---|---|---|
|  |  |  |  |
| 13990 | 14312 | 14483 | 14218 |

Word of the Week

DEDUCE

Verb: To form a conclusion using logical reasoning. ‘*She deduced from the fur stuck to his clothes, that he owned a cat.*’ At the memorable birthday party it was *deduced* from the last clue in the treasure hunt that the prize was hidden somewhere in the well-kept sunny garden.

Thought of the Week

Why reflecting on the past is good for the future

New Year

This is often the time of year that people start to think about their goals and dreams for the coming year. New year's resolutions date back almost 4,000 years ago to when the Babylonians used the new year to resolve debts and start each new year afresh. This has led more and more to the modern concept of new year's resolutions. Nowadays, we use resolutions to do or not do something in order to accomplish a personal goal or break a habit we wish to change. The end of the year often is a time to reflect on the past year and consider ways to improve oneself as a new year begins. An important part of this process is taking the time to truly reflect and understand your past year so that you can grow as a person in the upcoming year.



What should you reflect on?

Reflection comes in a lot of forms and sometimes people can get bogged down with the negative, but reflection should be more holistic and focusing both on positive, negative, and areas for growth. Consider these concepts as you are doing your reflection:

- Recognise your accomplishments for what you did well.
- Reflect on the lessons you learned
- Consider new knowledge and skills you acquired
- Acknowledge your mistakes and missteps
- Analyse how you could do better moving forward in areas you didn't do as well
- Reflect on what gave you joy and what you're truly passionate about
- Think about areas you would like to grow

Literacy and Reading

We have been so impressed by the students' efforts and indeed your efforts, as parents', to support our students' learning at the start of this term and this new period of lockdown. Staff here have been working very hard to provide the best resources they can in a short amount of time and offer as 'normal' a lesson as they can.

Unfortunately, however, this period of lockdown brings with it a number of challenges for students, parents and teachers alike. National evidence from the previous lockdown showed this and, in particular, the effect it can have on a students' literacy and reading. We are aware of this here at Light Hall and are working hard to overcome it. We also know that parents and the home learning environment have the

greatest effect on how a child develops language and literacy skills.

To support you and your child, I wanted to let you know about the **Literacy Trust** - <https://literacytrust.org.uk/> and their parent-facing platform, **Words for Life** for children aged up to and including 12 years, <https://wordsforlife.org.uk/>. This site gives developmental milestones, tips, fun resources and advice to help parents support their children's literacy development. For children aged 13 and over, why not have a look at Zone In <https://wordsforlife.org.uk/zone-in/>? Here you'll find the best tips to boost young adults' reading, writing, speaking and listening skills. The Literacy trust also has lots of other great help for parents and

students alike with audiobooks and details of Her Royal Highness The Duchess of Cornwall's new reading platform, The Duchess of Cornwall's Reading Room. Thank you in advance for all your support with something we know makes a massive difference to our students' progress and development. Next week, I will also be in touch again with you to launch a reading challenge and give you a few more ways in which you might support your child's literacy!



Support in Challenging Times

Following the government announcement that England has returned to a full lockdown, many parents will be feeling more stressed and anxious about the additional pressures on family life.

Finding time for ourselves is difficult when dealing with the daily demands of our families, but it is important to take time out to refill our own energy, as well as well as plan activities, that the whole family can enjoy.

Don't underestimate small positive changes, such as a planned daily walk, whatever the weather, and the benefits that this will have on your family's well-being.

Every family is different, but whatever its' make-up, it is important to recognise you are doing the best job that you can at this time - be kind to yourself and your family, and remember we are all in this together.

Good enough

There is no such thing as a perfect parent or family, and by having more realistic hopes and expectations, the good enough parent and family will:

- Allow their children to do things for themselves, encouraging their independence
- Encourage children to make decisions, but know that parents and children can all make mistakes
- Accept and respect our own and our children's feelings – we can all become stressed and frustrated
- Know that to care for our children, we have to take care of ourselves too

Taking care of yourself and your family

It is important to take care of our own needs, doing things for ourselves that will recharge our emotional and mental resources so that we can continue to respond to the demands of being a parent. Try to give yourself a break this week - enlist the help of another adult or older child in the household for a short time so you can:

- Talk to a supportive friend who is able to listen
- Take a break from the challenges, and focus on something that you enjoy
- Listen to music, go on a bike ride, take a bath
- Download a timed meditation on your phone, or just sit quietly & think clearly
- Focus on the positive things in your life each day, no matter how small



For further support and information:

- Solihull Parenting Team offer one to one advice and support, contact us via bsmhft.parenting@nhs.net and like our Facebook page – Solihull Parenting Team
- Happy Mamas – A peer support group for mums to meet & share their experiences – find out more information and contact them on their Facebook page for weekly meetups in Malvern & Brueton Park
- NHS website 'Every Mind Matters' has lots of information and ideas to support good mental health www.nhs.uk/oneyou/every-mind-matters/
- Guidance for Parents/Carers on Supporting Children during Lockdown <https://www.gov.uk/government/publications/>
- Tips for families under pressure <https://familiesunderpressure.maudsleycharity.org/>

UNDERSTANDING YOUR

