



# The Word

THE BEST FROM EVERYONE, ALL OF THE TIME

25<sup>TH</sup> MARCH 2022

## Headteacher's Roundup

Spring has sprung and we have really enjoyed the warm weather this week. The daffodils in the Royal Platinum Eco Garden are definitely shining as brightly as the glorious sunshine! Don't forget the clocks change this weekend – using the old adage – *spring forward, fall back*



We are continuing our standards drive and I am pleased to report that the majority of our students are looking very smart, they are great ambassadors for our school. Thank you for your continued support with helping our young people uphold these standards. The uniform policy

is featured later in the Word as a reminder of what is expected.

Well done to our year 11s sitting their second round of mock exams this week. They have shown much maturity and diligence. This can only serve them well in their actual exams in a few weeks.

Our year 7 were very engaged in the PHSEC lessons, the focus of these being "Healthy me". At the end of the sessions they were asked to share what they had learnt, following some self-reflection.

I would like to give a warm welcome to our two new pastoral managers, Mrs Donaghy in year 9 and Mr Masood in year 11. If you need to contact them, their emails are [ndonaghy@lighthall.co.uk](mailto:ndonaghy@lighthall.co.uk) and [umasood@lighthall.co.uk](mailto:umasood@lighthall.co.uk), respectively.

I also wanted to send a fond farewell to our Chair of Governors, Mrs Baker,

who has retired from the Governing body after many years service. She was tireless in her support of Light Hall and promoting the best possible outcomes for our students. Mrs Perry and Mr Doidge, will now become co-Chairs and I really look forward to working with them. They both previously supported Mrs Baker, as vice-Chairs.

Finally, I had the best end to the week by getting to meet all of the students nominated for the Golden book for their outstanding community service, in organising our fantastic charity events. We raised £280 for Comic Relief. Congratulations to Megan P, Pippa E, Jessie M, William C, Isaac D, Joe B, Rubi B, Aimee H, Avneet B, Daniella M, Gabriel W, Edie H, Matthew F, Jude M.

Wishing you a peaceful weekend.

*Annette Kambin*

## Diary Reminders

### All Years:

Tuesday 29<sup>th</sup> March – COVID catch up boosters  
Thursday 31<sup>st</sup> March – Parents Information Evening – Years 7-10  
11<sup>th</sup> April – 22<sup>nd</sup> April – Easter Holidays

### Year 7:

### Year 8:

Wednesday 30<sup>th</sup> March – Year 8 PSHEC Day  
Thursday 31<sup>st</sup> March – Year 8 Football (H) v Langley  
Friday 1<sup>st</sup> April – Year 8 reports to parents  
Thursday 7<sup>th</sup> April – Year 8 parents' evening

### Year 9:

Wednesday 30<sup>th</sup> March – Year 9 football (H) v Alderbrook – 3pm – 5.30pm  
Thursday 31<sup>st</sup> March – Year 9 football (A) v Lode Heath – 3pm – 5.45pm  
Monday 4<sup>th</sup> – Tuesday 5<sup>th</sup> April – Year 9 Booster Vaccinations  
Wednesday 6<sup>th</sup> April – Year 9 Football (H) v Heart of England – 3.30pm – 5.00pm

### Year 10:

Monday 28<sup>th</sup> March – Year 10 PSHEC Day

### Year 11:

Thursday 7<sup>th</sup> April – Year 11 PSHEC Day  
Friday 8<sup>th</sup> April – Year 11 interim reports to parents

## Word of the Week

### TRIGGER

Verb: To cause (something) to happen.

Some people find that certain foods trigger their headaches.

Noun: A movable part by which a mechanism is activated.  
She pressed the **trigger** on the spray gun to start painting her garden fences.

## Year 8 Parents' Evening

The booking system for Year 8 Parents' Evening on 7th April is open. There has been a change for Ms Wyatt's Drama students – they can meet with her via video call on Friday 1<sup>st</sup> April instead.

## House Points Totals

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

			
36139	33388	35609	36320

## Thought of the week

### How can we beat stress?

#### Stress Awareness Month – April

Stress Awareness Month has been held every April since 1992 to increase public awareness about both the causes and cures for our modern stress epidemic. Statistics from 2019 show that 74% of adults in the UK have felt so stressed that they felt overwhelmed or unable to cope (Mental Health Foundation). The last year has been especially difficult, particularly for healthcare staff dealing with the brutal realities of the COVID-19 pandemic, so it's even more important that we're looking after ourselves and one another.

Stress is one of our greatest public health challenges, but it still isn't taken seriously compared to physical illness. Stress is a significant factor in mental health problems like anxiety and depression, and is also linked to physical problems such as heart disease, insomnia, digestive issues, and problems with our immune system. The month of April is our opportunity to help break the stigma around stress: talk about stress and its effects with



your friends and colleagues, and show compassion to those who are feeling anxious. Most importantly, look after yourself - the last year has been an extremely difficult time for us all, so take time out of your day to relax and ensure you have space to breathe.

#### What could you do for Stress Awareness Month?

Talk about Stress and its effects – lets work together to reduce the stigma that is associated with stress by talking about the topic openly and freely with friends, family and colleagues.

Share your coping mechanisms – if something has worked for you why not share it. It might benefit someone you care about and in the meantime, it might help you take your focus off your own challenges.

Be nice to those who are stressed and anxious – we are all undoubtedly going to experience stress and anxiety in our lifetime so treat others going through it with compassion and empathy.

Look after yourself – we all need to think more about self-care. Take time out of your day to relax or do something that you enjoy. Don't forget to exercise and eat well, even when you feel too stressed.

## U15 Basketball Team

On Friday the 18<sup>th</sup> March, our U15 Basketball team competed in the county 3 x 3 Basketball Finals. They were representing Solihull South having won the regional group stage and they finished in 5<sup>th</sup> position it what was a high standard competition.

Well done to Aida F, Connor Mc, Olly P, Mckia M, Muhammed G, Jamie B and Christian J.



## Cross Country

A massive well done to James R, George N, Phoebe T, Harveen S, Lee E, Reece S, Luca S, Sid T, Gabriel W and Dylan T for participating in the Cross Country race last week in the torrential rain!

## Parental information evening (Yr7-10 students) – Assessment

The sessions on Thursday 31<sup>st</sup> March will be recorded for any parent(s) who are unable to attend the evening.

The information evening will explore the following areas, with the intention of improving the support parents can provide children in preparation for the end of year assessments (EOYA).

- 'What to expect' with the end of year assessments and their importance – Mr Hayfield
- 'How best to prepare your child for the end of year assessments' – Mr Hayfield
- Time management skills, how best to motivate children to perform and how to use technology effectively – ELEVATE (external provider)

If you require any further details please use the contact below.

Mr Hayfield – [nhayfield@lighthall.co.uk](mailto:nhayfield@lighthall.co.uk)

### Woodlands Infant School

Ten students went to help out with Athletics at Woodlands Infant School. They took on the roles of leaders, setting up, demonstrating the javelin, discus, sprinting, hurdles, long jump, shot put and javelin as well as encouraging and motivating year 1 and 2 students and recording their efforts.

All represented the school and they were praised for how they conducted themselves. The staff members from the school commented "they are lovely lads and a credit to school". Well done to Liam H, William H, Finlay I, Sam M, Isaac D, Joe B, Archie H, Noah H, Ryan H and Jude C.





## Solihull Schools FA Easter Fun Camp 2022

We are really pleased to provide the opportunity for your child to attend the SSFA's first Easter Fun Camp in association with Solihull Academy FC.

The camp will consist of 4 days of fun filled multi sports action at a central Solihull location on a BRAND NEW 4G Pitch.

Ran by our SSFA Chairmen Joe Jones and Tom Wainman, who are both experienced Secondary School PE teachers currently working in the Solihull Borough.

The sessions will run from 9am - 3.30pm, with the opportunity of an early start and late finish.

Daily costs from £20 per day for a full day of FUN!

Please visit

<https://www.solihullschoolsfa.co.uk/contact-8>

To register your interest today!

**\*\*Limited Spaces Available\*\***



## School Uniform

As the weather gets warmer I would be very grateful if parents of students who choose to wear the school skirt could ensure that they wear it at the appropriate length, with the school logo at knee length. For our female students who choose to wear trousers, please be aware that these, too, should be worn with dignity, not too short or too tight. Capri pants, leggings or garments that look like leggings are not allowed. Thank you for your help with this.

### UNIFORM POLICY



High Expectations and Aspirations

# Uniform Policy

THE BEST FROM EVERYONE, ALL OF THE TIME

SEPTEMBER 21- JULY 22

Our uniform bears our logo, which represents our core values. Our uniform should be worn with pride. Students are expected to adhere to the uniform rules and present themselves smartly every day as they would in the world of work.

#### SHOES

We do appreciate that shoes can be an expensive item for parents to buy and we are therefore keen to ensure the correct version is purchased. Your child may tell you differently. Trainer type shoes are not permitted, nor are canvas pumps, trainers or mules. There should be no added "bling" in the form of glittery stones and studs. Shoes should be flat or with a minimal heel, sensible plain style. Black, clean and polished.

Below are examples of shoes the school deems unacceptable.



#### JEWELLERY & PIERCINGS

A watch for telling the time and one small plain metal stud in each pierced ear lobe are permitted. These must be removed for safety reasons during PE lessons.

No large earrings, glass studs or stretchers.

Only one plain stud per ear lobe is permitted for pupils with pierced ears. No other body piercings are allowed, or piercings covered with plasters.

If your child is going to have their ears pierced please ensure this takes place at the beginning of the six week holiday so that pupils are able to remove earrings if requested without still undergoing the "settling in" period.

#### MAKE-UP, NAIL VARNISH & FALSE EYE LASHES

Make-up is inappropriate with school uniform and should not be worn.

No nail varnish or false nails to be worn.

False eyes lashes are unacceptable due to Health & Safety concerns.

#### HAIRCUTS & ACCESSORIES

Conventional hairstyle/colour. No coloured hair/stripes shaved in. Hair not be shorter than a 'No. 2' cut. Hair accessories must be functional, small and black.



## LIGHT HALL UNIFORM (BOYS & GIRLS)

- Black Blazer with Badge
- Black Trousers (conventional width – no tight fitting trousers)
- Black Pleated School Skirt (supplied by either Early Years, Clive Mark or Concept school wear) with pre-embroidered tree on the hemline. The hemline must be on the knee
- Black Straight Skirt supplied by either Early Years, Clive Mark or Concept school wear) with pre-embroidered tree on the hemline or alternatively a black straight skirt can be purchased from a high street store and a badge purchased from school to be sewn onto the hemline (front left). This hemline must be on the knee. The skirt fabric must not be stretch, tube, knitted, leather or faux leather
- Black Socks/Tights. We recommend that tights are worn with skirts.
- White Collared Shirt
- School House Tie – Clip-on
- Black formal shoes (no pumps or trainer style)
- Plain black V neck sweater (to ensure that tie can be seen). No hoodies, sweatshirts or logos.
- Appropriate outdoor coat (no denim, no logos, no hoodies, no sportswear, no leather)
- Headscarves to be plain black only

## SPORTSWEAR (BOYS & GIRLS)

- Light Hall Polo Shirt with Light Hall Badge
- Black Shorts with Light Hall Badge or Light Hall Skort
- Universal Sports Top with Light Hall Badge
- Shin Pads
- Black Football Socks
- Trainers
- Gum Shield (advisable for hockey and rugby)
- Football Boots (required for football or rugby)

## OPTIONAL

School Base Layer – black

School Track Suit bottoms - from approved supplier with logo. *(During the Covid crisis, on the days they have PE, students may wear plain black track suit bottoms. No leggings or coloured track suit bottoms.)*

*All students uniform should be clearly named.*

*All students should have an appropriate school bag, suitable to carry a day's books and their pencil case.*

## Ukraine Collection

Thank you to everyone that brought in donations for the Ukraine collection.



Blankets - 42  
Sleeping Bags - 6  
Nappies - 33 packs  
Toiletries - 236  
Sanitary Pads - 270 packs  
Medical Supplies - 54  
Duvets - 5  
Food - 195 items  
Gloves - 4 pairs  
Hair Brushes - 4  
Baby Bottles - 15  
Powdered Milk - 12 tubs  
Torches and batteries - 6  
Back Packs - 7

Thank you!