



# Birchwood

Community High School

Birchwood Community High School  
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Date: 17<sup>th</sup> of November 2025

Dear Parents and Carers,

Last week was another busy and productive week in school, and with the weather turning much colder, we are grateful for everyone's continued enthusiasm and resilience.

All students attended an assembly focused on Children in Need, learning about the purpose of the charity and how their support can make a difference. On Wednesday, the House competition was a skipping challenge, and it was fantastic to see so many students getting involved with great energy and team spirit.

On Thursday evening, we were delighted to welcome back last year's **Year 11** cohort for our Awards Evening. With around 250 people in attendance, it was a wonderful celebration of the students' achievements and a lovely opportunity to reconnect with families.

A reminder that **Year 11** Parents' Evening (Thursday 4th December) appointment bookings go live on Arbor at 7pm on Monday 24th December.

This will be our first time using Arbor for appointment bookings, so please ensure you have access via the Arbor Parent Portal app or through a desktop login. A helpful guide is also attached. Parents of **Year 11** students will also need Arbor access this week, as Mock Results and Forecast Grades will be uploaded on Wednesday evening following their release to students that afternoon.

Attendance continues to be a key focus for us. We are particularly mindful of **Years 10 and 11**, where overall attendance has dipped below 90%. In contrast, our younger year groups remain strong, with **Year 7** maintaining excellent attendance at over 95%. Thank you for your continued support in helping students attend school regularly—it makes a significant difference to their learning and progress.

On Tuesday, we held an information session about the curiosity project. It was great to see parents coming together and sharing some of the challenges we face regulating our teenage children whether they are neurotypical or neurodiverse. The Compass Session workshops begin this week so here is a reminder if you would like to come along. It would be great to see you there!



## What are Compass Sessions?

These sessions are designed to equip you with the **knowledge, understanding and practical skills** to co-regulate with your child and strengthen the connection you already have. They are:

- **Delivered by qualified therapists**
- **Free from PowerPoint and psychobabble**
- **Accessible and relevant to every parent**
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Over the four weeks, we'll explore:

- How relationships shape a brain
- The role of the nervous system
- How the sensory system influences behaviour
- How to connect and co-regulate

### Session Details:

- **Dates:** Tuesdays — 25th November, 2nd December, 9th December, 16th December
- **Time:** 4.30pm – 6.00pm
- **Location:** Birchwood Community High School

Wishing you all a lovely week.

Best wishes and take care,

*Emma Mills*

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