



## Dear Parents/Guardians

We have had a great first week back in school and yet again I am extremely impressed by the maturity and sensible manner our young people are demonstrating in these most challenging of times.

We fully appreciate how unsettling these times can be and thought it would be useful to share again the 'This won't be forever' poster with you. There are some really useful messages included in the poster and it felt timely to remind ourselves of these. I also love the action calendar: New Ways November 2020 and again this includes some nice activities we can all try, to support our emotional well-being and mental health. I hope all our pupils feel they have someone they can talk to in school about any worries or concerns they may have during these challenging times. If you have any concerns please do not hesitate to contact your child's Progress Leader, Mrs McGing or Ms Shiels, Home Liaison Officers, who are here to support all our pupils.

This week we have had a real focus on learning how we learn, with sessions for all pupils in SMSC lessons and form time. We hope pupils have found this beneficial and it would be great if they could explain to you what they have learnt about learning!

In the coming days your child will bring home a data capture sheet which includes all the information we need to have on our system for your child. Could you check these and make any amendments needed and return to school as a matter of urgency. More so than ever it is crucial we have correct details for you and your child.

Since returning after half term we have seen a massive improvement in our pupils remembering to bring a mask to school and wear it. As I have said previously wearing a face covering is mandatory in school and we ask for everyone's support in keeping our school community safe.

**Mrs Amanda Ryan, Principal**

**Year 11 Revision**  
Hillside High School  
P6 3pm start:  
Monday Maths  
Tuesday Science  
Wednesday English  
Friday History / Geography / Spanish

**Saturday & Holiday School**  
Year 11, Subject teachers will be running Saturday and Holiday school over the coming months as additional support for your GCSEs.  
10am – 1pm  
Keep an eye on our social media for reminders.





## Learning About Learning



This week we have been focusing on understanding what we mean by learning and how it happens; looking closely at the brain and how it works.

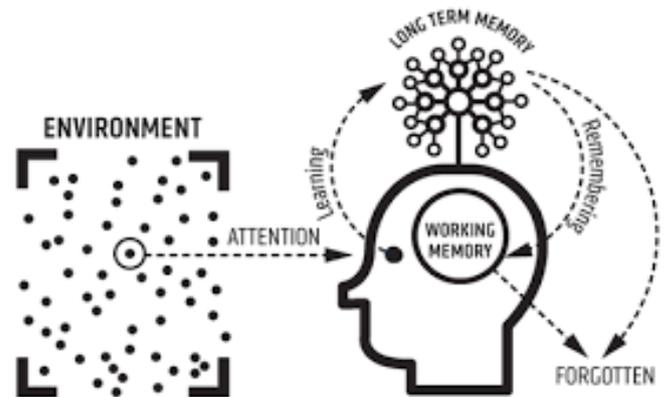
Our key focus in school, is that all staff and pupils are learners, as human beings, learning is one of our primary activities. We start learning at birth (there is even some science that suggests possibly before) and we are still learning right through adulthood. But do we actually know what learning is and how it happens? And if we don't can we be good learners?

Our favourite definition of learning is that learning is an 'Alteration in long term memory' (Sweller, Ayres, Kalyuga 2011).

In this diagram you can see how **attention** plays an important part to start the learning process, much of what we see and hear doesn't enter our working memory unless we specifically pay attention to it. Once we are focused, and do pay attention, information can enter the working memory. However, this gets full very quickly and we lose or forget information unless we **process** it and move it to our long-term memory. This is where activities that involve 'practise' become important. Sadly, it doesn't end there, even if you have paid attention and practiced something well enough for it go enter you long term memory unless you keep **recalling** that information, that too can be lost.

To summarise, if we want to learn something effectively and be able to keep it forever the following are crucial:

- Paying sole attention to what it is you want to learn.
- Processing that information through practise.
- Regular recall of the information.



At Hillside we have our Hillside Core 5 Principles, they underpin all the planning of lessons. These principles link to the science of learning and help to support effective learning, or the formation of long-term secure memories. These principles can be found in every classroom to remind pupils of how to be a good learner.

This week pupils have revisited each of the principles and engaged in a discussion everyday about learning with their form tutors and teachers. There has been much evidence that suggests learning has a positive effect on our mental health. Our primary focus at Hillside is learning and we will continue to support pupils and staff in developing quality learning skills and celebrate learning.

What have you learnt today?

**Hillside High School**  
*Wade Deacon Trust*

At Hillside, my teachers help me to learn by:

Giving effective feedback.

Using regular retrieval.

Explaining what I am learning and making links to what I have already learnt.

Providing a word rich environment.

Regularly checking my understanding and giving me extra help when I need it.

**EXCELLENCE**

in the Heart of the Community

**Mrs Wardale**





## Times Tables Rockstars

A massive well done to our TT Rockstars this week, they are:

### Year 7:

*Tom Donlevy 7TG, Arthika Sivanathan 7THE  
and Emily Berry 7SMC*

### Year 8:

*Ryan Jenkinson 8RLC, Jessica Harrington 8NW  
and Nathan Oyobagie 8NW*



Miss Christian

## SMSC (Spiritual, Moral, Social & Cultural) Corner

### Theme:

Remembrance Day/Anti Bullying Week

### SMSC Focus:

Cultural

### This week's assembly:

Drama performance

### Thought for the Week:

*"The living owe it to those  
who no longer can speak to  
tell their story for them."*

**Miss Brown**

## What are we reading...

Alongside our focus on learning about learning, all staff at Hillside have been learning about teaching and developing reading within their subject areas.

This week, staff had training in what makes young people become strong and confident readers. We also learnt about the different reading styles and approaches needed for each subject area.

In the coming weeks, pupils will be taught the different reading approaches needed for, for example, "reading like a scientist", "reading like a geographer" and "reading like an historian".

Pupils who are strong readers can usually demonstrate the following strengths:

- skimming
- scanning
- re-reading
- reading slowly so information can be processed
- asking questions
- summarizing

When your child is reading at home, it's a great idea to encourage them to think about the above skills. The more pupils are aware of these skills, the stronger they will be in their own reading skills.

**Mrs Hinde**



## Action for Happiness

In this week's article we would like to share Action for Happiness' calendar for November which gives daily thoughts and suggestions to find new and creative ways to keep learning and overcoming frustrations. This is such an uncertain and testing time for us all and we think that some of the thoughts shared here are ideal for supporting our emotional well being and offer a welcome distraction from the current situation.

Mrs Cross



# ACTION CALENDAR: NEW WAYS NOVEMBER 2020



### SUNDAY

1 Make a list of new things you want to do this month

8 Find out something new about someone you care about

15 Go outside and do something playful - walk, run, explore, relax

22 Find a new way to tell someone you appreciate them

29 Discover your artistic side. Design your own Christmas cards!

### MONDAY

2 Respond to a difficult situation in a different way

9 Plan a new activity or idea you want to try out this week

16 Look at life through someone else's eyes and see their perspective

23 Set aside a regular time to pursue an activity you love

30 Look for reasons to be hopeful, even in difficult times

### TUESDAY

3 Get outside and observe the changes in nature around you

10 When you feel you can't do something, add the word "yet"

17 Try a new way to practice self-care and be kind to yourself

24 Share with a friend something helpful you learned recently

### WEDNESDAY

4 Sign up to join a new course, activity or online community

11 Be curious. Learn about a new topic or an inspiring idea

18 Connect with someone from a different generation

25 Use one of your strengths in a new or creative way

### THURSDAY

5 Change your normal routine today and notice how you feel

12 Overcome a frustration by trying out a new approach

19 Broaden your perspective: read a different paper, magazine or site

26 Tune in to a different radio station or TV channel

### FRIDAY

6 Give yourself a boost. Try a new way of being physically active

13 Choose a different route and see what you notice on the way

20 Make a meal using a recipe or ingredient you've not tried before

27 Enjoy new music today. Play, sing, dance or listen

### SATURDAY

7 Be creative. Cook, draw, write, paint, make or inspire

14 Find a new way to help or support a cause you care about

21 Learn a new skill from a friend or share one of yours with them

28 Join a friend doing their hobby and find out why they love it



"You never know what you can do until you try" ~ C. S. Lewis



ACTION FOR HAPPINESS



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

Learn more about this month's theme at [www.actionforhappiness.org/new-ways-november](http://www.actionforhappiness.org/new-ways-november)

Keep Calm · Stay Wise · Be Kind