



Dear Parents/Guardians

I hope you enjoy this week's newsletter which includes lots of photos of World Kindness Day. Last Friday we were delighted to celebrate the kindness of our pupils by presenting some pupils with a kindness bookmark and box of chocolates. The winners were nominated by their Form Tutors for showing kindness to their class mates and friends since the start of the academic year. I know Form Tutors found it hard to pick, as so many of our pupils exemplify kindness in all that they do. I'm sure as parents you agree, kindness is one of the most important characteristics we want from our children.

Reminder to all Year 11 pupils...Period 6 lessons are running every night (except Thursday) and Saturday School, which is focused on English is running this Saturday. We expect all pupils to attend and take advantage of these additional sessions. I have particularly enjoyed rewarding the Year 11s with a postcard each week recognising their attendance at these sessions. Keep up the hard work and good attendance at these sessions Year 11.

Well done the pupils listed below who have passed their ABRSM music exams. I'm super proud of you. I can't wait to see what you can achieve next, now your music lessons are up and running again.

Mrs Amanda Ryan, Principal



Parent View gives you the chance to tell us what you think about Hillside High School.

Leave your feedback at www.parentview.co.uk

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.

ABRSM Music Exams

Earlier this year, just before the first lockdown, several people passed ABRSM music exams. The pandemic delayed the results but here they are at last:

Owen Davies, Jazz Trumpet grade 2

Kelly Leung, Jazz Clarinet grade 5 and Piano grade 3

Ella Liang, Clarinet grade 1

Charlotte Little, Clarinet grade 1

Beth Scott, Flute grade 6

Joseph Zhang, Piano grade 3

Well done everyone!

Mr Harrison



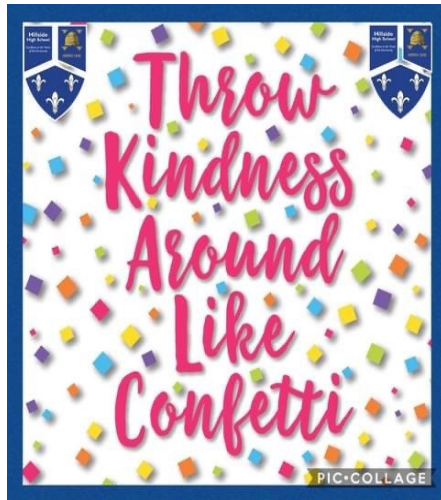


World Kindness Day 2020

On Friday 13th November we celebrated World Kindness Day. At Hillside we usually like to mark this occasion with our Kindness Afternoon Tea however due to the current times we are in we were unable to celebrate in our usual way. This did not stop us though! This year to celebrate all Form Tutors nominated pupils from their form groups who they felt showed kindness to others. This was a really difficult decision with staff changing their minds several times before the winners were announced!

During registration on Friday Mrs Ryan and the Progress Leaders visited form groups to present prizes to the Kindness Day winners. This was a great opportunity to celebrate and recognise the respectful and kind pupils we have at Hillside. We are so proud of our pupils as we have so many who show kindness and are respectful each and every day. A huge congratulations to all of our worthy winners, keep it up guys! Remember kindness is free and a small random act of kindness can change a person's entire day.

Miss Roby





Times Tables Rockstars

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

Year 7:

*Rositsa Staneva 7SR, Callum Slater 7SMC
and Grace Coffey 7SR*

Year 8:

*Jessica Harrington 8NW, Lacey-Leigh Patterson 8SDo
and Yonatan Asmeron 8DT*



Miss Christian

SMSC (Spiritual, Moral, Social & Cultural) Corner

Theme:

Apprenticeship Week

SMSC Focus:

Social

This week's assembly:

Sharing information about apprenticeships with pupils.

Thought for the Week:

"Apprenticeships: Opening doors to better futures."

Mr Haygarth

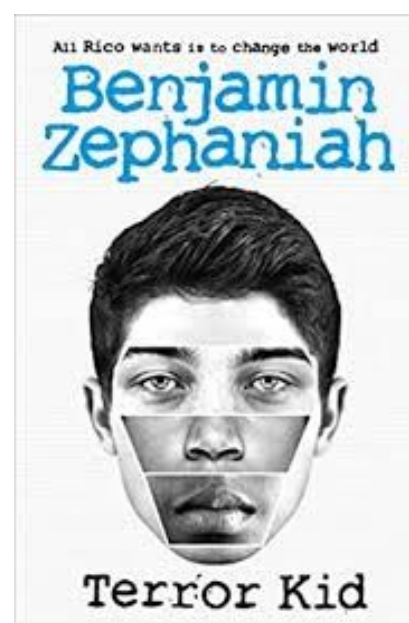
What are we reading...

This week it's over to 9SAC who are reading "Terror Kid" by the wonderful Benjamin Zephaniah.

The popular teen novel tells the story of Rico Frederico - a British boy with Romany roots, living in Birmingham. Subject to a range of stereotypes, and experiencing discrimination in his life - including being unfairly arrested, Rico ends up using his phenomenal talents with computers to take on the world. As the book says: "Rico knows what trouble is", yet Rico doesn't do anything wrong.

We'd recommend this thrilling page-turner to anyone aged 11 and over. Benjamin Obadiah Iqbal Zephaniah is a British writer, dub poet and Rastafarian. For pupils who enjoyed Terror Kid, we'd also highly recommend Pig Heart Boy, Refugee Boy, Face and Teacher's Dead. Pupils should let their English teacher know if they'd like to borrow a copy of any of his books and we can add them to our mobile library.

Mrs Hinde





Anti-Bullying Week

This week is National Anti-Bullying Week and we have marked the occasion by holding an information stall for pupils in the old gym at lunchtime, giving all of our Year 7 an Anti Bullying ribbon and holding a guess the teacher competition - winners to be announced next week! Our assembly this week had some strong messages about Anti Bullying and here at Hillside we believe that we should keep the message of Anti Bullying at the front of our thinking every single day. Our Hillside Way reminds pupils to show 'kindness to others' and we are so proud to have a school community with so many kind and caring pupils who look out for each other. We would like to remind all pupils and parents/guardians that if you ever feel somebody in the school community could be experiencing any form of bullying then you should contact a member of staff to discuss these concerns.

The information below talks about the difference between 'banter' and 'bullying' and we hope that pupil and parents/guardians find this a useful read.

Friendships and 'frenemies'

Sometimes people who claim to be your friends can show bullying behaviour. In pop culture, that's called a 'frenemy' or 'frenemies'.

- They might say "brutally honest" things to you which are unkind or hurtful
- Put pressure on you to do things you don't want to do
- Be manipulative (e.g. 'If you were my friend you would...')
- Put you down
- Laugh at you, or encourage others to laugh at you
- Talk about you behind your back
- Deliberately exclude you from group chat and activities
- Take the "banter" too far
- Share things about you online
- Make you feel bad about yourself



Banter vs bullying

Banter between friends can be fun, and when everyone's in on the joke and enjoying themselves, it's an important form of communication that bonds people together. However it can shift into bullying when someone is upset, hurt or offended, and the other person refuses to stop. For example, if someone keeps teasing you about something over and over again, even if they can see you're no longer finding it funny, it's shifting into bullying behaviour.

Another form of banter that can shift into bullying behaviour (and sometimes prejudicial behaviour and harassment) is when friends pick on a physical trait or a characteristic of someone in the group and repeatedly use this as a focus of jokes or comments (e.g. someone's weight, skin colour, ethnic background, religion, sexuality, gender). You may feel under pressure to laugh, but it's still a form of bullying.

What to do if you have a frenemy

If you think you might have a frenemy or your friends have been overstepping the mark, here's what to do.

- Remember: the problem isn't you.
- Hold on to that thought. Their behaviour might make you feel bad, but they need to change, not you.
- Talk to them about how their behaviour makes you feel.

Explain calmly and without accusation. Be specific, for example "I feel upset that you kicked me out of the group chat" or "I hate you saying that about my hair." Tell them what you'd like to happen - for example, setting a boundary such as certain topics being off-limits.

If you need any support it is important that you speak to your Progress Leader or myself.