



Half term—week beginning Monday 15th February 2021

Schools will close as usual over February half-term and are not expected to remain open to vulnerable children and the children of key workers during that week. There will be no online remote learning.

Dear Parents/Guardians

I hope everyone is keeping safe and well in these most challenging of times. This has been a busy week for pupils in school and those working remotely. On Wednesday we stopped to reflect on Holocaust Memorial Day. All pupils were sent an extremely poignant assembly to watch and the display in the foyer provided a fitting tribute. The books which feature in the display are my signed copies from events I attended in 2000 when I was privileged to meet survivors of the Holocaust, an experience I will never forget.

As we turn our attention to next week I am delighted to enclose information about Children’s Mental Health Week. As you will see we are going to do something each day to support our mental health. Please encourage your child to join in and we would love to see what they are doing on Social Media. Supporting our children and our own mental health is always important, but never more so than now. The current circumstances we are living through are challenging for us all and that’s why we need to seize this opportunity to make it a top priority.

Mrs Amanda Ryan, Principal



Mrs Cross

Professional Development

At Hillside, we are all learning, all of the time. Mrs Cross and Mr Smedley continued their learning and professional development with a course in behaviour management. The course consisted of online learning modules and attending a virtual training session.

Mrs Ryan



Mr Smedley

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Children's Mental Health Week

Children's Mental Health Week is taking place on 1-7 February 2021. This year's theme is 'Express Yourself' and we are encouraging everyone to explore the different ways that we can express ourselves, and the creative ways we can share our feelings, thoughts and ideas.

With the amount of uncertainty in people's lives, the mental health of children and young people has never been more important. There are lots of resources and links on our website and we will be exploring a different theme related to well-being each day throughout the week. We will invite all pupils, those working at home and those working remotely, to get involved.

- On Wellbeing Wednesday P4 & 5, all pupils will be set screen-free activities to complete by their class teachers linked to improving wellbeing.
- Each day, during P1, pupils will take part in an assembly with a member of the school's Leadership Team focusing on one of the areas below.
- On Funday Friday we would love all pupils (those at home including working remotely) to get involved by wearing something that makes them happy!
- We would love to see your selfies, especially on Well-being Wednesday to see how pupils are getting involved. Keep an eye out over social media next week so see what else we have planned!



Wellbeing Days Beginning Monday 1st February

- **Move Monday** - For many, it's going to be harder to get outside and move around, but we still need to keep active. When we move our bodies, it has a positive effect on how our brain works, as the brain starts releasing chemicals that make us feel good
- **Take Care Tuesday** - Are you taking care of yourself? What could you do to make your self-care routine even better? Think about what makes you really happy and spend some time taking care of yourselves today.
- **Wellbeing Wednesday** - We all need a bit of screen time so Wednesday afternoon is dedicated to wellbeing, non-screen time activities.
- **Thoughtful Thursday** - How do you feel about yourself? Are you kind when you are thinking about yourself? Unhelpful thoughts lead to unhelpful feelings and actions.
- **Funday Friday** - Get dressed up and wear something fun and bright on Friday. Studies suggest that yellow, pink and red have an uplifting, energising effect on our mood, while blue makes us feel calmer.

almost everything will work again
if you unplug it for a few minutes.

including you.

Mrs Jones



Times Tables Rockstars

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

Year 7:

*Harry O'Leary 7RS, Holly Boughey 7TG
and Patrick Nagle 7THE*

Year 8:

*Alfie Dawson 8DT, Ella Buckle 8DT
and Ryan Price 8SDo*



Miss Christian

The School Day

Time	Event
9.00am – 10.00am	Lesson 1
10.00am – 10.15am	Break
10.15am – 11.15am	Lesson 2
11.15am – 12.15pm	Lesson 3
12.15pm – 12.45pm	Lunch
12.45pm – 1.45pm	Lesson 4
1.45pm – 2.00pm	Afternoon Break
2.00pm – 3.00pm	Lesson 5

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

Leave your feedback at www.parentview.co.uk





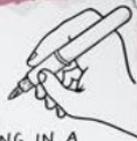
HOW TO MAINTAIN GOOD MENTAL WELLBEING DURING ISOLATION

WELLBEING IS ABOUT BEING ABLE TO EXPERIENCE GOOD HEALTH, HAPPINESS AND HIGH LIFE SATISFACTION, INCLUDING MANAGING YOUR STRESS. IT'S NOT ALWAYS EASY TO FIND THE RIGHT STRATEGIES TO ESTABLISH AND MAINTAIN YOUR WELLBEING. OFTEN THE MOST SUCCESSFUL METHODS ARE UNIQUE TO YOU AND ONES THAT CAN BE CONSISTENTLY APPLIED LIKE FOR INSTANCE, EVERY WEEK.

TOP TIPS FOR ALL

MINDSET & THOUGHTS

SOMETIMES, WE CAN ONLY SEE THE PROBLEMS AND CHALLENGES. TRY TO TAKE A FEW MOMENTS EVERY DAY TO REFLECT, PERHAPS THROUGH WRITING IN A JOURNAL OR SPENDING FIVE MINUTES IN THE MORNING TO NOTICE SOMETHING WE CAN BE THANKFUL FOR AND FEEL POSITIVE ABOUT.



KEEP PHYSICALLY ACTIVE

STUDIES SHOW THAT THERE IS APPROXIMATELY A 20-30% LOWER RISK OF DEPRESSION FOR ADULTS PARTICIPATING IN DAILY PHYSICAL ACTIVITY. TRY TO GO FOR A WALK DURING THE WEEK OR JOIN A CLASS OR LOCAL COMMUNITY GROUP. MANY PEOPLE FIND THAT JUST THE CONNECTION WITH THE OUTDOORS HELPS TO 'RESET' THEIR MIND AND WELLBEING FOR THE DAY.



POSITIVE THOUGHTS

WHEN YOUR THOUGHTS ARE OVERWHELMINGLY NEGATIVE, WE CAN FIND IT HARD TO FIND HEADSPACE TO THINK POSITIVELY. TRY THIS... IMAGINE YOU ARE SAT ON TOP OF A HILL AND YOU ARE LOOKING DOWN AT A TRAIN TRACK BELOW WHERE TRAINS ARE COMING AND GOING. NOW IMAGINE THE TRAINS ARE YOUR THOUGHTS. WATCH THEM COME AND GO, BUT DON'T GET ON THE TRAIN. JUST WATCH THE THOUGHTS COME AND GO IN YOUR MIND WITHOUT ACTUALLY FOLLOWING THE NEGATIVE ONES DOWN AN UNHELPFUL/NEGATIVE TRACK JUST WATCH IT PASS!



GOOD QUALITY SLEEP ZZZZZ

IF YOUR MIND FEELS FULL UP OR YOUR EMOTIONS ARE OVERWHELMING, YOU WILL FIND IT HARD TO ENJOY A GOOD NIGHT'S SLEEP. THERE ARE LOTS OF FREE MEDITATION AND SOOTHING SOUND VIDEOS ON YOUTUBE (WAVES, RAIN, CALMING MUSIC). OR FIND A PODCAST WHICH IS FUNNY OR HUMOROUS. WRITE YOUR THOUGHTS DOWN ON A PAD OR CREATE A 'TO DO' LIST. THEN PUT THE PAD OUT OF SIGHT UNTIL THE MORNING. DEEP BREATHING FOR AT LEAST 3 MINUTES CAN ALSO HELP. IN SLOWLY THROUGH YOUR NOSE AND OUT SLOWLY THROUGH YOUR MOUTH.

EAT WELL



A 2014 STUDY FOUND HIGH LEVELS OF WELLBEING WERE REPORTED BY INDIVIDUALS WHO ATE MORE FRUIT AND VEGETABLES. THE KEY TO BALANCING EATING WELL WITH BUSY FAMILY LIFE IS TO PLAN AHEAD. IF YOU CAN PLAN WEEKDAY MEALS AND BUY THE INGREDIENTS AHEAD OF TIME THIS REDUCES THE NUMBER OF 'LAST MINUTE' UNHEALTHY MEALS.

ACCEPTING HELP



WE MUST BE ABLE TO LEAN ON OTHERS WHEN NECESSARY. IT IS UNREASONABLE FOR US TO ASSUME WE WILL NEVER NEED HELP THROUGHOUT OUR LIFE. THIS MEANS ACCEPTING HELP WHICH MAY BE VOLUNTEERED OR ASKING WHEN THE NEED ARISES. THE HELP COULD BE THROUGH A FRIEND, RELATIVE OR SERVICE YOU TRUST, INCLUDING NATIONAL HELPLINES.

DOING GOOD DOES YOU GOOD

THERE IS A STRONG RELATIONSHIP BETWEEN WELLBEING AND COMPASSION. DOING GOOD CAN HELP LOWER STRESS LEVELS AND IMPROVE YOUR WELLBEING AND MENTAL HEALTH. HOWEVER, THIS CAN ALSO WORK THE OTHER WAY AND YOU SHOULD ALWAYS ENSURE THAT YOU ARE NOT HELPING OTHERS AT THE COST OF YOUR OWN WELLBEING.



STAYING CONNECTED

HIGHER RATES OF MENTAL HEALTH PROBLEMS, SUCH AS DEPRESSION AND ANXIETY, ARE ASSOCIATED WITH LONELINESS AND SOCIAL ISOLATION. OFTEN SOCIALISING WITH OTHERS CAN FEEL LIKE A LOT OF EFFORT IN THE EVENING WHEN WE'RE TIRED. HOWEVER, HEALTHY RELATIONSHIPS AND CONNECTIONS TO OTHERS HAVE A SIGNIFICANT IMPACT ON MAINTAINING GOOD WELLBEING. USING VIDEO CALLS, LIVE STREAMING OR 'FACETIME' IS A GREAT WAY TO KEEP IN TOUCH WITH FRIENDS AND FAMILY IF YOU'RE FEELING ISOLATED. IF YOU PREFER CALLING, PICK UP THE PHONE FOR A CHAT. MAINTAINING GOOD RELATIONSHIPS HELPS TO SET A GOOD EXAMPLE FOR CHILDREN, AS THEY NOTICE AND IMITATE THE BEHAVIOUR AND EMOTIONS OF THOSE AROUND THEM.



Mrs Cross

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