



Optimistic October

Optimistic October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						
4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better	7 Look for the good in people around you today	8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished this week
11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation	15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society
18 Set hopeful but realistic goals for the week ahead	19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you	22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently
25 You can't do everything! What are your three priorities this week?	26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?	29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month

ACTION FOR HAPPINESS **Happier · Kinder · Together**

EXCELLENCE IN THE HEART OF THE COMMUNITY

Jewellery

Firstly, a huge thank you to all our parents/guardians and pupils who continue to look smart and wear our school uniform with pride every single day. We don't take this for granted and we still regularly receive compliments from the wider local community about how smart Hillside pupils look. Please see below for some basic reminders regarding school uniform and our expectations. Girls should wear white socks or black tights. Jewellery is not permitted including any piercings. From Monday 11th October if pupils are seen wearing jewellery the teacher will confiscate this and the item will be placed in the school safe until collected by and adult. Make-up should be minimal and discreet and false eye lashes, false nails and or nail varnish should not be worn. Pupils will be provided with wipes and nail varnish remover if they arrive in school with either. Blazers should be worn at all times on the corridors – pupils may remove blazers when working in classrooms. Outdoor coats or hooded jackets are not allowed to be worn in school and they should be removed as pupils enter the school building at any points during the school day e.g after break and lunch

Our uniform underpins our high expectations of pupils to follow 'The Hillside Way' and pupils should look smart, professional and ready to learn- which so many do every single day.

Mrs Cross

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HILLSIDE HIGH SCHOOL
WADE DEACON TRUST

EXCELLENCE IN THE HEART OF THE COMMUNITY

Friday 8th October 2021

Dear Parents/Guardians

As we start 'Optimistic October' we thought it would be nice to share the 'Action For Happiness' calendar for this month. I love having a go at the daily challenges and am sure you will agree they are manageable, often small things we can all do to try and support our emotional well-being. Something which is so important for us all, as we continue to live through the challenges of the pandemic.

As promised this week's newsletter contains more information about our fantastic Arts Exhibition and I must echo everything Mr Smith has said about the amazing talent of our pupils which was showcased on the evening. Every time I'm asked about the event I respond with "it was wonderful" and I really can't think of a better word to summarise the evening. The pupils who had work in the exhibition and those who performed on the evening were extremely proud to have this opportunity to showcase their talents to such a large audience of parents, governors and invited guests. Thank you to everyone who attended and I look forward to seeing you all at next year's event.

Last night was our first Community Evening since the pandemic, celebrating World Space Week. More details to follow next week, but I must just say wow! To see our school full of younger children and their families at a Community Evening was just amazing. I'm sure I can speak on behalf of everyone when I say something which was so routine before March 2020 is now a real cause of celebration. The opportunity to come together and deliver such an amazing evening for all our children is something I will never take for granted again!

As we approach the deadline for Year 6 to apply for their secondary place if you have younger children or know anyone who is applying this year, please remind them to watch our Virtual Open Evening which can be accessed via the front page of our website. We are always delighted to show families around during the school day or outside of school hours, whatever works best for families. If you would like to book a private tour please contact our admin team.

Mrs Amanda Ryan, Principal



admin@hillsidehigh.co.uk



0151 525 2630

VIRTUAL ONLINE OPEN EVENING

Experience Hillside High School from the comfort of your own home:
www.onlineopenevening.co.uk/hillsidehigh



SCAN ME



FIND YOUR BEST SIDE AT HILLSIDE



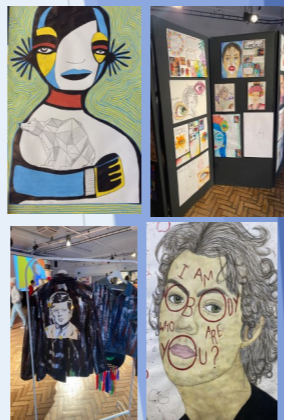
W: hillsidehigh.co.uk T: 0151 525 2630 E: admin@hillsidehigh.co.uk

Art Evening

As promised I am delighted to share more details of our fantastic Arts Showcase in this week's newsletter. The evening was a truly spectacular celebration of the creative talents of our pupils. The impressive work on display celebrated culture in many different forms for all to see. Thank you to all the families who did attend and I hope that if you missed the evening, you will join us next year.

Arts Showcase 2021

Our creative departments at Hillside put on the most remarkable display of imagination and pupil talent in this year's Arts Showcase. Pupils have been working towards this event throughout recent challenging times and have been really excited about their work being displayed. The evening itself was breath-taking. All members of the departments worked together to transform the main hall and learning resource centre (LRC) into an art gallery, with performance space, photography and a range of art and 3D work on display. The main hall was blacked out and the pieces of work were displayed, hung up, worn and generally shown to their absolute best and most effective way with the use of careful lighting and grouping. The design and technology outcomes on display conveyed innovative designs and imaginative use of materials inspired by established artists and designers from around the world. This year's theme was 'celebrating culture' and the work produced by the pupils in our nurture base exemplified our diverse and inclusive education here at Hillside.



The art work was complemented by our dance group who captivated the audience with their agility and dance skills. Photography pupils had their stunning images, taken as part of their portfolios, running as a backdrop and the extremely talented musicians and vocalists provided the most beautiful music to accompany the evening.

Our hospitality team, a mixture of Key Stage 3 and 4 pupils, ably led by Miss Martin organised the refreshments for the evening and they worked with a team of sous chefs in the kitchen to produce a never-ending supply of canapés and drinks. They also then worked as a team of waiters to carefully move through the spectators to serve the food and drink in a safe and hygienic manner.

The audience was made up of pupils, parents and other family members, invited guests from neighbouring schools and community centres as well as members of our governing body and MAT trustees. We also had a visit from four local primary schools who brought their pupils up to see the work and to enjoy performances from some of our performing artists.

The standard of the artwork at Hillside is incredibly high and many of the pieces would not look amiss gracing the walls and tables of any professional art gallery - it is no wonder that the creative subjects celebrate success at GCSE level. At Hillside, we very much value the creative education of our young people. Our Arts showcase is one of the ways we demonstrate the hard work and commitment that happens in lessons. Our vision is to celebrate the creativity and talent of our pupils, that is nurtured and developed by the creative arts team, promote individualism, provoke thought and give our young people hope for the future.

Mr Smith

World Space Week

Every year at Hillside we mark World Space Week in many different ways including space themed science activities, assemblies and our World Space Week Community Evening.

This year the theme is a Celebration of Women in Space and Mrs Wardale had the opportunity to share with pupils one of her inspirational heroes Dr Maggie Aderin Pocock. Dr Aderin Pocock is a passionate Scientist who has worked on some of the major satellites, specifically making the optical lens. She has been so influential in her field of work that she has presented numerous BBC documentaries including The Sky at Night. Dr. Aderin Pocock is clear in her mission that everyone has to be a science scientist, regardless of race, background or gender; she herself is dyslexic and talks passionately about how this helps her see things in a new and different light.



There have been 65 women in space, great strides have been made in the last five years alone however equality is not yet evident. Only 11% of those making it to space have been female. This year World Space Week celebrates those 65 but also raises awareness that the space industry is for everyone, regardless of gender.



During science lessons Key Stage 3 pupils we have learnt about gravity force, our sun as a star along with other stars in our galaxy through the completion of The Solar System project. Pupils have developed a depth of understanding of structural adaptations as they applied prior learning to Alien Adaptations. Pupils retrieved key learning of materials, forces and energy changes and designed the ultimate Space Rocket. On Friday 8th October, to round off World Space Week Year 7 attended school in their lab coat designs to take part in the Big Space Challenge during their science lesson period 1. Photographs of the lab coat designed will be shared next week, along with the highlights of our annual World Space Week community evening.

EXCELLENCE IN THE HEART OF THE COMMUNITY

Dates for your Diary



21st October - Term ends
14th October - Settling into Year 7 Event 10.30am & 5pm (same event repeated)
1st November - Start of Term
11th November - Remembrance Evening
12th November - World Kindness Day
15th November - Success in Year 10 Evening



Hillside Games

Well done to everyone of the form groups who came along to the first Hillside games event of the year! Out in the lead after round one is 11JM where Rita Ogiemwen managed to send her scrunched up paper missile a whopping 5m. An unrivalled distance which gives 11JM the lead after one round. Well done Rita!
 Close behind we had Lucas Jeffers 7LW, Stevie Owens 8CSY and Krithika Sivanathan 11KL who all managed to score from 4m. A great effort.
 Meanwhile, Mr Wardale representing the staff could only manage to pick up 3 points and everyone else taking part for their form groups managed to pick up a point for being involved. Well done to you all! Those points could prove vital at the end of the year when we crown a champion.
 Make sure your form is represented next time and who knows, you could be picking up maximum points to move you up the leader board.
 The next round of the games we be held on Wednesday 20th October and will be 'pancake face'.



TT Rockstars

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

Year 7:
Deighan Hugo 7SW
Kane McGowan 7LW
Kade Griffiths 7LJ

Year 8:
Tilly Wallace 8 TH
Ricardo Niculae 8CSY
Alana Conroy 8CSY

TT Battle!

Last week we had our first TT Rockstars Battle of this academic year between year 7 and year 8. The victorious year group this time was year 7 who managed to answer 13,471 questions during the week compared to year 8 who only managed to answer 9,622. There were some extremely impressive individual performances from the following pupils: Tilly Wallace, Kimberley Hughes and Stevie Owens in year 8 and Deighan Hugo, Maria Peres and Kade Griffiths in year 7. During the next battle we want to see even more pupils getting involved – year 8 you need to up your game for the next battle!

Hegarty Maths

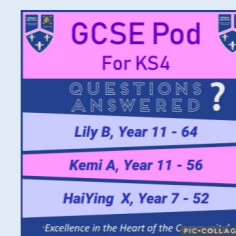
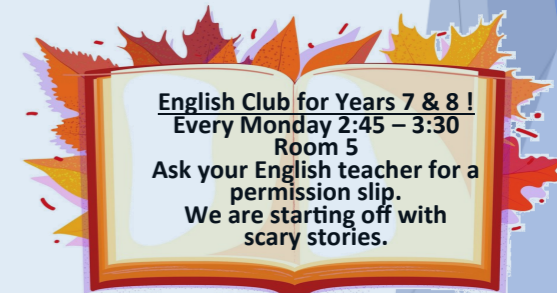
Top pupils for the week beginning:
4th October



Mr Pattison

Mirna Aljabour
 Jessica Harrington
 Amy Weston
 Kira Little
 Nelson Osazuwa
 Kevin John
 Ryan Harrison
 Elly Castell
 Afia Sekyi Armah
 Brian Evans

Faith Neile
 Chloe Cunningham
 Leah Austen
 Daria-Maria Tudorache
 Binah Kamber
 Rhianna Sloan
 Madeline Stewart
 Tolin Aljabour
 Beth Scott
 Louise Eseosa Igbiniedion



Top Podders are the pupils who have streamed the most pods.
Questions Answered are the pupils who attempted the most questions.
Diamond League - are the pupils who have answered with the most accurate knowledge, the more correct responses, the more diamonds.

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