



# HILLSIDE HIGH SCHOOL

WADE DEACON TRUST

EXCELLENCE IN THE HEART OF THE COMMUNITY

Friday 21st January 2022

Dear Parents/Guardians

I hope you enjoy reading this week's newsletter. I found the article 'Be Kind to Your Mind' on the back page particularly interesting. As the article states, the last couple of years have been truly exceptional for us all, and the need for us to reflect our mental health and the mental health of our children has never been greater. The article includes several useful and practical strategies, I will certainly be trying some of them.

This newsletter yet again highlights the numerous opportunities available to our pupils and, despite the pandemic, we have ensured our pupils do not miss out on invaluable experiences outside of the classroom. If your child is in Year 10 I would encourage you to talk to them about the apprenticeship pathway as a real option for them when they leave us.

I would also like to echo the information below about our 'Punctuality Push'. It is simply not acceptable for our pupils to be late to school and lessons. The majority of our pupils 'Arrive on time all the time' in line with 'The Hillside Way', but unfortunately, their experience and their lesson time is then interrupted by a very small minority of pupils arriving late. This is simply unacceptable. We will be making contact with families and asking for your support in this matter. Reflecting upon the time in education which two lockdowns have forced our children to miss, it is hard to accept them now choosing to be late for school and lesson. As always I would say a massive thank you and well done to all our pupils who are never late. Thank you and keep it up.

Mrs Amanda Ryan, Principal



## Punctuality Push

Since we have returned to school in January there has been a real focus and drive on improving lesson transitions and ensuring that learning opportunities are maximised in each lesson. The expectation is that learning will start in each lesson as soon as pupils arrive; and within 2 minutes of arriving at the classroom, all pupils will be settled and completing the retrieval activity. This focus has highlighted the need for pupils to be on time for all lessons, and for most pupils this happens. We would like to take this opportunity to remind all pupils and parents/guardians about our expectations in terms of punctuality to school in the morning, and punctuality to lessons during the day.

### **Punctuality to school in the morning...**

Pupils should arrive at school at the times stated here and the gates will close for all pupils at 8.45am. If a pupil arrives after 8.45am, they will need to come into school through the front entrance and visit the late desk. A late slip will be issued to the pupil outlining the reason for lateness and this slip will be sent home in the post. In addition, a text will be sent home informing parents/guardians that the pupil has been late. For pupils who are persistently late to school there will be further consequences. As always, we would aim to support pupils who may need help getting to school on time so please contact your child's Progress Leader if you wish to discuss this further.

### **Punctuality to lessons...**

There is no justifiable reason for pupils being late to lessons once they are in the building. As outlined above we do have some pupils who, on occasion, will choose to take the long route around the building to get from one class to another or to dawdle back to lessons following break or lunch. Lateness to lessons not only has an impact on the learning of the individual who is late; but the disturbance of their late arrival to the lesson also impacts on the learning of others. Over the coming weeks we will be forensically analysing punctuality to lessons and identifying individual pupils for who this is a particular issue.

Mrs Cross

		Hillside High School Wade Deacon Trust				
The School Day 2021-2022						
Event	Year 7	Year 8	Year 9	Year 10	Year 11	
08:40am	Arrival Time	8.30am	8.35am	8.35am	8.40am	8.40am
08:45am	Registration	Tutor Period or Assembly				
09:00am	Lesson	Period 1	Period 1	Period 1	Period 1	Period 1
10:00am	Lesson / Break	Period 2	Break	Break	Period 2	Period 2
11:00am	Break	10:30am - 10:55am		Period 2	Break	Break
11:15am	Lesson	Period 3	Period 3	Period 3	Period 3	Period 3
12:15-12:45	Period 4	Lunch	Lunch	Lunch	Period 4	Period 4
12:15-1:45pm	Lunch	Period 4		Period 4	Lunch	Lunch
1:15-1:45	Period 4	Period 4	Period 4	Period 4	Period 4	Period 4
1:45pm	Lesson	Period 5	Period 5	Period 5	Period 5	Period 5
2:45pm	End of day	Beginning of PG6 and extra-curricular sessions				



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## Favourite Number Junk Model Competition

Over the Christmas holiday the pupils in Year 7 were set a slightly *different* kind of homework for Maths. They were asked to put their STEM skills to use to create a model of their favourite number. The idea was for each pupil to consider what materials they had in their home that could be recycled into a model of any one- or two-digit number.

All of the pupils were set the same task, with some guidelines about the quality of construction. The second part of the challenge was to



decorate their model with items, images and pictures that represented them. This may have been a football team logo, a wrapper from their chocolate bar of choice, a hobby they pursued or anything else appropriate. The Year group rose to the challenge brilliantly, with big and small models made of all sorts of items - cardboard, plastic, wood and fabric. Most were decorated by their maker with items which reflected who they are as a person.

**Mrs Thornton**

Happy New Year from the Performing Arts Department! We can not let 2022 begin without saying a huge congratulations to all of our pupils who took part in Hillside's Nativity and Carol Concert, which now seems so long ago. Our cast and choir worked so hard to create a festive and heart-warming performance that rounded off the year in a wonderful way. Once again, it was fantastic to welcome an



audience into the Drama Hall and for our pupils to share their talents with the community. We look forward to doing it again soon, keep your eyes peeled for our next performance!

**Miss Brown**



## Hegarty Maths



**Mr Pattison**

### Top pupils for this week

Jessica Harrington  
Tia Leicester  
HaiYing Xue  
Jessica Rudd  
Krithika Sivanathan  
Maria Peres  
Scott Good  
Jaydee Cannon  
Dayo Owonikoko  
Daniel Wright  
Joshua Rogers

Ava-Rose O'Toole  
Ruby Murray  
Samantha Harrington  
Oluwakemi Akeredolu  
Emily Carroll  
Laila Houghton  
Brian Leung  
Louisa Fearon  
Summer Waters  
Alfie Macklin

## TT Rockstars

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

**Jacob Williams—7SW**  
**Hai Ying Xue—7SW**  
**Maria Peres—7LJ**  
**Josh Williams -8TH**  
**Tia Wallace—8TH**  
**Harry O'Leary—8RS**



## GCSE Pods



**GCSE Pod**  
For KS4


**DIAMOND LEAGUE**

**HaiYing X, Year 7 - 252**

**Gabriela V, Year 10 - 62**

**Afia S, Year 11 - 16**

*'Excellence in the Heart of the C PIC-COLLAGE*



**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.

gcsepod  
education on demand



**GCSE Pod**  
For KS4

**TOP PODDERS**

**HaiYing X, Year 7 - 63**

**Gabriela V, Year 10 - 44**

**Vincent Z, Year 10 - 39**

*'Excellence in the Heart of the C PIC-COLLAGE*



**GCSE Pod**  
For KS4

**QUESTIONS ANSWERED ?**

**HaiYing X, Year 7 - 126**

**Gabriela V, Year 10 - 61**

**Afia S, Year 11 - 12**

*'Excellence in the Heart of the C PIC-COLLAGE*

## Year 10 Apprenticeship Performance

On Tuesday, Year 11 had a performance in the Drama Hall from a Theatre company called Open The Door. The performance Apprenticeships – ‘A Pathway to Success’ told the story of one pupil as they apply for an apprenticeship, attend their interview and meet other apprentices along the way. During the performance, pupils learned all about the different industries that they can choose an apprenticeship in, along with practical information about what they can be doing now to make their applications stand out.

Apprenticeships have come a long way over the previous 10 years and can now offer a career and development pathway from Level 2 through to Level 7. Applying for an apprenticeship is very competitive so pupils who are interested in securing an apprenticeship after Year 11 are encouraged to start researching entry requirements now using the Apprenticeship Support by ‘Be More’ website. This has lots of



information about apprenticeships in the Liverpool City Region, along with contact information for pupils to contact if they would like more information or advice. Visit [be-more.info](http://be-more.info) for more information.

**Mrs Jones**



## Assembly theme: Resilience

In this week’s assembly, pupils have been learning all about our third character virtue: resilience. Pupils learned that adversity doesn’t discriminate but what sets us apart is our ability to recover from adversity in life. We discussed three key strategies that help people to become more resilient.

1. Accept that in life, bad things can happen.
  2. Focus where you put your attentions.
- Reflect on choices – are they helpful or harmful?



# Safeguarding, Emotional Wellbeing and Mental Health

## Looking After Your Mental Health

For so many the events of the last 18 months have really taken their toll. Looking after your mental health is of equal importance as looking after your physical health. The following advice around looking after your mental health comes from the NSPCC website and we found some of the practical strategies useful to read.

- Trying new or different coping strategies can help support your mental health and lower stress in a positive and interactive way. If you have coping strategies that work well for you, keep doing them – whether that's mindfulness, walking or as simple as taking 5 minutes for yourself.
- If you're able to be physically active, this might help your mental health. It also helps boost your immune system and can help encourage your children to exercise too. You could try walking, going for a jog or run or find an online class. If you're not able to be physically active for whatever reason, there are other things you can do that might help like gardening, sitting next to an open window to get some fresh air or doing a mental exercise like a crossword or word search.
- Try to maintain a regular sleeping pattern if possible. The NHS have tips and advice to help.
- Keep in touch with family and friends on the phone or try a video call.
- It's important to be healthy and eat well. We know it's not easy for everyone, especially at the moment.
- Keep a journal. Writing down your feelings can help you reflect, understand and let go of emotions.
- Join a support group or network online. Talking to others in a similar situation can help. netmums.com offers forums for both mums and dads. For young people <https://www.kooth.com/> has a wealth of support available.
- Create mini zones in the home where possible, allowing everyone to have space. If this isn't possible, try spending set amounts of time in different rooms if you can.
- Managing how you keep on top of the latest news can help reduce anxiety. You could create limits on how much time you spend on social media and set 1 or 2 specific times of the day you check the news.
- Try starting your day with a short list of 4 small, achievable things you'd like to do. But, if you're struggling with your mental health and emotional wellbeing it's okay to do the best you can and recognise there will be good and bad days.

**Mrs Cross**

