



# HILLSIDE HIGH SCHOOL

WADE DEACON TRUST

EXCELLENCE IN  
THE HEART OF  
THE COMMUNITY

Friday 4th March 2022

## Dear Parents/Guardians

As I write this message I am struck by how troubling the events in Ukraine are for us as adults, and can only imagine the worry they are causing for our young people. We have shared materials with pupils during form time and an extremely informative article is included in this week's newsletter. Our young people live in a digital age where news like this is shared with them constantly, for example Tik Toks from their peers in Ukraine which I know my own daughter is watching. I hope the information shared helps you to support your child in these worrying times. I am also aware that the war will be even closer to home for some of our families and hope that everyone knows how much we are thinking and praying for the people of Ukraine.

I have included the 'Mindful March' calendar which I hope you find useful. Each day includes a very manageable activity which we can all have a go at to support our mental health.

In much lighter news, this week's newsletter includes a lovely piece about cheerleading. I am delighted that this is something School Council asked for and we were able to make happen for the young people who were desperate to see cheerleading sessions in our school.

I am also excited to see our Eco-Council is up and running and look forward to seeing the positive differences they will make to our school.

Mrs Amanda Ryan, Principal

Mindful March 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	6 Have a 'no plans' day and notice how that feels	
	7 Take three calm breaths at regular intervals during your day	8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to watch the sky or clouds for a few minutes today
	14 Find ways to enjoy any chores or tasks that you do	15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Appreciate nature around you, wherever you are	20 Focus on what makes you and others happy today <small>dayofhappiness.net</small>
	21 Listen to a piece of music without doing anything else	22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	27 Cultivate a feeling of loving-kindness towards others today
	28 Notice when you're tired and take a break as soon as possible	29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life			

**ACTION FOR HAPPINESS**

**Happier · Kinder · Together**



admin@hillsidehigh.co.uk



0151 525 2630

### School Council impact

This week, the impact from Hillside's school council suggestions features our Hillside cheerleaders and our new Eco Council, both of which have been a real success and have provided our pupils with experiences they have not had previously.

#### Cheerleading at Hillside

Over the past 6 weeks, pupils from Year 7, 8 and 9 have had the fantastic opportunity to participate in a Cheerleading project run by coaches from Airborn Academy. This experience has allowed pupils to learn all aspects of Cheerleading including stunts, lifts, tumbling, flyers – pupils have learned so much and developed their skills to an excellent standard. Well done to all pupils and hopefully we can get this up and running again next term!

Airborn coach Mason said of our pupils:

“I have never taught pupils that have been so engaged with Cheerleading, they are an absolute pleasure to teach, and so talented!”

The inspiration for this project came from two girls in year 9: Caitlin Adamson and Kelsey Savage, they both carried out research into what the pupils of Hillside wanted in extra curricular activities. They discovered that Cheerleading was what most pupils wanted. They then took the idea to the student council where it was discussed, and following on from this funding was approved and the project was started. It has been a huge success!!

#### Feedback from pupils:

- Shelbie (Year 8) - *“It has been so good, I have learned so much, the lifts have been fab”*
- Angela (Year 8) - *“The coaches are so supportive and make the learning such fun”*
- Matilda (Year 7) - *“This is such a new experience and I have loved it!”*
- Mia (Year 7) - *“The stunts are great, I hope we can continue with this”*

#### Mrs Austin






Last Friday Hillside High's Eco Council had their first ever meeting. After hearing from school councilors about how they felt students in Key Stage 3 should be afforded more leadership opportunities it was decided Eco Council would be reserved for Years 7-9.

We spent the session brainstorming ideas of ways we can encourage our school to be more eco friendly and help save our planet. After much discussion we decided on three main ideas we want to focus on this term:

1. Recycling bins – making them more visible and obvious and having more of them placed around school.
2. Starting a vegetable garden
3. Finding artistic ways to use our recycling

We are looking forward to working hard to achieve these goals!

Miss Wright







### Hegarty Maths



Mr Pattison

#### Top pupils for this week

- |                    |                         |
|--------------------|-------------------------|
| Lauren Grant       | Jessica Harrington      |
| Beth Scott         | Samantha Harrington     |
| Lily Beesley       | Holly Hart              |
| Shelby Ehigiator   | Brian Leung             |
| Julia Nicole Danao | William Okoro Iwuchukwu |
| Chloe Fleming      | Lili Soong              |
| Nancy Lloyd        | Alivia Lloyd            |
| Osawe Lawrence     | Tia Leicester           |
| HaiYing Xue        | Courtney McIntyre       |
| Lexi Soong         | Ashli Ashcroft          |

### TT Rockstars

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

- Jacob Williams—7SW
- Hai Ying Xue—7SW
- Maria Peres—7LJ
- Joshua Williams -8The
- Liam Cunningham—8RS
- Harry o'Leary—8RS

## GCSE Pods

GCSE Pod For KS4	GCSE Pod For KS4	GCSE Pod For KS4
<b>QUESTIONS ANSWERED ?</b>	<b>TOP PODDERS</b>	<b>DIAMOND LEAGUE</b>
Beth S, Year 11 - 162	HaiYing X, Year 7 - 76	Beth S, Year 11 - 218
Kemi A, Year 11 - 66	Holly H, Year 11 - 33	Kemi A, Year 11 - 105
Samantha H, Year 11 - 14	Jamie B, Year 10 - 23	HaiYing X, Year 7 - 24
<i>Excellence in the Heart of the Community</i>	<i>Excellence in the Heart of the Community</i>	<i>Excellence in the Heart of the Community</i>

**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

W/C: 21<sup>st</sup> February 2022



### KS3 Above & Beyond learners...

Year 7:	Year 8:	Year 9:
Summer N (LW)	Leah B (TH)	Lexi L (DT)
Alfie H (LW)	Jack V (TH)	Jason H (SDO)

*Excellence in the Heart of the Community*



EXCELLENCE IN THE HEART OF THE COMMUNITY

**BRITISH SCIENCE WEEK** AT HILLSIDE HIGH SCHOOL

# GROWTH

Join us for a hands-on science show to celebrate

**British Science Week**  
Guaranteed fun for all the family!  
**Thursday 24<sup>th</sup> March 2022**  
5.30pm – approx. 7pm

Open to pupils in Years 4 to 8.

Places are limited, reserve your family ticket by emailing [d.woodhall@hillsidehigh.co.uk](mailto:d.woodhall@hillsidehigh.co.uk) or by calling the school office on 0151 525 2630

11-20 March 2022  
[www.britishteacherscienceassociation.org](http://www.britishteacherscienceassociation.org)  
#BSW22

## Year 11 Revision

**Monday P6 3pm start:**

Monday	Maths
Tuesday	Wk 1 – Science
	Wk 2 – History / Art
	Geography / Spanish
Wednesday	English
Friday	Options

## 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.

## Hillside High School Extra-Curricular Activities

For all year groups unless specified

<b>Monday</b>	Netball Training	Football Training (Years 7, 10 & 11)
	Girls Football	Music - Strings
	English Club (Years 7 & 8)	
<b>Tuesday</b>	Enterprise Club (Years 7, 8 & 9)	Gaming Club
	Football Training (Years 8 & 9)	Netball Fixtures
	Design Technology (Years 7, 8 & 9)	Music - Guitar
	French Conversation (Week 2 only)	Science Club (Years 7 & 8)
	Maths (Chess & Darts—Years 7, 8, 9 & 10)	
<b>Wednesday</b>	Basketball (Years 7, 8 & 9)	Art (Years 7, 8 & 9)
	Music - Choir	Drama Club
	Hillside Games (every 2/3 weeks dates TBC)	
<b>Thursday</b>	Music - Instrumentalists	
<b>Friday</b>	Badminton	

*'Excellence in the Heart of the Community'*



### Weekly praise for our top Bedrockers!

#### Top for weekly points earned

Frankie Ocuaye-Plews	8GW 79 points
Mya Turner	8GW 75 points
Rhys Deaves	9NW 65 points

#### Top for weekly time spent on Bedrock

Mohamad Kentar	8CSY 3.8 hours
Julia Nicole Danao	9RLC 2.4 hours
Matilda Ogbevoen	7NK 2.3 hours

Mr Gibaud

# Safeguarding, Emotional Wellbeing and Mental Health

## Talking to your child about the Ukraine / Russia Conflict

Talking to children about the impacts of war can be a tricky conversation to navigate. Most young people are aware of the Russian invasion of Ukraine and what is happening there, and children are worried about the impact it could have on them too. As a school we have shared some of the facts with pupils during form time this week and also allowed them to watch video clips which explain what they can do if they feel worried or anxious about anything in the news.

### How can I explain the Russia-Ukraine conflict to my child?

Be honest with your child and acknowledge that although it is a serious event, many countries are working together to figure out what they can do about it and of course show empathy for the families that are vulnerable and currently under threat.

When a child asks a tricky question it can be tempting to say "Don't worry about that" but be sure to answer it otherwise they might choose to fill their knowledge gap with worries such as extreme situations and unlikely scenarios or from fake information from other children or social media.

You can ask them 'What do you want to know about it?' rather than assume you know what is on their mind.

### What should my child read or watch to get age-appropriate information without being too frightened?

Remind your child that the world is a pretty safe place and that all news attention is focused on this event rather than other things happening in the world

Watch this Newsround report yourself first to check you are happy with the content, then watch it with your child. There is quite a lot to take in for younger pupils, so stop it now and again and ask an open question like: 'What do you think about that?'

It is not recommended for teenagers to be given reading material on war itself as it can be too overwhelming. Finding out where Ukraine is on a map and reading about the country and culture and its history with Russia is ok.

### How can I reassure my child if they are scared about the war? How can I make them feel safe?

Your child might feel scared depending on what information they are getting from social media or other outlets. The most important thing is for you to get them to explain their fears so you can help them to rationalise them. For example, it is not likely that the UK will be subject to a nuclear threat.

The single most powerful thing that you can do in times of uncertainty - particularly with anxious children - is to be a beacon of calm. Consider what you are saying in front of them, do you have the news on in the background that they could overhear? Sometimes these overheard snippets can be influential.

Mrs Jones

## THE RUSSIAN UKRAINIAN CONFLICT – AT A GLANCE

Russia has begun a large-scale military attack on Ukraine, its southern neighbour, on the orders of Russian President Vladimir Putin.

There are reports of attacks on Ukrainian military infrastructure across the country, and Russian convoys entering from all directions. This sheet will give a brief overview as to the origins of the conflict and how things currently stand.

### GEOGRAPHY



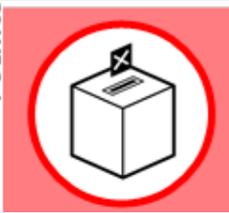
- The country shares borders with Russia both to the east and north east.
- In 2014 Russia annexed the Crimea. The region was of particular interest to Russia since it depends on the Blacksea for access to the Mediterranean. The Port of Sevastopol, is one of the few ice-free deep water ports available to Russia .
- The Ukraine is an important route for Russian gas. The continent gets nearly 40% of its natural gas and 25% of its oil from Russia.

### HISTORY



- A huge amount of this current crisis is rooted in the legacy of the cold war ( 1945-1991) which was a period of mistrust and competition between the USA (the West) and the Soviet Union (the East).
- Ukraine, which was part of the Soviet Union won independence as the USSR broke up in 1991.
- Russia has always considered Ukraine to be within its 'sphere of influence' and is extremely hostile to allow the Ukraine to have closer ties with the EU/NATO.

### POLITICS



- From a Russian perspective the politics of this situation is about what the country DOES NOT want. Essentially Russia does not want the Ukraine to join the US led NATO.
- At the current moment relations between President Biden and Putin have deteriorated.
- Whilst Russia has decided to engage in invasion countries such as USA, UK, Britain and France have decided to enforce tough economic sanctions and provide weaponry.



### CONFLICT CHRONOLOGY

- **MARCH 2021** – Russian troops begin amassing across the Ukrainian border.
- **DECEMBER 2021** – An estimated 100,000 troops are concentrated across the Ukrainian border.
- **JANUARY 2022**  
 Russia, NATO (North Atlantic Treaty Organisation) and the OSCE (Organization for Security and Co-operation in Europe) hold talks  
 The US and Russia meet in Geneva to de-escalate tensions – differences remain unresolved.  
 NATO puts troops on standby.
- **FEBRUARY 2022**  
 Ukraine and Russia conduct military drills.  
 Putin order Russian forces to Ukraine rebel regions.  
 Western powers call for more sanctions on Russia.  
 Russia launches full scale invasion of the Ukraine.