EXCELLENCE IN THE HEART OF THE COMMUNITY



Dear Parents/Guardians,

This week's newsletter is yet again full of information about the exciting opportunities on offer to our pupils at Hillside. The range of activities which took place to celebrate British Science week was nothing short of amazing and I must thank Miss Nelson, Subject Leader Science, Mr Wardale, Assistant Subject Leader Science and the Science department for everything they did to make the week such a success. It was lovely to welcome so many primary pupils to Hillside for Mr Code's fantastic Science Shows and then see several of these pupils back in school for the Community Evening on Thursday 24th March. It was also lovely on that evening to meet several Year 6 pupils and their families who are coming to Hillside in September.

Please encourage your child to read this week's 'Safeguarding, Emotional Well-being and Mental Health' article which provides some timely reminders about keeping safe when we aren't in school.

We break up today and I would wish everyone a lovely, peaceful and safe Easter break. Pupils return to school on Tuesday 19th April at the usual time, for what I know is going to be an amazing Summer Term.

Mrs Amanda Ryan, Principal



Science Workshops - Aquaponics

During the last week of term, 9NW and Year 10 Separate Science pupils had the opportunity to take part in some hands-on Science workshops. Farm Urban visited Hillside and pupils were set the challenge of building an aquaponic system. After learning about the biochemistry and technology of aquaponics, pupils had to pitch their design to their peers, which they did extremely well! The challenge provided pupils with the chance to develop skills in science and enterprise, offering hands-on

experiences of innovative approaches to growing food. Pupils could link lots of prior learning of Balanced diets, Digestion, Photosynthesis, and Climate and the Earth's resources, to their understanding of the benefits of an aquaponics system and how such systems could help to reduce carbon footprint on an individual and global level. Pupils connected healthy food options with the advantages of growing your own and discussed ways to make more sustainable choices that respect planetary boundaries to improve their health and well-being.

Great effort Year 9 and 10!

Miss Nelson

Kade has tried really hard this week to get a spot on our GCSE Pods and has come out on top on two of our pods. Well done Kade! He's also been back into the LRC again this week determined to get all three of the top spots!





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British Science Week

Last week, we celebrated British Science Week. This year's theme 'Growth' provided pupils with the opportunity to explore growth of living organisms. Throughout the week pupils have been learning about growth of animals and plants. During registration, pupils explored growth world records, the fastest growing plant, the longest predatory fish and even the longest nose.

The foyer has been bustling with pupils checking out our skeleton model, bone samples and array of books about growth of humans and how we have evolved as a species. Mr Code has been enthusiastically entertaining some of our local primary schools with his action packed science show and was also kind enough to send a video recording of the show out to the primary schools that were unable to attend.

And if that wasn't enough, our community evening on Thursday 24th March was another incredible success. Representatives from Fun Science came in to deliver an action packed science show, 'Wacky Jacky' presented us with bubbles, smoke, explosions and more, as well as getting the community, pupils and even staff up for some science fun.



Thank you so much to everyone who came along to enjoy the evening, it was great to see families and friends of Hillside fully immersed in the evening and as always we appreciate your ongoing support. We can't wait for next year!

A huge thank you to the Science department for running another exciting British Science Week. Many thanks also the following Year 9 pupils who gave up their Thursday night to support our community event, you were a credit to our school; Rhys Salleh, George Rowlands, Louise Fearon, Lily Robinson, Agatha Antonini, Eve Mears, Kelsey Savage and Tayla Edwards.

Miss Nelson



On Tuesday 15th March, we were fortunate enough to have Miss Salmon from Loungeroom Lizards visit our Year 7 and 8 pupils throughout the day. Fantastically aided by Megan, Luis, Tia and Ellie-May from 7LJ, Tank, Junior, Mille and Dave visited classrooms giving pupils a chance to discover some fascinating facts about some different animals and physically see just how big some land animals can get. A massive thank you to Miss Salmon for bringing them to visit.

Mr Wardale

Biology Saturday School

Over 70% of our Year 11 Biologist turned up for Biology Saturday School in the glorious sunshine last week. Pupils took part in three masterclasses:

- 1. Plant Hormones
- 2. Blood Sugar Control
- 3. Genetics

In between the hard work we all enjoyed taking our break in the quad with a hot chocolate! Well done to all pupils who attended.

The countdown is on to Year 11 exams, please take the opportunities to attend Saturday School and period 6 to get the support from your teachers. this will help reduce stress in the long run and make best use of your study time. *Mrs Wardale*



Hillside High School Newsletter



Emanuel Raimi Louisa Fearon

Grace Coffey

8THE 86 points 9NW 83 points 8GW 75 points Matilda Ogbevoen 7NK 2.5 hours Nancy O'Hara 9NW 2.4 hours

8GW 2.2 hours

Mya Turner

EXCELLENCE IN THE HEART OF THE COMMUNITY

Mr Gibaud

Hillside High School Newsletter

Safeguarding, Emotional Wellbeing and Mental Health

We would like to once again publish some useful numbers and websites that may provide support, should the need arise, whilst school is closed for the Easter break.

Childline 08001111

NSPCC- www.nspcc.org.uk 08448920264 (Liverpool Office) NSPCC Helpline 08088005000 cruse.org.uk- coping with a bereavement 08008081677 www.trusselltrust.org -foodbank Liverpool Social Care- 233 3700 Sefton Social Care- 0845 140 0845 Kooth.com Youngminds.org.uk



In addition to this may we also take this opportunity to remind students of some basics in terms of keeping themselves safe over the school holiday.

When out and about...

Don't go out alone – there is safety in numbers, always let an adult know where you are going, never go anywhere with someone you don't know, you can say 'no' if someone makes you feel uncomfortable or threatens or pressures you to do something you don't want to.

The Water Safety Code

Spot the dangers! Water may look safe, but it can be dangerous. Learn to spot and keep away from dangers. You may swim well in a warm indoor pool, but that does not mean that you will be able to swim in cold water. Take note of safety advice around any open water; special flags and notices may warn you of danger. Know what the signs mean and do what they tell you.

The dangers of water include:

- it is very cold, there may be hidden currents, it can be difficult to get out (steep slimy banks)
- it can be deep, there may be hidden rubbish, e.g. shopping trolleys, broken glass
- there are no lifeguards, it is difficult to estimate depth, it may be polluted and may make you ill

Staying safe and being a good friend on apps, sites and games

Children and young people have spent much more time on devices than ever before during lockdown, so as we approach the summer holidays, here is some information about staying safe online that you can remind your children about.

Staying Safe Online...

1) Private stuff needs protection (if you wouldn't want you parents or grandparents to see something, don't post it)

2) You can only really know someone if you know them offline (think about what 'a friend' means to you)

- 3) What you share will always be there (think before you post)
- 4) Not everyone online is who they say they are (remember that behind the screen it is easy to
- pretend to be someone you are not)
- 5) If something doesn't feel right, tell a trusted adult