



Dear Parents/Guardians

As promised I am delighted to share with you an article about our Year 11 pupils who attended six weeks of master classes at South Sefton Sixth Form College to help them stand the best chance of achieving their 4s and 5s in English and Maths. This was an amazing opportunity for these pupils and I am so proud of their engagement with the sessions. I am sure it will pay off for them in the results they achieve.

What a lovely story here about our three Biology teachers and their night out to watch Sir Richard Attenborough. This is an inspiring story for our pupils and shows that with hard work and determination you can go on to achieve anything. As Mrs Wardale says "follow your interests, stay curious, and never stop learning - you never know where it might take you". What an inspiring message!

Plans for transition and welcoming our Year 6 pupils are well under way and you will see the 'Key Dates' section now contains important dates for our Year 6s and their families. We can't wait to meet the 'Class of 2030!'

Amanda Ryan, Principal

Friday 16th May 2025

Key Dates 2024-2025 For Hillside Pupils and Our New year 6 Pupils

Thursday 22nd May —Year 7 Progress Evening—4:15pm-6:45pm. All Year 7 to attend in Full School Uniform

Friday 23rd May —Last Day of Term

Monday 2nd June —All Pupils Return to School

Thursday 26th June – Year 6 Transition Day & Year 11 Prom

Thursday 3rd July—Welcome Evening - 6pm Start for Year 6 Pupils and Parents

Friday 4th July—Festival of Sport Day

Thursday 10th July— Summer Community Evening—All Welcome

Wednesday 16th & Thursday 17th July—Summer Production 7pm

Friday 18th July—Last Day of Term

Summer School for year 6 Pupils - Date to be Confirmed

Wednesday 13th August—Uniform Collection for Year 6 Pupils

Thursday 21st August - GCSE Results Day



Hillside High School's Epic 9-Day Attendance Challenge!



- Get ready for an awesome chance to win entry to a secret **Pop-Up Reward Event** happening in the first week back of the next half term! All you need to do is be in every day from Tuesday 13th May to Friday 23rd May 2025
- But that's not all! **Daily Attendance Spot Prizes** will be up for grabs each day. 🎁

Remember, you've got to be in it to win it!
Don't miss out on the fun and rewards! 🌟



Good Luck!

The time has finally come—your final Business Studies exam is here! I've honestly lost count of the number of Saturday schools, Friday P6s, and early morning sessions we've had, but each one has been a testament to your dedication and hard work.

You've put in the hours, tackled the challenges, and now it's time to show what you're capable of. Stay calm, trust yourselves, and give it your all.

Go smash it—I know you've got this!

Best of luck,
Mr. Henesy



BEST OF LUCK

Biology Teachers Celebrate Sir David Attenborough's 99th Birthday with 'Ocean' Premiere

On a very special Thursday evening, three of Hillside High School's Biology teachers – Mrs Wardale, Miss Wharton and Mr Palin attended the opening night of David Attenborough: Ocean, a breathtaking new documentary exploring the world which is often hidden from us. But this was no ordinary film premiere. The screening fell on the 99th birthday of Sir David Attenborough himself – a towering figure in science communication, conservation, and curiosity. As always, Sir David invited us not just to observe, but to care. We would encourage as many of you as possible to try and watch this amazing documentary.

For Miss Wharton and Mr Palin, the night carried even more meaning. Both were once pupils at Hillside High School, where their love for Biology began with Mrs Wardale their teacher then, and now their very proud colleague.

To celebrate his remarkable 99th birthday, the Hillside High Science Department also compiled some incredible facts about Sir David Attenborough:

He joined the BBC in 1952 and has been making nature documentaries for over 70 years.

He is the only person to have won BAFTAs for programmes in black and white, colour, HD, 3D, and 4K.

He has visited every continent on Earth, bringing the wildest corners of the planet into our living rooms.

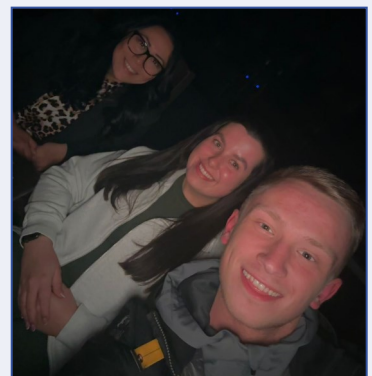
A number of species have been named in his honour, including a fossilised fish (*Materpiscis attenboroughi*) and even a plant (*Nepenthes attenboroughii*).

At 99, he continues to write, record, and advocate for the natural world with tireless energy.

This inspiring evening served as a reminder to all of us that the love of learning should never fade. Whether you're a pupil discovering photosynthesis for the first time, a teacher returning to the school that shaped you, or a global icon turning 99 and still asking questions – passion for knowledge is timeless.

As Mrs Wardale said after the screening: "David Attenborough shows us that curiosity is ageless. He's proof that learning doesn't stop at school – it's a lifelong adventure."

Let this be a message to every Hillside High pupil: follow your interests, stay curious, and never stop learning – you never know where it might take you.



Mrs Wardale

Celebrating Success: Pupils Complete English and Maths Masterclasses at Sefton Sixth Form College

We are incredibly proud to celebrate the achievements of our pupils who have recently completed a series of English and Maths masterclasses at our local Sefton Sixth Form College. Over the course of six weeks, selected students had the opportunity to attend intensive workshops each Wednesday morning, aimed at helping them secure a 4+ or 5+ grade in these vital GCSE subjects.

These masterclasses were more than just academic sessions. They offered targeted, high-impact support designed to boost confidence and equip pupils with practical strategies to approach their exams. The small group environment allowed for focused learning, meaningful interaction with expert teachers, and plenty of individual support.

Beyond the classroom, the initiative also gave pupils a valuable taste of college life. Experiencing the Sixth Form environment first-hand helped many of our pupils begin to visualise their post-16 journey. They were able to build early connections with the college staff, become familiar with the facilities, and gain a clearer understanding of the expectations and opportunities that lie ahead. This kind of experience is vital in raising aspirations and easing the transition from school to further education.

The programme concluded with a special graduation ceremony, marking the commitment and progress of each pupil. Sixth Form staff delivered inspiring speeches, encouraging pupils to believe in their potential and stay motivated in the lead-up to their exams. A current sixth form student also shared invaluable advice about managing the pressures of GCSEs, with a focus on maintaining balance, wellbeing, and self-belief.

A heartfelt thank you goes to our school governor, Mrs Faulkner, whose vision and support made this incredible opportunity possible. We are also deeply grateful to Miss Kay and Mrs Harrison for their dedication in accompanying and working alongside the pupils throughout the programme.

Well done to all our pupils who took part – your hard work and commitment are truly commendable. We look forward to seeing how this experience shapes your next steps!

Mrs Wardale



National Numeracy Day—Wednesday 21st May

Numeracy is an essential skill for modern life and all of us rely on our Maths skills to count, calculate and measure every day.

Next week, National Numeracy Day is a time to celebrate and share all the amazing number skills we have developed. Pupils will be invited to get involved by entering the National Numeracy Day Number Heroes competition; creating a piece of art to show how they will use numeracy in the future once they have reached their dream job! Why not discuss at home all the ways you use numbers at work or as a parent?

Once you start, you can't stop!

This year, the project is focused on Money Sense and this video from Mr MoneyJar is a great way to start the conversation with your children about how important it is to budget for essentials and save up for treats and bigger expenses. Why not watch together at home and then have a go at the activity together? Do you have the same priorities for the family budget? Are you a spender or a saver?!

Ms Barrow-Higgins

Day-to-Day Numeracy

Telling the time, reading a schedule or working out what time to set off for school.

Cooking healthy meals by checking the recipe, following directions and interpreting the nutritional information.

Keeping track of the household budget; paying bills, going shopping and hunting for the best deals!

Staying informed and not falling for misinformation in the news by checking stats and charts make sense.

Styling our homes; measuring the space we have before choosing furniture and furnishings. You don't want to run out of wallpaper half-way around the room!



Safeguarding, Emotional Wellbeing and Mental Health

Understanding and Supporting Your Child's Mental Health

What is Mental Health?

Mental health encompasses our emotional, psychological, and social well-being. It affects how we think, feel, and act, influencing how we handle stress, relate to others, and make choices. Just like physical health, mental health is crucial at every stage of life, from childhood and adolescence through adulthood.

The Importance of Daily Mental Health Check-ins

Just as we monitor our physical health with regular check-ups, it's equally important to check in on our mental health daily. A mental health check-in can be as simple as asking your child how they are feeling, encouraging them to express their emotions, and providing a safe space for them to talk about their day. This practice helps in identifying any early signs of mental health issues and promotes emotional well-being.

Understanding Anxiety

Anxiety is a normal part of life and can be particularly prevalent during the transition from childhood to adolescence. This period involves significant hormonal changes that can lead to feelings of anxiety. It's important for parents to recognise that these feelings are normal and to provide support and understanding. Encourage your child to talk about their worries and reassure them that it's okay to feel anxious sometimes.

The Cognitive Triangle: Behaviours, Feelings, and Thoughts

The cognitive triangle is a concept used in cognitive-behavioural therapy (CBT) that illustrates the connection between our thoughts, feelings, and behaviours. Understanding this triangle can help parents and children manage their mental health more effectively:

Thoughts: What we think affects how we feel and act. For example, if a child thinks, "I can't do this," they may feel anxious and avoid the task.

Feelings: Our emotions influence our thoughts and behaviours. If a child feels anxious, they might think negatively about themselves and avoid certain activities.

Behaviours: How we act affects our thoughts and feelings. If a child avoids a challenging task, they might think they are incapable, which can increase feelings of anxiety.

By recognising and addressing each part of the cognitive triangle, parents can help their children develop healthier thought patterns, manage their emotions, and engage in positive behaviours.

Conclusion

Supporting your child's mental health is just as important as caring for their physical health. Regular mental health check-ins, understanding anxiety, and using tools like the cognitive triangle can make a significant difference in your child's well-being. Remember, it's okay to seek professional help if needed, and always encourage open and honest communication with your child.

Thought for the Week

Worry often
gives a
small thing a
big shadow.

~SWEDISH PROVERB

Mrs Jones

Whenever you're struggling with...

- Whenever you're struggling with **friendships**
- Whenever you're struggling with **exams**
- Whenever you're struggling with **things changing**
- Whenever you're struggling with **self esteem**

Reach out to us.

kooth.com

