



Dear Parents

I hope you enjoy reading this week's newsletter which is a real celebration of our pupils and their leadership. We are always looking for opportunities to develop our pupil's leadership skills and for a number of years we have had Sports Leaders and more recently Arts Leaders. These pupils give so generously of their time, running numerous activities in school and in our local primary schools. I am delighted to recognise their achievements in this week's newsletter and hope that they are an inspiration for our young pupils, who will of course be the next generation of leaders in our school.

Please take the time to read the articles inside this week's newsletter, which include some timely reminders about Attendance and details of how English homework is set. The article on the back page which marks World Mental Health Day is very informative and certainly made me stop and reflect. I hope you find it useful.

Amanda Ryan, Principal

Sports Leaders

I am delighted to announce the Sports Leaders for 2025. The role of a sports leader is very important within Hillside and it takes much consideration for the PE department to select its leaders. They will be key helpers in extracurricular clubs taking on roles such as umpire, referee, coaching, sorting equipment etc. Sports Leaders will also be involved in Primary School events running multi-sports competitions. This is a fantastic honour to be selected for this role and is something that will look excellent on your CV in the future. Well done to all Sports Leaders 2025!!

**Ethan E, Dayan K, Content I, Georgie B, Jaylen H, Denys S,
Lucas S, Talia N, Ava K, Tilly T, Sidra A, Megan C, Fola O,
Mariyam B, Jess H, Mia W, Anu S**

Miss Austin



Arts Leaders

We are incredibly proud to announce the Hillside Arts Ambassadors for 2025:

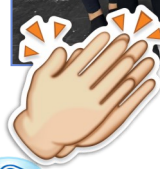
**Bella G, Tilly T, Olivia H, Freya S, Shari McK, Caitlin J,
Florenta C and Mia M.**

These exceptional pupils have been selected for this prestigious role in recognition of their consistent dedication, creativity, and outstanding contributions to the Arts at Hillside. Whether through performance, visual art, music, or leadership within arts initiatives, each of these pupils have demonstrated remarkable passion and talent.

Becoming an Arts Ambassador is both an honour and a responsibility — one that these pupils have earned through their hard work, commitment, and enthusiasm for enriching our school's vibrant arts culture.

Well done, girls — we can't wait to see the inspiration and leadership you will bring in 2025!

Miss Brown





Introducing Sparx Reader

We are delighted to introduce you to Sparx Reader which has replaced Bedrock as the online English homework. Sparx Reader is set twice a week on Classcharts for 20 mins each time. This programme provides a fantastic online library of books to support home reading. Reading at home regularly helps to improve your child's reading ability as well developing a life-long love of reading. It also supports their progress towards their GCSEs. To find out more, use this link <https://sparxreader.com/parents/> to take you to the Parents' Page to find out more. Please use the Parents' Portal to check your child's progress.

Sparx Reader - A parent's guide to Sparx Reader

Personalised online reading platform for students aged 11-16, Sparx Reader ensures challenging, attainable tasks with support for parents and teachers.

sparxreader.com

Sparx Stars for the week ending Sunday 21st September

Year 7 1) Kitty B, 2) Jason H 3) Matas L
Year 8 1) Erikas L 2) Sylwia R 3) Evie M
Year 9 1) Zachary Mr 2) Tish L 3) Bella Al

Sparx Stars for the week ending Sunday 28th September

Year 7 1) Lucie P, 2) Jason H, 3) Gracie-Leigh C
Year 8 1) Jarda A 2) Luna W 3) Daisie-Mae R
Year 9 1) Kordian B 2) William J B 3) Vanessa E

Sparx Stars for the week ending Sunday 5th October

Year 7 1) Jason H 2) Ruby C 3) Abigail M
Year 8 1) Gianna E 2) Sylwia R 3) Ruby -Ann C
Year 9 1) Kordian B 2) Megan H 3) Lily G

Congratulations!

Ms Hind

Special Education Needs and Disabilities News

Autism Initiatives (OSSME) are offering a free parent/ carer course for the parents of pupils with ASD or are on the Neuro-developmental Pathway with Alder Hey on Friday 17th October at 10am or 6pm. Places are limited but it will be a worthwhile course for any families who need additional support with their child.

Sign up by emailing emma.tully@autisminitiatives.org

ADDvanced Solutions is the pre and post diagnostic service provided by Alder Hey. They offer support for families with children with ASD/ ADHD and those awaiting a diagnosis. Their website is full of useful links to support all members of the family.

<https://www.addvancedsolutions.co.uk/maintenance.html>

Liverpool Residents Newsletter <https://www.addvancedsolutions.co.uk/newsletters/Liverpool%20Autumn%201%20Half%20Term%202025%20Newsletter.pdf>

Sefton Residents Newsletter

<https://www.addvancedsolutions.co.uk/newsletters/Sefton%20Autumn%201%20Half%20Term%202025%20Newsletter.pdf>

Finally, if you have any questions for need advice on how to support your child please do not hesitate to contact Mrs Miller the SEND Coordinator via the school office.

Mrs Miller


AutismInitiatives



OSSME support for parents of children with autism and/or social communication challenges

OSSME visit schools across Merseyside and work with children, young people and school staff. We also offer support to parents and guardians throughout the year.

Details of our first meeting/training session:

How: In person or online
When: Friday 17th October 2025
Where: Autism Initiatives, Sefton House, Bridle Road, L30 4XR
Times: 10:30am to 1pm in person, or via Zoom
6pm to 7:30pm via Zoom
(for those who cannot attend in the daytime)
Cost: £0

To book your place please email: emma.tully@autisminitiatives.org

When emailing to reserve your place, it is important to provide:

- your full name
- the age of your child
- the educational setting your child attends
- whether you wish to attend in person or via Zoom
- the date of the session you wish to attend

IMPORTANT NOTICE The events are for parents/guardians of the schools we are working in. Numbers will be limited due to our training room capacity, so first come is first served. Please note no more than TWO places per family can be booked for each training session.

Staying Healthy and Attending School During the Winter Months



As the colder months settle in, we know that winter often brings an increase in seasonal illnesses like colds, flu, and other bugs. At Hillside High School, we want to support all our pupils in staying healthy and maintaining good attendance, which is vital for learning, progress, and wellbeing.

Tips to Stay Healthy This Winter

Here are a few simple but effective ways to help your child avoid illness and stay well:

- Wash hands regularly: Encourage frequent handwashing with soap and water, especially before eating and after coughing or sneezing.
- Eat well and stay hydrated: A balanced diet and plenty of fluids help boost the immune system.
- Get enough sleep: Rest is essential for recovery and resilience against illness.
- Dress appropriately: Make sure your child is dressed warmly, especially with layers, hats, and waterproof outerwear.
- Stay active: Even light exercise helps keep the body strong and healthy.

Attendance Matters – Even When Feeling a Bit Under the Weather

We understand that sometimes your child may not feel 100%, but often pupils do feel better once the day gets going. If you think your child is well enough to attend but may need a little extra support, please let their **Progress Leader, Pupil Support, or Attendance Team** know.

We're happy to keep an eye on them throughout the day. If they begin to feel worse, we can contact you and arrange for them to go home. This way, they don't miss out unnecessarily, and we can work together to support their health and learning.

Let's Work Together

Good attendance is a team effort between school and home. If you are ever unsure whether your child should come in, feel free to reach out. We are here to help and want every pupil to feel safe, supported, and ready to learn.

Stay warm, stay well, and thank you for your continued support.

Mr Edwards

Breakfast Club

Come along to our fantastic breakfast club which is free of charge to all pupils.

Mrs McGing will be in the Dining Room everyday between 7:45am-8:20am



Safeguarding, Emotional Wellbeing and Mental Health

World Mental Health Day: 10th October 2025

As we mark World Mental Health Day, it's a timely reminder of how important it is to talk openly about mental health especially with our young people. At Hillside High School we are committed to supporting the emotional wellbeing of every pupil, and we know that working together with families is key.

What Is Mental Health?

Mental health refers to our emotional, psychological, and social wellbeing. It affects how we think, feel, and act, and how we handle stress, relate to others, and make choices. Just like physical health, mental health exists on a continuum from thriving and coping well, to struggling and needing support. It's normal for young people to move along this continuum at different times in their lives.

Mental Health in Young People: The Facts

- 1 in 6 children aged 5–16 has a probable mental health disorder (NHS Digital, 2021).
- The most common issues among pupils aged 11–16 include:
 - Anxiety (e.g., social anxiety, generalised anxiety)
 - Low mood or depression
 - Stress related to school, exams, or friendships
 - Body image concerns
 - Sleep difficulties
 - Online pressures and cyberbullying

How to Start Conversations About Mental Health

Talking to your child about their mental health can feel daunting but it doesn't have to be. Here are some tips to help you open up those important conversations:

- Pick the right moment: Try talking during a walk, car journey, or while doing something together. It can feel less intense than a face-to-face chat.
- Start with open questions:
 - "How have you been feeling lately?"
 - "What's been on your mind recently?"
 - "Is there anything at school or online that's been bothering you?"
- Listen without judgment: Let them speak freely. Avoid jumping in with solutions straight away.
- Normalise their feelings: Reassure them that it's okay to feel overwhelmed, anxious, or low sometimes.
- Share your own experiences: If appropriate, talk about times you've felt stressed or anxious and how you coped.
- Keep the door open: Let them know they can always come to you, even if they don't want to talk right now.

Wellbeing Activities to Support Good Mental Health

Here are some simple, effective ways to help your child build resilience and maintain good mental health:

- Prioritise Sleep - Teens need 8–10 hours of sleep. Encourage a regular bedtime and limit screen time before bed.
- Stay Active - Physical activity boosts mood and reduces stress. Even a daily walk can make a difference.
- Encourage Hobbies - Creative activities like drawing, music, or journaling can be powerful outlets for emotions.
- Manage Screen Time - Help your child take breaks from social media and set healthy boundaries online.
- Stay Connected - Encourage friendships and time with trusted adults. Feeling connected is a key protective factor

Reflections

- Can pupils reflect on these bullet points and how they do them?
- What could they change and do more of?
- What is their one 'take away' from the list above?

Thought for the Week

