



Dear Parents/Guardians

As we move quickly towards the end of another busy and productive term at Hillside could I take this opportunity to remind all pupils and their parents about the need to maintain good attendance until we break up next Friday. To reward the pupils who are in school every day, their names will be entered into a prize draw to win one of five top prizes, including £100 cash, an Amazon Eco Dot speaker or a Goggle Home Mini device. I can't wait to pick the winning names next Friday, what a lovely start to the holidays that will be!

Pupils have been working hard to collect their 'Reward' points this term and a highlight of next week will be the end of term parties for the pupils with the most reward points in Year 7-10 and Breakfast for our Year 11s.

The last morning of term will start with a normal lesson, followed by pupils spending some time with their form groups and then celebrating the end of term in the Hall. Pupils will be dismissed from school at slightly different times as follows:

- Year 7 - 11.45am**
- Year 8 - 11.55am**
- Year 9 - 11.30am**
- Year 10 - 11.50am**
- Year 11 - 12.15pm**

If any pupils need to wait for siblings in other year groups this is fine and they can wait in the foyer. If the early finish causes any parent a problem please do not hesitate to contact your child's Progress Leader.

I look forward to seeing lots of parents at our end of term performance 'A Hillside Christmas Carol' please remember to purchase tickets which are on sale from the school office. All money raised will be used to purchase food for our Christmas Meal Appeal.

Mrs Amanda Ryan

9 Days of Christmas Attendance Draw!

Be in school every day from
 Tuesday 9th December – Friday 20th December
 and your name will be entered into a draw,
 with the following prizes up for grabs :

£100 Cash Prize

Amazon Echo Dot

One of 3 Google Home Mini devices

5 big prizes to be won, you have to be in, for a chance to win!




A Hillside Christmas Carol

Thursday 19th December 2019

Join us from 5.30pm

for mulled wine and mince pies

Show starts at 6.00pm, Ticket price £2






SMSC (Spiritual, Moral, Social & Cultural) Corner

This week's theme: Christmas

SMSC Focus:

In assemblies this week pupils will be learning about the story of the nativity and why this is still so important to Christians today.

We will be watching <https://www.youtube.com/watch?v=TzE2QQ4trEQ>

'Same story, different version'

Please take the time to have a look at this clip.

Career of the week

Career: Firefighter

Skills:

- Communicating with people
- Working as part of a team
- Following instructions
- Coping with pressure
- Making decisions

Average Salary: £36,920

Useful Subjects:

English and Maths

For more information please see
www.myworldofwork.co.uk

Word of the Week

'Apocryphal'

Of doubtful authenticity

**Year 7 & 8
Homework
Maths**

Here are the Hegarty Maths names:

Year 7 — Jessica Harrington 7SE & Lilia Campbell 7SE

Year 8 — Fiona Zhen 8SAC & Vincent Zhen 8SAC

Year 9 — James Wharton 9MW & Samantha Harrington 9RM

Year 10— Kelly Leung 10SW & Jack Corbett 10TH

Year 11— Georgia Preston 11TG & Katie O'Neil 11TG

Here are the TT Rockstars names:

Year 7— Jessica Harrington 7SE, Jessica Rudd 7SDO
& Warren Coudis 7SO

Year 8— Joshua Dickinson 8AMR, Charlie Dawber 8SA
& Vincent Zhen 8AMR

 **hegartymaths**



Excellence in the Heart of the Community



Self –Care at Christmas

We are quite sure that like many of us most parents/ guardians and pupils are in the middle of preparing for the forthcoming festive season and getting excited about the prospect of 1 school week left until we break up for the holiday. We are however aware that among all the fun and festivities, Christmas can be an overwhelming time. Young Minds website gives advice on how to look after your mental health over the holidays.

Take Time Out

It's so important to take time out every day, not just in the festive period. If you feel yourself getting a bit overwhelmed, or upset, take 5-10 minutes away from everyone on Christmas Day to just have a bit of time to yourself. Christmas Day can be quite an overwhelming day, so by taking time out you can allow yourself time to recharge.

Sleep

A good night's sleep is so important when it comes to looking after our mental health. It's said that teenagers need an average of 9 ½ hours sleep each night. When it comes to the festive period, ensuring you get enough sleep can become difficult due to things like late nights at home and parties. To make sure you get back into your normal sleeping routine easily, try going to bed at normal times as the festive period draws to a close. This'll make getting up for school a lot easier and, in turn, will help your mental health a lot.

Exercise

Physical activity releases a chemical called endorphins, which makes you feel good, so if you're feeling a bit overwhelmed or low at Christmas, why not go out for a walk? You could go on your own or with someone else, or go for a bike ride or even a run.

Try To Relax

It's easy for to say "Christmas is fun, just relax", but the reality is that relaxing can be tricky. Try doing things like yoga, breathing exercises or meditation to help you calm down if you're feeling a bit stressed over the festive period.

Just because it's Christmas, it doesn't mean caring for your mental health has to be put on hold. You're allowed to take breaks, and do things that perhaps don't involve the whole family. Mental health and physical health are as equally important, if you fell over and grazed your knee on Christmas Day, you'd put a plaster on it. So if you're mental health needs a plaster, you're allowed to do something about it.



Mrs Cross



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**Hillside's
Christmas Meal Appeal 2019**

Supporting families in our community

**Can you help support families in our own
community this Christmas?**

We are looking for donations of the following non perishable items:

- Tinned Vegetables
- Soups
- Beans / Spaghetti
- Pasta / Noodles / Rice
- Pasta / Curry Sauces
- Long Life Milk
- Hotdogs
- Gravy Granules
- Crisps / Nuts
- Biscuits
- Jam / Marmalade
- Custard
- Tinned Fruit
- Sugar
- Juice / Cordial

Each form group will have an item to collect.
See class poster for your item

Donations are being collected from Monday 25th November.
Everything collected will be made up into a hamper and delivered
to families in our own community on Wednesday 18th December.

THANK YOU



Thought for the week



*Wishing you all a very happy, safe and peaceful
Christmas.*

Looking forward to a fantastic 2020 together.

Key Dates 2019

Christmas Dinner:	Wednesday 18th December 2019
Christmas Performance:	Thursday 19th December 2019 6.00pm
End of term:	Friday 20th December 2019
Start of term:	Monday 6th January 2020
Year 11 Parents' Evening:	Thursday 16th January 2020
Year 9-11 Careers Fair:	Wednesday 22nd January 2020
ARTS Showcase Evening:	Wednesday 29th January 2020

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