



Dear Parents/Guardians

I am delighted to share with you this week's newsletter. On Wednesday evening was our fantastic Arts Showcase and it was wonderful to see so many of our pupils and their parents viewing the work and enjoying the entertainment provided by our pupils. I look forward to sharing more details with you in future newsletters.

We had a successful Year 11 Parents' Evening last week. I can hardly believe that for these pupils it is their last Parents' Evening at Hillside; their time with us has absolutely flown by. We are now in a position to confirm the dates for all other year groups and their Parents' Evenings, please see above. We look forward to seeing all parents and guardians at these evenings. We know that by parents attending these events and us working together in this way, we stand the best chance of success for our pupils.

This has been another great week in terms of attendance and once again I would like to thank pupils and their parents for their support in this area. It has been a week of real celebration and in Monday's briefing I awarded prizes to the top forms for attendance, so far this half term.

On Monday I had the pleasure of accompanying our Year 10 and 11 pupils to St George's Hall to watch Gerald Dickens perform a Christmas Carol; which was written by his great-great grandfather. This was a truly wonderful performance which, I am pleased to say our pupils watched attentively and with great interest. These are the experiences which make me extremely proud of our pupils and our wonderful school.

I have also had the pleasure of awarding pupils with their badges for 100% attendance in the Autumn Term - 100% for the academic year 2018-19 (sorry these were a bit late!) and Lead Learner certificates and badges. I'm sure you agree the Year 7s pictured here are modelling their badges with the pride they deserve.

Mrs Amanda Ryan

Parents' Evening

Year 8	Thursday 13th February 2020 - 4.15pm—6.45pm
Year 10	Thursday 19th March 2020 - 4.15pm—6.45pm
Year 7 & 9	Thursday 18th June 2020 - (times to be confirmed)



SMSC (Spiritual, Moral, Social & Cultural) Corner

This week's theme: National Storytelling Week

SMSC Focus:

Why do we need stories? What role do stories play in human history? What would our world be without stories? Great literature is a mirror in which we see ourselves, and a window through which we may see the world.

Career of the week

Career: Interior Designer

Skills:

- Communicating with people
- Time management
- Using computers and designing
- Being Creative
- Planning and organising

Average Salary: £33,280

Useful Subjects:

Maths, English, Art and Design

For more information please see [www.myworldofwork.co.uk](http://www.myworldofwork.co.uk)

Word of the Week 'Connotation'

An idea or feeling which word invokes for a person in addition to its literal or primary meaning.





## Hillside Sports Studies Pupils lead the way!

As part of a sports studies assessment, several Year 10 pupils ran sports sessions for Bedford Primary School children last Friday at Hillside High School. Hillside pupils planned, organised and led the sessions which included: football, rounders, basketball, dance and tag rugby. The Bedford Primary children all said how much fun it was as they got to experience such a wide range of different sporting activities. The Year 10 pupils all did a fantastic job; showing great maturity and leadership skills, they were a real credit to the school.

Mr Clarke



## A Christmas Carol

On Monday, 50 Year 10 and 11 pupils attended a special production of Charles Dickens' novel, 'A Christmas Carol'. The production was a dramatic reading of the novel by the Victorian author's great-great grandson, Gerald Dickens, and this took place in the beautiful theatre in Liverpool's St George's Hall.

During the one-handed production, Mr Dickens performed all of the roles from the novel himself. He also introduced the show with a discussion of the novel's context. He explained to pupils that Charles Dickens had performed a reading at the newly built St George's Hall in 1866 with over 600 people from Liverpool attending.

Gerald Dickens told pupils: "Just being here today, in the same space where Charles Dickens read 'A Christmas Carol' in 1866, you are now also part of the history of the novel."

Mrs Hinde



Excellence in the Heart of the Community



## Teenagers' Sleep Patterns

Trouble getting up on school days, dozing off in class, marathon lie-ins at weekends... It may feel like you/your teenager is sleeping their life away. In fact, the opposite is probably true. Sleep experts say teens today are sleeping less than they ever have. Lack of sleep also affects teenagers' education, as it can leave them too tired to concentrate in class and perform well in exams.

### Teenagers' sleep patterns

Our sleep patterns are dictated by light and hormones. When light dims in the evening, we produce a chemical called melatonin, which tells us it's time to sleep. The problem is that modern life has disrupted this pattern. Bright room lighting, TVs, games consoles, mobiles, tablets and PCs can all emit enough light to stop our bodies producing melatonin. On top of this, research suggests that teenagers' body clocks are set later than adults and younger children. In other words, they're programmed to stay up later, and also get up later, than the rest of us. This would not be a problem if your teenager did not have to get up early for school. These early morning wake-up times mean they're not getting the 8 to 9 hours of sleep they need. The result is a tired, cranky teenager.

### Tips for better teen sleep

Catching up on sleep at weekends is not ideal. Late nights and long lie-ins will just disrupt your teenager's body clock even more. However tired they feel, teenagers should avoid lie-ins at the weekend. They should also get out into the daylight during the day. Both these things will help to keep their body clock regular, and make it easier to go to sleep and get up at a reasonable time.

### A minimum of 8 to 9 hours good sleep on school nights is recommended for teens.

Here's how to make sure your teen is getting enough sleep to stay healthy and do well at school.

### Limit screens in the bedroom

If possible, don't have a mobile, tablet, TV or computer in the bedroom at night, as the light from the screen interferes with sleep. Having screens in the bedroom also means your teen is more likely to stay up late interacting with friends on social media. Encourage your teenager to have at least 30 minutes of screen-free time before going to sleep.

### Exercise for better sleep

It's official: regular exercise helps you sleep more soundly, as well as improving your general health. Teenagers should be aiming for at least 60 minutes exercise every day, including aerobic activities such as fast walking and running. Exercising out in daylight will help to encourage healthy sleep patterns, too.

### Cut out the caffeine

Suggest that your teenager drinks less caffeine – found in drinks such as cola, tea and coffee – particularly in the 4 hours before bed.

### Don't binge before bedtime

Let teenagers know that eating too much, or too little, close to bedtime can lead to an overfull or empty stomach. This can be a cause of discomfort during the night and may prevent sleep.

### Have a good routine

Encourage your teenager to get into a regular bedtime routine. Doing the same things in the same order an hour or so before bed can help them drift off to sleep.

### Create a sleep-friendly bedroom

Ensure your teenager has a good sleeping environment – ideally a room that is dark, cool, quiet and comfortable.

### Talk through any problems

Talk to your teenager about anything they're worried about. This will help them to put their problems into perspective and sleep better.

### Avoid long weekend lie-in

Encourage your teen to not sleep in for hours at weekends. Late nights and long lie-ins can disrupt your body clock and leave you with weekend "jet lag" on Monday morning.

**Mrs Cross**

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**Here are the Hegarty Maths names:**



Year 7 — Jessica Harrington 7SE, Ava Smith 7SE & Lana-Mai Robinson 7SE

Year 8 — Fiona Zhen 8SAC, Lewis Bruce 8NF & Niccole James-Jenkinson 8SAC

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

Year 10—Molly Warren 10TH, Kenna Wong 10TH, Sharon Osayande 10NR & Baran Ozdemir 10NR


Year 11—Rasa Azizi 11TG, Declan Brand 11SMC, Jack Evans 11TG & Megan Wilson 11SMC

**Here are the TT Rockstars names:**




Year 7— Jessica Harrington 7SE, Ava Smith 7SE, Kai Duckworth 7RLC  
& Harrison Roberts 7RLC

Year 8— Vincent Zhen 8AMR, Michael Mears 8SAC, Darcie Rainbird 8SAC,  
& Kian Morrow 8AMR



**Mrs McKay's**  
*Geography Breakfast and Revision*



**Week Two Friday**  
7.45am to 8.30am      Room 17  
*Free to All Year 11 Geographers      Loyalty Rewarded*

**Thought for the week**

**"AFTER NOURISHMENT, SHELTER AND COMPANIONSHIP, STORIES ARE THE THING WE NEED MOST IN THE WORLD."  
-PHILIP PULLMAN**



**Key Dates 2019**

<b>Year 7 &amp; 8 Careers Fair:</b>	Tuesday 4th February 2020
<b>Year 8 Parents' Evening:</b>	Thursday 13th February 2020 (4.15pm—6.45pm)
<b>End of term:</b>	Friday 14th February 2020
<b>Inset Day:</b>	Monday 24th February 2020
<b>Start of term:</b>	Tuesday 25th February 2020
<b>Year 11 Form Group Photographs:</b>	Wednesday 26th February 2020
<b>World Book Day:</b>	Thursday 5th March 2020

