



Dear Parents/Guardians

I am delighted to share with you the drawing of what the front of school will look like by the autumn. This is a significant investment in our school and will ensure that the front of our building reflects the grand history of the school. Hillside is a local landmark and I am extremely proud to be the Principal of such an amazing school.

Our pupils deserve the best facilities and there has been recent significant investment in improving our classrooms, earning spaces and toilets too. Hopefully all members of our school community will feel as proud as I do when this work is completed. We will have a school which truly reflects our 'Excellence in the Heart of the Community'.

I cannot believe I am writing the last newsletter message of this academic year. What a year it has been! Even after all this time I still don't have the words to summarise the period of time since we went into 'Lockdown' in March.

I would say; I am extremely proud of how we have responded to this challenge as a school community. As the quote below says, 'When the world was told to stay apart, we stayed together,' I really do believe this is the case at Hillside. At a time when we couldn't physically be together in the building, I have never felt a greater sense of our school community, which proves that the building is only part of who we are as a school; the school community is something much greater.

I have enclosed a copy of this quote for all pupils as I know some of them may want to keep it with their memories of this time. I have also enclosed a 'My 2020 Covid-19 Time Capsule' which I thought some pupils might like to complete. Whilst this has been a strange, and at times challenging, time for us all, we cannot dispute that we are making history and I think it is so important for our young people to keep a log of this to share with the generations to come. I will certainly be completing the time capsules with my own children.

We do 'break up' today and whilst it wouldn't feel like a normal summer holiday I do hope you can all enjoy some kind of break.

We say goodbye to Mrs. Daly, Assistant Vice-Principal after 21 years at Hillside. We will miss Mrs. Daly greatly, but wish her a long and very happy retirement. We have recruited Miss White a new science teacher who will be joining us in September.

Wednesday 2nd September will be the start of term for pupils in Year 7 and 11, with pupils in Year 8, 9 and 10 returning on Thursday 3rd September. More detailed information about start times and our plans for re-opening school to all pupils will be sent to parents this week. We have detailed plans and risk assessments to ensure that when we do open to all pupils, this is done safely. So please try not to worry about this and don't hesitate to contact us if you do have queries.

In the meantime have a fantastic summer, keep safe and well and I can't wait to see all our wonderful pupils back in September.

Mrs Amanda Ryan, Principal



When the world was told to stay apart,  
We stayed together.

Hillside High School 2020





## Thank You from our Chair of Governors

Dear All

I write on behalf of all the governors at Hillside High School to say a huge well done to all members of the Hillside High School community. This has been the most challenging of times and as governors we are so impressed with how our School has dealt with 'Lockdown'. As Mrs Ryan's quote says, 'When the world was told to stay apart, we stayed together'. As governors we are so proud of the contribution everyone has made to 'Team Hillside' and the way we have responded as a school community to this most challenging of times.

To our fantastic pupils who have worked so hard, in these most strange of circumstances. As governors we are impressed by what your teachers are telling us about how you have engaged with your Home Learning and we enjoy seeing your work on Twitter and Instagram. We are struck by how motivated you have been, even when you couldn't be in the school building. Well done...now enjoy your summer break ready for all the hard work which awaits when you get back in September.

To all the staff, teachers and support staff for their ongoing contribution to 'Team Hillside'. The tasks have been far-ranging throughout this period from staffing Mini School to delivering lessons in the Year 10 PODs and that's all in addition to setting Home Learning tasks and responding to emails from pupils.

To all support staff whose varying roles have made a massive contribution to the running of school in 'Lockdown'. The fantastic cleaning team (pictured below) who have kept the school clean and safe for you. To the catering team who have provided lunches for the pupils attending mini-school. To the fantastic pastoral team who have kept in touch with pupils and their families throughout 'Lockdown' and have been instrumental in delivering the food and other vital items to families, funded from the Steve Morgan Foundation. Each and everyone of you deserve a special thank you and well done!

We are all excited for the return of all pupils to our school in September, please don't worry about this, lots of planning is going into this to ensure that when you return everyone's safety is our top priority. Please enjoy your summer holidays and I look forward to seeing our school back up and running when we return in September.

Mike Cunliffe

Chair of Governors, on behalf of the Governing Body of Hillside High School



## Contact over Summer

As we head to the end of term we wanted to share with parents/guardians and pupils our position regarding contact over the summer and in particular pupil email. As of Friday 17th July pupil email will be temporarily disabled until 1st September so pupils will not be able to contact members of staff during the summer holiday, this is to enable all members of our school community the opportunity to 'switch off', recharge and refresh ready for the new academic year in September. As you will be aware the Progress Leaders and other key pastoral staff have had work phones over the lockdown period to enable communication with parents/guardians and pupils. During the summer holiday the phones will not be switched on for the reasons mentioned above. The school office will remain open throughout the summer break and if any parent/guardian has any questions or concerns then you can still contact the school office on 0151-525-2630. In addition queries can be emailed to [admin@hillsidehigh.co.uk](mailto:admin@hillsidehigh.co.uk)

The safety and well-being of our pupils is paramount and we do hope that all pupils have a safe and restful break in these most unusual times. Please see our safeguarding article for useful numbers and contacts which may be of help to families and pupils during the summer break.



Year 7,

Well we made it, albeit in a very unusual manner. What a way to end your very first year of secondary school! I would like you to just think about how far you have come in these really strange and uncertain times, and to take a moment to reflect on the exciting times that we have ahead of us. We will have the amazing opportunity to return to school in September, having shared an experience like no other before, certainly in my lifetime, and I feel it can only make us have a greater appreciation for the support that we have given to one another throughout this time.

It's been lovely to see how hard so many of you have been working, despite the difficulties. This just proves the resilience you have and can only make you stronger and more determined for the future. Year 8 will have its usual challenges but together, and with the support of me and your Form Tutors, Year 8 is going to be a successful one and year which you will appreciate and cherish.

Now, go and enjoy your summer holidays, make the most of your time with friends and family. Remember to be kind and more importantly stay safe!

Goodbye for now Year 7 and roll on September when I can happily say 'Hello Year 8'.

Take care

Mrs Harper

## Safeguarding

This has been an exceptional academic year and in terms of the world of safeguarding this is no exception. As we head towards the end of term this is our final safeguarding article of the academic year. We would like to once again publish some useful numbers and web-sites that may provide support, should the need arise, whilst school is closed for the summer holiday.

Childline 08001111

NSPCC- [www.nspcc.org.uk](http://www.nspcc.org.uk) 08448920264 (Liverpool Office)

NSPCC Helpline 08088005000

[cruse.org.uk](http://cruse.org.uk)- coping with a bereavement

[www.trusselltrust.org](http://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 your 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





# A GUIDE ON HOW NOT TO BE A 'SCREEN ZOMBIE'

It's not always easy to tell if you've been spending too much time on your device. Mobiles phones, tablets, games consoles, TVs; the list of devices you might have access to seems never-ending and switching between them can be seamless. However, too much time on your device could lead to certain problems and could be an indicator of an addictive habit. It's important therefore that you try and manage your screen time as much as possible and avoid becoming a 'screen zombie.'

## TAKE CARE OF YOUR BRAIN

Spending too much time on social media, watching YouTube or playing games online can result in you becoming a screen zombie. This can affect your mood, how much sleep you get, how you perform at school and how you behave around others. Limiting your screen time will keep you alert, Limiting your screen time will keep you alert, keep your mind focused and help to look after your own mental health and wellbeing.



## BE PRESENT, NOT A ZOMBIE

Screen zombies often find that they spend a lot of time alone in front of their tablet or their mobile phone and reduce the time they spend with their friends or talk with their family. Zombies often lack communication skills. Always try to limit your screen time as much as possible – there's so much fun you can have with others!



## SCREEN-FREE BEDROOMS

Keeping your phone in your bedroom means that it can be tempting to check every notification you get. Your phone could be the last thing you see at night and the first thing you see in the morning. This can contribute towards poor sleep and a lack of focus the next day. Try to keep your phone out of your bedroom or turn off all notifications before bedtime. This will mean you'll get a good night's rest and be ready for the next day.



## DON'T GET TRAPPED INSIDE

Screen zombies usually find that they spend a lot of time inside as they lose interest in other things that don't include their device. It might seem obvious, but meeting your friends outside or doing outdoor activities like playing sports, trampolining, camping or just going for a walk are all healthy replacements for screen time and can help keep your mind fresh and active.



## ZOMBIE-FREE MEALTIMES

Mealtimes can be seen as a good time to sit down, relax and switch on your tablet or phone as you eat your food. But it can also mean that you're not interacting with others, sharing jokes at the dinner table or just talking about your day. Keep mealtimes for family time. Eating your food and staring at a screen means you're turning into a zombie.



## BEWARE OF OTHER DANGERS

Spending too much time on your device and online can increase your chances of potentially encountering other online dangers. This could range from viewing inappropriate or harmful content to online bullying, grooming or fake news. Controlling how much time you spend online will reduce your risk of exposure. If you do see anything that makes you upset or if you're concerned about contact with others, always report it to a trusted adult.



## BEWARE OF SNEAKY TRICKS

A lot of apps and games use certain ways of keeping you online and using their platform for long periods of time. This can include simple things like unlimited scrolling on a newsfeed, 'streaks' or uncovering hidden levels. Be mindful of how much time you're online and try to remember you're in control. You decide when you've had enough, not your device.



## SAVE YOUR PARENTS!

Even though your parents will often be the ones telling you to limit your screen time, turn off your phone, sometimes they will forget to take their own advice. So it's up to you to make sure you remind them of the dangers of becoming a screen zombie!



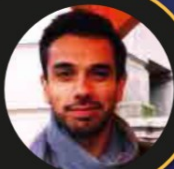
## UN-ZOMBIFY YOURSELF

If you think that you've already become a screen zombie, then don't worry, it's never too late to get help and support from your friends and family. Talk to your parents if you feel you've become addicted to your device, try to understand why and work with them to help you limit your screen time so that you can leave your zombie character behind.



## Meet our expert

Pete Badh is content specialist with over 10+ years in research and analysis. He has written various expert pieces around online safety for children and parents and previously worked in a specialist role for the police, contributing work which was pivotal in successfully winning high profile court cases and writing as a subject matter expert for industry handbooks.



National Online Safety®

#WakeUpWednesday