



Dear Parents/Guardians

I can't believe I am writing my last newsletter message for this half term...and what a half term it has been!

I can speak on behalf of all the team at Hillside when I say we started the school year with a real sense of excitement to be welcoming all of our pupils back. I am delighted to say they have not disappointed us! As I have mentioned previously the way our pupils have adapted to their 'new norm' has been humbling to see. Walking around school I am struck by the purposeful and focused approach of our pupils, who are working extremely hard in their lessons.

I would like to say a massive thank you to all our pupils, supported by their families who are wearing a mask every day in school, on the corridors and in communal areas. I would remind families that this is now mandatory in our school and unfortunately we do still have too many pupils who regularly arrive to school without a mask. Every mask we give to a pupil costs us 20p, bearing in mind most days we give out a vast number there is significant financial cost to this. We receive no funding for this, which means this money is been taken away from our pupils and other resources we would like to buy for them. We also have staff and pupils telling us they feel nervous when some of our school community are not wearing a mask, when they should be. I would ask for everyone's support in ensuring all pupils return to school after half term with a mask. Obviously we fully respect a small number of our pupils are exempt from wearing a mask.

I am sure we are all feeling the demands of an eight week half term and I hope all our pupils and their families are able to enjoy some kind of a rest over half term a useful guide can be found on the back page of the newsletter.

I look forward to welcoming pupils back to school at their usual times on Monday 2nd November 2020.

I hope our Year 11 are ready for all the revision sessions, including Period 6s, Saturdays and Holiday schools which will be starting immediately after half term (please see poster above). We are all acutely aware of the precious time they missed from school in lock down and it is imperative they attend these sessions and take up every opportunity for additional input from their teachers.

Mrs Amanda Ryan,



*When the world was told to stay apart,
We stayed together.
Hillside High School
2020*

Year 11 Revision
Hillside High School
P6 3pm start:

Monday	Maths
Tuesday	Science
Wednesday	English
Friday	History / Geography / Spanish

Saturday & Holiday School
Year 11, Subject teachers will be running Saturday and Holiday school over the coming months as additional support for your GCSEs.
10am – 1pm
Keep an eye on our social media for reminders.



Times Tables Rockstars

A massive well done to our TT Rockstars this week, they are:

Year 7:

Robert Morogan 7TG, Harry O'Leary 7SMC and Josh Mossman 7THE

Year 8:

Kieran Seddon 8DT, Jessica Harrington 8NW and Kira Dodd 8RLC

Miss Christian



SMSC (Spiritual, Moral, Social & Cultural) Corner

Theme: Importance of learning for both our future and for our mental health.

SMSC Focus: Social

This week's assembly:

Research shows that learning new skills can also improve your mental wellbeing by: boosting self-confidence and raising self-esteem. helping you to build a sense of purpose. helping you to connect with others. This week we will examine how learning happens at Hillside.

Thought for the Week:

"All staff and pupils at Hillside are immersed in learning. The Hillside Core 5 (HC5) principles underpin all of our lessons in order to ensure secure learning takes place. Learning is our core business at Hillside".

Mrs Wardale

WHAT TO DO IF...

Guidance for parents and carers

if your child or another household member has COVID-19 symptoms or their child has been in contact with a confirmed case.

Government guidance is subject to change at short notice - if in doubt refer to official websites shown below.



YOUR CHILD HAS SYMPTOMS OF CORONAVIRUS

If your child has coronavirus symptoms:

- a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste

DO NOT send your child to school

Inform School ASAP

Get a test now

www.gov.uk/get-coronavirus-test or phone NHS 119
Tell school what the test result is as soon as you know.

Follow 'stay at home' guidance for households with possible or confirmed coronavirus infection' www.bit.ly/stayathomeguidance

www.gov.uk/get-coronavirus-test

SOMEONE ELSE IN YOUR HOUSEHOLD HAS SYMPTOMS

If someone in your household develops symptoms, they get a test. Other members of their household self-isolate for 14 days from when the symptomatic person first had symptoms.

DO NOT send your child to school

Inform School ASAP

If the test is negative;

- the person with symptoms can stop self-isolating, but may have another illness
- other members of the household can stop self-isolating, so your child can return to school.

Negative

If the test is positive;

- the person with symptoms self-isolates for at least 10 days from symptom onset and follows 'stay at home guidance'
- other members of the household continue self-isolating for the full 14 days

Positive

DO NOT send your child to school

www.bit.ly/stayathomeguidance

YOUR CHILD HAS BEEN IN CONTACT WITH A CONFIRMED CASE OUTSIDE SCHOOL

Contacts who need to self-isolate will be notified and advised by the NHS Test and Trace service. Children under 18 will be contacted by phone wherever possible and asked for their parent or guardian's permission to continue the call. If you or your child have not been notified, your child does not need to self-isolate. If your child's contact is waiting for a test result, you do not need to self-isolate.

If your child has been informed that they are a contact of a person who has had a positive test result for COVID-19;

DO NOT send your child to school

- **Inform School ASAP**
- your child must self-isolate at home for 14 days from the date of their last contact with the person who tested positive.
- follow the 'stay at home' guidance
- Your child is at risk of developing COVID-19 for the next 14 days.
- Even if your child never develop symptoms, they can still be infected and pass the virus on without knowing it.
- You should not arrange a test for your child unless they develop symptoms of COVID-19.
- If your child does not have symptoms of COVID-19, other people in your household do not need to self-isolate.

www.bit.ly/guidanceforcontacts

WDT What to do if... [PARENT] v1 3 11/09/2020





What are we reading...

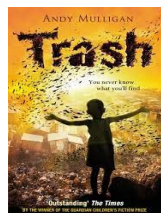
As our first half term of 'Register and Read' comes to an end, we wanted to share the titles of the books each form is reading. You can see from the images here that there is such variety across the school.

Next half term, we look forward to reading shorter extracts with Year 11 to focus their reading skills towards their English examinations. The opportunity to read the kinds of stories and non-fiction extracts pupils will have to read and analyse in their English language exams will be really beneficial.

This week, our mobile library visited Year 8 forms; pupils were excited to choose a reading book. Please do continue to encourage you child or children to read regularly.

The next step in our reading development work is to assess each pupil's reading age. Through an online assessment, pupils in Year 7 to 11 will all complete a quick evaluation of their current reading skills. We have always assessed pupils' reading ages, but this year we are moving to a digital platform to conduct the reading age tests. This gives pupils' teachers a really good insight into their current strengths and their areas for development; it will also enable us to target specific intervention and support for pupils who are in need of that extra support.

Mrs Hinde



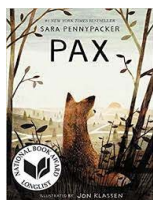
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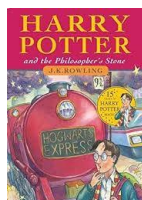
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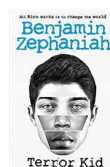
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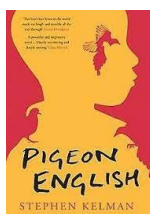
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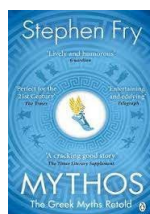
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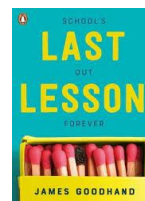
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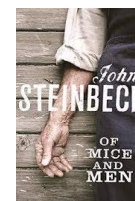
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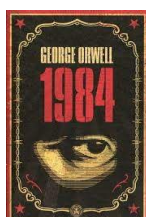
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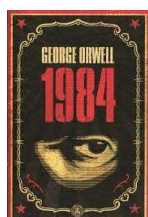
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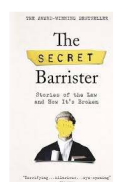
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11TH



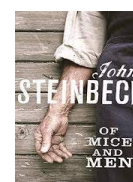
11NR



11SW



11SC



11NR



YOUNGMINDS YOUNGMINDS

Rest and Recharge

As we reach the end of a very busy, unique and tiring half term we want to remind all members of the school community to rest and recharge over the half term. Looking after ourselves in terms of mental wellbeing has never been more important and the advice below from Young Minds is really helpful in reminding us how to take time out.

Why is relaxation important?

Life is busy, whether you're at school, college or work. Sometimes, the pressures can seem all a bit too much. Taking some time off for relaxation is vital to help your mind and body switch off from those pressures. Some mental health problems, such as [anxiety](#) and [depression](#) can be caused by "too much work and not enough play". And not taking time out for relaxation may make any existing mental health issue worse. Relaxation is an important part of maintaining positive mental wellbeing.

Stress-busting relaxation techniques

Pause - make time during the day to take breaks or pauses. Pausing throughout the day can prevent stress from building up.

- Stop what you are doing.
- Look out of the window.
- Let your shoulders drop.
- Stretch.
- Allow your mind to calm down.
- If you find yourself in a stressful situation such as a difficult phone call, a crowded train journey home or a looming essay deadline, give yourself time afterwards to pause and calm down.

Deep breathing - Taking deep breaths after a stressful situation and concentrating on your breathing can have a calming effect and help you relax.

- Close your eyes.
- Take deep breaths in and out.
- Think of your favourite place, maybe somewhere that you go on holiday.
- Focus on the place and picture yourself there.
- What can you see? What can you smell? What can you feel?
- Imagining being in your favourite place can take you away from your current stressful situation and help you relax and calm down. It can also help prevent stress levels gradually rising throughout the day.

Here's what our bloggers and Activists have to say about taking time out:

- **Switch off the screens** – turn off your phone, tablet and computer and go and do something that doesn't involve tech gadgets instead.
- **Get a hobby** - a hobby away from school or work can help you switch your brain off from school/work pressures. If you love woodworking, for example, you focus on the tools and the wood rather than the presentation you're giving next week. You'll cope better with work after taking a break from it.
- **Exercise** – increases your heart rate and releases endorphins that make you feel good.
- **Walking** – as moderate exercise, walking releases "feel good" endorphins. It can also help you to switch off - you have time to take in your surroundings and walk in a steady rhythm. Fresh air helps you relax and sleep better.
- **Spend time in the natural world** – An old Zen proverb says: "You should sit in nature for 20 minutes a day. Unless you're busy, then you should sit for an hour."
- **Yoga, tai chi and Pilates** - disciplines designed around controlled movement and breathing techniques, which can aid relaxation.
- **Run a warm bath** – light some aromatherapy candles, run some scented bubble bath under the taps and play some chill -out music while you have a relaxing soak.
- **Watch a film or read a book** – escapism is a great way to switch off from reality and help your mind relax.