



### Dear Parents/Guardians

I hope you are all looking forward to the Christmas break. We finish next Friday and we will be continuing our tradition of finishing at lunchtime. The staggered finishing times for each year group can be found here. If you have more than one child in school we can accommodate pupils waiting for their siblings; we do not want the staggered times to cause inconvenience to anyone.

Pupils will be able to wear their own clothes, including a Christmas jumper if they choose, for a donation of £1 to our 'Family Fund'. All money raised will be used to support our own families in the months ahead.

We have a lovely morning of activities planned for our pupils and I hope everyone is in school to enjoy these. This will be a particularly special morning for Year 11, who can celebrate finishing their Predictors.

Mrs Amanda Ryan, Principal

### Christmas finishing times:

11.45am Year 10 & Year 11

12.00pm Year 9

12.05pm Year 8

12.15pm Year 7



### Times Tables Rockstars

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

#### Year 7:

*Ricardo Nicolae 7CSY, Callum Slater 7SMC  
and Ryan Jones 7CSY*



#### Year 8:

*Daniel Williams 8RLC, Jessica Rudd 8SDo  
and Jessica Harrington 8NW*



Miss Christian

### SMSC (Spiritual, Moral, Social & Cultural) Corner

#### Theme:

The Spirit of Christmas

#### SMSC Focus:

Social, Cultural

#### This week's assembly:

The true meaning of Christmas

#### Thought for the Week:

"The spirit of Christmas is about giving - not only gifts (which are symbolic) but a helping hand to all who need it - this is what Christmas is all about". **Amit Abraham**



## Letters to Care Homes

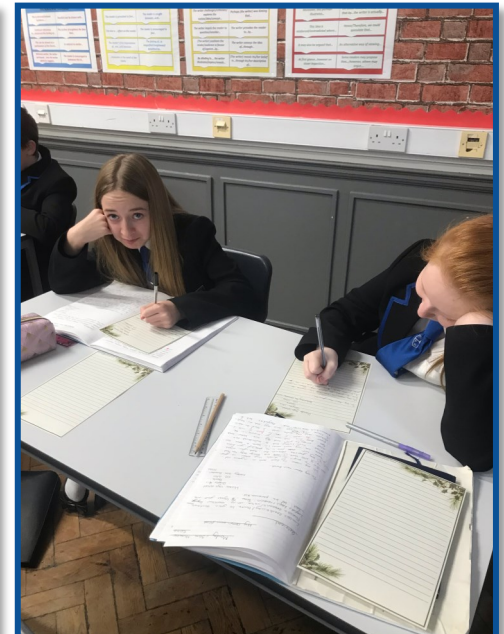
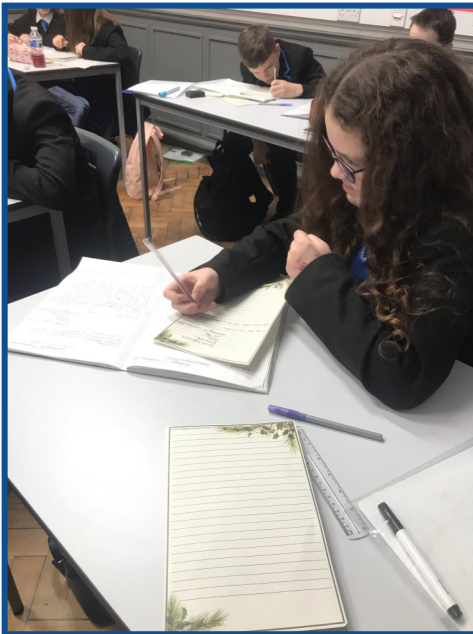
Here at Hillside we are always eager to serve our local community. When national news ran a story on a wonderful initiative started by a group of young women, that encouraged secondary schools to write letters to the elderly in self-isolation, we considered this an unmissable opportunity to contribute with our own letters.

Over the past couple of weeks, pupils in Year 7, 8 & 9 have been writing letters addressed to 'My dear new friend...' with the aim of bringing some Christmas cheer and a little light entertainment to potentially lonely and vulnerable care home residents.

Our pupils wholeheartedly rose to the challenge and we will be sending many of these letters directly to care homes in our community in time for Christmas!



## Mr Gibaud



 Parent View gives you the chance to tell us what you think about Hillside High School.

*We can make a difference!*

*Are the kids happy at school?*

Leave your feedback at [www.parentview.co.uk](http://www.parentview.co.uk)





## Mental Health at Christmas

“It’s the most wonderful time of the year!” is what I hear constantly at Christmas. Whether it’s on the radio, the television or out in public, we are constantly told that Christmas is a time to be happy.

### **But what if you’re not happy?**

The reality for many of us, including myself, is that when Christmas comes around, there’s constant pressure on those with mental health problems to be happy all the time. But of course, that’s easier said than done. Here’s my advice on things you can do to ensure you still enjoy the festive period this year, but also look after your mental health:

### **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 five to ten minutes away from everyone on Christmas Day to just have a bit of time to yourself. Usually I will go into my bedroom to watch something on television, and this year I started running, so will absolutely take some time out on Christmas Day to go for a run. 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 your mental health. It’s said that teenagers need an average of nine-and-a-half 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. 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 will 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 me 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.

Please see some useful contacts for pupils with regard to Mental Health on the back page of the newsletter. In addition to this, during term time if you require advice about a young persons mental health please contact your child’s Progress Leader or one of the Safeguarding Team.



**‘Extract taken from Young Minds article’**





## Crisis Support

If a child or young person is in crisis, they can call the crisis care line any time, but they should only present to Accident Emergency Department if they need medical treatment or are struggling to keep themselves safe in the immediate moment.

The Alder Hey Crisis Care Team is available 24 hours a day, seven days a week on 0151 293 3577 or free phone 0808 196 3550. Face-to-face support is still available when essential, risk assessments will be undertaken regarding these cases. For more information and updates about CAMHS crisis care visit Twitter @CrisisCareAHH.

## Venus Star Centre

This service provides:

- Open access telephone support for children, young people (5 -18 years) and their parent /carers. Available Monday - Friday, 3pm - 7pm (last call 6.15pm). Call 07467 045 207.
- Counselling and therapy sessions by telephone or video link.
- New referrals accepted and assessments by telephone.
- Weekly support group for children and young people (11-18yrs) to provide reassurance, guidance and to help manage anxiety. Delivered every Tuesday by video link (from 21st April).
- Youth Justice Service support including information, advice & guidance (IAG) and therapies Wellbeing and psycho-education telephone calls to new and existing clients.
- Range of online resources.

## Referral contact details:

Telephone: 0151 474 4744—Email: [referrals@venuscharity.org](mailto:referrals@venuscharity.org)—Online: [www.venuscharity.org](http://www.venuscharity.org)

**Who can make referrals?** Children and young people, parents/carers and professionals.

**How can this support be accessed?** Email, telephone or video link.

**Opening hours** 9am-7pm, Monday to Friday, 9am-2pm, Saturday.

## Kooth

This service provides:

- Online counselling and emotional wellbeing platform for children and young people.
- Accessible through mobile, tablet and desktop and free at the point of use.
- The team also delivers therapeutic support via online forums and chats.

**Referral contact details:** Via the website [www.kooth.com](http://www.kooth.com)—

**Who can make referrals?** Children and young people aged 11-19 years and young adults aged 19-25.

**How can this support be accessed?** Online via the Kooth website [www.kooth.com](http://www.kooth.com)

**Opening hours:** 9am-10pm Monday to Friday 6pm-10pm weekends.

Mrs Cross

