



Dear Parents/Guardians

As a school we really appreciate how difficult these times are for us all and that is why we have dedicated this week's newsletter to supporting our well-being in lockdown.

There is a wealth of information included here and I would encourage everyone to read it. We will all have good and bad days and that is natural. I hope you have had chance to read my letter to parents posted on our website. In that letter I stress how impressed we have been with the way our pupils have adapted to their new way of working. I would take this opportunity to thank all of you for supporting your child in accessing and engaging in their remote learning. You are all doing an amazing job and please remember your best is good enough. We really do understand, many of the team at Hillside are juggling their own childcare and full time jobs!

I love the quote below and I hope that in these dark times we can all stop and reflect on the stars which are our children. They continue to shine bright even in these most challenging of times. I can't tell you how much we are looking forward to welcoming them all back to school when we are allowed. School certainly isn't the same without them!

Mrs Amanda Ryan, Principal



FOLLOW US ON SOCIAL MEDIA



facebook.com/hillsidehs

[@hillside_high_school](https://instagram.com/hillside_high_school)



[@hillside_high](https://twitter.com/hillside_high)

'Excellence in the Heart of the Community'

Excellence in the Heart of the Community





Supporting your child through lockdown

As we are now well into the second week of the lockdown we thought we would provide some tips and advice for coping. Both pieces come from the Young Minds Website which can be accessed here <https://youngminds.org.uk/>. This website has a vast amount of advice for both pupils and parents in relation to mental health and wellbeing.

The first piece below is for parents/guardians and it gives some practical advice for supporting young people through lockdown. The second piece is written for young people and talks about how to stay calm throughout this period.

How can I support my child through lockdown?

- **Talk with them about what's going on, keeping communication as open as you can.** Let them know that it's okay to feel however they feel – whether that's scared, worried, angry, sad or something else.
- **Try to answer your child's questions and reassure them in an age appropriate manner.** While you don't need to know all the answers, talking things through can help them feel calmer.
- **Encourage your child to do the things that help them when they're finding things difficult.** This will be different for everyone – it could include things like doing exercise or going for a walk, watching a favourite film, reading a favourite book, cooking or baking, talking to friends, or drawing or writing.
- **Reassure them this will pass, you're there for them, and you will get through this together.** Having returned to some of their normal activities over the summer, going back into stricter measures might feel frustrating for your child. They may even be worried that things will never get better. Recognise how difficult this is, while also letting them know that the pandemic will not last forever.
- **Spend time doing a positive activity together.** This can help them to feel calmer by giving them a short break from everything that's going on. It's also a great way of providing a space for them to talk through their concerns, without having a 'big chat'.
- **Keep as many regular routines going as possible to help your child feel safe and secure.** This can include things like having regular times for going to bed, waking up, eating meals and doing hobbies.

Staying calm

Mindfulness

There are lots of great free apps you can use to guide you through breathing techniques and meditation that can help ease your [anxiety](#) and clear your mind of anxious thoughts. For example [Headspace](#).

Why not also try some yoga as a way to relax and also get some gentle exercise which can boost your mood? There are lots of YouTube videos you can use to suit your ability and level of mobility.

Clean up your social media

You might be spending more time than usual scrolling on social media. But have you ever thought about how this could be affecting your mental health? Try unfollowing or muting accounts that make you feel anxious, upset or angry.

Take a break from the news

It can be tempting to constantly check the news during times like this, but if you notice this is having a negative impact on our mental health, try limiting how often you check the news.

Limit the amount of time spent checking the news by allowing a set time of day to do this. For example, saying "I will allow 30 minutes from 6pm," stops you constantly checking for updates which increases worrying.



Read a book

Getting away from screens and reading a book can help you escape for a bit. Why not re-read one of your favourites, or get your friend to recommend one? It might be difficult to get a new book, but [you can access lots of books online](#).

Plan your days

Your normal routine might be disrupted and that can be stressful. Take some time to write down how you want to spend your day. Creating and sticking to a new routine will give you a sense of order and normality. Decide on your new routine and make sure you build in time to do things you enjoy. If you live with other people, you could ask them to help you.

Feel productive

Make a list of all those things you said you would do but never get round to. It could be sorting out your wardrobe or fixing things around your living space etc. These tasks can make you feel productive and give you a sense of accomplishment. Tidying your living space can also make you feel calmer and more positive. If you want to take the time off to rest and not be productive, that's also fine too. Listen to your body.

Dealing with stressful situations at home

Walk away from tense situations if you can

Being cooped up with other people will naturally be frustrating and might create tension between you and those you live with. You can defuse difficult situations by walking away from arguments until everyone starts to feel calmer. If you and those you live with do not have any coronavirus symptoms, you could go outside for a walk.

Create a rota

If you're in a situation where lots of people are fighting over who gets to decide what you watch on TV, who cooks and cleans, or anything else, you might find it helpful to create a rota. This can help you agree a fair system and help avoid arguments. Get changed in the morning from what you've slept in, even if you change into different pyjamas. Try and get some movement in even if that is through a ten-minute yoga video.

Reach out for help

If your living situation is difficult, please don't struggle in silence. Speak to someone you trust. Call a friend or a helpline. If you're worried about being overheard, you could try texting or emailing instead. There are lots of helplines which also offer text and online messenger support.

Mrs Cross





Times Tables Rockstars

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

Year 7:

Lexie Daniels 7GW, Loic Nemet 7GW

and Callum Slater 7RS

Year 8:

Jessica Harrington 8SE, Ella Buckle 8DT

and Tayla Edwards 8SDO



Miss Christian

Teacher Shout-Outs

Mr Haygarth because he has been really helpful and personally I think I have learned the most through his lessons.

Mr Haygarth helps you whenever and always explains work until you get it.

Every teacher has helped.

I can't really choose a teacher because they are all doing the exact same thing by helping me understand the work.

Mrs Bridge (for Geography). I found her lesson really engaging and she didn't mind having a laugh with us while we got the work done. She understood all the technical problems some of us faced, and went out of her way to make sure it was fixed and we were okay.

PIC•COLLAGE

Teacher Shout-Outs

Mr Richardson, even though he had technical trouble he was still able to help me with the lesson.

My teacher in mini school Miss Jones, she is so lovely and helps everyone if they are stuck. It must be a difficult time for everyone right now but I don't know what I would do without teachers like Miss Jones!

Ms Hinde - I wanted to shout out Ms Hinde because she always works incredibly hard in and out of school and she always tries her best to ensure that we have the best education possible.

Mr Gibaud because his English lessons have been fun.

Mr. Gibaud as he is always giving feedback 24/7 even while in the call.

PIC•COLLAGE



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

Leave your feedback at www.parentview.co.uk

Excellence in the Heart of the Community