



### Half term—week beginning Monday 15th February 2021

Schools will close as usual over February half-term and are not expected to remain open to vulnerable children and the children of key workers during that week. There will be no online remote learning.

#### Dear Parents/Guardians

This week’s newsletter features just some of the amazing things we did last week to recognise Children’s Mental Health Week. As you can see below lots of the staff worked hard to reach (and smash!) our target of 2 million steps! We were delighted to raise a significant amount of money for Place2Be, a very worthwhile cause. If you haven’t had chance to sponsor us, there is still time.

As we break up for half term you can see the foyer display has been changed to focus on Chinese New Year and Valentines Day. I hope everyone has a lovely half term break, I know the circumstances make this even more challenging but I’m sure our pupils will enjoy a break from their screens and remote lessons. We are hoping for clarity from the government regarding the return to school of pupils at some point during the first week back. I will ensure any updates are shared promptly via text and communicated on our website.

In the meantime try to have a lovely half term and I will look forward to seeing our pupils after half term, even if this is initially in the virtual world of remote learning.

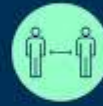
Please take care and remember Hands Face Space!

Mrs Amanda Ryan, Principal



Excellence in the Heart of the Community





## Children's Mental Health Week

Last week staff and pupils took part in lots of different activities in support of Children's Mental Health Week.

**On Move Monday**, pupils listened to an assembly from Mrs Wardale and learned about the impact exercise can have on improving mental health.

**On 'Take Care Tuesday'**, Mrs Cross' assembly looked at self-care and asked pupils to consider how we can look after ourselves and think of different ways we can relieve stress. Pupils considered what makes them feel stressed and also learned that a little bit of stress from time to time is normal and can actually be helpful. Mrs Cross also shared some ideas to help pupils de-stress.

**'Well-being Wednesday'** saw staff and pupils at Hillside take part in some screen-free wellbeing activities during Period 4 and 5. Our mini school pupils, encouraged by Mr Seaman, contributed to our 2 million steps challenge by tracking their steps on a walk around the school grounds. During Wednesday's assembly, Ms Hinde talked about why we all need a break from screens and how screens and social media can have a negative impact on our well-being.

It was Mrs Ryan's turn for assembly on **'Thoughtful Thursday'** and in her assembly, Mrs Ryan asked pupils to think about how they think about themselves and also how they can be thoughtful to others. During her assembly, Mrs Ryan asked pupils to think about their inner voice and how sometimes our inner voices can make us feel as though we are not good enough and what we can do to fight negative thoughts such as this.

We finished the week in great style with Mr Edwards' **'Funday Friday'** assembly. If you have not seen it, you really should. (Please check out our YouTube channel) Mr Edwards shared some great tips for lockdown fun that you can have at home and managed to use up quite a few tins of spaghetti in the process!

Throughout the week, staff and pupils took part in the 2 million step challenge. Each day, staff recorded their step progress and added their steps to the daily total. Special shout out to Miss Christian, Mrs Banks, Mr Doran and Miss Banks who put us all to shame with their daily steps, often walking over 20,000 per day! We have been raising money for Place2Be the Children's Mental Health charity. If you could give anything no matter how small, please head to [justgiving/hillsteppers](https://www.justgiving.com/hillsteppers). So far we have raised a huge £500, so thank you for your extremely kind contributions.

Throughout the week, our foyer was adorned with messages of thanks and gratitude that had been written on our 'Rainbow Gratitude Tree' by staff and pupils. The tree continued to bloom throughout the week as staff and pupils left messages on their way out of school. Staff also posted home notes of thanks to colleagues throughout the week.

All the activities have been in aid of Children's Mental Health week. For more information about the charity or for advice and support, please visit [www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk)

**Mrs Jones**





HILLSIDE HIGH SCHOOL



HANDS



FACE



SPACE



# PANCAKE DAY

Tuesday 16<sup>th</sup> February 2021

How do you like yours?  
What are your favourite toppings?

Send us a picture of your Pancake Day creations to [pancakes@hillsidehigh.co.uk](mailto:pancakes@hillsidehigh.co.uk). The tastiest, most imaginative looking creations will be entered into a draw to win a box of goodies!



gcsepod  
education on demand

**Top Podders** are the pupils who have streamed the most pods

**Questions Answered** are the pupils who attempted the most questions

**Diamond League** - are the pupils who have answered with the most accurate knowledge, the more correct responses, the more diamonds.

**GCSE Pod For KS4**

**TOP 🏆 PODDERS**

1st Lacey M, Year 10 - 26

2nd Jamie-Leigh I, Year 10 - 20

3rd Kemi A, Year 10 - 11

*'Excellence in the Heart of the Community'*

**GCSE Pod For KS4**

**QUESTIONS ANSWERED ?**

1st Harry E, Year 11 - 93

2nd Brian E, Year 10 - 79

3rd Ewelina G, Year 10 - 72

*'Excellence in the Heart of the Community'*

**GCSE Pod For KS4**

**DIAMOND LEAGUE**

1st Harry E, Year 11 - 169

2nd Ewelina G, Year 10 - 131

3rd Kelly L, Year 11 - 89

*'Excellence in the Heart of the Community'*

## Times Tables Rockstars

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

### Year 7:

Jack Kirby 7THE, Callum Slater 7RS  
and Ella O'Hara-Alcock 7THE

### Year 8:

Leo Holmes 8RLC, Jessica Harrington 8NW  
and Jessica Rudd 8SDO



Miss Christian



# Safeguarding, Emotional Wellbeing and Mental Health Bulletin



## Top Tips for Parents on Safer Internet from Childnet International

### Talk together

Communication is the key to identifying online misinformation....

Talk regularly with your child about how they use technology and where they go for information online. Discuss who they follow, what types of adverts they see, and what stories they find surprising or suspicious. Listening to your child will give you the best possible idea of how you can support them. Not sure where to begin? Have a look at our suggested 'Conversation Starters' for parents and carers.

### Set an example

Show your child how you question and evaluate online content....

If you come across a fake news story, or get sent a phishing email, discuss with your child how you spotted it and what you did. Why not ask them for a second opinion? Your child may have already heard about it or seen something similar, and if not, it's a learning opportunity for both of you. Seeing a parent actively question and evaluate online content teaches young people the importance of doing the same.

### Think before you share

Fact-check and reflect before sharing content, posts or pictures....

It can be tempting to share surprising or attention-grabbing online content with your child or your family group chats, but make sure to fact-check these links before you do. As it's come from a parent, some children may believe it without questioning it, and older children may find it difficult or awkward to point out if it is false or misleading. This is another chance to set a good example in how to share information responsibly online.

### Check in with your child

How does misleading information they see online make them feel?

False and misleading content online can be upsetting and confusing, e.g. harmful claims that target specific groups, or unhealthy lifestyle tips. Young people may feel powerless when faced with the amount of unreliable content they see. Regularly check-in with your child about their online life and ask them how what they see makes them feel. This is an issue that affects all of us. Reassure your child that you are there to talk about things that upset them and to support them with how they feel.

### Seek help and support

Ask other parents how they address misleading online content....

Just as we ask young people to talk about what they are unsure of, make sure you do too! Chances are that you'll find other parents or carers who are trying to figure out how to help their family avoid false information and get the most out of the internet.

Find out how to get more support by visiting Childnet's 'Need Help?' page. You can take steps to support your child online by using features such as making a report on a range of apps, games and services, and using privacy settings on social media.

**Mrs Cross**