



Friday 26th February 2021

## Dear Parents/Guardians

We were delighted with the Prime Minister's announcement on Monday that all pupils can return to school during the week starting Monday 8th March. I'm sure as parents / guardians you feel the same. We all know school is the best place for our young people and we can't wait to get all our pupils back into the building and experiencing the high quality lessons they receive every day.

You should have read the most up to date letter on the website and hopefully completed the Microsoft Forms indicating if you would like your child to be tested in school. If you haven't yet done this, could I ask that you do so as a matter of urgency. Once we have this information we will be able to communicate with you the exact return date and time for your child, as these will need to be staggered through the week to allow for the testing to take place.

From Monday a supply of 'Essential 8' will be available in reception for any pupil to collect. Please encourage your child to walk up to school as part of their daily exercise and collect anything they need. When pupils do return during the week starting 8th March we need them to be ready to learn, equipped with their 'Essential 8' and a face covering every day.

I will finish by once again saying how much we can't wait to see all our pupils back in school, the building certainly isn't the same without them!

**Mrs Amanda Ryan, Principal**



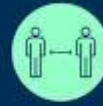
## Are you joining us on your path to success?

We are so excited to find out on Monday 1st March which Year 6s have been allocated a place in our fantastic school. If you have a child in Year 6 please keep an eye on the post next week when they will be receiving something exciting from school. We can't wait for them to start their 'Hillside Journey!'

We still have limited places available for admission in September 2021 so if you know anyone who is interested in joining our school please do not hesitate to get in touch with Miss Roby at [h.robby@hillsidehigh.co.uk](mailto:h.robby@hillsidehigh.co.uk) the Year 6 into 7 Progress Leader or alternatively if you email Miss Roby with a contact number, she will call you back.

Excellence in the Heart of the Community





## Supporting young people with Lockdown

In this week's article we have found some thoughts and useful tips to support young people cope with Lockdown. Although hope is on the horizon with the Government's roadmap announcements at the start of this week but in the meantime we must persevere with the current restrictions. This has been such a testing time for our young people and we hope that you can find something useful from this extract lifted from a blog written for the Barnardo's website entitled 'How to help your teenager with staying home during lockdown'.

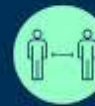
Teenage brains work differently than adult brains. Developing independence and freedom is one of the central parts of being a teenager, and at the same time they are also relying on the impulse areas of their brains rather than the decision-making areas of their brains. Combined, that means they are much more focused on living for today, having fun, testing boundaries and exploring their identity, then they are following rules. It's completely normal that they focus on these things, and begins to explain why they might find lockdown so hard.

### Children and young people have told us the main reasons that they are struggling with lockdown are:

- Missing social contact – Imagine seeing your friends every day and then suddenly not being able to spend time with the people closest to you.
- Missing peer support – Because young people are more likely to talk about their problems with other young people, they may feel like their support network has been taken away.
- Lack of personal space – Young people with younger siblings might feel relied upon to pick up some of the caring duties and keep younger children occupied, which can make teenagers feel stuck with no personal space.
- Getting away from family arguments – The stress of lockdown is tough for parents as well, who may be feeling more stressed or arguing more. This may increase young people's need to get out of the house.
- Too much focus on school work – As well as lessons, at school teenagers also have time to run around, be creative, hang out with their friends, laugh and joke with teachers. All of the things that make school enjoyable, fun and engaging are not there when they are schooled from home. Letting your teenager have regular fun breaks and enabling them to connect with friends will help.
- Missing out – It's hard to comply if other young people are breaking the rules and meeting up. The summer is what they have been waiting for: the end of school, their prom, long weeks of freedom. Having all of it cancelled and having nothing to replace it can be really difficult for them to accept.
- Not affected – Young people may feel like COVID-19 isn't going to affect them. They are young and not likely to get seriously ill, so it's hard to understand the wider societal impacts that breaking the lockdown rules might have.
- Young love – Teenage relationships can feel intense and like they are the most important thing in the world, but can also often feel fragile and can be quite a rollercoaster. This can be a reason for young people to feel they need to escape the house.
- Feeling anxious and stressed – Everyone's mental health will be affected by changes in routine, sleep, exercise, food patterns and more, and teenagers may be leaving the house to stop themselves lashing out or getting upset.
- Feeling scared and threatened – Some teenagers may be being exploited by peers or adults outside of the home and may be scared of what will happen if they don't go and meet them. Some may feel scared and threatened within their homes – there may be domestic abuse or child abuse occurring – and are escaping harm by leaving the house.

### Things that teenagers have said help, include:

- Check in regularly to see how they are doing – Intervening early is important. When the situation and relationship gets to a certain level of stress, it can be much harder to decompress.
- Go for a walk together – Getting outside of the house together is a good way to get them active, as well as connecting with them, or just being quiet together.
- Help them keep in touch – Organise, or help them to organise, closed social media groups for the people they are closest to.



- Stay calm when talking about COVID-19 – Explain the dangers of COVID-19 calmly and without sensationalising it. Remind them that there are trustworthy news sources and not to spend too much time researching.
- Accept that we can't control everything – Focus on the important issues and try and manage those.
- Give them space - Make sure your child gets some confidential private space when they are at home, as well as time away from siblings or elderly family members.
- As lockdown relaxes, renegotiate young people's options for leaving the house.
- Reward them for complying – Small fun treats or start a little fund of money saved to do something fun.
- Have something to look forward to – Plan something big, like a party, celebration, day out or weekend away at the end of all of this.
- Try not to over rely on them – While everyone has their jobs within the family, try not to over rely on them occupying younger siblings, for example. If they do agree to help with them, acknowledge and reward their efforts.
- Have fun - Make time to do fun things as a family, whatever that looks like for you.
- Try and stick to some kind of routine – trying to maintain a normal sleep, food, exercise, school work, free time and family time routine will help things not feel so chaotic. Healthy eating and sleeping routine are also important for their overall physical and mental health.
- Increase your child's trusted circle – Make sure they still have contact with extended family or other important people in their lives. Think about who your child goes to with their issues and problems. This is someone who cares about your child's safety, who offers good practical advice, who recognises how hard it is and who can help them think about some good solutions.
- Make sure they know support lines they can use to talk to someone - For example, Childline offers counselling services. Let them know you won't be mad if they choose to use those support lines instead of talking to you.
- Help them develop different coping strategies – home exercise, cooking, relaxation techniques. Talk to them about the things they find relaxing and encourage them to take part in them.
- Keep connected – Catching up and staying connected with friend apps such as Houseparty, Facetime, Zoom and Online games can be great, but also make sure to talk to teenagers about their safety online. Let them know that they can talk to you if they are worried about anything online.

Mrs Cross



**Remember, it's not going to last forever and we will get through this.**



**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 Kelly L, Year 11 - 31

2nd Alan T, Year 11 - 24

3rd Beth S, Year 10 - 19

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**GCSE Pod For KS4**

**DIAMOND LEAGUE**

1st Harry E, Year 11 - 263

2nd Ewelina G, Year 10 - 143

3rd Joseph Z, Year 11 - 134

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**GCSE Pod For KS4**

**QUESTIONS ANSWERED ?**

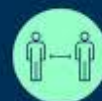
1st Harry E, Year 11 - 149

2nd Joseph Z, Year 11 - 94

3rd Kelly L, Year 11 - 81

*Excellence in the Heart of the CAPIC-COLLAGE*

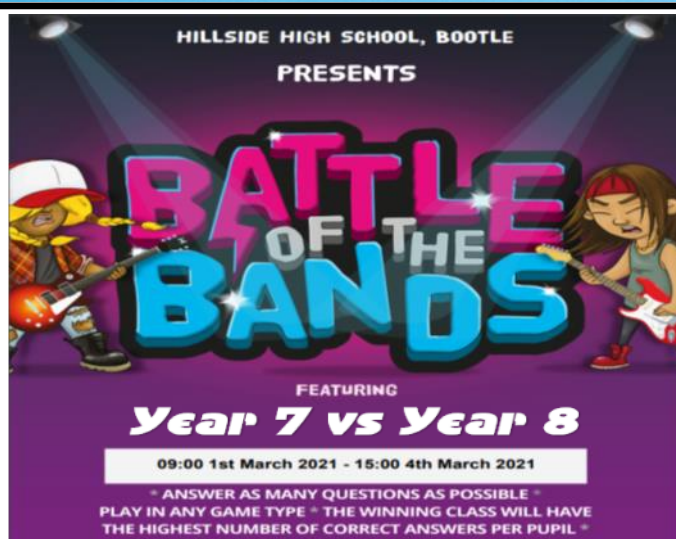




### Battle of the Bands

Next week we are taking our TT Rockstars competitions to the next level - it is time for us to introduce 'Battle of the Bands'! For our first battle Year 7 will take on Year 8 to see who will come out as our champions for this half term – who will it be?? You are representing your year groups so make sure that you answer as many questions as you can between Monday 1<sup>st</sup> and Thursday 4<sup>th</sup> March to add to your year group total. We can't wait to see how many questions you can all contribute. Good luck!!

*Miss Christian*



#### Hours spent completing tasks:

- *Jessica Harrington*
- *Jessica Rudd*
- *Joshua Williams*
- *Jack Corbett*
- *Kelly Leung*
- *Tomas Benes*

#### Tasks completed scoring 100%:

- *Samantha Harrington*
- *Jessica Rudd*
- *Joshua Williams*
- *Jessica Harrington*
- *Freddie Ellis*
- *Grace Allen*

#### Hours spent watching revision videos:

- *Jack Corbett*
- *Jessica Harrington*
- *Tomas Benes*
- *Tilly Wallace*
- *Alex Faulkner*
- *Amy Davies Hulme*
- *Baran Ozdemir*

#### Total questions answered correctly:

- *Joshua Williams*
- *Grace Allen*
- *Ruby Brown*
- *Samantha Harrington*
- *Jessica Harrington*
- *Jessica Rudd*

### Times Tables Rockstars

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

#### Year 7:

*Lola Taylor 7GW, Callum Slater 7RS and Jack Gee 7RS*

#### Year 8:

*Lee McIntosh 8RLC, Jessica Harrington 8NW and Nathan Oyobagie 8NW*



*Miss Christian*