



Dear Parents/Guardians

I wanted to use this week's message to say how amazing it has been to welcome back all our pupils. We have missed them all so much and it is wonderful to walk around school and see our pupils back in their classrooms, where they need to be. If you read the quotes I think its fair to say I'm not the only one who is pleased to have everyone back in school!

The majority of pupils have come back looking immaculate and are a credit to you, our school and themselves. I can't wait to see the progress pupils will make now they are back in front of their teachers, experiencing high quality teaching and learning every day. I would say a massive thank you to you for everything you did to support your child during the period of 'lockdown' ensuring they were engaged with their home learning. As a mum I know how hard it is to balance everything, your own work, children at home accessing school work and the demands of family life. You did amazingly and I hope one day when we look at this extreme and strange time, we give ourselves the recognition for everything we did in 2020 and 2021 when the country locked down.

I also wanted to say how delightful it was to visit the new Year 6 pupils at home, last week and give them a 'goodie' bag as they start their Hillside journey. We can't wait to get to know them and will be with them every step of the way during the next five years.



Mrs Amanda Ryan, Principal

YES! Ive got my year 11's back in class

Excited and enthusiastic to help them progress

All were missed

Ready to pave the way for your future

11's you are an inspiration, keep on going! Mrs Devine

It is lovely to be back together in school. I have enjoyed seeing you all working hard in your lessons. Here's to having a wonderful few months and ending Year 11 in the best way possible! Miss Roby

I am so happy to see Year 11 walk back into school, I had missed them terribly and can't wait to teach them in person!

Mr Edwards

"Learning in school is definitely better than working at home, and it's much better to be able to see my friends again."

Harry Edgar

It has been a pleasure to welcome back Year 11 this week. You will have seen me popping in several times to your lessons and it is lovely to see you all learning and enjoying face to face lessons again. I look forward to continuing to work with you and support you this year in the final stages of your learning journey at Hillside. Mrs Wardale

"I was happy to come back to school as I feel I can learn better whilst in school, as pupils can interact better with others and get help with work if needed, to achieve the best grades they can." - James Suresh

Amazing to see Year 11 back in the building exactly where you belong! We look forward to seeing your future success—enjoy!

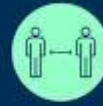
Mrs Cross

"After being stuck in my home for so long, coming back to school to see friends and having that social aspect back in my life feels like a fresh new start." "Home learning was difficult. Coming back to school and being able to actively ask questions to further probe my knowledge has really improved my depth of knowledge." Alan Tan

Its great to have Year 11 back and finish their time at Hillside in the proper way. Many of them have returned with a great attitude and its lovely to be able to catch up face to face again. Here's to a positive end to the year! Mr Wardale

"The school staff welcomed me back with open arms and are trying their best to help us achieve success" "Although home learning was a blast, school life is much better." Craig Begbie

"Coming back has been refreshing after being stuck in front of a monitor for 5 hours a day, it's nice to have the same engagement of in-person lessons." Dylan Grainger



Getting Back into School Routines

In our article this week we are focusing on sleep as we all adjust to being back in school again and getting used to the routines and demands of school life. We have taken advice and information from mentalhealth.org.uk. If you wish to discuss this article or you feel your child would benefit from additional support in getting back into the routine of school please contact your child's Progress Leader.

Good sleep doesn't just mean lots of sleep: it means the right kind of sleep. Sleep affects our ability to use language, sustain attention, understand what we are reading, and summarise what we are hearing; if we compromise on our sleep, we compromise on our performance, our mood, and our interpersonal relationships.

Health

As anyone who has tried to get to sleep with a blocked nose or headache knows, physical health problems can stop you from getting a good night's sleep. Mental health problems like anxiety and depression can also affect our sleep. In these cases, a combined approach to tackle both the mental health issue and the poor sleep is often the most effective method of treatment. Speak to your GP or mental health worker (if you have one) for advice on this, or have a look at the 'Attitude' and 'Lifestyle' sections of this guide for general ways to maintain good mental wellbeing.

Environment

The bedroom should be somewhere that we associate with sleep. Where possible, you should try to remove distractions from your bedroom. It is better to watch TV, play computer games and eat in another room. This will allow you to relax with no distractions in your bedroom. Be mindful of the presence of gadgets and electronics, such as computers, phones, tablets and TVs. The backlit 'blue light' displays suppress melatonin production – the hormone that helps you sleep; the suppression of melatonin causes sleep disruption. You should stop using these devices two hours before you go to sleep to reduce their impact on your sleeping.

Although everyone is different and has their own personal preferences, the common factors that can affect our sleep are light, noise and temperature.

Too much light or noise can prevent you from falling asleep or staying asleep. If you have sources of light and noise that you can't control, such as light from a street lamp or noise from a neighbour's music, you might want to use an eye mask or ear plugs.

The temperature of the room is also important. A heater or thicker duvet can help if you regularly find yourself too cold at night; a thinner cover or opening a window can help if you're too hot.

Attitude

Lying awake in bed, particularly before an important day, can make us worry. However, this worry then makes it harder for us to get to sleep. Progressive relaxation techniques can help you to relax and unwind at these times. Alternatively, instead of staying in bed and getting more and more frustrated, you could get up and make yourself a warm drink, such as warm milk, and return to bed when you feel sleepier.

Lifestyle

There are a number of things that you can do every day to improve the quality of your sleep. Food and drink containing lots of caffeine or sugar can keep you awake, so drinking less tea and coffee and eating less chocolate and other sugary foods late in the day might help you to sleep better.

Exercising on a regular basis is thought to help us sleep, as, among other things, it can help to reduce anxiety and relieve stress. It is, however, important to exercise at the right time. Exercising earlier in the day is better, as exercise increases the body's adrenaline production, making it more difficult to sleep if done just before bedtime.

If you're finding it difficult to get to sleep, don't just lie there worrying. Get up for a few minutes and get a drink (no sugar or caffeine, remember!), and go back to bed when you're feeling a bit sleepier.



"I'm worried I'm so behind."
"It's incredible you've got this far."

Mrs Cross



Times Tables Rockstars

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

Year 7:

Haylie Edwards 7GW, Harry O’Leary 7RS and Tilly Wallace 7TG

Year 8:

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



Miss Christian



A massive congratulations to Year 8 who won the first Year 7 vs Year 8 TT Rockstars battle by answering a total of 53,501 questions. Make sure you are all practising ready for the next one!



Miss Christian



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 Jamie-Leigh I, Year 10 - 45

2nd Tia H, Year 10 - 39

3rd Krithika S, Year 10 - 31

Excellence in the Heart of the Community

GCSE Pod For KS4

DIAMOND LEAGUE

1st Harry E, Year 11 - 315

2nd Joseph Z, Year 11 - 203

3rd Ewelina G, Year 10 - 182

Excellence in the Heart of the Community

GCSE Pod For KS4

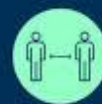
QUESTIONS ANSWERED ?

1st Harry E, Year 11 - 177

2nd Joseph Z, Year 11 - 136

3rd Ewelina G, Year 10 - 102

Excellence in the Heart of the Community



The School Day 2020-2021

Please note all pupils will enter school via the back yard, through the doors by the Gym.

Time	Activity	Break / Lunch timings
08.35	Year 7 arrive – Form time till 9am.	
08.45	Year 8 and 9 arrive – Form time till 9am.	
09.00	Y10 and 11 arrive, go straight to Period 1.	
09.00 – 10.00	Period 1	
10.00 – 11.15	Period 2 (Incorporating Break)	Y8,9 Break 10.00 – 10.15 Y7 Break 10.30 – 10.45 Y10, 11 Break 11.00 – 11.15
11.15 – 12.15	Period 3	
12.15 – 13.45	Period 4 (Incorporating Lunch)	Y8,9 Lunch 12.15 - 12.45 Y7 Lunch 12.45 – 13.15 Y10,11 Lunch 13.15 – 13.45
13.45 – 14.45	Period 5	
14.45	Year 7,8,9 Staggered release, class by class	
14.45 – 15.00	Form time Year 10,11	
15.00	Staggered Release, Form by Form	

At the end of the day Year Groups will exit the building through the following:

Year 7: Dining Hall doors

Year 8: Southport Road side exit

Year 9: Stuart Road side exit

Year 10: Southport Road exit

Year 11: Dining Hall doors

Pupils will be able to make their way outside the school building to other sides if necessary eg. To get a lift from Stuart Road.



Pupil Planner
Pencil Case
Pen & Pencil
Ruler
Calculator
Drama/PE Kit
Bag