



### Dear Parents/Guardians

I am delighted to share this week's newsletter which includes so many good news stories. You will be aware that we had a visit from Ofsted this week and whilst we can't share the outcome of this just yet, I am delighted to say it went well and our pupils were an absolute credit to our school. They exemplified 'Excellence in the Community' in their conduct throughout the Ofsted visit. I'm sure you will share the same sense of pride as I do. I promise I will share more information as soon as I can.



I am also extremely proud that the hard work and dedication of our Pastoral Team was recognised in their Certificate of Excellence as a 2021 Lockdown Hero for Learner and Community Support. What a fantastic reflection of everything this amazing team do to support our pupils, their families and our school community. Well done.

Year 7 had the most amazing day yesterday attending our Circus Skills workshops. Having spoken to several pupils it's fair to say they were very excited about the sessions and had really enjoyed the experience. I am sure I speak on behalf of everyone when I say it's lovely to see things returning to normal and experiences beyond the classroom starting to feature in school life once more.

Just a quick reminder pupils finish for the Summer Holidays on Friday 16th July and we will maintain our tradition of pupils finishing at lunchtime. More details to follow.

Please take care and remember Hands, Face, Space and Fresh Air!

Mrs Amanda Ryan, Principal

# Congratulations!



Excellence in the Heart of the Community





## Circus Sensible

On Thursday we welcomed Circus Sensible to Hillside who came to deliver Circus Skills workshops to our Year 7 pupils.

Year 7 began with a fantastic circus performance where they saw a range of tricks including juggling on a giant ball, acrobatics and the unicycle! Our staff were even asked to get involved so thank you to Mr Seaman, Mr Clarke, Mr Wardale and Miss Robinson for being such good sports; definitely not what they were expecting on a Thursday morning! We could hear year 7 cheering all over school!

Following the performance, Year 7 got to have a go at some of the activities themselves and soon realised that it wasn't as easy as it looked!

### Miss Collins



Excellence in the Heart of the Community





Top students for the week beginning: 21st June 2021



Mr Pattison



hegartymaths

- Jessica Harrington
Samantha Harrington
Freddie Ellis
Liam Cunningham
Charlie Booth
Oluwakemi Akeredolu
Emily Berry
Morgan-May Southers
Ruby Fleming
Alfie Lyons
Eduards Purgailis
Vincent Zhen
Jack Macfie



hegartymaths

- Lucas Davies
Amy Scahill
Fearne Barrett
William Myerscough
Frank Jimenez Okpara
Taylor Rubio
Caitlin Adamson
Liam Egerton
Fatima Zubeir
Jack Gee
Kye Tyrell
Owen Eccleston



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 DIAMOND LEAGUE
1st Afia S, Year 10 - 242
2nd Kemi A, Year 10 - 199
3rd Ewelina G, Year 10 - 182

GCSE Pod For KS4 TOP PODDERS
1st James W, Year 10 - 43
2nd Leila H, Year 10 - 16
3rd Sam H, Year 10 - 15

GCSE Pod For KS4 QUESTIONS ANSWERED ?
1st Sam H, Year 10 - 142
2nd Kemi A, Year 10 - 139
3rd Afia S, Year 10 - 139

Times Tables Rockstars

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

Year 7:

Daniel Turner 7TG, Emanuel Raimi 7THE and Kiera Cooke 7THE

Year 8:

Jessica Harrington 8NW, Nathan Oyobagie 8NW, and Virginia Horvath 8SDo





# Safeguarding, Emotional Wellbeing and Mental Health Bulletin

## SOCIAL MEDIA & Mental Health

**What trusted adults need to know**

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on impressing and supporting mental health among young people.

**Five potential signs & symptoms of mental health difficulties**

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodsiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?

**1. EDUCATE YOURSELF**  
Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

**2. DISCUSS REAL-LIFE CONNECTIONS**  
Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.

**3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA**  
Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.

**4. ENCOURAGE OTHER HOBBIES OR INTERESTS**  
Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.

**5. OFFER YOUR SUPPORT**  
Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.

**HELPFUL APPS:**

- Hub of Hope
- MindShift
- Smiling Mind

**OTHER SERVICES:**

- Childline (0800 1111)
- Bullying UK (0808 8002222)
- Young Minds (0808 802 5544)

**NOS National Online Safety #WakeUpWednesday**

Meet our expert  
This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

Mrs Cross

## Jump Back Up July 2021

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
1. Take a small step to help overcome a problem or worry	2. Adopt a growth mindset. Change "I can't" into "I can't...yet"	3. Be willing to ask for help when you need it	4. Find something to look forward to today	5. Get the basics right: eat well, exercise and go to bed on time	6. Pause, breathe and feel your feet firmly on the ground	7. Shift your mood by doing something you really enjoy
8. Avoid saying "must" or "should" to yourself today	9. Put a problem in perspective by seeing the bigger picture	10. Reach out to someone you trust and share your feelings with them	11. Look for something positive in a difficult situation	12. Write your worries down and save them for a specific 'worry time'	13. Challenge negative thoughts. Find an alternative interpretation	14. Get outside and move to help clear your head
15. Set yourself an achievable goal and take the first step	16. Find fun ways to distract yourself from unhelpful thoughts	17. Use one of your strengths to overcome a challenge today	18. Let go of the small stuff and focus on the things that matter	19. If you can't change it, change the way you think about it	20. When things go wrong, pause and be kind to yourself	21. Identify what helped you get through a tough time in your life
22. Find 3 things you feel hopeful about and write them down	23. Remember that all feelings and situations pass in time	24. Choose to see something good about what has gone wrong	25. Notice when you are feeling judgmental and be kind instead	26. Catch yourself over-reacting and take a deep breath	27. Write down 3 things you're grateful for (even if today was hard)	28. Think about what you can learn from a recent problem
29. Be a realistic optimist. Focus on what could go right	30. Reach out to a friend, family member or colleague for support	31. Remember we all struggle at times - it's part of being human				

**ACTION FOR HAPPINESS** **Happier · Kinder · Together**