



Dear Parents/Guardians

This has been a lovely week at school, full of fun and almost a taste of our normal school life!

On Monday we were delighted to join in with the 'NHS Big Tea'. All pupils returned to their form bases and enjoyed afternoon tea, a short film about the history of the NHS and a quiz they entered as form groups. Well done to Mrs Symes and her form 7CSY who were the overall winners. It was a lovely way to spend Monday afternoon, and as well as raising money for Alder Hey, allowed our pupils to reflect on the role the NHS plays in our lives. Reading the reflections produced by pupils on the postcards was incredibly moving.

I would encourage everyone to read the informative article included here on anxiety and what to look for in our children. As the country moves along the government's road map this kind of information is so crucial in ensuring we are appropriately informed to support our children.

I can't believe we will break up for the summer holidays next Friday. We have a lovely morning planned for our pupils and will be inviting pupils to wear their own clothes, including England kits depending on our fortunes on Sunday! We will be collecting a £1 donation for charity. The morning will include several fun activities and then pupils will be dismissed at staggered times, please see below. If these finish times present a problem to any family please do not hesitate to contact your child's Progress Leader.

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

Mrs Amanda Ryan, Principal



End of term finishing times:

Year 10—11.45am

Year 9—12.00pm

Year 8—12.05pm

Year 7—12.15pm

Pupils will be able to wear their own clothes for a donation of £1.

**RE-CYCLE YOUR
OLD UNIFORM**

We are always grateful for donations of good quality uniform including PE and Drama kits.

Also, if you have any no longer required text books, we can re-cycle those too.



Pride In Hillside

PIC•COLLAGE

Excellence in the Heart of the Community





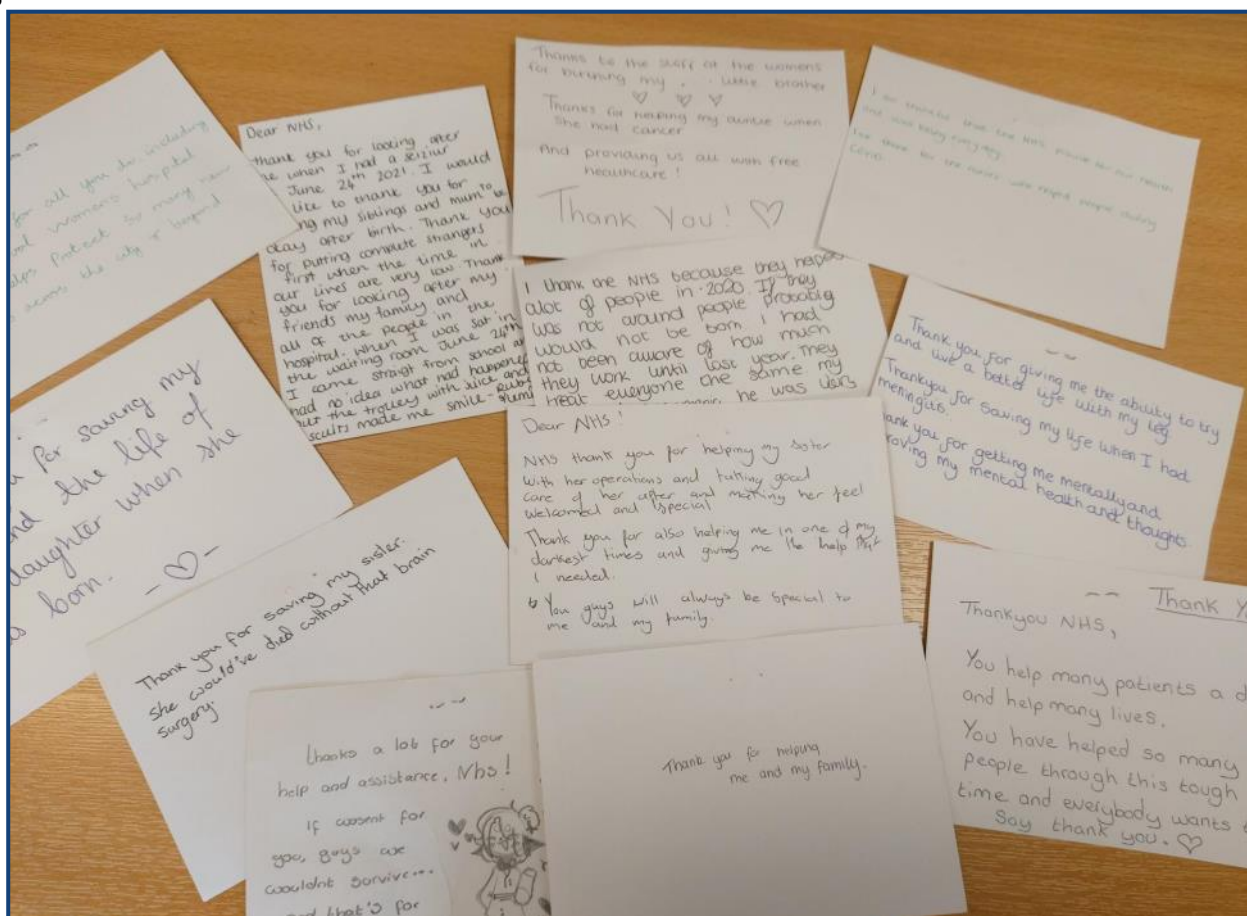
The National Health Service is turned 73 on 5 July 2021.

On Monday 5th July, Hillside High school took part in a celebration for the 73rd birthday of the NHS. The celebration was the perfect opportunity to celebrate the achievements of one of the nation's most loved institutions, to appreciate the vital role the service plays in our lives, and to recognise and thank the extraordinary NHS staff – the everyday heroes – who are there to guide, support and care for us, day in, day out. All week we have been asking pupils to donate any loose change they have and also for a £1 donation and we have chosen Alder Hey as our chosen NHS charity.

We have been overwhelmed with the response we have had and hope to get a final figure for how much we have raised in next week's newsletter. Our wonderful Art department worked with pupils to create NHS themed displays. Staff have all taken part in a Euro's sweepstake with £50 being raised for charity and on Monday afternoon, the whole school took part in an afternoon tea! Pupils returned to their form bases and were served special snack bags. Pupils learned all about the history of the NHS and why it is so important and were then asked to complete a reflection card to thank the NHS. We ended our celebration with an interform virtual live quiz all about the NHS and also a few sneaky questions about Hillside! Well done to 7CSY and Mrs Symes who were the overall winners!



Mrs Jones



Excellence in the Heart of the Community





Top students for the week beginning:

28th June 2021



hegartymaths

Mr Pattison



hegartymaths

Jessica Harrington

Elliot Bazuaye

Samantha Harrington

Afia Sekyi Armah

Oluwakemi Akeredolu

Anelia Stoyanova

Liam Egerton

Peter Cass

Matthew Birchall

Richmond Uyioghosa Igbinedion



hegartymaths

Fiona Zhen

Evie Leppert

Dylan McIntosh

Ecaterina Nitoaea

Coel Buckle

Tolin Aljabour

Jaida Griffiths

Kian Morrow

Madison

Thompson



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 James W, Year 10 - 18

2nd Tia H, Year 10 - 8

3rd Sharntay A, Year 10 - 5

Excellence in the Heart of the C_{PIC}•COLLAGE

GCSE Pod For KS4

DIAMOND LEAGUE

1st Afia S, Year 10 - 242

2nd Kemi A, Year 10 - 212

3rd Ewelina G, Year 10 - 182

Excellence in the Heart of the C_{PIC}•COLLAGE

GCSE Pod For KS4

QUESTIONS ANSWERED ?

1st Sam H, Year 10 - 154

2nd Kemi A, Year 10 - 147

3rd Afia S, Year 10 - 139

Excellence in the Heart of the C_{PIC}•COLLAGE

Times Tables Rockstars

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

Year 7:

Shelbie Ehigiator 7RS, Daniel Turner 7TG and Rositsa Staneva 7GW

Year 8:

Richard Igbinedion 8SO, Jessica Harrington 8NW, and Kira Dodd 8RLC



Miss Christian





Safeguarding, Emotional Wellbeing and Mental Health Bulletin

As the government has announced the news regarding the latest developments in terms of the COVID road map we understand that some of our young people may feel worried or anxious about the coming weeks and months. The information included in our article this week is taken from the Young Minds Website and talks about what anxiety is and how to spot the signs. If you require any further information or support please contact me or your child's Progress Leader.

What is anxiety?

Anxiety is a feeling of worry or fear that is experienced as a combination of physical sensations, thoughts and feelings. All children and young people feel worried sometimes, and this is a normal part of growing up. At certain points, such as on their first day of school or before an exam, young people may become more worried, but will soon be able to calm down and feel better. Anxiety can become a problem when a young person feels stuck in it, or when it feels like an overwhelming, distressing or unmanageable experience. If this kind of worrying goes on for a long time, it can leave a young person feeling exhausted and isolated, and limit the things they feel able to do.

If your child is struggling with anxiety, there are things you can do to help them – including providing emotional support, working on practical strategies together and finding the right professional help if they need it.

What makes young people anxious? A young person may feel anxious for a number of different reasons, depending on the individual. If your child is feeling unmanageable amounts of worry and fear, this is often a sign that something in their life isn't right and they need support to work out what the problem is.

The following kinds of things can make some children and young people feel more anxious:

- experiencing lots of change in a short space of time, such as moving house or school
- having responsibilities that are beyond their age and development, for example caring for other people in their family
- being around someone who is very anxious, such as a parent
- struggling at school, including feeling overwhelmed by work, exams or peer groups
- experiencing family stress around things like housing, money and debt
- going through distressing or traumatic experiences in which they do not feel safe, such as being bullied or witnessing or experiencing abuse

Symptoms of anxiety:

- Anxiety tends to affect a young person's body, thoughts and feelings. They may also behave differently, including turning to certain coping behaviours to try to avoid or manage their anxiety.

Physical symptoms:

- panic attacks, which can include having a racing heart, breathing very quickly, sweating or shaking
- shallow or quick breathing, or feeling unable to breathe
- feeling sick
- dry mouth
- sweating more than usual
- tense muscles
- wobbly legs
- Irritable Bowel Syndrome (IBS), diarrhoea or needing to pee more than usual
- getting very hot

Thoughts and feelings:

- preoccupied by upsetting, scary or negative thoughts
- nervous, on edge, panicky or frightened
- overwhelmed or out of control
- full of dread or an impending sense of doom
- alert to noises, smells or sights
- worrying about being unable to cope with daily things like school, friendships and being in groups or social situations
- worrying so much that it is difficult to concentrate and/or sleep