

SAFEGUARDING, EMOTIONAL WELLBEING & MENTAL HEALTH

EXCELLENCE IN THE HEART OF THE COMMUNITY

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

BACK TO SCHOOL

Online Safety Tips for Children

Wow, it's September already! The month when autumn officially starts and ... oh yeah, the beginning of a new school year. Every cloud has a silver lining though! Another term means new friends to make, different stuff to learn, fresh online trends to jump on and exciting new games to play on your phone, computer or console. We've compiled a list of our top tips to ensure that - whether you're going online to chat, research things or just have fun - you can do it safely.

Be cautious with your profile

Be careful not to give out too much info on your social media or gaming profiles. Details like your full name, address or school's name could all help strangers to actually find you offline. A trusted adult can help you make your profiles private - so only your family and actual friends can contact you.

Lock your devices

Taking your phone or tablet to school? Turn password protection on. It keeps your private info safe and stops anyone accessing your device without permission. Passwords should be memorable to you - but difficult for anyone else to guess. Get a trusted adult to write it down in case you forget it!

Be smart with screen time

Too much screen time, especially just before bed, can affect your quality of sleep. Losing sleep, or not sleeping well enough, messes with your concentration and energy levels. Try muting notifications so you don't get pinged late at night; you'll feel fresher and more focused the next day.

Know how to deal with bullies

Sadly there are people online who enjoy picking on other users. If you ever feel like you're being bullied online - by anyone, not just someone from school - talk to a trusted adult about it. Together, you can discuss possible steps, such as blocking or reporting the person who's targeting you.

Manage online relationships wisely

Most people in a relationship chat to their partner online. Just be mindful that once you send a pic or message (even if it's private), you no longer control who else might see it. Messaging someone you've never actually met - and who might not be who they say - is definitely best avoided.

React well to inappropriate content

When you're researching something online, there's always a chance of finding content that makes you feel uncomfortable or upset. If this happens, you can report it as inappropriate and (hopefully) get it taken down. Tell a trusted adult what happened: they'll help you decide what to do next.

Report offensive in-game chat

If you game online with your mates, you'll know things can get competitive and heated on the in-game chat. Playing against people you don't know (especially if they're older) raises the risk of offensive comments and even threats. Our advice? Find out how to block or mute those bad losers.

Learn to spot fake news

If you're looking into a topic for homework or a project, be careful not to get taken in by fake news: content that's deliberately created to mislead people. Check the story with credible sources, like the BBC or Sky News. Trust your instincts, too - if it seems too unbelievable to be true, it's probably fake.

Keep it 'real' with online friends

Everyone enjoys adding friends and followers on social media. It's important, though, that the people you interact with online really are your friends. If they're just random people you've connected with to increase your contacts, you don't know if they could be trolls or bullies (or worse).

NOS National Online Safety
#WakeUpWednesday

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.09.2021

Mrs Cross



HILLSIDE
HIGH SCHOOL
WADE DEACON TRUST

Congratulations to our Head Girl & Head Boy



Dear Parents/Guardians

Introducing our new Head Girl and Head Boy at Hillside, Laila Houghton and Daniel Disbury. Both pupils went through a rigorous application process and demonstrated the qualities we, as a school, value in our role models. There was tough competition from some other outstanding Prefects and the outcome was far from an easy decision. We are extremely excited for Laila and Daniel, as the Head Boy and Head Girl roles are our first ever at Hillside. As part of the process, both pupils were asked to describe what Hillside meant to them. I would like to share their reflections.

Laila - 'Hillside to me, means more than just learning, more than sitting in a classroom. I remember being in Year 7 and not knowing much about what Hillside had to offer, and not much about what I wanted out of life, and most importantly, not much about myself. In my final year at Hillside, I can say that this school has allowed me to grow, not only as a pupil, but as a person. Hillside has paved out many paths for me, giving me the resources and equipment I need to be the best version of me. At Hillside, I've found my passions, my dreams, my friends but most importantly a team of people, that work endlessly to give us a chance of doing our best, at being our best selves. When I first came to Hillside, I was extremely shy, I didn't like speaking up in front of people and my worst fear was having to deliver something to a class or an assembly. But Hillside has given me the confidence to face my fears, to do things, that five years ago, I'd never imagined myself able to do, and now I can happily perform in front of a large group of people or speak within an assembly. Hillside facilitates not only the growth of potential lawyers, artists, doctors, performers, teachers but young people that believe that the, 'impossible' is not impossible; that anything they want, if they work hard enough, can become their reality. Hillside, throughout these five years, has allowed me to grow as a pupil, but mostly, as a person.'

Daniel - 'In my four years of being at Hillside, I have experienced how excellent this school is. After all, we are the 'Excellence in the Heart of the Community' First and foremost, we as pupils in Hillside respect one another, work well together and are well behaved. This has always meant the most to me, that we as pupils have always been able to get along and support one another. At break and lunch, we have time to have fun and socialise, and as soon as we return to lessons, we are focused and ready to learn. Secondly, Hillside has a range of wonderful teachers who only want the best for us as pupils and are willing to go above and beyond to help us achieve the grades we deserve. I have and always will have great respect for my teachers because of how much they have helped me and I know they will continue to do so in the tough year ahead in Year 11. Hillside is a place of respect, kindness and most of all, opportunity. One of the reasons I wanted to become a Prefect and Head Boy was to get the most out of my time here at Hillside and seize this opportunity to further my experiences going forward. I can now leave Hillside with experiences to help me achieve my dreams. This school is not just about grades, it provides you with qualities that will be with you for life. I have thought to myself at times that some things are impossible or that I can't do it, but then I remember what Audrey Hepburn once said, 'Nothing is impossible, the word itself says 'I'm possible' and this is what Hillside has helped me to believe.'

I'm sure you will agree, those are heart-warming words from our Head Boy and Head Girl, which show they truly value our school and our teachers. Well done Laila and Daniel, we look forward to seeing your journey unfold alongside the amazing Prefect Team.

Mrs Amanda Ryan, Principal



EXCELLENCE IN
THE HEART OF
THE COMMUNITY

Hillside Open Evening

After a very long wait, last Thursday we were absolutely delighted to be able to invite Year 5 and 6 parents to our Open Evening and it was certainly worth the wait! Families from all over Sefton and Liverpool were greeted in the foyer by our fantastic prefects and were formally introduced to our newly appointed Head Boy and Head Girl.

Hillside was a hub of activity as our guests enjoyed drama performances from An Inspector Calls, Indonesian Gamelan in music, science explosions, Tapas in Spanish and T-shirt printing in technology to name just a few of the exciting activities going on across school. A fantastic time was had by all and a big thank you to everyone that made it happen!

Mrs Collins

If you are having difficulty applying to Hillside or know someone who is not sure how to apply, please contact the school office for further support or email us on admin@hillsidehigh.co.uk



EXCELLENCE IN THE HEART OF THE COMMUNITY

Private tours of our school are available during the day or outside of school hours, please contact our admin team

0151 525 2630 or Admin@hillsidehigh.co.uk

Hillside Arts Evening

This is our fourth Arts Evening at Hillside and we look forward to sharing our pupils work with their families. Our last event was a great success and the evening was enjoyed by all who attended. Last year we had to postpone the showcase therefore the team are extremely excited to share the work of our creative young people. The evening will consist of a showcase of work from Art, Music, Drama, DT and Dance from pupils from across all year groups.

We have an absolute wealth of creative talent in our school and are proud to be able to share this with parents and guardians.

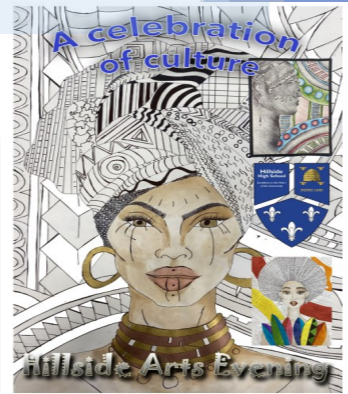
There will be a vote for a star pupil in Year 10 and 11. I hope you will attend to see this wonderful celebration of our pupil's work and can cast your vote on the night.

The contenders will be announced early next week, along with a sample of work to give a taster of the ability our pupils possess and whet your appetite for the evening.

Please Note

The evening will not be appropriate for children under 8 years old. Any pupils wishing to attend the evening need to register their names with Mr Smith before the event so that their names are added to a guest list. Any pupils not on this list and not accompanied by an adult, will be refused admission.

Mr Smith



TT Rockstars

As part of our drive to improve whole school numeracy, Year 7 and 8 are expected to log on to TT Rockstars for at least 30 minutes a week to practice their times tables. Your child needs to make sure they get their login details from their maths teacher so that they can start building those coins up – Pupils need to remember they can play against their classmates and friends!

Each week in the newsletter we will be publishing the top earners and we want to see as many different names in there as we can! We also have a display on the maths corridor with lots of different categories on it which will be updated and then shared via our twitter and Instagram pages throughout the year.

Year 8 have made a flying start with logging on, so well done to you. Year 7, your maths teachers will be showing you how to access and use TT Rockstars over the next week.

Get playing everyone!

Miss Christian

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

Year 7:

**Joel Corson 7NK
Yexian Huang 7NK
Maria Peres 7LJ**

Year 8:

**Emma Ward 8CSY
Stephen McDonnell 8CSY
Jazmin Hajdo 8CSY**

Top pupils for the week beginning:

17th September



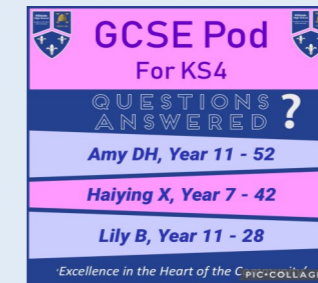
Mr Pattison



hegartymaths

Samatha Harrington
Jessica Harrinton
Afia Sekyi
Summer Waters
Lily Beesley
Ashli Ashcroft
Abbie Thorley
Rebecca Jacobs
Grace Coffey
Samatha Schorah
Emma Croxton
Kacey Jensen

Chloe Fleming
Rosa Dwyer
Ryan Jones
Eve Spinks
Brian Leung
Thoma Barrett
Oluwakemi Akeredolu
Brad Moran
Hannah Boughey
Lexi Soong
Nancy Lloyd



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.



gcsepod
education on demand

EXCELLENCE IN THE HEART OF THE COMMUNITY

EXCELLENCE IN THE HEART OF THE COMMUNITY