

SAFEGUARDING, EMOTIONAL WELLBEING & MENTAL HEALTH

Transitions

As we are well into the first half of the Autumn Term, we felt this week the article would focus on supporting transitions. As pupils are settled back into school routines and have experienced their new year groups, and in some cases new classes and teachers, we recognise that some pupils may need extra support when coping with changes. The infographic below comes from the website Young Minds which has lots of helpful information for parents/guardians and pupils in supporting positive mental health, building resilience and emotional wellbeing.

The website link is <https://www.youngminds.org.uk/> if you wish to look at their resources.

Choose health
Know what affects your child, what makes them grumpy, hyped, disconnected...
Do they need snacks throughout the day?
Do they need lots of sleep?
Do they need to get out and about and do exercise?
Do they need time alone?
Trust that you know your child and give them the basics that they need to cope with difficult days

Work together
Share ideas about how to:
• create action plans
• have a problem-solving approach
• enjoy achievements
• be forward-looking
• show them that we can all get things wrong

Move on up
Encourage independence:
• help them to move positively from child identity towards teen identity
• increase their responsibilities
• be positive whenever they act maturely
Be aware of your child's changing needs. Sometimes it might feel like one step forwards, two steps back.

Be calm
Try to stay calm whilst your child is feeling distressed. Your child may show:
• highs and lows
• melodrama
• anger
• blame
• self-centredness

Communicate
The small things you do make all the difference:
Keep talking, texting, listening, hearing, hugging, sympathising, smiling, reassuring, checking, sharing, suggesting, encouraging, respecting

Get learning
Be involved, find out more and talk about:
• social media
• internet benefits and dangers
• new music
• language and slang
• current affairs
• what it's like to be young in the current world

Be wise
As they discover new things, try to:
• be interested
• be non-judgemental
• guide
• give boundaries
• see it from all sides
• listen to their point of view
• choose your words carefully
• act on warning bells

Be the anchor
In times of change you are:
• constant
• family
• familiar
• routine
• in-jokers
• irritating
• comforting
• home

Have fun
Provide lots of light relief:
• be silly
• be embarrassing
• play games
• laugh together
• do stuff together
• make jokes
• make things
• be outside

Look after yourself
Support yourself, to best support your child:
• lean on friends
• offload on other family
• find 'me time'
• see the GP
• relax, exercise, sleep well, eat well
• remember tomorrow is a new day

Mrs Cross

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HILLSIDE HIGH SCHOOL
WADE DEACON TRUST

Dear Parents/Guardians

I hope you enjoy reading this week's newsletter which reflects all the amazing things that are going on at Hillside.

I was extremely proud to award our newly appointed School Representatives with their badges yesterday morning. I know these pupils are going to make a significant contribution to our school and I can't wait to hear all their thoughts and ideas about how we can make our school even better.

In just the last 2 weeks we have hosted two Success Evenings for our Year 11 pupils and their families and Wednesday night was our annual Arts Exhibition. All of these events have been amazing and it has been wonderful to see our pupils and their families so engaged with school. I can't wait to share more information and pictures of the Arts Exhibition with you in next week's newsletter.

I look forward to seeing lots of our families and younger children at our World Space Week event next Thursday, please see information inside.

We are looking to recruit a new Parent Governor, a letter will be posted home in the coming days explaining how you can be involved.

If you would like to discuss becoming a Governor of our school, please click the link below to visit the Wade Deacon Trust website and complete the online form.

[Local Academy Governor - Register of Interest](#)



Mrs Amanda Ryan, Principal



MEMBER OF THE
WADE DEACON
TRUST

EXCELLENCE IN
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THE COMMUNITY

Friday 1st October 2021

Upcoming event!



Hillside High School
presents...
WSW2021
'Celebrating Women in Space'
Community Evening

Join us at 5.45pm on
Thursday 7th October 2021
for a series of family fun activities in science, technology and maths!

Will you complete the challenges and graduate from Hillside Space Academy?

This event is open to families who have pupils in Year 3-6 in the local area and to our Year 7&8 Hillside High families. Places are limited please reserve your place by emailing admin@hillsidehigh.co.uk or call us on 0151 525 2630

Success Evenings

"Thank you to Year 11 pupils who attended our two 'Success Evenings' with their families; great commitment and dedication was shown from all. These evenings ran over two weeks, with the aim to support pupils with their learning in English, Maths, Spanish, Humanities and Science, and in preparation for final examinations in the summer. Both evenings were very successful, with great attendance, where parents were given strategies to help their child how to revise effectively for each subject and were given study materials to use at home. These events were also a great opportunity for Year 11 pupils to show their families how enthusiastic they are about their own learning and engagement." **Miss Banks**



School Council

What is a school council?

A school council is a formal group of pupils within a school who are elected by their peers to represent them and their views.

Why have a school council?

There are lots of reasons.

Article 12 of the United Nations Convention on the Rights of the Child (UNCRC) says that children and young people should have a say in decisions that affect their lives. A school council can provide a meaningful way in which pupils can voice their opinions and have their views taken into account in decisions which impact upon them.

Experience from schools here and further afield shows that a school council that is supported and nurtured helps to improve many aspects of school life.

It is an important and useful way for schools to provide leadership and development opportunities for their pupils. Within the school curriculum, one of the key areas making up the 'Learning for Life and Work' theme is active participation. The curriculum requires that young people are provided with opportunities to participate in school and society. School councils are an excellent way in which to increase participation, teaching young people about democracy, local and global citizenship and accountability.

Meet your new school Council

On our front page are your new school council representatives alongside Mrs Ryan and our Head Girl Laila and Head Boy Daniel. The council were chosen by their peers to represent their form class's interests at Hillside and drive school improvement. Congratulations all, now the real work begins.

Mr Smith



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Black History Month

"Be an upstander not a bystander" M. Levy 2019

- This week's assembly was about Black History Month.
- We shared with pupils where in the curriculum the history department study Black History.
- We discussed the Trans-Atlantic Slave Trade, Civil Rights and segregation in the USA, the Windrush Generation, Black Lives Matter, George Floyd and the Black Lives Matter protests in Britain in 2020.
- Discussed the visit by Civil Rights activist Mark Levy to school in 2019.

Please take the opportunity to discuss this week's assembly with your child, I hope they can tell you all about it.



Mrs Miller

Hegarty Maths

Top pupils for the week beginning:

1st October



Mr Pattison

Jessica Harrington
Emily Taylor
Lily Cummins
Samantha Harrington
Lilie Carroll
Ellie Kavanagh
Amy Weston
Rhianna Sloan
Jessica McDonald
Niccole James Jenkinson



NancyLloyd
Richard Enebeli
Yexian Huang
John McCall
Leo Wilson
Alivia Lloyd
Kara Mcauley
Shauna-Leigh Edwards
Sophie Lamb
Lois Gleave

TT Rockstars

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

Year 7:
Hai Ying 7SW
Nathan Da Silva 7SW
Maria Peres 7LJ

Year 8:
Stevie Owens 8CSY
Faith Neile 8GW
Ryan Jones 8CSY

GCSE Pod
For KS4
TOP PODDERS
Lily C, Year 10 - 52
Julia K, Year 10 - 32
Chloe C, Year 10 - 31
Excellence in the Heart of the C PIC-COLLAGE

GCSE Pod
For KS4
DIAMOND LEAGUE
Dylan W, Year 11 - 116
HaiYing X, Year 7 - 75
Lily B, Year 11 - 65
Excellence in the Heart of the C PIC-COLLAGE

GCSE Pod
For KS4
QUESTIONS ANSWERED ?
Dylan W, Year 11 - 90
Lily B, Year 11 - 72
HaiYing X, Year 7 - 56
Excellence in the Heart of the C PIC-COLLAGE

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.



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