



HILLSIDE HIGH SCHOOL

WADE DEACON TRUST

EXCELLENCE IN
THE HEART OF
THE COMMUNITY



Friday 10th December 2021

Dear Parents/Guardians



I can hardly believe we finish for Christmas next Friday, this term has flown by and we have achieved so much as a school. Can I remind parents to check the finish times (included in this newsletter) for the last day as we will be finishing early to allow everyone a prompt start to their very well deserved Christmas break. On the last day pupils are allowed to wear their own clothes, including a Christmas jumper and accessories if they wish. We would ask for a £1 donation for our family fund.

Hopefully all families are aware but we are once again collecting for our food hampers and this is a real opportunity to do something to support those in our community who might be struggling at this time of year. Please encourage your child to bring in their contributions at the start of next week so we have time to make up our hampers and distribute them before we finish for Christmas.

Our charity work gained great momentum when a group of staff ran the Santa Dash in Liverpool last Sunday lunch, I hope you like the picture although I have to admit it's hard to figure out who is who...and I'm actually on there! Our first ever Christmas market on Thursday was simply amazing and I would say a massive thank you to everyone who joined us for what was an amazing evening.

Mrs Amanda Ryan, Principal



Return to school in January

To support the Covid testing of pupils before they return to school in January the following staggered start times will be in place,
Tuesday 4th January pupils in Years 7, 8 and 11 who are having a test will attend school at the time of their test. More details to follow on the website and via text.

Wednesday 5th January all pupils in Year 7, 8 and 11 return to school and their normal lessons resume.
Wednesday 5th January pupils in Years 9 and 10 who are having a test will attend school at the time of their test. More details to follow on the website and via text.

Thursday 6th January all pupils will be back in school.

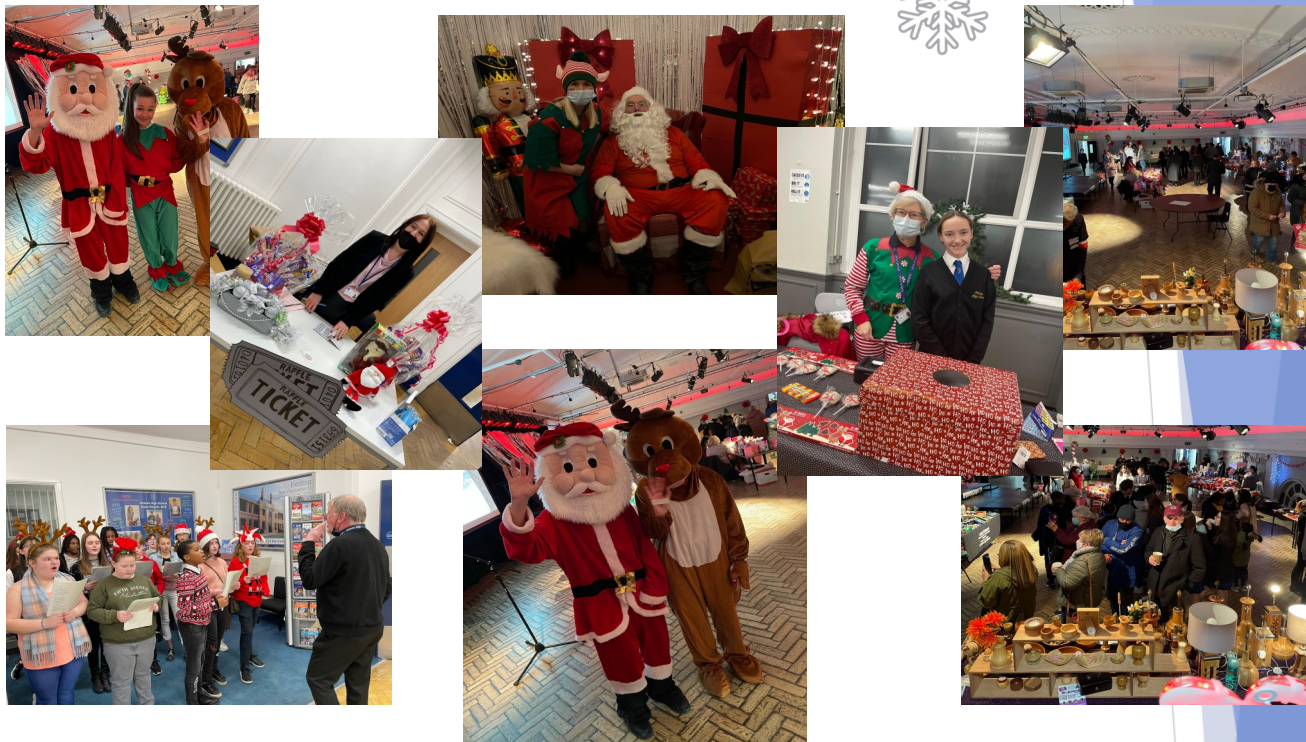


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Hillside Christmas Market



Last Thursday Hillside held its very first Christmas market! We wanted to do something festive that the whole school and local community could enjoy. We supported local businesses by inviting them to come and sell their Christmas goodies at our school. There was carol singing, mince pies, Santa's grotto and a whole lot of festive fun! The evening was a huge success and we wanted to thank everyone who came and supported us! And best of all we managed to raise over £700 towards our Christmas Hamper Appeal!

Mrs Collins

Reminders

Pupil finishing times for Friday 17th December 2021.

- 11.45 am Year 10 and Year 11
- 12.00 pm Year 9
- 12.05 pm Year 8
- 12.15 pm Year 7



Hegarty Maths

Top pupils for this week



Mr Patterson

Dayo Owonikoko
 Louise Eseosa Igbinedion
 Beth Scott
 Rebecca Jacobs
 Jessica Parry
 Jessica Harrington
 Brian Leung
 Joshua Rogers
 Alivia Lloyd
 Emma Leicester
 Pakapas Hassarungsri
 Amy Weston
 Sissy Staneva

Emma Tinsley
 Kevin John
 Sophie Lamb
 John McCall
 Scott Good
 Joseph Cook
 Caitlin White
 Jacob Woodhall
 Sharntay Ahad
 Cameron Todhunter
 Rhys Deaves
 Erin Newall

TT Rockstars

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

**Tilly Wallace
 Joshua Williams
 Harry Oleary**

**Jacob Williams
 Hai Ying Xue
 Sophie Lamb**





Santa Dash 2021



Last Sunday morning 15 members of Hillside staff braved the weather to run the 5km Santa Dash around Liverpool city centre to raise money for our Christmas Hamper Appeal! What a morning it was! The atmosphere was tremendous as thousands of red (and a few blue) Santas dashed around the city! There was music playing, people cheering and a lot of Christmas joy! Watch out for members of staff who are wearing their medals with pride this week!



So far, we've raised over £1500 and there's still time to sponsor us if you can!
https://www.justgiving.com/crowdfunding/HillsideHighChristmasMealsAppeal?utm_term=QP4P7zJND

Mrs Collins



EXCELLENCE IN THE HEART OF THE COMMUNITY

GCSE Pods

GCSE Pod
For KS4

TOP 🏆 PODDERS

HaiYing X, Year 7 - 131

Yexian H, Year 7 - 26

Luke F, Year 11 - 26

Excellence in the Heart of the CPIC-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

GCSE Pod
For KS4

DIAMOND LEAGUE

HaiYing X, Year 7 - 168

Yexian H, Year 7 - 109

Kemi A, Year 11 - 72

Excellence in the Heart of the CPIC-COLLAGE

GCSE Pod
For KS4

QUESTIONS ANSWERED ?

HaiYing X, Year 7, 84

Yexian H, Year 7 - 78

Kemi A, Year 11 - 42

Excellence in the Heart of the CPIC-COLLAGE



Pupil Council



Our second round of school council meetings took place last week. Representatives from each year group met to discuss their peer groups views and possible improvements to the school. These pupils exemplify what we stand for at Hillside and acted with maturity and confidence when discussing these poignant issues. Prefects and councillors will bring their summarised points to one of Hillside's leadership meetings early in the new year to discuss with Mrs Ryan and begin the implementation process of their ideas.

Since the beginning of school council this year, we have already seen initiatives such as the Christmas Market, introduction of an Eco Council (starting in the new year), cheer leading opportunities, new Wi-Fi and new facilities across school introduced as a direct result of our pupils' views. We have all been extremely impressed by the effort and hard work put into these developments and look forward to helping improve our school even further over the coming year.

Mr Smith



Safeguarding, Emotional Wellbeing and Mental Health

As we get ready for an exciting time of year we wanted to share some information from Young Minds about looking after your mental health at Christmas.

It's the most wonderful time of the year!" is what I hear constantly at Christmas. Whether it's on the radio, the telly or out in public, we are constantly told that Christmas is a time to be happy.

But what if you're not happy?

The reality for many of us is that when Christmas comes around, there's constant pressure on those with mental health problems to be happy all the time. But of course, that's easier said than done.

Here's my advice on things you can do to ensure you still enjoy the festive period this year, but also look after your mental health:

Just because it's Christmas, it doesn't mean caring for your mental health has to be put on hold.

Take time out

It's so important to take time out every day, not just in the festive period. If you feel yourself getting a bit overwhelmed, or upset, take five to ten minutes away from everyone on Christmas Day to just have a bit of time to yourself. Usually I will go into my bedroom to watch something on television, and this year I started running, so will absolutely take some time out on Christmas Day to go for a run. Christmas Day can be quite an overwhelming day, so by taking time out you can allow yourself time to recharge.

Sleep

A good night's sleep is so important when it comes to looking after your mental health. It's said that teenagers need an average of nine-and-a-half hours' sleep each night. When it comes to the festive period, ensuring you get enough sleep can become difficult due to things like late nights at home and parties. To make sure you get back into your normal sleeping routine easily, try going to bed at normal times as the festive period draws to a close. This will make getting up for school a lot easier and, in turn, will help your mental health a lot.

Exercise

Physical activity releases a chemical called endorphins, which makes you feel good, so if you're feeling a bit overwhelmed or low at Christmas, why not go out for a walk? You could go on your own or with someone else, or go for a bike ride or even a run.

Try to relax

It's easy for me to say "Christmas is fun - just relax", but the reality is that relaxing can be tricky. Try doing things like yoga, breathing exercises or meditation to help you calm down if you're feeling a bit stressed over the festive period.

Just because it's Christmas, it doesn't mean caring for your mental health has to be put on hold. You're allowed to take breaks, and do things that perhaps don't involve the whole family. Mental health and physical health are as equally important, if you fell over and grazed your knee on Christmas Day, you'd put a plaster on it. So if your mental health needs a plaster, you're allowed to do something about it.

'Young Minds'

Self-care stockings

The holidays can be a stressful period so we must look after ourselves. Have a go at ticking off all the self-care activities you'll be doing over the holidays.

Over Christmas I have...



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