



HILLSIDE HIGH SCHOOL

WADE DEACON TRUST

EXCELLENCE IN
THE HEART OF
THE COMMUNITY

Friday 6th January 2022

Dear Parents/Guardians

Happy New Year to all our pupils and their families. It has been a pleasure to welcome pupils back to school this week.

In assemblies we have revisited with pupils our standards and expectations here at Hillside. I would like to use this opportunity to share some timely reminders with you, so that you can support us in upholding these standards and expectations. No jewellery is allowed other than a watch and all pupils have been reminded of this in assemblies. From Monday any pupils wearing jewellery will have this confiscated, this is not a decision we have taken lightly but to uphold our standards I feel it is crucial. No make up, including false nails should be worn and pupils will be asked to remove make up, nail varnish and false nails. We would rather not deal with these situations so if you could support us by ensuring pupils do not come to school wearing make up, nail varnish, false nails or any jewellery we would be extremely grateful.

We have also spoken to pupils about the need to arrive at school on time and I would use this opportunity to thank the majority of pupils who are never late for school. The school day, including start times is included in this newsletter for your reference.

I would like to welcome two new colleagues who have joined us in January, Mrs Woodhall and Miss Mason are members of the administration team and are situated in the main reception. I know lots of parents and pupils have met them already and I know we will all make them feel welcome here at Hillside. I am looking forward to a really exciting half term ahead and know we will achieve so much as a school. I look forward to sharing the highlights in our weekly newsletter.



A reminder please make a note of the key dates which are included.

Mrs Amanda Ryan, Principal

Happier January 2022

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future				

ACTION FOR HAPPINESS Happier · Kinder · Together



admin@hillsidehigh.co.uk



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Hillside High School Extra-Curricular Activities

For all year groups unless specified

Monday

Netball Training
Girls Football
English Club (Years 7 & 8)

Football Training (Years 7, 10 & 11)
Music - Strings

Tuesday

Enterprise Club (Years 7, 8 & 9)
Football Training (Years 8 & 9)
Design Technology (Years 7, 8 & 9)
French Conversation (Week 2 only)
Maths (Chess & Darts—Years 7, 8, 9 & 10)

Gaming Club
Netball Fixtures
Music - Guitar
Science Club (Years 7 & 8)

Wednesday

Basketball (Years 7, 8 & 9)
Music - Choir
Hillside Games (every 2/3 weeks dates TBC)

Art (Years 7, 8 & 9)
Drama Club

Thursday

Music - Instrumentalists

Friday

Badminton

'Excellence in the Heart of the Community'

Key Dates 2022

Year 11 predictor results day: Thursday 13th January

Year 11 Remote Parents' Evening: Thursday 20th January

Year 7 Remote Parents' Evening: Thursday 3rd February



Homework Timetable 2021 / 2022

Key Stage 3

Subject	Online Platform	Website	Homework	Who pupils can speak to for password resets
English		bedrocklearning.com	2 x lessons per week	English Teacher
Maths		hegartymaths.com	20 minutes 3 x per week	Maths Teacher
Science	(Office 365)	office.com	Individual assignments set weekly on Teams	Mr Thomas - ICT Technician
Geography	Teams (Office 365)	office.com	Unit knowledge organisers and weekly tasks set on Teams.	Mr Thomas - ICT Technician
History		senecalearning.com	Weekly tasks - links posted on Teams	History Teacher
Spanish	(Office 365)	www.language-gym.com	Weekly assignment tasks/ vocabulary revision activities set.	Spanish teacher
Religious Studies	(Office 365)	office.com	Individual assignments set weekly on Teams	Mr Thomas - ICT Technician
Computer Science	(Office 365)	office.com	Unit knowledge organisers and weekly tasks set on Teams.	Mr Thomas - ICT Technician
Technology	(Office 365)	office.com	Individual assignments set weekly on Teams	Mr Thomas - ICT Technician
Art	(Office 365)	office.com	Individual assignments set weekly on Teams	Mr Thomas - ICT Technician
Music	(Office 365)	office.com	Individual assignments set weekly on Teams	Mr Thomas - ICT Technician
Drama	(Office 365)	office.com	Individual assignments set weekly on Teams	Mr Thomas - ICT Technician
PE	Teams (Office 365)	office.com	Reading tasks set on Teams every two weeks.	Mr Thomas - ICT Technician



GCSE Pods



GCSE Pod
For KS4

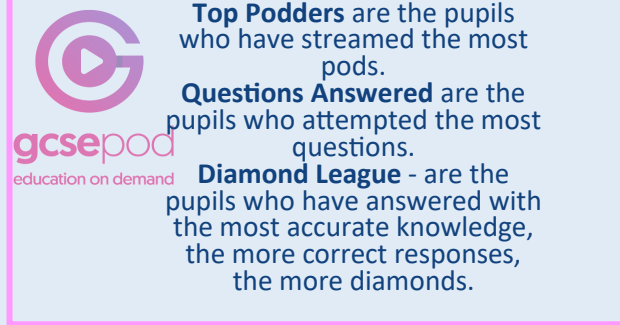
TOP PODDERS

Yexian H, Year 7 - 150

HaiYing X, Year 7 - 126

Lucy B, Year 10 - 26

Excellence in the Heart of the Community

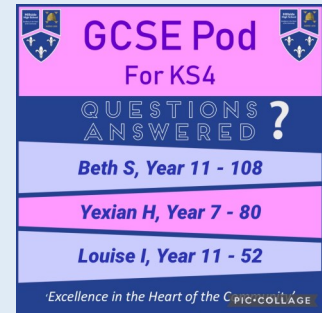


Top Podders are the pupils who have streamed the most pods.

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



GCSE Pod
For KS4

QUESTIONS ANSWERED ?

Beth S, Year 11 - 108

Yexian H, Year 7 - 80

Louise I, Year 11 - 52

Excellence in the Heart of the Community



GCSE Pod
For KS4

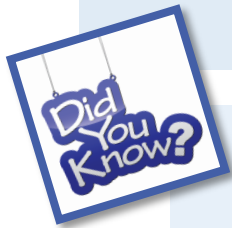
DIAMOND LEAGUE

Yexian H, Year 7 - 133

Beth S, Year 11 - 112

Kemi A, Year 11 - 66

Excellence in the Heart of the Community



The calendar we use today was invented by the Romans. January was named after the Roman god Janus, who was the god of gates and doorways. He was always drawn with two faces looking in opposite directions – one face looked back at the year that had passed, and the other looked forwards into the new year.



Hillside High School
Wade Deacon Trust



The School Day 2021-2022

	Event	Year 7	Year 8	Year 9	Year 10	Year 11
08:40am	Arrival Time	8.30am	8.35am	8.35am	8.40am	8.40am
08:45am	Registration	Tutor Period or Assembly				
09:00am	Lesson	Period 1	Period 1	Period 1	Period 1	Period 1
10:00am	Lesson / Break	Period 2 Break 10.30am – 10.45am	Break	Break	Period 2	Period 2
11:00am			Period 2	Period 2	Break	Break
11:15am	Lesson	Period 3	Period 3	Period 3	Period 3	Period 3
12.15-1.45pm	12.15-12.45	Period 4	Lunch	Lunch	Period 4	Period 4
	12.45-1.15	Lunch	Period 4	Period 4		
	1.15-1.45	Period 4			Lunch	Lunch
1.45pm	Lesson	Period 5	Period 5	Period 5	Period 5	Period 5
2.45pm	End of day	Beginning of P6 and extra-curricular sessions				

Safeguarding, Emotional Wellbeing and Mental Health

Happy New Year!

The following information is taken from <https://www.mentalhealth.org.uk/blog/new-year-theme-for-yourself-2022> and looks at ways that we can set ourselves realistic goals in terms of looking after our mental health.

2021 has been and gone and what a year it has been!

After living through another year in a pandemic, there is a real need to take a compassionate look at self-development and our mental health in 2022.

So, we are going to give you tips and tricks on ways to be a little kinder to yourself in the year ahead.

With the New Year comes the temptation to hop on board the change train of 'self-criticism', head to carriage 'unrealistic expectations,' and 'comparing to others' and trundle on to destination 'new and improved you'. Purchase a ticket for the change train and find... a more vibrant, healthy, driven, goal smashing, habit breaking, 100 billion new skills acquiring you by December 2022. With all this expectation you can arrive feeling overwhelmed and a little disappointed.

How can setting a theme help my wellbeing?

New Year self-improvement can be a positive thing with benefits for your mental and physical health.

This year when thinking of self-improvement, find things that work for you, irrespective of what others are doing, and remember to ask for support if you need it. New Year's resolutions can be fueled by unhelpful self-criticism. 'A festival of finding ways in which we are not enough'. So, instead we propose that you try setting a theme:

Resist the urge to strive for an entirely new you in 2022. Instead accept you last year, today and tomorrow. Approach personal growth, habit change and goals with a kinder self-talk that cares for your mental wellbeing.

Evaluate the relationship you have with yourself. Ask would you speak to somebody else in the way you speak about yourself? The relationship you have with yourself is crucial to your own wellbeing and to creating healthy and happy relationships with others. Being kind to yourself regularly is one of the best things you can do.

Here's to taking time to accept yourself in 2022.

Mrs Cross

5 habits to improve the relationship with you in 2022

- Invest in yourself by spending 15-30 minutes each day doing something you enjoy.
- Write down positive things about yourself when your inner critic finds faults.
- Act as if you were your own best friend and be kind and supportive when you stumble or feel you have failed.
- Do something to wind down and relax at the end of each day.
- Take a few minutes each day to appreciate the small wins you have achieved.

This year we hope you can

- Accept who you are
- Nourish your body
- Bring intention into your actions
- Take time for yourself
- Accept who you are

**"WHAT THE
NEW YEAR
BRINGS
TO YOU WILL
DEPEND A
GREAT DEAL
ON WHAT YOU
BRING TO THE
NEW YEAR."**

-Vern McLellan
ITSAALLYOUBOO.COM