



HILLSIDE HIGH SCHOOL

WADE DEACON TRUST

EXCELLENCE IN
THE HEART OF
THE COMMUNITY

Friday 11th February 2022

Dear Parents/Guardians,

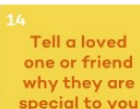
As promised I am delighted to share with you some of the exciting things which have taken place this week for Children's Mental Health Week. There has never been a more important time for us to focus on supporting our pupils and their mental health. The clouds which include pupils who have been nominated by their peers as someone who supports them and helps improve their mental health are particularly poignant. Well done to all the amazing pupils who are mentioned here. Please have a read and ask your child about the activities they have been involved in this week.

This week's newsletter includes lots of important information and as we break up for half term it's a good opportunity to remind ourselves of everything our pupils should be accessing. The Period 6 timetable for Year 11 is included, Period 6 for all Year 11 pupils will be compulsory from the first week back. The homework timetable for pupils in Year 7, 8 and 9 is also included. We all know that pupils who engage with homework out perform their peers who don't, so please ensure you know what homework looks like for your child and check they are completing it. Following feedback from pupils and staff we have moved to several online platforms for homework, for example Hegarty Maths and bedrock in English. These are expensive resources which have a proven track record of improving the academic outcomes for pupils who regularly engage with them. The homework information includes the details of who pupils should contact if they need help with passwords etc. If any parent / guardian would like to discuss homework please do not hesitate to contact Mrs Jones, Assistant Vice-Principal who leads on homework across the school or your child's Progress Leader.

As we finish for half term can I wish all our families a peaceful and restful break, although I appreciate many parents will still be working. I look forward to welcoming all our pupils back to school on Monday 21st February, at their usual time.

Mrs Amanda Ryan, Principal

Friendly February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 1 Send a message to let someone know you're thinking of them	 2 Ask a friend how they have been feeling recently	 3 Do an act of kindness to make life easier for someone	 4 Organise a virtual 'tea break' with a colleague or friend	 5 Make time to have a friendly chat with a neighbour	 6 Get back in touch with an old friend you've not seen for a while	
 7 Show an active interest by asking questions when talking to others	 8 Share what you're feeling with someone you really trust	 9 Thank someone and tell them how they made a difference for you	 10 Look for good in others, particularly when you feel frustrated with them	 11 Send an encouraging note to someone who needs a boost	 12 Focus on being kind rather than being right	 13 Smile at the people you see and brighten their day
 14 Tell a loved one or friend why they are special to you	 15 Support a local business with a positive online review or friendly message	 16 Check in on someone who may be struggling and offer to help	 17 Appreciate the good qualities of someone in your life	 18 Respond kindly to everyone you talk to today, including yourself	 19 Share something you find inspiring, helpful or amusing	 20 Make a plan to connect with others and do something fun
 21 Really listen to what people say, without judging them	 22 Give sincere compliments to people you talk to today	 23 Be gentle with someone who you feel inclined to criticise	 24 Tell a loved one about the strengths that you see in them	 25 Thank three people you feel grateful to and tell them why	 26 Make uninterrupted time for your loved ones	 27 Call a friend to catch up and really listen to them
 28 Give positive comments to as many people as possible today						

ACTION FOR HAPPINESS Happier · Kinder · Together




admin@hillsidehigh.co.uk

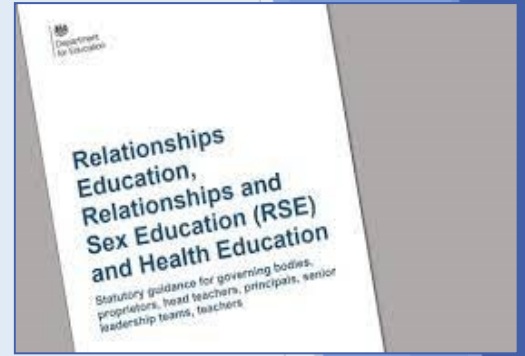


0151 525 2630

Personal Development at Hillside High School

Please take a look at the new look Personal Development section of the school website which contains information about the new statutory Relationships, Sex and Health Education Curriculum (RSE and HE) and how this is delivered at Hillside. Through the school's Personal Development Curriculum pupils will learn about the following topics:

- Health and Wellbeing
- Staying Safe
- Relationships Education
- Citizenship
- Finance and Careers



The Personal Development curriculum is delivered through subject areas and complimented through assemblies, themes for the week and additional "one off" sessions and workshops. Detailed information about the coverage for each year group can be found on the website along with the school's RSE and HE Policy and a link to a parental consultation survey. https://www.hillsidehigh.co.uk/academy_information/personal-development/

Mrs Jones



Hillside Games Round – Where is Tasmania?

Form Group	Running total
8TH	26
11JM	21
7LW	18
8RS	16
Staff	17
8CSY	15
7SW	13
8TH	12
11RM	11
11KL	10
11NW	9
10SAC	8
7NK	6
10SA	6
9NW	6
9RLC	4
8GW	4
10RE	2
10LB	2
11DH	1
7LJ	1
9SDe	0
9SD	0
9DT	0
10SC	0

Another round of the Hillside Games done!

If there is one thing we are finding out throughout the Hillside Games is that the range of talent people have is staggeringly good. Where is Tasmania further highlighted what knowledgeable and intelligent young people we have at Hillside.

After 12 rounds of tricky and challenging geographical hunting, both Jake 8TH and Harry 8RS could not be separated and so were both awarded 10 points. Teo in 7LW came in 3rd place whilst Angelin in 9NW secured 4th place.

The staff could only manage to navigate their way into 5th picking up 2 points.

When all added to the overall leaderboard we can see that 8TH are out in front with 26 points, followed by 11JM and then its tight behind them with 5 points separating 5 forms, meaning its all to play for in the next round.

Round 6 is Stop the Clock!
Room 38
Date - TBC

Have you got cat like reflexes?
Are you quick on the draw?
Can you literally stop time?

Maybe this one is for you!



Stop the clock



- 1 person per form
- 3 attempts
- Shout 'stop' when the stop watch reaches 13 secs (can be any number between 13.01 – 13.99)
- Get the timing right and advance
- Fail to stop it on 13 sec and out
- Those who advance will have 2 attempts at the next time and then one attempt at a further time if they are successful.
- Those with the best reaction times, win.



EasyTalk Sessions

Sefton Sexual Health are looking to run parental sessions about talking to your child about relationships in the summer term. Please can you complete the short survey using the link or QR code below to help us plan these sessions.



<https://bit.ly/3IZ4YHm>

Hegarty Maths

Top pupils for this week



Mr Pattison

- | | |
|--------------------|----------------------|
| Julia Nicole Danao | Raymond Imhontu |
| Alisha Amin | Madeline Stewart |
| Jessica Harrington | Olivia Grimes |
| Issy Rae | Nancy O'Hara |
| John Tekgur | Daria-Maria Tudoache |
| Brian Leung | Joshua Rogers |
| Mia Lunt | Tess Meadows |
| Maisie Wheatley | Sophie Lamb |
| Jodie McDonnell | John McCall |
| Abigail Tinsley | Miley Brodie |
| Hannah Watson | Daniel Wright |
| Scott Good | |

TT Rockstars

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

- Jacob Williams—7SW
- Hai Ying Xue—7SW
- Maria Peres—7LJ
- Josh Williams -8THE
- Tilly Wallace—8TH
- Harry O'Leary—8RS

GCSE Pods

GCSE Pod
For KS4

QUESTIONS ANSWERED ?

Kemi A, Year 11 - 26

HaiYing X, Year 7 - 26

Samantha H, Year 11 - 14

'Excellence in the Heart of the C PICCOLLAGÉ

GCSE Pod
For KS4

DIAMOND LEAGUE

HaiYing X, Year 7 - 52

Kemi A, Year 11 - 47

Afia S, Year 11 - 25

'Excellence in the Heart of the C PICCOLLAGÉ

GCSE Pod
For KS4


TOP PODDERS

HaiYing X, Year 7 - 46

Molly B, Year 11 - 21

Chloe C, Year 10 - 16

'Excellence in the Heart of the C PICCOLLAGÉ



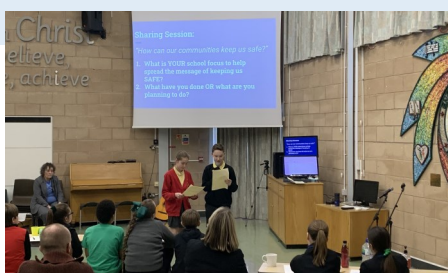
Top Podders are the pupils who have streamed the most pods.
Questions Answered are the pupils who attempted the most questions.
Diamond League - are the pupils who have answered with the most accurate knowledge, the more correct responses, the more diamonds.

On Thursday 27th January, Mrs Ryan had the pleasure of taking two of our Year 7 School Council Representatives to English Martyrs for the STRAND School Council Project. The discussion during the session was all about 'How can our communities keep us safe?'

Three local councillors attended the meeting, Ian Moncur, Liz Dowd and Paulette Lapin who listened to pupils ideas and projects. Discussions then took place about how the council may be able to help support these ideas.

A huge well done to Jo-Leigh O'Connor 7NK and Shauna-Leigh Edwards 7SW who represented Hillside amazingly!

Mr Smith



EXCELLENCE IN THE HEART OF THE COMMUNITY



Eco Council Needs you! Hillside High is trying to be more eco friendly – will you be the one to help us?
 If you would like to be involved in eco council please send your name to Miss Wright by Tuesday 22nd February and you will be considered.
 Our first meeting will be the 25th February.
 Email: g.wright@hillsidehigh.co.uk




Weekly praise for our top Bedrockers!

Top for weekly points earned

Grace Coffey	8GW 85 points
Callum Johnson	9NW 65 points
Stevie Ellison	8GW 65 points

Top for weekly lessons completed

Loic Nemet	8GW 6 lessons
Daniel Turner	8TH 7 lessons
Louisa Fearon	9NW 9 lessons

Top for weekly time spent on Bedrock

Jessica McDonald	7SW 2.9 hours
Jonnie Rubio	8GW 2.3 hours
Tia Leicester	7LJ 2.2 hours



This week as part of children's Mental Health week, pupil's were asked to nominate another pupil who helps support and improve their mental health. Below are just a selection of nominees and the reason they were nominated...



Nomination: Nathan E Yr 9

Reason: He Listens to me when I need to speak to him.

Nomination: Isobel R Yr9

Reason: They are really happy and are really kind to me.

Nomination: Alex D Yr8

Reason: He's funny and a good friend..

Nomination: Jack G Yr 9

Reason: He always makes me laugh and smile when I need it.

Nomination: Isobel R Yr9

Reason: Her smile, she's kind, her laugh makes you laugh and funny.

Nomination: Alexander G Yr8

Reason: He's always there for deep conversations about anything .

Nomination: Madison W and Lana-Mai R Yr9

Reason: She smiles at me every time she sees me.

Nomination: Emily B Yr8

Reason: They talk to me a lot and make me feel very appreciated.

Nomination: Saydee S Yr7

Reason: making me feel funny, and I always have someone to talk to.

Nomination: Tom D Yr8

Reason: He's Tom, is that not enough?

Nomination: Jakob C Yr 8

Reason: Most supportive person during class and makes a significance in our learning via contributions

Nomination: Maria P Yr7

Reason: She always says hello when she sees me and is funny in dance club!

Nomination: Amy S Yr8


Reason: Everyday she makes sure all their friends are safe and happy.

Nomination: Alex D Yr8


Reason: He makes me smile and laugh. Brightens my day and makes me smile.

Nomination: Hunnie L Yr7

Reason: They make me laugh and if I'm having a bad day they make me feel better.




Nomination: Vincent Z Yr10
Reason: Just kind and always laughs.




Nomination: Emily M Yr11
Reason: Always make me smile and always there for me.

Nomination: Jess P Yr11
Reason: She listens to me and helps me feel happy everyday.




Nomination: Lewis B Yr11
Reason: Always puts a smile on my face.

Nomination: Elliot B Yr11
Reason: He's always there when I'm not in the mood.




Nomination: Peter C Yr10
Reason: His moonwalk always makes me laugh.




Nomination: Lily B Yr11
Reason: Always radiates positive energy which makes me cheer up. She will always ask if people are ok and compliments them. Seeing her brightens up my day.

Nomination: Lily B Yr11
Reason: Due to her own struggles. She has helped people open up and deal with their own issues.



Nomination: Jessica P Yr7
Reason: We agree a lot and they listen when I need it.




Nomination: Tempe F Yr9
Reason: They are always there for me and help me discover things about myself.


Nomination: Joe S Yr11
Reason: Funny and the best baller at Hillside.

Nomination: Lily R Yr9
Reason: She become my friend and made my days brighter and lighter.

Nomination: Krithika S Yr11
Reason: She is optimistic ad is always smiling

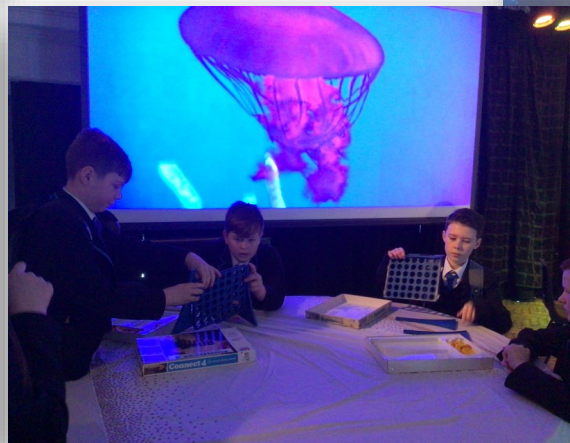
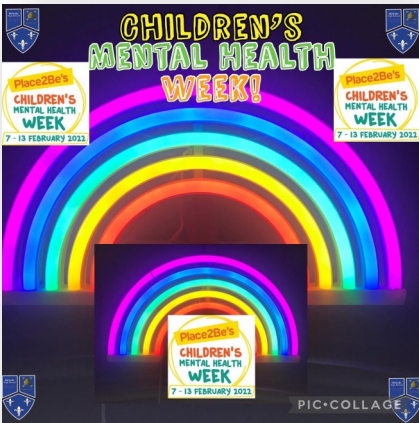
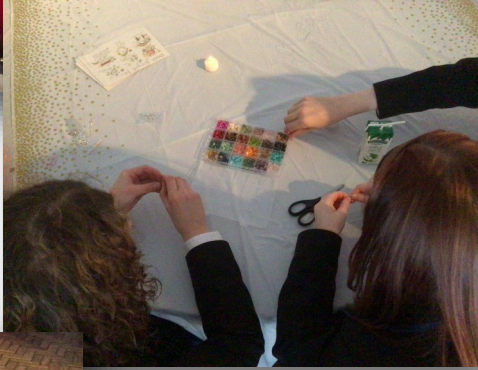


Nomination: Jade D Yr11
Reason: She helps me when I feel low, she also makes me smile without even trying.



Nomination: Hai Ying Xue Yr7
Reason: He is super kind and would go out his way to help you. He is always the first person to say hello.





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'

Year 11 Revision

P6 3pm start:

Monday Maths

Tuesday Wk 1 – Science
Wk 2 – History /
Geography / Spanish

Wednesday English

Friday Options

Saturday & Holiday School

Year 11, Subject teachers will be running Saturday and Holiday School over the coming months as additional support for your GCSEs.
10am – 1pm

Keep an eye on our social media for reminders.

E8

- Bag
- Pen & Pencil
- Pencil case
- Ruler
- Timetable
- Calculator
- Drama / PE Kit
- Water bottle (clearly labelled)

EXCELLENCE IN THE HEART OF THE COMMUNITY

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

Safeguarding, Emotional Wellbeing and Mental Health

Tips for Parents and Guardians

What's it all about?

Human beings change and grow – we do it all the time and in many different ways. Physical growth is easy to see as we grow from babies to children, teenagers to adults. But growing emotionally is also an important part of our development. As parents or guardians, you are an important role model for your child. Your child does not need you to be perfect - in fact seeing you make some mistakes can be really useful! What is important is that you are able to show them that you – and they – can continue to develop and grow even when things are hard. In fact, sometimes, this is when we learn and grow the most.

What can you do?

Here are a few simple ways you can support your child's emotional growth.

1. Talk about when your child was younger most children enjoy hearing their parents tell stories about when they were younger. Recall stories that highlight how your child has developed and changed over the years. For example, how you enjoyed teaching them to learn to ride a bike, or swim. Or how proud you were when they took part in a school assembly – even though they were nervous. If you are an adoptive parent, foster or kinship carer, you will still have lots of memories to share from when you first came together as a family.
2. Notice when your child has developed and grown you may have made marks on the walls to recognise how tall your child has grown over the years, or looked at old photos together. It is important to also recognise and praise emotional growth. This could be letting them know how proud you are when they have learnt to walk away rather than fight with a sibling, or how they have learnt to ask others to play when they used to be too shy to do so.
3. Encourage your child to try new things this could be new foods, a new activity or a new experience. Praise their willingness to 'give things a go' rather than whether they were 'good' at it. This will give them confidence to continue to develop and grow
4. Listen to your child's hopes and dreams for the future encourage your child to see that everything they are doing right now is a tiny step towards who they might want to become in the future. For example, your child staying away from home for a night is a step towards them being able to leave home for study or work in the future. Your child helping another child is an important step towards them becoming a counsellor, a doctor, a nurse or a teacher etc.
5. Support your child to learn from tough situations it can be really hard when your child is not getting on with friends or having a problem with a teacher, or is disappointed with how something has worked out. Acknowledge the difficult feelings, but help your child to see that these situations help us to grow and develop so that we are better able to cope with life's ups and downs.

Mrs Cross

Looking for free practical advice to help you support your child?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting the emotional wellbeing and growth of primary-age children.

parentingsmart.org.uk



Activities from Place2Be's Art Room

Support Balloon – have a go at this simple art activity with your children. Aimed at primary-age children, this activity from can help children think about who supports them to grow. bit.ly/3m2R9ib

My Changing Shapes – try this activity designed for secondary-age children. This activity supports young people to look back at their past growth. bit.ly/3nhiYTI