



HILLSIDE HIGH SCHOOL

WADE DEACON TRUST

EXCELLENCE IN
THE HEART OF
THE COMMUNITY

Friday 18th March 2022

Dear Parents/Guardians,

As promised I am delighted to share with you more information about International Women's Day and how we celebrated this day in school on Tuesday 8th March. This was just one day and our work and focus on such an important theme will carry on all year. Our girls are capable of anything and it's so important they know this and are constantly reminded to #BreakTheBias! Only 36% of Secondary Heads are women so hopefully I do something to show our girls what they can achieve if they work hard and follow their dreams. No one in my family had ever been to university, but I knew that's where I wanted to go and I allowed nothing to knock me off that course....I hope our girls feel the same, whatever their dreams are!

I hope you enjoy reading this week's well being article about sleep and the importance of getting enough sleep. This is something I feel strongly about and I am often shocked when I talk to our young people about how little sleep many of them regularly have and try to survive on. Survive is the word I would use, as they certainly can't 'thrive' when they are coming to school tired. As adults it can be hard to prioritise sleep and recognise how important it is, so I hope this article helps us all revisit such an important element of our health and well being. Wish you all a good night's sleep!

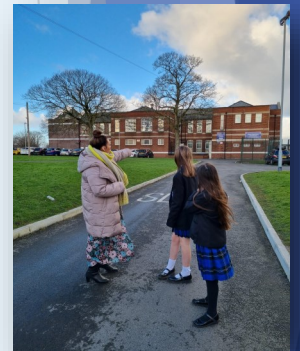
Mrs Amanda Ryan, Principal

School Council

One of the items on our School Council agenda that our pupils feel passionate about is the entrance to the school. You may have noticed the change in routine upon entering school via the Stuart Road entrance. Our pupils should all now walk down the footpath to enter school, ensuring they are well out of the way of any vehicles that drive into school. If you drop your child off at Hillside in the morning between 8.30 and 9.00am, the expectation is that you now turn around in the staff car park to the right hand side after entering the site and exit via the same route. This should help to further minimise the risk of pupils being injured coming to school and promote safe practice amongst our school community. This is a direct impact of school council and an agenda item promoted in a local council meeting between local schools by our Year 7 councillors, Shauna and Jo-Leigh.

Last week was the third round of school council meetings held in our Learning Resource Centre (LRC). Pupils from all years met on Thursday and Friday morning to discuss their year groups views on school improvement. Again, the meetings were organised, purposeful and demonstrated maturity above the pupil's years. It is a pleasure to witness a group of young people, passionate about driving change and improvement, share their ideas and viewpoints in order to enhance their own, and other pupil's experiences in their journey through Hillside. During this session we had questions about careers, pupil leadership, homework and reading. As teachers and leaders in school, we plan and deliver the best curriculum offer for our pupils based on educational research and years of expertise and experience however, when we hear the views of our pupils on what we can do to further improve their lessons, based on what they do day to day, we value their input and strive to adapt our plans to optimise their learning experience. The next stage in this iterative process, is to feedback to the Leadership Team and put more of your changes into action. Keep an eye out each week in the newsletter for direct positive impact from your school council suggestions.

Mr Smith



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International Women's Day

International Women's Day is a global day which celebrates the social, economic, cultural and political achievements of women. The day is marked annually on 8th March and this year the theme was #breakthebias. The campaign focused around bias which makes it difficult for women to move ahead and reach their dreams. In assembly we talked about the fact that despite vast improvements in the way women are treated in society there are still issues with gender inequality. We also discussed how that bias can sometimes be unconscious and we don't even realise that our actions/words contribute to gender discrimination.

Did you know?

International Women's Day has occurred for well over a century with the first gathering held in 1911!

The colour of IWD is purple and this is because the purple signifies justice and dignity. We set up our IWD photograph booth framed with a purple balloon arch and displaying our statements for intent to challenge gender bias. Our pupils and staff queued in in our LRC to get their photograph showing the #breakthebias stance to contribute to the social media campaign. We also had Laila our Head Girl and Queen from Year 7 visit all staff in the morning to spread their message "we do not tolerate gender bias" and handed out stickers to mark the day. It was powerful to see our school community come together to support the campaign for equality.

It does not end there, tackling gender inequality will not happen in a day. Our Head Girl Laila, has been inspired to take action and is already looking at how she can promote gender inclusivity and tackle other examples of bias through sharing stories of successful females. I look forward to seeing how Laila leads her campaign to identify, celebrate and increase visibility of women's achievements to forge equality for all.

Mrs Wardale



Hegarty Maths



Mr Pattison

Top pupils for this week

Jessica Price
Lili Soong
Mirna Aljabour
HaiYing Xue
Caitlin White
Jessica Harrington
Louise Eseosa Igbinedion
Millie Hughes
James Brown
Brian Leung
Emily Carroll

Lily Beesley
William Okoro Iwu-
chukwu
Mya Turner
Courtney McIntyre
Sissy Staneva
Deighan Hugo
Samantha Harrington
Abbie Readle
Ruby Baines
Beth Scott

TT Rockstars

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

Jacob Williams—7SW
Hai Ying Xue—7SW
Yexian Huang - 7NK
Joshua Williams -8TH
Liam Cunningham—8RS
Tilly Wallace—8TH

GCSE Pods

GCSE Pod
For KS4

DIAMOND LEAGUE

HaiYing X, Year 7 - 162

Beth S, Year 11 - 82

Caitlin W, Year 11 - 60

Excellence in the Heart of the Community

GCSE Pod
For KS4

TOP PODDERS

Eve S, Year 11 - 86

HaiYing X, Year 7 - 45

Eleanor C, Year 11 - 38

Excellence in the Heart of the Community

GCSE Pod
For KS4

QUESTIONS ANSWERED ?

HaiYing X, Year 7 - 100

Beth S, Year 11 - 78

Samantha H, Year 11 - 42

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.

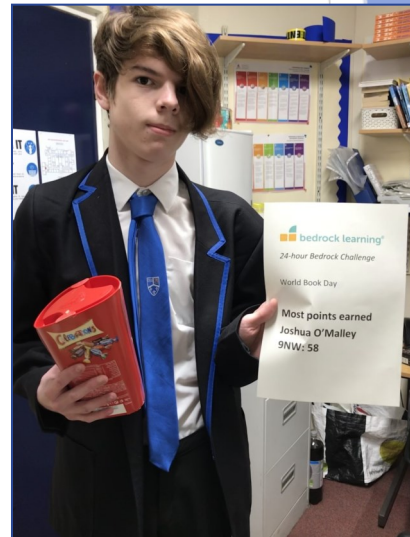
gcsepod
education on demand

Diamond League - are the pupils who have answered with the most accurate knowledge, the more correct responses, the more diamonds.



Congratulations to Joshua O'Malley and Jessica McDonald who are our winners for the 24-hour Bedrock challenge on World Book Day. Joshua scored an impressive 58 points and Jessica completed a whopping 8 hours on Bedrock. What a great effort from both!

Mr Gibaud



W/C: 7th March 2022



KS3 Above & Beyond learners...

Year 7:	Year 8:	Year 9:
Amelia G (NK)	Binah K (GW)	Lilia C (NW)
Jenson H (NK)	William O (TH)	Saffron M (SDO)

Excellence in the Heart of the Community

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bedrock learning

Weekly praise for our top Bedrockers!

Top for weekly points earned

Brian Leung	9NW 79 points
Grace Coffey	8GW 75 points
Jessica Harrington	9NW 73 points

Top for weekly time spent on Bedrock

Matilda Ogbevoen	7NK 2.2 hours
Jessica Huang	9SDO 2.2 hours
Mya Turner	8GW 1.8 hours

Mr Gibaud

Safeguarding, Emotional Wellbeing and Mental Health



This week is National Sleep Awareness Week 2022. Sleeping is one of the most important things we do to maintain good health. Lately, however, many of us have been struggling to get enough good quality sleep time due to pandemic anxieties and the other challenges of daily life in 2022.

Developing new sleep habits takes patience and effort, but there has never been a better time to make a fresh start. Now, as we pull out of our pandemic-related quarantines, it's a great time to review sleeping habits and make the leap to a new normal. There is a close relationship between sleep and mental health. Living with a mental health problem can affect how well you sleep, and poor sleep can have a negative impact on your mental health. Poor sleep leads to worrying. Worrying leads to poor sleep. Worrying about sleep is like your mind trying to fight itself. That's a horrible place to be.

As parents/guardians I am sure you will agree that getting your child into a healthy sleep routine can be a challenge and the effects of poor sleep can be even more challenging. It's never easy to change habits, but when the stakes are this high, it's worth making an effort. Here is a guide on 'How to Sleep Better after 1 Week' to help to improve sleep patterns with as little disruption as possible. The aim is to tackle one task a day, and you can see results in as little as a week — but if you need to take longer, that's okay too. Just keep moving in the right direction at a pace that's comfortable for you.

How To Start Sleeping Better In One Week

- SUN** **Make Sure You've Got The Right Equipment**
Choose a mattress, pillow, and sheets that are suited for your sleeping habits. Look for comfortable items, which relax and support you properly while lying down.
- MON** **Your Devices Need To Recharge, And So Do You**
The blue light in devices such as cell phones can keep you awake at night. Keep them out of the bedroom and limit their use during the last hour of the day.
- TUE** **Start Digesting Before You Get In Bed**
Eating late in the day tells your GI tract to rise and shine when it should be slowing down for the night. Limit late-night eating to a light, nourishing snacks such as bananas or almonds.
- WED** **Optimize Your Bedroom Environment**
Create a soothing cocoon of peace in your bedroom, with quiet colors, noise-canceling drapes, and more to ensure that you aren't disturbed when trying to sleep.
- THU** **Find An Exercise Routine That Works For You**
Exercise helps you fall asleep and increases the amount of slow wave sleep during the night. It also helps you cognitively unwind and prepare for rest. Just don't do it too close to bedtime.
- FRI** **Loosen Up And Let Stress Go**
Celebrate the end of the workweek by consciously slowing down and choosing activities that are high-enjoyment but low-stimulation.
- SAT** **Have A Set Time To Sleep And Wake**
If you haven't gotten enough sleep during the week, don't try to make it up by sleeping till noon on Saturday — this upsets your body's internal clock and leads to sleep issues the next night.

EXCELLENCE IN THE HEART OF THE COMMUNITY

Primary School Visits

Over the past month the Computer Science department have welcomed visitors from Bedford and Christ Church primary schools.

During these visits, the Year 4 and 5 pupils got a flavour for what high school life is about and how Computer Science lessons are at Hillside. Pupils had lots of fun during their visit, and they learned many new skills for example how to program a Micro-Bit and how to create their own animations. Pupils were also able to complete complicated code breaking activities, We were really impressed with the attitude and determination shown by all pupils.

Special thanks to Digital Leaders Tom D, Alex G, Jack G, Ruby F, Joel C, Ray I and Nathan D who helped organise the visit and provided valuable support to the primary school pupils.

We hope all pupils enjoyed visiting Hillside and we look forward to seeing them again soon.

Mr Haygarth

