



HILLSIDE
HIGH SCHOOL
WADE DEACON TRUST

Thought for the Week

Dear Parents/Guardians,

I hope you enjoy reading this week's newsletter which exemplifies just how much is going on for our pupils at Hillside. In the last couple of weeks we have celebrated the pupils nominated as the kindest people in their form with World Kindness Day afternoon tea, held a Careers Fair for pupils in Year 9, 10 and 11, awarded books to the winning pupils in Years 7, 8 and 9 and our Sports Leaders have gained their Sports Leaders Kin-Ball Young Leaders Award. Not bad in just 2 weeks!

I must comment further on the Remembrance assemblies and Remembrance Evening performance which our pupils lead. Their ability to move an audience to tears, whilst delivering the message of remembrance is stunning. We reflected on the horrors of past conflicts and impeccably observed a minutes silence, giving everyone the opportunity to reflect on the sacrifice of those who gave so much, for us to keep our freedom. The piece on the current war in Ukraine was incredibly moving and as our pupils showed their support for the people of Ukraine I don't think I've felt so moved and proud of our pupils. It made me think of the famous Michelle Obama quote which I then chose for this week's Thought for the Week. Our pupils are certainly making a difference in people's lives and that makes me so proud.

Amanda Ryan, Principal



Christmas Fayre

Hillside's
Christmas Market
 Thursday 1st December
 5pm - 7.30pm

£2 Entry for Adults
Children Free

Get your festivities off to a fun start and join us for an evening of Christmas magic.

Supporting Local Businesses & Raising Money for families in our School Community

Santa's Grotto Carol Singing
 Bouncy Castle Cakes Sweets Toys
 Wax Melts Jewellery Perfume Raffle Stocking Fillers

A Week of Remembrance

In the lead up to Armistice Day, last week the Performing Arts Department delivered daily assemblies to each year group performing extracts from our annual Remembrance Evening. Each year group saw scenes which reflected on the devastation of war and all pupils partook in a minutes silence at the end of assembly to show their respect for the fallen. As always our pupils displayed the upmost respect for the theme of the assemblies and showed their appreciation to their peers who performed in front of each year group.

The assemblies were a shortened version of our full performance which took place on Thursday evening. As the stage lights went down the drama hall was filled with an audience who had come to join us in our tribute to the fallen and honour the sacrifices they had made for future generations. Our cast performed impeccably, sharing stories from both world wars and also reflecting on the current conflict in Ukraine. Our pupils did Hillside proud sharing the important message of remembrance through a moving and poignant show. We could not be prouder of you all, well done!

Miss Brown



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Book Prizes

This week, we were delighted to give out our book prizes. All pupils in Years 7, 8 and 9 were given the opportunity to request a free book from the Scholastic Book Fair. Following this, the school purchased a selection of books for those lucky enough to be drawn in our raffle. Congratulations to those pupils who were selected, we hope you enjoy your book!

Mr Gibaud



Kin-Ball Young Leaders Award 2022

On Tuesday 15th November seven Sports Leaders went to Litherland High School to attend a "Kin-Ball Young Leaders Award" which allowed them to learn about this sport. They also had the opportunity to play the game against other leaders in other schools such as Litherland High School and Kings Leadership. The sport involves working in small teams with a huge inflatable ball and the aim is to keep the ball off the ground. Each team has the opportunity to fire the ball into the air and make it more difficult for the opposition to keep it off the ground. The game requires excellent communication skills within the team as well as tactical thinking of how to make the game more difficult for the opposition. The Sports Leaders were fantastic and gained knowledge and understanding of how to play, score and lead within the game. Hillside are very keen to purchase a Kin-Ball and get the game up and running, hopefully this will be soon and all years will be able to experience Kin-Ball. Well done Sports Leaders!!

Mrs Austin



Islamophobia Awareness Month

This month is Islamophobia Awareness Month. Islamophobia Awareness Month (IAM) is a campaign founded in 2012 by a group of Muslim organisations. It aims to showcase the positive contributions of Muslims as well as raise awareness of Islamophobia in society.

This year's theme is #TacklingDenial

The theme for IAM 2022 is #tacklingdenial of Islamophobia. The denial of Islamophobia can be seen in different forms and is found in political and social spaces across society. Why is tackling denial important? By denying islamophobia's existence, we dismiss the lived experiences of many and the opportunity to bridge gaps in our society.

ISLAMOPHOBIA | **10**
AWARENESS MONTH | **YEARS**

World Kindness Day

Year 7

Iyla Kirwan
 Jack Lupton
 Content Idehen
 Iwinosa Aigbe
 Joseph Hopkins
 Michelle Ncube
 Laura Madajewska
 Christy Rhodes
 Grace Corrigan
 Mason Webster

Year 10

Leah Austen
 Nathan Fawcett
 Riley Jenkinson
 Warren Coudis
 Agatha Antonini Dias Egydio
 Sam Lavender
 Kaiden Mawdsley
 Emma Leicester
 Jay Banks
 Lana-Mai Robinson

Year 8

Christopher Mercury
 Sophie Lamb
 Kayla Bloxham
 Jenson Hugo
 Emily Morgan
 Matthew Littlewood
 Ellie May Wainwright
 Jacob Woodhall

Year 11

Dylan McIntosh
 Taylor Rubio
 Vincent Zhen
 Fiona Zhen
 Jamie Prior
 Benita Fani
 Tom Grant
 Lillie Mae McKeown
 Gabrielle Davidson
 Leo Wilson

Year 9

Frankie Ocquaye-Plews
 Katelyn Green
 Katherine Roberts
 Fearn Barrett
 Jack Gee
 Annie Daulby
 Excel Aigbe
 Tilly Wallace
 Tom Donlevy
 Leighton Kenwright



Careers Fair 2022

Year 9, 10 and 11 pupils enjoyed Hillside High Schools annual Careers Fair. Pupils enjoyed discovering the routes available to them once they leave Hillside. We were extremely fortunate to have representatives from colleges, training providers, Universities and local businesses. Some exhibitors this year included Hugh Baird, LLS, LIPA, Southport College, Hope University, Be More Apprenticeships and Edge Hill University. Year 11 Pupils said how they found this very useful. As the majority of pupils in Year 11 had already applied to colleges and training providers this gave them the opportunity to meet with these establishments again in person. For Year 9 and 10 pupils, this gave them a great insight into what options are available to them and to support them with their future plans. The Careers Fair aims to inform pupils and raise their aspirations. All representatives said how they were very impressed by pupils and the questions they had been asked.

Mr Doran



Safeguarding, Emotional Wellbeing and Mental Health

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one topic of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

SOCIAL MEDIA & Mental Health

What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?

NOS National Online Safety®
#WakeUpWednesday

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.

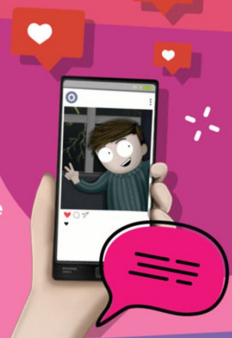


1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.



3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.



4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.



5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.



HELPFUL APPS:

- Hub of Hope
- Mindshift
- Smiling Mind



OTHER SERVICES:

- Childline (0800 1111)
- Bullying UK (0808 8002222)
- Young Minds (0808 802 5544)



Sources: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/measuringnationalwellbeing/2015-10-20>, <https://www.rspn.org.uk/uploads/assets/uploaded/62be270a-a55f-4719-ad668c2ec7a74c2a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505/5-warning-signs-mental-health-risk>

EXCELLENCE IN THE HEART OF THE COMMUNITY