



HILLSIDE HIGH SCHOOL

WADE DEACON TRUST



**Reminder—Finishing times
Wednesday 21st December**

- Year 11—11:40am
- Year 10—11:55am
- Year 9—11:45am
- Year 8—11:50am
- Year 7—12:00 noon

Friday 9th December 2022

Dear Parents/Guardians,

I hope you enjoy reading this week's newsletter which is packed with stories of all the exciting things which are taking place at Hillside. There is a lovely feeling around school at the moment with pupils working hard, our Year 11's who are part way through their Predictor examinations deserve a special mention. This is certainly combined with a real feeling of Christmas, with numerous activities planned to ensure our pupils have a lovely end to the term. I'm extremely proud of the efforts of our pupils, staff and wider school community to raise money for our 'Family Fund'. As Anne Frank says "No one has ever become poor by giving". The feeling of community and giving something back really is a very special thing in school at the moment. On that note let's get our socks ready for next Friday!

Amanda Ryan, Principal

MRS RYAN'S CHRISTMAS Extravaganza

CALLING ALL YEAR 7, 8 & 9
BE IN SCHOOL EVERYDAY NEXT WEEK
AND YOU CAN TAKE PART IN MRS RYAN'S CHRISTMAS EXTRAVAGANZA ON MONDAY 19TH DECEMBER!
YOU GET TO DECIDE WHAT YOU WANT TO DO FROM A WHOLE HOST OF ACTIVITIES – MORE DETAILS TO BE REVEALED NEXT WEEK!

Hillside High School Christmas Community Countdown EVENTS

the most wonderful time of the year

- Dec 01** Christmas Market
Kick start the festive season by joining us at our annual Christmas market. Come along and grab some Christmas goodies, enjoy a mince pie and visit Santa's grotto from 5.30pm. There is something for the whole family!
- Dec 04** Santa Dash
Hillside staff will be taking part in the annual Santa Dash in Liverpool city centre on the 4th December to raise money for families in need. Come and support your teachers who will be running 5km dressed as Father Christmas.
- Dec 09** Xmas jumper day
Come to school in your finest Christmas jumper to help raise funds for the Ava White Foundation, a charity very close to our hearts.
- Dec 14** Christmas Dinner
Enjoy a traditional Christmas dinner in Hillside's dining room.
- Dec 15** Christmas Concert
Hillside pupils perform several festive favourites in a display of talent across all year groups. Join us from 7pm to enjoy the array of performances from our wonderfully talented pupils.
- Dec 16** #Sock it to us!
In support of the Kids Cancer Charity, Hillside pupils will be invited to take part in this year's 'sock it to us'. Wear a colourful and wacky pair of socks to raise funds for this well deserving charity.
- Dec 21** Christmas celebration
Celebrate the end of term at Hillside with some festive fun.
- All Dec** Christmas Meal Appeal
The launch of Hillside's annual Christmas meal appeal. If you have any spare canned or dried goods to donate, please bring them into school before Wednesday 13th Dec.

For more information: 01515252630

Sock it to us!



On Friday 16th December in support of the Kids Cancer Charity, Hillside pupils will be invited to take part in this year's 'Sock It To Us'.

Wear a colorful or whacky pair of socks or tights to raise funds for this well deserving charity which is very close to our hearts!



Kids Cancer Charity

#Sock it to us

Year 11 Form Time Challenge

On 28th November, Year 11 pupils started their important Predictor Exams. Mrs Symes and Mrs Wardale launched the Form Time challenge to reward all the Year 11 pupils turning up to form every morning, bright and early and ready to take on their exams. This week's prize for 100% attendance to Form Time, was hot chocolate with whipped cream and marshmallows, served by the Year 11 Team. Keep up the good work Year 11 and we look forward to the bacon butties at the end of term to celebrate.



Mrs Symes

admin@hillsidehigh.co.uk

0151 525 2630





No More Knives!



"On Wednesday 23rd November, Hillside held its first Personal Development drop down day of the year. The theme of the day was knife crime and saw pupils engaged in several workshops to raise awareness of this issue. There were five areas throughout the day; Alan Walsh delivered a poignant message from 'real men don't carry knives'. Anecdotal feedback from pupils and staff stated that this was extremely powerful and the hard-hitting presentation made an impact across school. We held a sponsored walk for the Ava White foundation where pupils and staff walked 3,000,000 collective steps to raise money for bleed packs in our local area. Funds raised exceeded £120. We had a remote session on 'peer pressure and the power of saying no workshop' hosted by the LFC foundation delivered via Teams and two workshops in classrooms where pupils had discussions about knife crime and contributed to a large piece artwork to be installed in school and raise awareness of this important topic. All anecdotal feedback from the day was positive and will feed into the next drop-down day in the new year. We hope that the messages throughout the day help in the fight against the plague of knife crime.

Mr Smith



Bird Boxes

On Thursday 24th November, Northcote Primary School came to Hillside to manufacture their 'bird shelters'. This is a project that Northcote have ran for several years and one that many of their pupils who now attend Hillside remember well. The morning consisted of using tools and equipment to shape and assemble bird shelters that will be then used by the school. We were extremely impressed by the maturity and ability of Year 6 and equally impressed with their outcomes. A big thanks to Helen Barclay who helped to prepare materials, April Martin who delivered one of the sessions and to Lacey Thompson and Jack Gee who supported the sessions in the workshops. We look forward to welcoming Northcote again next year and hope to see some of their pupils attend Hillside in September.

Mr Smith



Scrooge

Join us on Thursday 15th December for an evening of festive entertainment as our pupils' present Hillside's "Scrooge Pantomime". Doors will open at 6.30pm to enjoy some mulled wine and mince pies and our performance will begin at 7pm. This promises to be a night of merriment with carols, readings, and a pantomime twist on the classic 'A Christmas Carol'. Tickets are available via the parent pay app at £2 per adult £1 concessions.

Miss Brown



Debate Mate

On Wednesday 2nd December a group of school council representatives spent the afternoon at Liverpool University, with pupils from schools across the city, for the launch of Debate Mate. Our pupils witnessed two teams debating whether the age to vote should be lowered to 16. Both sides gave strong arguments for and against the idea and then the audience was given the opportunity to further question each side. Our very own Rhys Salleh in Year 10 won a Nando's Voucher for asking the most challenging question. A good time was had by all and we are now very proud to announce that Hillside has its very own debate club!

Miss Collins



Hillside Santa Dashers

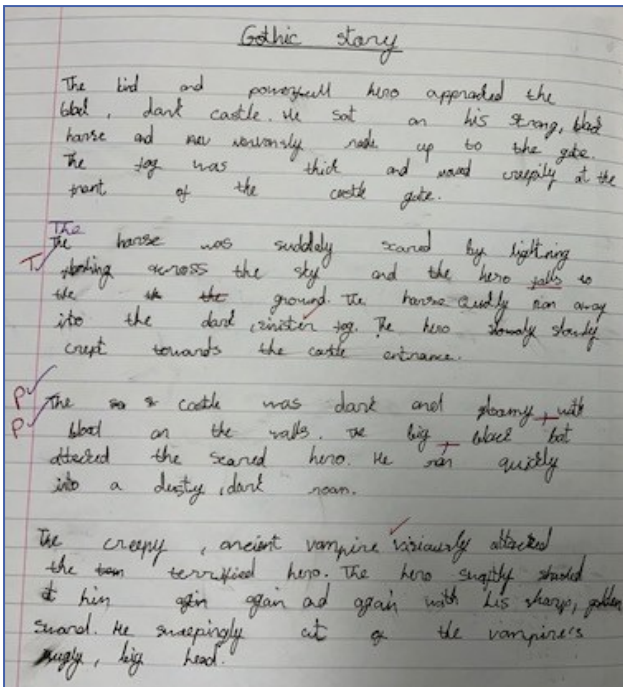
Last Sunday morning 20 members of Hillside staff braved the weather to run the 5km Santa Dash around Liverpool city centre to raise money for our Christmas Hamper Appeal! What a morning it was! The atmosphere was tremendous as thousands of red (and a few blue) Santa's dashed around the city! There was 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 £1100 and there's still time to sponsor us if you can!

https://www.justgiving.com/crowdfunding/Hillside-High-SantaDash?utm_term=j4agrQnY

Miss Collins



Excellent Work



A new feature of our newsletter will be to showcase excellent work on a regular basis. Mrs Wardale is always popping in and out of lessons and has the pleasure of being able to read much of the excellent work our pupils produce. This week Mrs Wardale chose to showcase a piece of English work produced by Bianca Tarsia. **'Bianca has learned about key conventions of Gothic texts and has worked hard to develop her own Gothic story opening, which led to this excellent piece of work. Well done, Bianca!'**



Safeguarding, Emotional Wellbeing and Mental Health



As we getting 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 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 you're 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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