



HILLSIDE HIGH SCHOOL

WADE DEACON TRUST

Key Dates 2023

13th–17th February—Half Term

1st March—Year 11 Photographs

2nd March—World Book Day & Year 9 Progress Evening

3rd March—Year 8 & 9 HPV Vaccination Dose 1 and Dose 2

Dear Parents/Guardians,

I hope you enjoy reading this week's newsletter. Please take the time to read the really informative article about 'learning' which forms the basis of everything we do at Hillside. As we continue our drive on attendance it is crucial our pupils and their families recognise that every time a pupil is absent from school they are missing crucial learning, missing the opportunity for the longer term links in memory to be made. Every period of absence is detrimental to the learning of our pupils. In summary something they miss now may hold them back in the weeks, months and years to come.

We also know that following STAR at all times ensures our pupils are in the right environment to enhance the longer term connections in their memory and make sure all this fantastic knowledge is locked in their long-term memory. I have been delighted to walk around school and see our pupils exemplifying STAR.

Just a reminder we finish for half term today and we look forward to welcoming all pupils back to school on Monday 20th February at their usual time. I hope everyone has a lovely half term break.

Amanda Ryan, Principal

Thought for the Week

YESTERDAY
is not ours to recover, but
TOMORROW
IS OURS TO WIN OR LOSE.

— Lyndon B. Johnson

Good Morning



Friday 10th February 2023

Friendly February 2023

MONDAY



6 Get back in touch with an old friend you've not seen for a while

13 Smile at the people you see and brighten their day

20 Make a plan to connect with others and do something fun

27 Call a friend to catch up and really listen to them

TUESDAY



7 Show an active interest by asking questions when talking to others

14 Tell a loved one or friend why they are special to you

21 Really listen to what people say, without judging them

28 Give positive comments to as many people as possible today

WEDNESDAY

1 Send a message to let someone know you're thinking of them

8 Share what you're feeling with someone you really trust

15 Support a local business with a positive online review or friendly message

22 Give sincere compliments to people you talk to today

THURSDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who you feel inclined to criticise

FRIDAY

3 Do an act of kindness to make life easier for someone

10 Look for good in others, particularly when you feel frustrated with them

17 Appreciate the good qualities of someone in your life

24 Tell a loved one about the strengths that you see in them

SATURDAY

4 Invite a friend over for a 'tea break' (in person or virtual)

11 Send an encouraging note to someone who needs a boost

18 Respond kindly to everyone you talk to today, including yourself

25 Thank three people you feel grateful to and tell them why

SUNDAY

5 Make time to have a friendly chat with a neighbour

12 Focus on being kind rather than being right

19 Share something you find inspiring, helpful or amusing

26 Make uninterrupted time for your loved ones



ACTION FOR HAPPINESS

Happier · Kinder · Together



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Excellence in Learning

We are thrilled to bring you this special edition of our newsletter, which is dedicated to learning. At Hillside High School learning is our top priority, and we are committed to providing pupils with the best possible education. In this newsletter, we explore the Willingham model of learning, which provides a framework for understanding how we acquire new information and skills.

What is learning?

Learning can be defined as an alteration in long-term memory. If nothing has altered in long-term memory, nothing has been learned.

Or in simpler terms: 'what you know and remember'

The Willingham model proposes that learning is the result of the interaction between working memory and long-term memory. Working memory is responsible for temporarily holding information and using it to perform tasks and make decisions, while long-term memory is where we store information for future use. According to the model, to effectively learn something new, information must be transferred from working memory into long-term memory.

Sounds easy?

Well as we well know, learning is hard. In order to get the information into our working memory we need to be in the right environment. An environment that allows us to focus our attention solely on learning. Any distraction from the content we are learning can mean that the process of learning never actually begins. Our working memory can easily become overloaded, so it is important to maintain focus on the learning and not try and cram too much information in at once. Thinking is also important here; you need to actively engage your brain and think hard about what it is you are learning about

Mrs Wardale



Weekly praise for our *Bedrockers!*

Top for weekly points earned

Anita Liang	8NK 154 points
Daniel Turner	9TH 154 points
Grace-Elizabeth Corrigan	7RA 139 points

Mr Gibaud

Top for weekly time spent on Bedrock

HaiYing Xue	8SW 15h, 33m
Peace Aigbe	9GW 4h, 39m
Ethan Magee-White	8SW 4h, 7m

Standards and Expectations—School Uniform

Firstly, a huge thank you to all our parents/guardians and pupils who continue to look smart and wear our school uniform with pride every single day. We don't take this for granted and we still regularly receive compliments from the wider local community about how smart Hillside pupils look.

Please see below for some basic reminders regarding school uniform and our expectations.

- Girls should wear white socks or black tights
- Jewellery is not permitted including any piercings. If pupils are seen wearing jewellery the teacher will confiscate this and the item will be placed in the school safe.
- Make-up should be minimal and discreet and false eye lashes, false nails and/or nail varnish should not be worn. Pupils will be provided with wipes and nail varnish remover if they arrive in school with either.
- Blazers should be always worn on the corridors – pupils may remove blazers when working in classrooms.
- Outdoor coats or hooded jackets are not allowed to be worn in school and they should be removed as pupils enter the school building at any points during the school day. This includes after break and lunchtime.

Our uniform underpins our high expectations of pupils to follow 'The Hillside Way' and pupils should look smart, professional and ready to learn- which many do every single day.



Parent View

We always welcome feedback on our school and would ask that current parents, if you haven't done so already, take five minutes to complete the Ofsted Parentview survey.

<https://parentview.ofsted.gov.uk/login?destination=/give-your-views>

Parents, if it's more than 12 months since you last completed this survey you will need to do it again. Your views only last for 365 days and then they 'drop off'.

Your Views Matter!

Parent View gives you the chance to tell us what you think about our school

www.parentview.co.uk

Ofsted Parent View Your child's school

Pride In Hillside

PIC-COLLAGE

GCSE Pods

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.

GCSE Pod For KS4

DIAMOND LEAGUE

Louisa F, Year 10 - 127

Kaylin S, Year 10 - 42

Jessica H, Year 10 - 38

Excellence in the Heart of the PIC-COLLAGE

GCSE Pod For KS4

QUESTIONS ANSWERED ?

Louisa F, Year 10 - 91

Kaylin S, Year 10 - 32

Jessica H, Year 10 - 28

Excellence in the Heart of the PIC-COLLAGE

GCSE Pod For KS4

TOP PODDERS

Peter C, Year 11 - 46

Daniella O, Year 10 - 46

Liam B, Year 11 - 32

Excellence in the Heart of the PIC-COLLAGE

Safeguarding, Emotional Wellbeing and Mental Health

Dear Parents and Guardian's,

6 - 12 February 2023 is Children's Mental Health Week. The week is run by children's mental health charity Place2Be to raise awareness of the importance of children and young people's mental health. This year's theme is Let's Connect.

What's it all about?

Let's Connect is about making meaningful connections, and for Children's Mental Health Week 2023, Place2Be is encouraging people to connect with others in healthy, rewarding and meaningful ways. As parents and carers, you are an important role model to your child. How you connect with friends and family will influence your child, and how they develop their own friendships and relationships. For example, how you greet people and maintain friendships, but also how you forgive people or say sorry when you need to.

What can you do?

Here are a few simple ways you can connect with your child and help them to make meaningful connections. #ChildrensMentalHealthWeek

1. Connect with your child in everyday ways. Moments of connection (and re-connection) are really important in child-caregiver relationships. For example, when you pick them up from school, or come in from work, try to give them your full attention and see if this helps you feel better connected as you hug, talk, smile and hear about their day. Watching your child play and joining in is really important to them – so put your phone away and have a bit of fun – being playful is good for adults, too! With your older child, you may find times such as car journeys a good time to talk, or to reconnect by playing music you both like. It is important to be accessible to a teenager when they need to talk. You may have to be there 'on their terms' and be ready to listen.

2. Talk to your child about important connections. This could include talking about family members, friends, neighbours, childminders, people in the local community and others in your faith group (if you have one). Remember it's ok to talk about people they miss, for example, family members who live in a different country or people who have died. Children learn a lot from their parents about how to express their feelings, including the joy that comes with feeling connected to others and the sadness that comes with missing others.

3. Talk to your child about their friends. As children become teenagers, their friendship groups become increasingly important to them. Be open to hearing about their friendships and try to listen without judgement, ask them about their life in real life and online. You may not think online friends are 'real friends', but your child may feel differently. Losing friends, feeling left out or being bullied is very painful and your child needs to know you will support them through these difficult times.

4. Connect by taking an interest in your child's world. As adults we can sometimes be dismissive of the things that our children and teenagers are interested in, e.g. their music, fashion, what they watch etc. If you do take an interest in these things, however, you may feel better connected to your child and the important things in their world. This can lead to other conversations about other things in their lives that matter to them.

5. Find time to connect as a family. Family life can become busy and stressful, so it's important to find some time where you connect together. This could include simple things like cooking, watching a film, playing a game, going to the park or even doing the family shop together.

6. Try to resolve conflict and re-connect after arguments. Arguments and moments of disconnection are bound to happen in families - between your children, between yourself and your children and between yourself and your partner, if you have one. It is important that children learn how to disagree in appropriate ways, how to say sorry and how to make amends when they have done something wrong. They will learn a lot about how to do these things from you - so try to model the behaviour you want to see in your children. Talk to them about how to re-connect with friends after arguments including what they can do to help repair relationships.

Let your child know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school. If you're worried about your child's mental health you can talk to your GP or someone at your child's school. You can also find a list of organisations that provide support and advice on our website: place2be.org.uk/help



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 primary-age children, and managing their behaviour. parentingsmart.org.uk

Video activities from Place2Be

Puzzle Pieces – aimed at 4-7 year olds, this activity is presented by CBBC's Art Ninja, Ricky Martin, and will show children how we are all connected. Why not take part as a family? childrensmentalhealthweek.org.uk/puzzlepieces

Connecting Paperchains – developed by Place2Be's Art Room team for 7-11 year olds, this activity helps children think about the people, things and activities they feel connected to. childrensmentalhealthweek.org.uk/paperchains

Exchanging Postcards – developed by Place2Be's Art Room team for 11-14 year olds, this activity encourages young people to explore what connection means to them. childrensmentalhealthweek.org.uk/postcards