



# HILLSIDE HIGH SCHOOL

WADE DEACON TRUST

Key Dates 2023

3rd—14th April—Easter Holidays  
27th April—Year 8 Progress Evening

## Dear Parents/Guardians,

I can hardly believe I am writing the last message of this term. We have achieved so much this term and I am already looking forward to what I know is going to be an exciting Summer Term. Over the holidays it would be great if families could ensure all our pupils are equipped with their Essential 8 ready to learn when we return to school on Monday 17th April.

I would take this opportunity to wish everyone a lovely holiday, I appreciate many of our parents and guardians will be working, but between that I hope you get to spend some precious time with family and friends.

The foyer is certainly starting to look ready for Easter and I can't wait to award all these prizes to our fantastic pupils today.

**Amanda Ryan, Principal**



<b>E8</b>	Bag
	Pen & Pencil
	Pencil case
	Ruler
	Timetable
	Calculator
	Drama / PE Kit
	Water bottle (clearly labelled)

## Anfield

On Tuesday, a group of Year 8 and 9 pupils went over to Anfield with Mr Richardson for a virtual development day as part of their LFC 'Inspires' project. They are working on a project based around sustainability in which they are designing and constructing products to encourage people with environment awareness. Luis, Jack, Jayden, Mikey and Stevie's project has been chosen by LFC to represent Anfield in a national competition which could see them presenting in front of the Premier League later on in the year, in London. They will also take part in other events at Anfield and a celebration at the Etihad stadium towards the end of the academic year. All of the pupils were a credit to Hillside and represented our school perfectly. I look forward to sharing more images of their project development over the coming weeks, I can't wait to see the outcome. Well done to all involved. Special thank you to our LFC colleague, Ryan Hardy, for his help and support with the groups he facilitates at Hillside every Monday.

*Mr Smith*



[admin@hillsidehigh.co.uk](mailto:admin@hillsidehigh.co.uk)



0151 525 2630

Friday 31st March 2023

## Year 9 Options Interviews

Last Thursday we were pleased to welcome several of our governors into school along with other representatives from industry and further and higher education to meet with our Year 9 pupils to discuss options. During the interviews pupils had the chance to discuss their aspirations for the future and what options choices would help them achieve their aspirations. Feedback from our guests stated that pupils in Hillside are 'aspirational' and 'know where they want to go in their lives'. Thank you to our Year 9 pupils who were extremely sensible and mature and thank you to all of our guests for giving up your time to support pupils in making their decisions.

*Mrs Jones*



## Breakfast Club

Come along to our fantastic breakfast club which is free of charge to all pupils.

Mrs McGing will be in the Dining Room everyday between 8:00am-8:30am

family action



National School Breakfast Programme



family action



National School Breakfast Programme

## Bedrock



### Weekly praise for our top *Bedrockers!*

#### Top for weekly points earned

Marron Grainger	9THE 116 points
Tilly Wallace	9GW 116 points
Keisha Smith	8LW 107 points
<b>Mr Gibaud</b>	

#### Top for weekly time spent on Bedrock

Jack Kirby	9THE 2h, 19m
Mario Dimitrov	9GW 2h, 16m
Content Idehen	7MC 2h, 1m

## 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 11 - 916
Jason H, Year 10 - 136
Liam B, Year 11 - 64
<small>'Excellence in the Heart of the Cyprian COLLEGE'</small>

GCSE Pod For KS4
QUESTIONS ANSWERED ?
Louisa F, Year 10 - 579
Jason H, Year 10 - 120
Trinity D, Year 10 - 43
<small>'Excellence in the Heart of the Cyprian COLLEGE'</small>

GCSE Pod For KS4
TOP PODDERS
HaiYing X, Year 8 - 100
Lana-Mai R, Year 10 - 71
Evie L, Year 11 - 47
<small>'Excellence in the Heart of the Cyprian COLLEGE'</small>

## Help and Support

We would like to once again publish some useful numbers and websites that may provide support, should the need arise, whilst school is closed for the Easter break.

**Childline 08001111**

**NSPCC- [www.nspcc.org.uk](http://www.nspcc.org.uk) 08448920264 (Liverpool Office)**

**NSPCC Helpline 08088005000**

**[cruse.org.uk](http://cruse.org.uk)- coping with a bereavement  
08008081677**

**[www.trusselltrust.org](http://www.trusselltrust.org) -foodbank**

**Liverpool Social Care- 233 3700**

**Sefton Social Care- 0845 140 0845**

**Kooth.com**

**[Youngminds.org.uk](http://Youngminds.org.uk)**

In addition to this may we also take this opportunity to remind students of some basics in terms of keeping themselves safe over the school holiday.

### When out and about...

Don't go out alone – there is safety in numbers, always let an adult know where you are going, never go anywhere with someone you don't know, you can say 'no' if someone makes you feel uncomfortable or threatens or pressures you to do something you don't want to.

### Staying safe and being a good friend on apps, sites and games

Children and young people have spent much more time on devices than ever before during lockdown, so as we approach the summer holidays, here is some information about staying safe online that you can remind your children about.

### Staying Safe Online...

- 1) Private stuff needs protection (if you wouldn't want you parents or grandparents to see something, don't post it)
- 2) You can only really know someone if you know them offline (think about what 'a friend' means to you)
- 3) What you share will always be there (think before you post)
- 4) Not everyone online is who they say they are (remember that behind the screen it is easy to pretend to be someone you are not)
- 5) If something doesn't feel right, tell a trusted adult

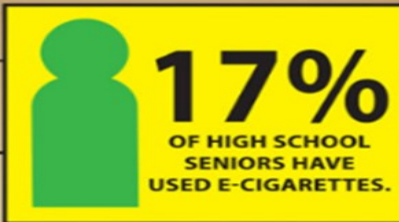


# E-CIGARETTES: THE FACTS

Electronic cigarettes, also known as e-cigarettes, are battery-operated products designed to deliver nicotine, flavor and other chemicals. They turn chemicals, including highly addictive nicotine, into a vapor that is inhaled by the user. The rise in popularity, especially among youth, has sparked concerns especially since e-cigarettes are not regulated and can contain harmful chemicals.

## USE OF E-CIGARETTES AMONG YOUTH AND ADULTS HAS BEEN RAPIDLY INCREASING IN RECENT YEARS

TEENS ARE MORE LIKELY TO USE E-CIGARETTES THAN CIGARETTES<sup>1</sup>

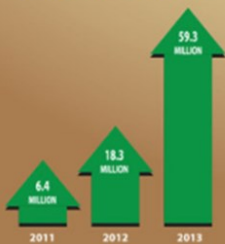


ADULT USE<sup>2</sup>



## ADVERTISING AND SALES OF E-CIGARETTES ARE RISING RAPIDLY WITH MARKETING MAINLY SPENT ON PROMOTING TO YOUTH

ADVERTISING HAS INCREASED 10-FOLD IN JUST THREE YEARS.<sup>1</sup>



SALES HAVE GROWN EXPONENTIALLY IN JUST FIVE YEARS.<sup>1</sup>



NICOTINE IS ADDICTIVE AND EXPOSURE DURING ADOLESCENCE CAN CHANGE YOUR BRAIN'S REWARD SYSTEM MAKING YOU MORE SUSCEPTIBLE TO ADDICTION TO OTHER DRUGS.



## WHY PEOPLE USE E-CIGARETTES

SIGN OF INDEPENDENCE  
AVAILABILITY  
PERCEIVED AS LESS HARMFUL  
COST  
NOVELTY  
ALTERNATIVE TO CIGARETTES  
SMOKE WHERE YOU WANT  
TO QUIT SMOKING  
CURIOSITY  
USE BY FAMILY AND FRIENDS

## DANGERS OF E-CIGARETTES

E-CIGARETTES CONTAIN POISONOUS CHEMICALS AND ARE HIGHLY ADDICTIVE

NICOTINE POISONING IN E-CIGARETTES CAN HAPPEN IN ONE OF THREE WAYS: SWALLOWING; INHALING; OR ABSORBING IT.

NICOTINE IN HIGH DOSES FROM E-CIGARETTES CAN BE TOXIC, RESULTING IN CARDIOVASCULAR EFFECTS, NAUSEA, VOMITING, SEIZURES, AND CENTRAL NERVOUS SYSTEM TOXICITY.



NICOTINE POISONING EXPOSURE CALLS ARE INCREASING RAPIDLY.<sup>2</sup>



**51%**

OF POISONING CALLS INVOLVE CHILDREN.<sup>2</sup>

Thought for the Week

“  
Spring will come  
and so will happiness.  
Hold on. Life will  
get warmer.  
✧  
ANITA KRIZZAN