



Dear Parents/Guardians,

I hope you enjoy reading this week's newsletter which is a real celebration of our pupils and their achievements. It is always a real highlight presenting our Lead Learners with their certificates and badges. The Lead Learners have been nominated in that particular subject for having the best attitude to learning and exemplifying 'The Hillside Way' better than anyone else in the year group, that is some achievement!

I must take this opportunity to wish all our Year 11 pupils Good Luck for their GCSE examinations which start on Monday. They have worked so hard for these exams and despite the challenges of their journey through secondary school, namely two extended periods of time at home because of Covid, they are well prepared and more than ready for these exams. I know they are going to achieve the success they have worked so hard for.

Good Luck Year 11!

Amanda Ryan, Principal

Thought for the Week



"When you focus on the good, the good gets better."

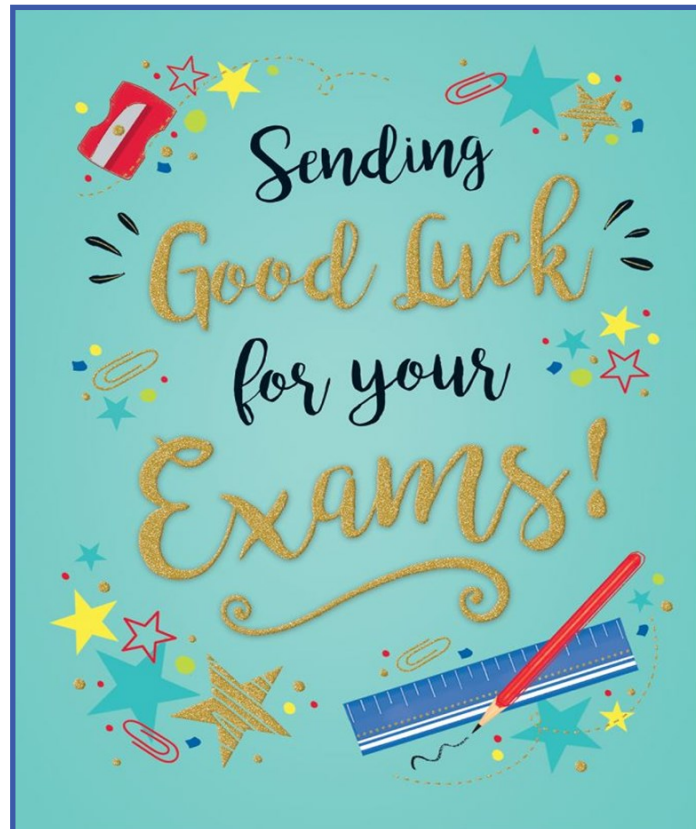
- Abraham Hicks

Friday 12th May 2023

*be amazing today
Believe in Yourself
Anything is possible
never give up*

Good Luck

SHINE BRIGHT



*make your
DREAMS
happen*

*Positive Mind.
Positive Vibes.
Positive Life.*

**Will it be easy?
Nope. Worth it?
Absolutely.**



Year 7—Lead Learners



- Paige Harrison—Art
- Iwinosa Aigbe—Computer Science
- Content Idehen—Design Technology
- Mia Mason—Drama
- Fola Olaitan—English
- Michelle Ncube—Geography
- Nadia Kakol—History
- Ellis Gilmore—Maths
- Callum Melia—Music
- Samuel Binns—Religious Studies
- Joel Williams—Science
- Abbie Keenan—Spanish
- Kai Sands—Physical Education



Year 8—Lead Learners



- Ruby Murray—Art
- Sophie McDonnell—Computer Science
- Harry Dagnall—Design Technology & Maths
- Alfie Hughes Mgowan—Drama
- Hai Ying Xue—English
- Christopher Mercury—Geography
- Sofia Castro—History
- Tia Leicester—Music
- Alisha Amin—Religious Studies
- Micheal Pealing—Science
- Jack Davison—Spanish
- Matilda Ogbevoen—Physical Education



Year 9—Lead Learners



- Elly Castell—Art
- Robert Morogan—Computer Science
- Isla McIntyre—Design Technology
- Miley Brodie—Drama
- Fearne Barrett—English
- Jack Kirby—Geography
- Alexander Gittins—History
- Jake Binns—Maths
- Mikey Minto—Music
- Ruby Fleming—Religious Studies
- Lacey Thomson—Science
- Ricardo Nicolae—Spanish
- Ashley Evans—Physical Education

Year 10—Lead Learners



Alsid Bibaj—Art
Matilda Bardhi—Business Studies
Callum Johnson—Computer Science
Daria Tudorache—Design Technology
Ella Buckle—Drama
Isobel Rogers—Dance
Dimka Nancheva—English
Jason Huang—Geograpy
Warren Coudis—Hospitality & Catering
Brian Leung—History
Dora Kennedy Igiebor—ICT
Wachirawit Wanchai—Maths
Isabella Quinn—Music
Christopher Ball—Religious Studies
Emma Leicester—Science
Bluebell Evans—Spanish
Penelope Karas—Photography
Jack Gallagher—Sport Science
Leah Austin—3D Design

WELL DONE!

Year 11—Lead Learners



Tania Ivanova—Art
Lexie Mainwaring—Business Studies
Kenzie James—Computer Science
Bradley Threlfall—Design Technology
Peter Cass—Maths
Niccole James Jenkinson—Dance
Kieran Carr—English
Dominik Balogh—Geography
Benita Fani—Hospitality and Catering
Anthony Coventry—History
Charlie Scott—Photography
Peter Cass—Maths
Macey Macfi—Music
Leo Wilson—Religious Studies
Kieran Carr—Science
Fiona Zhen—Spanish
Charlie Scott—Photography
Dylan Harper—Sport Studies
Karina Ormando Medeiros—3D Design



Safeguarding, Emotional Wellbeing and Mental Health and Well Being

During this weeks' assemblies, pupils will be encouraged to check in with themselves and how they are feeling. Pupils will be reminded what good mental health means and ways that they can improve their mental wellbeing. Pupils will also practice some breathing techniques they can use when they are feeling anxious or worried. At Hillside we are able to offer a wide range of support to young people who are struggling with their mental health, from group sessions to 1-2-1 mentoring sessions. If you feel as though your child would benefit from support with their mental health and wellbeing, please speak to your child's Progress Leader who can give you some more information and talk you through the referral process. The NHS website contains lots of useful advice for starting conversations with your teenager about how they are feeling [Talking to your teenager - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Mrs Jones

Mental Health daily check in

How am I feeling today?

What's taking up most of my headspace?

When did I last eat a whole meal?

When is the last time I have exercised?

How is my sleep?

Have I been drinking enough water?

Is there anything upsetting or bothering me?

Am I avoiding something or someone right now?

