



HILLSIDE HIGH SCHOOL

WADE DEACON TRUST

Dear Parents/Guardians,

I am always impressed by the opportunities on offer to our pupils and this week's newsletter gives a real 'snap shot' of a week at Hillside, with pupils attending Manchester City FC as part of their Sports Studies and an Aortic Futures Careers day as part of Science.

This week's 'Thought for the Week' talks about peace and supporting our pupils to find peace in a world which can feel very busy and for some a little overwhelming at times, is very important. I am therefore delighted to see the range of Well-Being Clubs which are now available and would encourage pupils to take up this offer.

Amanda Ryan, Principal

Thought for the Week

May every sunrise
hold more promise,
and every sunset
hold more peace.

Peace & Positivity

Friday 19th May 2023

Year 10 Manchester City FC – 'A Day in the Life of a Footballer' Tour

On Thursday 11th May, our Year 10 Sport Science classes attended Manchester City FC to experience an education tour known as 'A Day in the Life of a Footballer.' Here, the pupils had a full stadium tour with a knowledgeable guide who educated them on the training regimes, recovery, nutrition and psychology of a Premier League footballer, and other athletes. They learned about the various diets footballers have as well as seeing which supplements they take and which players prefer different flavours. Pupils got to witness the differences between the home and away changing rooms, went pitch side, to the executive seats and the first team warm up room/gym. It was a very informative day, a once in a lifetime experience, and pupils were provided with information to take away that they can include in their next piece of coursework about the relationship between nutrition and sports performance.

Mr Ward



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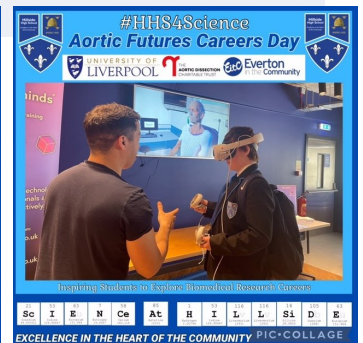
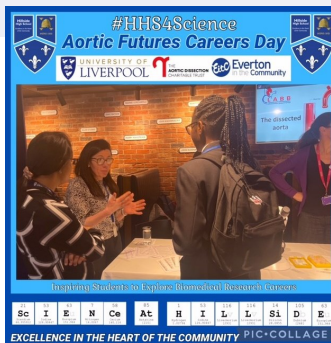
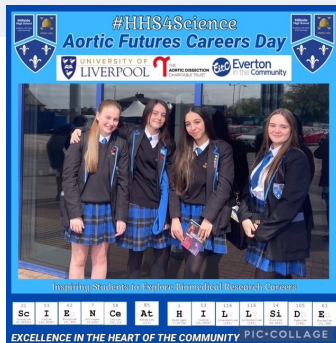
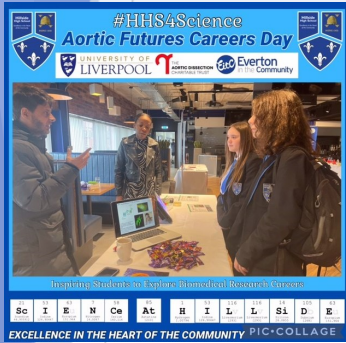
Year 10 Separate Science Trip

Our Year 10 Separate Scientist's were invited to participate in Aortic Futures Careers Day, an event targeted at our student's interested in STEM to explore careers in biomedical research.

Pupils had the chance to participate in interactive workshops and practical activities, learn about aortic dissection, cardiovascular health and cutting-edge research. They also met with researchers and surgeons from diverse backgrounds to discuss their own career journeys and patients who have personal experience of aortic dissection.

The Science department here at Hillside would like to say a big thank you to the organisers of the event; the Aortic Dissection Charitable Trust in partnership with the University of Liverpool and Everton in the Community. We already cannot wait for the next one!

Miss Wharton



Year 7 & 8 Everton 8-a-side Tournaments

On Wednesday 26th April and Wednesday 3rd May respectively, members of our Year 7 and Year 8 boys football teams attended an 8-a-side football tournament at Finch Farm, set up by Everton FC. Here, they competed against other Merseyside school's such as All Saints, Kirkby High, Stanley High and Range High. Our Year 7's picked up some notable wins against Chesterfield High School and Christ the King High School; with our Year 8's picking up a massive victory against Merchant Taylors. As well as the tournament taking place, the boys got to see members of Everton's U23's train and had a visit from Andros Townsend who came to watch them and passed on some words of wisdom. We are very lucky and proud to have opportunities like this every year with our teams conducting themselves with the highest of standards at all times. Well done, everyone!

Mr Ward



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
TOP PODDERS
HaiYing X, Year 8 - 76
Lewis B, Year 11 - 50
Brian L, Year 10 - 22

GCSE Pod For KS4
DIAMOND LEAGUE
Matilda B, Year 10 - 150
Lily R, Year 10 - 40
Brian L, Year 10 - 30

GCSE Pod For KS4
QUESTIONS ANSWERED ?
Matilda B, Year 10 - 102
Brian L, Year 10 - 28
Lily R, Year 10 - 26

Year 10 Science Exams



Biology – Friday 26th May
MAY HALF TERM 27TH May – 4th June

Chemistry – Thursday 8th June

Physics – Tuesday 20th June

Higher tier revision guides set 1

Pages to revise for each exam:

Biology pg2-91

Chemistry pg184-273

Physics pg336-378

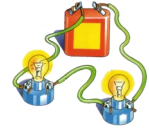
Foundation tier revision guides sets 2-4

Pages to revise for each exam:

Biology pg2-91

Chemistry pg180-257

Physics pg318-365



Key Dates 2023



23rd May— Immunisations for Year 8, 9 & 10

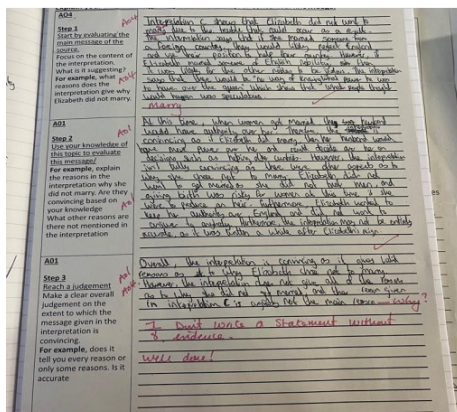
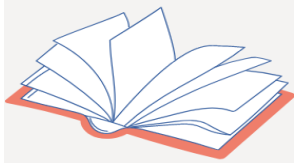
25th May—Year 8 Progress Evening

29th May—2nd June—May Half Term



HILLSIDE
HIGH SCHOOL

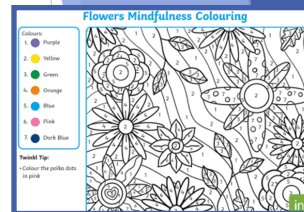
Learning SHOWCASE



An example of a pupil using a writing frame to complete an assessment using the objectives required to complete an examination question at KS4.

Well Being Hub Clubs

<h1>Monday</h1>	<p>Caring for your mental health</p> <p>Focusing on ways to improve our wellbeing and mental health. We will even try some self-care strategies like colour by numbers and yoga!</p> <p>Starts: Monday, 22 May at 3.15pm in room 17</p>
<h1>Tuesday</h1>	<p>Dealing with stress and anxiety</p> <p>Discuss coping skills for difficult emotions. We will even try some self-care strategies like colour by numbers and yoga!</p> <p>Starts: Tuesday, 6 June at 2.45pm in room 17</p>
<h1>Wednesday</h1>	<p>Empowering girls</p> <p>Focusing on historical women who changed the world, healthy relationships, building confidence and self-esteem, and communication skills.</p> <p>Starts: Wednesday 17 May at 2:45pm</p>
<h1>Friday</h1>	<p>Social group</p> <p>A group full of games and activities with a focus on collaboration, communication and having fun!</p> <p>Starts: Friday 9 June at 2:45pm</p>



Meaningful May 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small	4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why	6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why
8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times	11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you	13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature
15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful	18 Send a hand-written note to someone you care about	19 Reflect on what makes you feel valued and purposeful	20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger
22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today	25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful	27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight
29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future				

ACTION FOR HAPPINESS **Happier · Kinder · Together**