



HILLSIDE  
HIGH SCHOOL  
WADE DEACON TRUST

End of term  
Friday 21st July finishing times

Year 7—11:30am  
Year 8—11:50am  
Year 9—12.00 noon  
Year 10—11:40am

Dear Parents/Guardians,

This has been another busy and productive week at Hillside. Whilst we are still working hard in our lessons, we are planning some lovely end of term events for our pupils. A particular highlight of the year is our Hillfest music festival on the last day, pupils will be allowed to wear their own clothes for a £1 donation to charity and will finish at an earlier time (please see information above).

Before that, we have another fantastic event to look forward to with our Community Evening on Thursday 13th July 5.30pm -7.30pm. There is going to be lots to do and last year's event was a huge success. This event is for all our community, not just Hillside pupils.

A massive well done to our new Head Pupils who were selected from our Prefect team following a rigours recruitment process which included an application and interview with the Leadership Team.

Amanda Ryan, Principal

Hillside's going  
**AROUND THE  
WORLD IN 80  
DAYS**

Passports at the ready, we  
are going on an adventure!

Thursday 13<sup>TH</sup> JULY  
5.30PM – 7.30PM

Friday 7th July 2023

### Head pupils



#### Hillside Head Pupils

- Christopher Ball 10HT
- Daria Tudorache 10HT
- Jessica Harrington 10 NW

Huge congratulations to these pupils, please wish them well in the role.

### Thought for the Week



We are looking to recruit a new Parent Governor, please email [admin@hillsidehigh.co.uk](mailto:admin@hillsidehigh.co.uk) to find out more.



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



0151 525 2630

# Behind the Scenes of Spin to Win!Win!

Mr Roby was set a mission (well maybe nagged into it by Miss Roby) to create a spinning wheel and we think he exceeded all expectations! He has been hard at work over the last few weeks from sourcing the right equipment, prepping and priming and constructing the giant wheel that now takes pride of place in our Old Gym Assemblies. A huge thank you to Mr Roby for his hard work to create this. Look what can be achieved with hard work and determination. Mr Roby did this in his own time and gifted this to Hillside. As Miss Roby always says kindness goes a long way. We are lucky to have people who want to help our school community. Team Hillside at its finest!

Now let's give it a spin!!!

*Miss Roby*



## Year 6 Transition Day

Last Thursday we were delighted to welcome Year 6, soon to be our new Year 7, for our Transition Day. Year 6 got a real flavour of life at Hillside by taking part in a range of workshops including making cookies in food technology, programming in computer science, burning metals in science, African drumming in music and an introduction to Spanish.

It was a fantastic day as Year 6 got to know our teachers and some of our pupil helpers and some even received their first Lead Learner certificate. We can't wait for Year 6 to become part of Team Hillside as our new Year 7s in September.

*Miss Collins*



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

## Hillfest 2023—End of term arrangements

As we approach the end of another successful term, we are excited to announce that Hillfest 2023 will be back for our end of year celebrations on the last day of term, Friday 21st July 2023. Pupils will be dismissed from school at the times detailed on the front of the newsletter. Pupils can wear their own clothes to school and we are asking for a donation of £1 which will entitle pupils to a festival wristband. All pupils will receive a free ice cream but there will also be some other snacks and stalls if pupils wish to bring in a small amount of money. Throughout the morning pupils will take part in live music performances, karaoke, football tournaments, inflatables and other games. We want Hillfest to be as inclusive as possible so there will be a chill out zone in the LRC for those pupils who may prefer a quieter space and here they can have a go at different crafts and mindful drawing.

*Mrs Jones*



### Key Dates 2023 for Year 6

**13th July—Summer Community Event 5:30pm-7:30pm**

**24th-28th July—Summer School**

**Don't forget to book your 1-2-1 meeting with Mrs Ryan and Mrs Phillips. Please contact [admin@hillsidehigh.co.uk](mailto:admin@hillsidehigh.co.uk)**

### RE-CYCLE YOUR OLD UNIFORM

*We are always grateful for donations of good quality uniform including PE and Drama kits.*

*Also, if you have any no longer required text books, we can re-cycle those too.*



**Pride In Hillside**

PIC-COLLAGE

### Key Dates 2023

**13th July— Summer Community Event 5.30pm-7.30pm**

**19th & 20th July—School Production Matilda**

**21st July—Last day of Term**

## At Hillside we are all Learners

I am thrilled to share with you the ongoing positive strides our staff members have taken in their own professional learning. Last Friday, we had an incredibly successful staff training day, where our dedicated teachers and support staff engaged in enriching workshops and collaborative discussions around the best teaching and learning. At our school, we firmly believe in the importance of continuously improving the quality of education we provide. Just as we have high expectations for our pupils, we hold our staff to the same standards when it comes to their own learning. It is this collective commitment to growth that has fostered such a thriving learning culture within our school community.

In line with our pursuit of excellence, we are excited to announce the purchase of mini whiteboard sets for all classrooms. These sets will enable our teachers to effectively assess understanding and offer immediate help and support where needed. We firmly believe that this valuable tool will enhance pupil engagement and enable more targeted instruction, further ensuring the success of our pupils.

As we move forward, we remain dedicated to providing the best possible education for your children. We value the importance of ongoing professional development for our staff and will continue to invest in resources and training opportunities that empower them to deliver exceptional teaching and learning experiences. Together, we can create a learning environment where every pupil can thrive and reach their full potential.



*Mrs Wardale*

## WHAT IS ART THERAPY

### Benefits of Art Therapy for Mental Health, Anxiety, Stress

<b>1</b>	Dialectal Development		<b>7</b>	Enthusiastic Emotions		<b>13</b>	Culture Connection	
<b>2</b>	Ingenuity		<b>8</b>	Art creates happiness		<b>14</b>	Improves Patience	
<b>3</b>	Equalizer		<b>9</b>	Fine motion Synchronization		<b>15</b>	Enhances Persistency	
<b>4</b>	Analytic Abilities		<b>10</b>	Academic Achievements		<b>16</b>	Progresses Imagination	
<b>5</b>	Enhances Mood		<b>11</b>	Inculcation of Discipline		<b>17</b>	Emotional Pliability	
<b>6</b>	Bilateral Synchronization		<b>12</b>	Challenge at every stage		<b>18</b>	Art induces Empathy	

### THE BENEFITS OF VIEWING ART

**1 DECREASED STRESS LEVELS**  
 People who spent 35 minutes or more during their lunch break exploring an art gallery reported feeling less stressed.

**2 INCREASED EMPATHY**  
 Students surveyed after visiting an art museum displayed higher social tolerance and increased historical empathy.

**3 EMOTIONS OF LOVE**  
 Neurobiologist Semir Zeki found that the brain releases **dopamine**, the chemical of pleasure, when someone is viewing art.

**4 STRONGER CRITICAL THINKING SKILLS**  
 Children who visited an art museum experienced a 9-18% increase in critical thinking skills.

**5 RELIEF FROM MENTAL EXHAUSTION**  
 Psychology professor Jan Packer's study found that viewing art helps relieve people of **mental exhaustion** and restore focus in the same way that the outdoors can.

### Good for brain and body

Engaging in arts and cultural activities can benefit both our mental and physical wellbeing in a number of ways. Taking part can mean anything from simply listening to music to painting your masterpiece.

**7 Fascinating benefits of taking part in arts and culture**

**1** People who engage in culture and the arts live longer and healthier lives

**2** There are few to none known harmful side effects found in studies of arts interventions

**3** Mental health benefits are found after taking part in as little as 2 creative hours per week

**4** Benefits can be found in creativity and the arts, whether you take part or are an audience member

**5** Singing groups for new mums have been shown to be more effective than anti-depressants in managing post-natal depression

**6** Music supports brain development and taking a music qualification is linked with higher academic achievement overall

**7** Studies show that live music on neonatal wards improves health outcomes e.g. better sleep, feeding and heart rates, shorter hospital stay

