



Dear Parents/Guardians,

I hope you enjoy reading this week's newsletter. At Hillside we are always focused on our learning and it has been a timely reminder to all our pupils to listen to Mrs Wardale's assembly about how we learn. I found the extract she read from the book Peak particularly impactful, as it reminder us the one gift we all have is the ability to learn.

I am also delighted to share with you some photos from GCSE results day, we were extremely proud of the achievements of the Class of 2023 and can't wait to hear about all the things they go on to achieve building on these brilliant results.

Amanda Ryan, Principal



Year 11 Results



Congratulations to Hillside's class of 2023, who achieved fantastic results that truly reflect their hard work, commitment and talents.

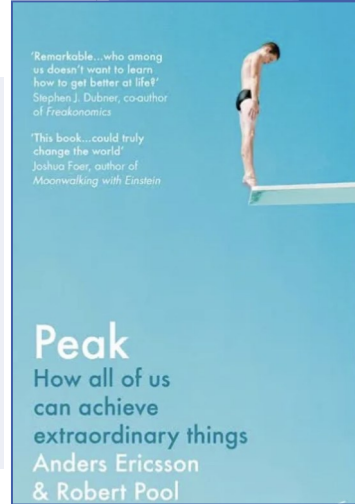
They have worked exceptionally hard and have overcome any issues caused by the interruptions to normal national schooling that they experienced earlier in their school career at Hillside.

Pupils achieved 135 top grades and over a third of pupils achieved at least one top grade.

There were outstanding individual performances with Gabrielle Davidson achieving 9 top grades, Fiona Zhen achieving 8 top grades and Charlie Scott 7 top grades. The top five performing pupils achieved 33 top grades between them!

There were some outstanding performances at a Subject level. English and Maths results remain strong and there were excellent outcomes across the curriculum – highlights included results for Separate Sciences, Spanish, Photography, Art and Sport.

Principal, Amanda Ryan said " I am so proud of the achievements of our class of 2023. They worked so hard and with the support of all of my colleagues at Hillside and their families have now achieved the outcomes they truly deserved. I wish them all the best for their next steps and cannot wait to hear about their future successes."



My Ed School App

We are pleased to announce we have recently updated and refreshed our school App to allow us to communicate and share information with you, our parent community.

MyEd is the free app that provides you with a multitude of communication and information features to stay in touch with what is going on at school. The app provides you direct access to your child's attendance, timetable, absence records and much more. You will also be able to see that we update and change the information in the app as the school year moves along. You can go to www.myedschoolapp.com to view a short video about the app.

The MyEd App is available for both iOS and Android devices and can be found using the links below:

1. Go to your App Store
2. Search for MyEd
3. Download the app for free!



Once you have installed and opened the MyEd app, search for Hillside High School and follow the simple instructions to identify yourself.

The app matches the data you enter (phone number and email) with the information about you we have saved on the school system so please ensure that you update us with any changes. If you are unable to connect to your child's account - contact the school office who can check the data we have for you on our system.

We hope you enjoy using the app and find it a useful source of information.

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



family action



DESIGNATED PERSONS FOR SAFEGUARDING



If you are concerned about your own safety or well-being, or the safety and well-being of somebody else in school it is really important that you talk to one of these members of staff

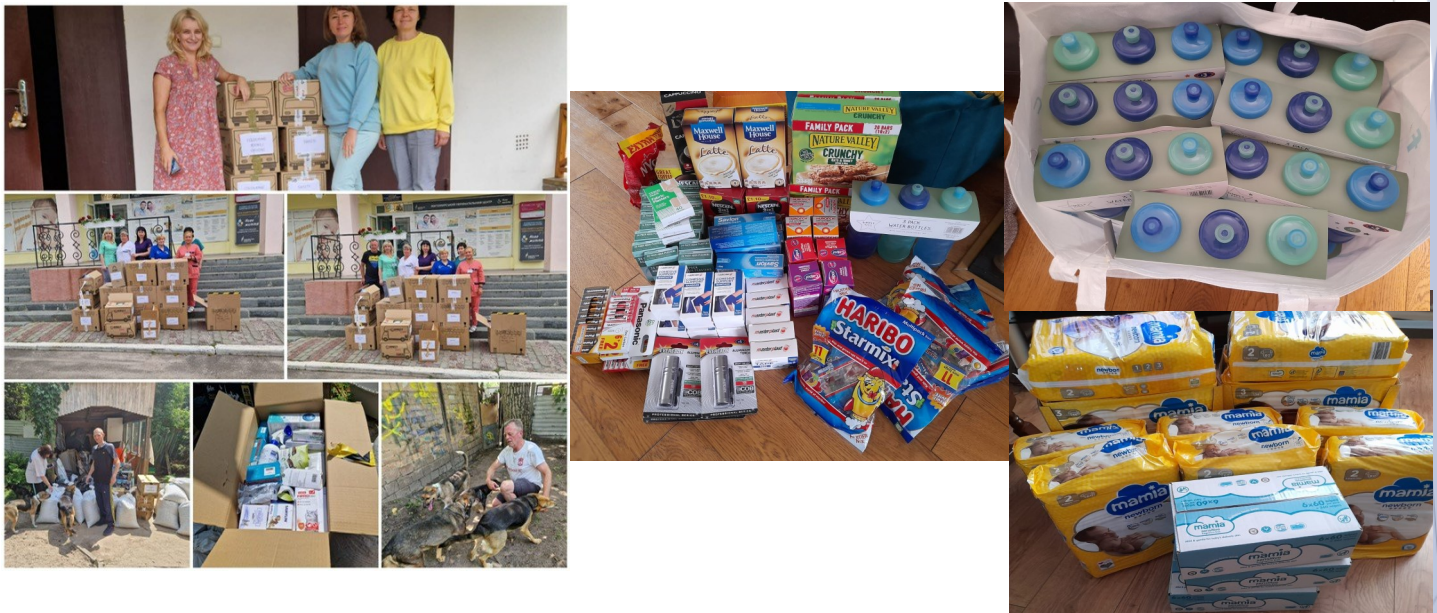
Safeguarding

Please see the poster to the side to remind you of the Safeguarding Team here at Hillside. All members of staff have a safeguarding responsibility here at Hillside but these members of staff below have specific responsibilities in terms of responding to any safeguarding concerns. Please see our safeguarding information in the Pupil Handbook for further information.

Hillside Showing Solidarity for the Ukraine

Last year Hillside held a cake sale to raise money as our pupils wanted to do what they could to show their support for families in need in the Ukraine. We used the money raised to buy goods for a maternity unit, an orphanage and a dog shelter. On 21st July a friend to our school community drove the goods all the way to the Ukraine where they were gratefully received! Here are a few pics of the drop off points!

Miss Collins



Hillside High School

Extra-Curricular Sports Clubs

	Monday	
Boys Football (Years 7 & 8), Netball Training (Years 7, 8, 9, 10)		
	Tuesday	
Boys Football (Years 9 & 10), Netball Fixtures (Years 7, 8, 9, 10)		
	Wednesday	
Girls Football (Years 7, 8, 9, 10), Boys & Girls Rugby (Years 7, 8, 9, 10), Boys & Girls Dance (Years 7, 8, 9, 10)		
	Friday	
Boys & Girls Badminton (Years 7, 8, 9, 10)		

'Excellence in the Heart of the Community'

Key Dates 2023

20th-22nd September—Year 8 + 9 Residential

28th September—Open Evening

4th—6th October—Year 7 Residential

12th October—Year 7 Settling in Parent Event

19th October—Presentation Evening

HILLSIDE HIGH SCHOOL

NO MOBILE PHONES

WE SEE IT... YOU LOSE IT!

Please ensure phones are switched off and out of sight.

Safeguarding, Emotional Wellbeing and Mental Health

Learning can Improve Mental Health

In an ever-evolving world, where life's demands can sometimes feel overwhelming, nurturing our mental well-being has never been more important. While we often hear about the benefits of exercise, a balanced diet, and relaxation techniques for maintaining good mental health, one aspect that is sometimes overlooked is the profound impact that engagement with learning can have on our overall well-being. Here are a few ideas about how actively engaging with learning can be a powerful tool for promoting positive mental health.

Sense of Purpose and Achievement

Engaging with learning provides a sense of purpose and achievement. Whether it's mastering a new skill, understanding a challenging concept, or achieving good grades, these accomplishments boost self-esteem and foster a positive sense of self-worth. These feelings of achievement can significantly contribute to your mental well-being, as they develop confidence in their abilities and become more resilient in the face of life's challenges.

Stress Reduction and Coping Mechanisms

Learning can be a fantastic stress reducer. When students are actively engaged in their studies, they often become immersed in the subject matter, allowing their minds to temporarily shift away from worries and stressors. This focused engagement can serve as a productive distraction, providing a mental break and helping students develop effective coping mechanisms to manage stress in other areas of life.

Social Connection and Support

Engaging with learning often involves interaction with teachers and peers. These social interactions are crucial for mental health as they provide opportunities for students to connect, share experiences, and seek support when needed. A supportive learning environment can be a safe space for pupils to express their thoughts, concerns, and emotions, fostering a sense of belonging and reducing feelings of isolation.

Passion and Motivation

Passion for learning can be a powerful source of motivation. When pupils find topics or subjects they are passionate about, they become intrinsically motivated to explore and excel in those areas. This enthusiasm can spill over into other aspects of life, fostering a positive attitude and a zest for learning that can greatly benefit mental health.

In conclusion, engaging with learning is not just about academic success; it's also a pathway to improved mental health and well-being. By encouraging curiosity, providing support, and creating a positive and inclusive learning environment, we can help our pupils not only thrive academically but also flourish mentally and emotionally.

Let's remember that learning is not confined to the classroom; it's a lifelong journey that enriches our lives and strengthens our mental health. So, let's continue to engage with learning, explore new horizons, and together, build a brighter and healthier future.

Mrs Wardale



Thought of the Week

“Keep learning, because knowledge is the key to power.”

Polish Proverb