



**Dear Parents/Guardians,**

I hope you enjoy reading this week’s newsletter which is full of informative articles. This week Ms Jones has delivered assemblies on Mental Health, such an important topic to us all and this is further supported by the article in here.

On Tuesday we had our first Personal Development Drop Day of the year which saw our pupils focus on resilience. Resilience is a key element of ‘The Hillside Way’ and something we often talk about in school. I always say to the young people, if you look at the people you admire, famous people or your friends and family, the most successful people will be those who are resilient. Life can be challenging at times and it’s how we deal with that which sets us apart.

A final reminder to anyone who has a child in Year 6 that the deadline to submit your **application form for secondary school is 31st October.**

As we come to the end of what had been a very action packed half term for us as a school, can I thank you all for your ongoing support. We have achieved so much, including our well deserved ‘Good’ in Ofsted and this is down to us all, ‘Team Hillside’ has really shone this half term. I can’t wait to see everything we can achieve in the next half term! Before that everyone needs to have a lovely holiday and if you are able to have any time off work, I hope you can enjoy some time together over half term.

**I look forward to welcoming all pupils back to school at the usual time of 8.20am on Monday 30th October.**

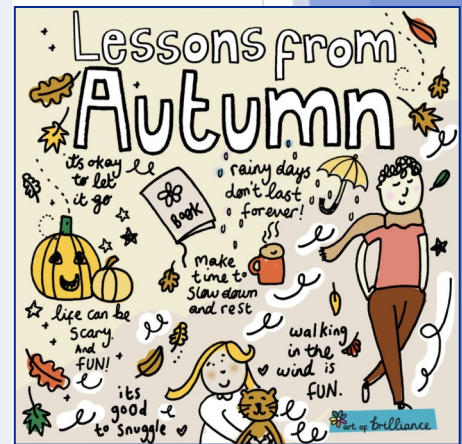
**Amanda Ryan, Principal**

**PD Drop Down Day**

On Tuesday we had our first PD drop down day of the year! Our pupils spent the day exploring ways in which they could develop their resilience. Pupils took part in a workshop called ‘Positively You’ led by our guest speaker Anthony Daulphin from the ‘Standing Ovation Project’ and carried a range of workshops from robotics to Kim Ball with Everton in the Community. At the end of the day their resilience was put to the real test with an Origami session! We would like to send a massive thank you Everton in the Community and Anthony Daulphin for inspiring our pupils!

*Miss Collins*

**Thought for  
the Week**



I am delighted to share our published report from Ofsted with you. This is now live on our website for staff and parents to access. The link is here: [Hillside High School - Hillside is a Good School!](#)



## Sports Leaders 2023

I am delighted to announce the PE Departments Sports leaders for 2023. Sports Leaders at Hillside are an absolute asset to the PE Department, their role is to assist PE teachers in extra curricular clubs and also help run many sporting events throughout the year within school and also with local primary schools. Each Sports Leader is allocated a sports club and their role will involve taking registers, organising equipment, leading warm ups, coaching small groups and also umpiring / officiating.

In order to be selected as a Sports Leader you must demonstrate an excellent attitude to learning, be committed to attending extra-curricular activities and most importantly be a role model to the pupils of Hillside.

*Mrs Austin*



## Performing Arts Trip

Last week our new Year 10 Performing Arts cohort, along with a few special guests, experienced their first night out at the theatre together. We boarded the minibus with Miss Austin and Mrs Miller and headed to the Everyman Theatre to see a new production "High Times and Dirty Monsters". This is a brand new show by 20 Stories High which explores the ups and downs of being a young person in 2023. We experienced a raucous, radical, celebratory and hard hitting piece of theatre which shared the good times, and not so good times, of being a disabled person in today's society. Four actors took us on a wonderful journey of beatboxing, dancing, physical theatre and storytelling at its best! We left the theatre feeling moved and inspired by the stories we heard. A lovely night out was had by all and we look forward to many more in the future!

*Miss Brown*



Alfie Caveney 7CH was a mascot for the football game Everton v Liverpool woman's game on the weekend. Well done Alfie!





# Letter to parents and guardians from Merseyside Police re. Halloween and Bonfire

We are writing to all parents and guardians to ask for your help over the upcoming Halloween and Bonfire Night period.

We want everyone to have fun and we'll be working hard to keep you safe, but we need your help:

## Know where your children are

- Encourage kids to go to local events that are being organised, or try a spooky film together.
- If your children are going out (particularly on the 30th and 31st of October), make sure you know where they're going. If possible, drop them off and pick them up.
- Don't let your children hang around the street.
- If they're going somewhere local – walk there with them.
- Have an agreed time when they need to be home .
- Don't buy fireworks or eggs and flour for them, and don't let them take it out of the house.

## Know the risks

- Throwing things at cars, buses, shops and houses can hurt people – drivers might swerve if they get distracted and cause a crash, or someone might get hurt by broken glass (and scratched paintwork can be very expensive to fix).
- Getting into trouble with the police can lead to a criminal record, which means not being able to go on holiday to countries like the USA, and not being able to do certain jobs.
- Messing around with fireworks is dangerous – some burn as hot as 1,200 degrees - hot enough to melt glass and cause serious or fatal injuries.

## Know the law

If a young person under the age of 16 commits any of the offences below, the parent/guardian will have to pay the fine.

- A person under the age of 16 can be arrested and fined if found with an unlit firework.
- A person under the age of 16 can also be arrested and fined if they throw or light a firework or make a bonfire.
- A person under the age of 16 can be arrested and fined for throwing things like eggs, flour, paint or other objects at people, vehicles or property.

Thank you for your help and support. By working together, we can keep your children safe this Halloween and Bonfire Night.

## Merseyside Police



## Key Dates 2023

**30th October—Back to School**

**2nd November —Please note change of date to Presentation Evening**

**16th November—Year 10 Progress Evening 4:15-6:45pm**

WELL-BEING HUB CLUBS

**MONDAY Calm Colouring**

Unwind and unleash your inner artist at our Calm Coloring Club!

Join us for a vibrant break from the daily grind, where coloring isn't just an art; it's a mindful adventure in every stroke of the marker!

**WEDNESDAY Journaling Club**

Unlock your thoughts, dreams, and creativity in our Journaling Club.

Discover the magic of self-expression, one pen stroke at a time, as we explore the incredible world of journaling together.

**WHEN?**  
3.00-3.30pm

**WHERE?**  
Room 17

*Wellbeing is a combination of physical, mental, emotional and social health.*

## 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'*

# Safeguarding, Emotional Wellbeing and Mental Health

## Mental Health Awareness Day



World Mental Health Day (October) is a day to talk about mental health and show everyone that mental health matters. It's also a day to let people know that it's okay to ask for help, no matter what you're going through. As the theme of World Mental Health Day highlights, 'mental health is a universal human right'.



### Looking after your mental health

Talking is good for your mental health. And talking about mental health is important. But starting a conversation isn't always easy. Whether you'd like to talk to someone about how you're feeling, or check-in with members of your family and others you care about, here are some tips that can help.

### Talking about your mental health

1. Choose someone you trust to talk to

This might be a friend, family member or a colleague. Or you might be more comfortable talking to someone you don't know, for example, through a support helpline. It can help to do a pros and cons list about talking to someone.

2. Think about the best place to talk

It's important to choose a place where you feel comfortable enough to open-up. You might want to choose somewhere private where you're less likely to be disturbed. You also might want to talk while you do an activity, like walking together.

3. Prepare yourself for their reaction

Hopefully, you will have a good experience when you open-up to someone. But there's a chance that they may not react in the way you hope. This may be for different reasons, like they may be worried or not fully understand at first. If that's the case, try to give them time to process what you've told them. It might help to give them information to read to help them understand. And don't forget to be kind to yourself and practise self-care.

### Worried about your teenager?

It can be difficult for parents to tell whether their teenagers are just "being teens" or if there is something more serious going on.

Many of the things you may notice, such as changing moods, can often be attributed to normal teenage behaviour. However, it can be helpful to know when there may be signs of a more serious problem.

If you're worried about your teenager's behaviour or general wellbeing you should consider:

- speaking to your teenager about your worries
- getting advice from a GP

It's important to know that many parents and carers find teenage behaviour difficult to understand or challenging to cope with.

### How can I help my teenager?

If you're worried about your teenager and they refuse to talk to you, you may need to open up other channels of communication.

Avoid persistent direct questioning as this can make them feel threatened.

Try these tips to encourage your teenager to open up if there is a problem:

- be honest and explain that you're worried that they're going through something difficult
- suggest an activity such as going for a walk with them
- point them towards websites or helplines that can give them information on depression, drugs and self-harm so they can find out the facts themselves
- do not blame yourself for any problems they're having and try not to take it personally – this will not help the situation
- tell them you'll be there for them when they do want to talk
- let them choose where to go for help, which may be a GP, a family friend or school counsellor
- help your teenager think for themselves – encourage them to think through the pros and cons of their behaviour, remind them what they're good at and what you like about them, and help them think critically about what they see and hear