



Dear Parents/Guardians,

It has been lovely to welcome our pupils back to school this week. As I write this I am reflecting on last night's Presentation Evening, the evening where we join together as a school community at Bootle Town Hall to celebrate the successes of our young people. This is a real highlight of the school year and I hope the prize winners and their families feel as proud as I do!

In assemblies this week we have focused on kindness and the importance of showing gratitude and how this is not only an amazing thing for the receiver of kindness, but benefits the giver too! As I explained, we all know it feels nice to do something kind, but actually there is science to back this up. I asked pupils to read my article in this week's newsletter for more information.

Can I also draw your attention to important information inside this week's newsletter about a slight increase in charges for our food. It is with a heavy heart we have made this decision, but as the cost of everything has increased significantly we do need to reflect this in what we charge. We have included information about the 'meal deal' which at £2.63 represents very good value.

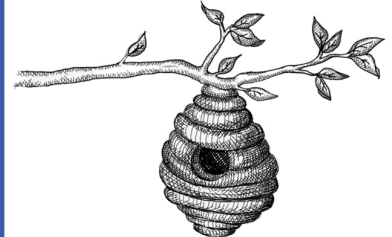
Can I also stress the need for parents to top up their child's account using parentpay, ultimately we don't want pupils to bring cash to school and would like all payments to be made on parentpay. If you have any problem setting up parentpay please email Mrs McPoland at N.McPoland@hillsidehigh.co.uk who will be more than happy to help you with this.

Amanda Ryan, Principal

**Thought for
the Week**

"KINDNESS IS DOING WHAT YOU CAN,
WHERE YOU ARE, WITH WHAT YOU HAVE."

- RAKTIVIST



EXCELLENCE IN THE HEART OF THE COMMUNITY

HILLSIDE PANTRY

Providing non - perishable food items for families in need.

Opening Times:
EVERY FRIDAY
1PM-4PM
Main Reception

MEMBER OF THE WADE DEACON TRUST

New Ways November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Try out a new way of being physically active	2. Be creative. Cook, draw, write, paint, make or inspire	3. Make a list of new things you want to do this month	4. Respond to a difficult situation in a different way	5. Get outside and observe the changes in nature around you	6. Sign up to join a new course, activity or online community	7. Change your normal routine today and notice how you feel
8. Do something playful outdoors - walk, run, explore, relax	9. Find a new way to help or support a cause you care about	10. Plan a new activity or idea you want to try out this week	11. When you feel you can't do something, add the word "yet"	12. Be curious. Learn about a new topic or an inspiring idea	13. Choose a different route and see what you notice on the way	14. Find out something new about someone you care about
15. Make a meal using a recipe or ingredient you've not tried before	16. Learn a new skill from a friend or share one of yours with them	17. Find a new way to tell someone you appreciate them	18. Set aside a regular time to pursue an activity you love	19. Look at life through someone else's eyes and see their perspective	20. Try a new way to practice self-care and be kind to yourself	21. Connect with someone from a different generation
22. Join a friend doing their hobby and find out why they love it	23. Discover your artistic side. Design a friendly greeting card	24. Enjoy new music today. Play, sing, dance or listen	25. Look for new reasons to be hopeful, even in tough times	26. Share with a friend something helpful you learned recently	27. Use one of your strengths in a new or creative way	28. Try out a different radio station or new TV show

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

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"

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!](#)



Dance

This week all Year 7 boys have had the amazing experience of participating in dance workshops run by the talented practitioners of LIPA, exploring styles such as Commercial, House and Street. Year 7 boys were fantastic demonstrating style, enthusiasm, and absolute talent! Mr Clarke and Mr Wellington actively took part in the workshops and they are both very excited to deliver dance lessons to the boys at Hillside from January. At Hillside the PE Department believes that boys and girls should have the opportunity to experience dance within the curriculum. Dance allows everyone to express themselves through movement and be physically fit and healthy.

Miss Austin



Free School Meal Allowance

The value of our free school meal is increasing to £2.63 from Monday 6th November 2023. If your child is entitled to free school meals, this allowance will be added on to your child's account automatically over the lunch time period.

Price increase

Due to price increases within the catering sector, we will be implementing price increases across our full menu. This will be implemented on Monday 6th November 2023. We offer a meal deal to all pupils for £2.63 which consists of the meal of the day with a choice of fruit, biscuit or yoghurt.

Examples of the meal of the day are:

- Curry, Rice & Chips with Naan Bread.
- Fish Cake, Chips & Beans.
- Jacket Potato with Cheese & Beans.
- Sausage, Chips & Gravy.



Please note: The meal of the day changes on a daily basis.

Cashless Catering

We operate a cashless system in our canteen and **our preferred method of payment to top your child's account up is online via parentpay.** If you haven't activated your account, please contact the finance department for your activation code.



Key Dates 2023

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

**20th November—Flu Vaccinations—All year
groups**

**30th November—Christmas Market 5:00-
7:30pm**



Immunisations

To all Parents/Guardians

Could you please complete your child's electronic flu consent form via this link ASAP:

<https://forms.merseyscare.nhs.uk/flu-vaccination>

If you have any difficulties accessing the link please contact the corresponding immunisation team who will be happy to help.

Remember flu is a really unpleasant illness and having your child vaccinated with a quick, painless nasal spray is the best way to protect them, your family and friends.

We understand that some people may not want to take up this offer and we ask that you still complete the form and choose that you do not want your child to receive it to avoid our service contacting you.

If your child has already had their nasal flu vaccine this year, can you please call the Sefton Immunisation team to inform them on 0151 247 6130 or email them on: mcn-tr.seftonimmunisationteam@nhs.net

Many thanks,

School based immunisation service

Chairman: Beatrice Fraenkel

Chief Executive: Prof. Joe Rafferty CBE



Standards and Expectations—School Uniform

Firstly, a huge thank you to all our parents/guardians and pupils who continue to look smart and wear our school uniform with pride every single day. We don't take this for granted and we still regularly receive compliments from the wider local community about how smart Hillside pupils look.

Please see below for some basic reminders regarding school uniform and our expectations.

- Girls should wear white socks or black tights
- Jewellery is not permitted including any piercings. If pupils are seen wearing jewellery the teacher will confiscate this and the item will be placed in the school safe.
- Make-up should be minimal and discreet and false eye lashes, false nails and or nail varnish should not be worn. Pupils will be provided with wipes and nail varnish remover if they arrive in school with either.
- Blazers should be always worn on the corridors – pupils may remove blazers when working in classrooms.
- Outdoor coats or hooded jackets are not allowed to be worn in school and they should be removed as pupils enter the school building at any points during the school day e.g. after break and lunch

Our uniform underpins our high expectations of pupils to follow 'The Hillside Way' and pupils should look smart, professional and ready to learn- which the vast majority do every single day.



Safeguarding, Emotional Wellbeing and Mental Health

Kindness

Raktivist: An activist who practices Random Acts of Kindness

Mamma knew what she was talking about when she said, "Be Kind." Turns out that sharing kindness is like chicken soup for our innermost selves.

Did you know kindness improves the following FIVE hormones, that help us emotionally, socially, and physically.

- Serotonin helps us to feel happy, calms us down, and heals our wounds. The bonus here is that, when we share a kindness, it not only increases serotonin in the giver but also in the receiver and everyone who witnesses the act.
- Endorphins are the brains' natural pain killer, three times more effective than morphine!
- Oxytocin, the cuddle hormone, increases our ability to bond socially, helps us clam down quickly, promotes trust and generosity, strengthens our immune system, and promotes love. Whew! that is a lot of duties for one hormone!
- Compassionate people have two times the DHEA, which is responsible for slowing down the aging process.
- Kind people also show 23% less Cortisol in their system. Since this is the "stress" hormone, we can effectively say that MORE KINDNESS = LESS STRESS!

In this week's assemblies we have thought about how to be an activist for kindness. We have also thought about the collective difference we can make. Thinking ahead examples of this will be our annual food appeal, donating £1 on non-uniform day and sponsoring staff on the Santa Dash, to name just a few of the exciting things we have planned for this half term.

