



Hillside Primary School and Nursery

“Achieving Greatness Together”

Friday 13th September, 2024



'Achieving Greatness Together'

“There is no shame in seeking help for your mental health'.

Dear Parents and Carers,

We recognise that good mental health and wellbeing is essential for all. At Hillside, this helps the children to learn effectively, cope with day-to-day challenges, and develop into resilient young adults. There are a number of things here at Hillside that we do to support the mental health and wellbeing of our children. For example, we provide information and resources on coping with anger, anxiety, and depression and we create safe and supportive environments where students feel comfortable discussing their mental health and how to support wellbeing. This term, we have introduced a daily emotional check in system at school and already the feedback has been really positive from the children. This simple system allows us to provide additional support promptly.

Getting enough exercise is also important for both your mental and physical health. This week, we have introduced our new club timetable. More information on page 2.

Thank you for all your ongoing support! It is greatly appreciated.

Best wishes,

Mrs Wass





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PE and Sport at Hillside!

Introducing Mr Parnell

Mr Parnell has started teaching across the school this week. From Monday 23rd September, he will be teaching a variety of before school and after school clubs at Hillside. Alfie said,

'I'm looking forward to starting with Hillside and working to get the best out of every child. I've previously done a lot of work with children across various schools and I specialise in PE. I'm looking forward to getting to know all the children and get something out of every PE lesson and helping them achieve the best they can.'



We are looking forward to building upon our strengths in PE and sport this year!



At The National College, our **WakeUpWednesday** guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO MANAGE CONFLICT EFFECTIVELY

Disagreement is a natural part of human interaction. This can seem particularly true when dealing with the sensitive issues that arise for secondary-aged pupils. This guide brings you 10 top tips which can help prevent conflicts arising or mitigate their impacts when they do.

1 INSPIRE RESPONSIBILITY

The best approaches to conflict resolution are restorative. This means that rather than adults imposing their own solutions on children who have had a disagreement, they should work with them, allowing them to decide if can feel empowered to young people and will hopefully teach them to manage their own disputes as they move towards adulthood.

2 ACTIVELY LISTEN

Remember to give every child the opportunity to voice their opinion, regardless of their age, stage of development, special educational needs, or other individual requirements. This can be done using a variety of different communication methods. For example, some children find it easier to express how they're feeling using pictures and drawings, while some prefer to write their ideas down.

3 BE CURIOUS

Demonstrating how to approach conflicts with a mature and empathetic mindset can set a good example to children, which can prove a useful skill for them later in life. Model this by asking inquisitive-yet-respectful questions about the issue at hand. Really try to understand where all parties are coming from, and share information between them when and where appropriate. This should encourage young people to meet your behaviour, leading them to be curious about the other side of a conflict, and thus being more willing to hear them out.

4 PROMOTE DIFFERENCES

Children and young people may come from a range of different backgrounds and cultures or have protected characteristics which may cause them to see things from various angles. Having a school and community culture which celebrates and embraces diversity in all things – including diversity of opinion – means people are more likely to feel heard and understood.

5 BE SUPPORTIVE

Discussions may be sensitive or, in some cases, even trigger negative emotions. Pupils may have mixed feelings about the issue at hand. They could be nervous or anxious before even coming to the table to talk about it. Try and create a space where all parties feel safe, welcome and comfortable. Allow breaks and time-outs if the conversation gets heated, to prevent anyone from saying something they might later regret.

6 MENTALLY PREPARE

Think of how you can approach the conflict in a calm and regulated manner. Consider taking some extra time to prepare beforehand and finding somewhere quiet to talk. Even if you're not directly involved with the conflict, mediating can be a stressful experience in its own right. Make sure you're hydrated, fed and comfortable, and do the same for the young people involved. There may seem like 'negotiation' factors, but it's important to remember that physical discomfort can trigger dysregulation, which can make it much harder to have a calm, productive conversation.

7 GET YOUR FACTS STRAIGHT

Make sure you have all the facts, figures and directions of the situation prior to the discussion. This should be done as objectively as possible with the aim of resolving the ongoing issue. You may want to risk assess any problems that may arise and look for possible solutions during your preparation time.

8 STICK TO THE POINT

Make the reason for, and purpose of, any meetings or communications clear prior to writing them up. Provide an agenda. Act as a neutral impartial person who can keep all parties on track. Make sure everyone has a chance to air their concerns about the issue being discussed and try to avoid talking about unrelated incidents. Close off with some action points, detailing what everyone can do to resolve the conflict.

9 BE SOLUTION FOCUSED

It's often said that the art of diplomacy is about giving others ladders to climb down. This means the main aim of any meeting or correspondence should be finding mutually acceptable and amicable solutions. Parents, carers, teachers and pupils should be aware there may need to be a compromise for the common good – and, most importantly, the good of the children you're supporting.

10 DON'T IGNORE OR AVOID CONFLICT

No one benefits from allowing concerns and grievances to fester, as this can lead to further division and mistrust, and ultimately doesn't help the children involved. See our tips to open meaningful lines of communication. These should help you find a suitable resolution and minimise the number of conflicts you're faced with mediating overall.

Meet Our Expert

Catrina Lewis is a neurodivergent former SENCO and advisory teacher. She founded her company, Neuroteachers, to improve inclusion for neurodivergent people. She works with nurseries, schools, colleges and businesses providing consultancy, training and mentoring to create belonging and understanding for people with the full range of neurotypes.



#WakeUpWednesday

The National College

Source: See full reference link on p. 4. All page art: <https://nationalcollege.com/guides/supporting-children-to-manage-conflict-effectively>

X @wake_up_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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Kids must Bring an Adult! Free BBQ

Messy Church

Games, Activities & Craft



Stoke Green Baptist Church
Maidenhall Green
Saturday
21st September,
10:00am - 12:30pm

Story & Celebration

All Welcome

FIND US AT stokegreenbaptist.org.uk or Scan above for facebook

Time & Space



AFTER SCHOOL CLUB

Wednesdays 3:15 - 4:15

What's Included:

- Craft Activity
- Christian Story
- Optional Prayer
- Song



ALL WELCOME - FREE OF CHARGE

< Back



Cashpot for Schools is our mission to support primary schools across the UK.

Every time you shop with Asda Rewards from 2nd September to 30th November, we will donate 0.5% of your total spend to a primary school of your choice. Plus, Asda will pop £1 into your school's Cashpot every time someone opts in.

Even more, Asda will get your school started with a further £50. To redeem this, make sure to shop & scan and remind your school to sign up with Parentkind.

For more info, please see our **Terms & Conditions**.

You won't give up any of your own earnings, and your Cashpot will continue to grow! **Shop. Scan. We donate!**

Great, count me in



Success really does start with attendance

We support first!

We want every single one of our children to be an



Attendance Hero:

**Here
Everyday
Ready
On time**



Target 96%

Every day counts!

3B 100%, 1A 100%, 6C 96.55%, 5C2 96.55%, 5C1 96.55%, 4T 95.45%, 1D 95.45%, R2 94.74%, 3R 93.55%, 2M 93.55%, 2D 93.33%, 6H 93.1%, 4G 90.91%, 4C 90%, R1 85%

If your child is not well enough to attend school please report this by phoning the Office on 01473 601402 option 1 from 7.30am. We MUST receive this information by 8.45am

Please support us in reducing the number of school days lost.

A day off school means a day where learning is lost.



Apply for a secondary school place 2025/2026

All details can be found here:

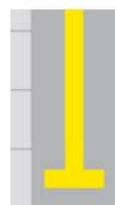
[Apply for a secondary school place
2025/2026 - Suffolk County Council](#)



**Think
before you
park**

POOR AND INCONSIDERATE PARKING CLOSE TO
SCHOOLS CAN PLACE CHILDREN AT RISK

**✗ DO NOT PARK ON
THE FOLLOWING ✗**



Failure to follow these rules may result in a
Penalty Charge Notice being issued.

Please park safely and be considerate of others.

#thinkb4upark



IPSWICH
BOROUGH COUNCIL



Diary Dates for Autumn 1

Monday 16th September- Year 5 parent expectation meeting @ 3.30pm

Tuesday 17th September - Reception parent expectation meeting @ 3.30pm

PE days

Nursery- Monday

Reception - Thursday

Year 1 - Thursday and Friday

Year 2 - Monday and Tuesday

Year 3 - Tuesday and Wednesday

Year 4 - Tuesday and Wednesday

Year 5 - Wednesday and Thursday

Year 6 - Thursday and Friday

Hillside School Dates 2024-2025

September 2024	October 2024	November 2024	December 2024
M Tu W Th F Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	M Tu W Th F Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	M Tu W Th F Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	M Tu W Th F Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
January 2025	February 2025	March 2025	April 2025
M Tu W Th F Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	M Tu W Th F Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	M Tu W Th F Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	M Tu W Th F Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
May 2025	June 2025	July 2025	August 2025
M Tu W Th F Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	M Tu W Th F Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	M Tu W Th F Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	M Tu W Th F Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Legend:
Staff training days – school closed
School holiday closures
Bank Holidays



Education & Skills
Funding Agency

Learning in Families



LEARNING
IN FAMILY
COURSES ARE
FREE



Shape workshop

for parents/carers/grandparents and their
children (for Reception, Years 1, 2, 3 & 4)

Learn some new games to play with
your child to develop and support their
skills in Maths.

Join this workshop and have some
maths fun, engaging in shape-based
activities with your children

All resources will be provided.

WHEN:

Thursday 19th September
2024, 9 - 11 am

WHERE:

Hillside Primary school

HOW TO BOOK:

Email
office@hillsideprimary.co.uk

or return this flyer to the school
office with your name and your
child's name and class written on the
back

IN PARTNERSHIP WITH:

