



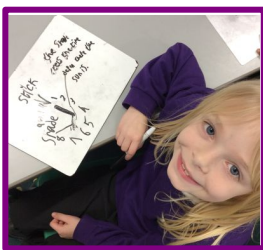
Hillside Primary School and Nursery
“Achieving Greatness Together”

Friday 15th March, 2024



Dear Parents and Carers, I hope you are well.

*This week's it's been our ‘**Science Week**’. Our Science Intent is, ‘to develop children’s natural curiosity through knowledge-rich experiences, enabling them to access and explore the world around them’ and we have certainly achieved that this week! The theme for science week was ‘time’ so we have had extra science lessons discovering how things have evolved over time, including ways of telling the time. Our activities have included making and using sundials (although the weather has not been ideal for this!); exploring how pendulums work and investigating reaction times. We also invited parents in to join us for a special science workshop.*



Thank you for all your ongoing support. This week we achieved a record 95.9% whole school attendance!

Wishing you a wonderful weekend. Best wishes,

Mrs Wass





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**BLUE
CROSS** 125
YEARS

On Wednesday, the School Council met with Paul from Blue Cross. He came in to talk to us all about the work they do and how we can help them at school.

We were amazed to learn that last year they helped 40,000 animals all around the country including cats, dogs and small animals! We also learnt all about how they rescue stray animals, administer treatments, ensure animals have food and drink and care for them as well as animal adoption, fostering and animal behaviour classes.

Fundraising and donations are really important to them, the funds they raise help to pay their vets and search for the animals forever homes.

£10 can pay for an animals health check.

£30 can vaccinate a litter of 5 puppies.

£100 can pay for emergency vet care for an animal.

£1000 can pay for 4 animal ambulances for 1 month.

We are excited to share our fundraising ideas soon!





Education & Skills
Funding Agency

Learning in Families



LEARNING
IN FAMILY
COURSES ARE
FREE

Play with Maths workshop

for parents/carers/grandparents and
their children (Yrs 3 & 4 only)

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

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

All resources will be provided.

WHEN:

Thursday 20th March
2024, 1.30 - 3 pm

WHERE:

Hillside Primary School

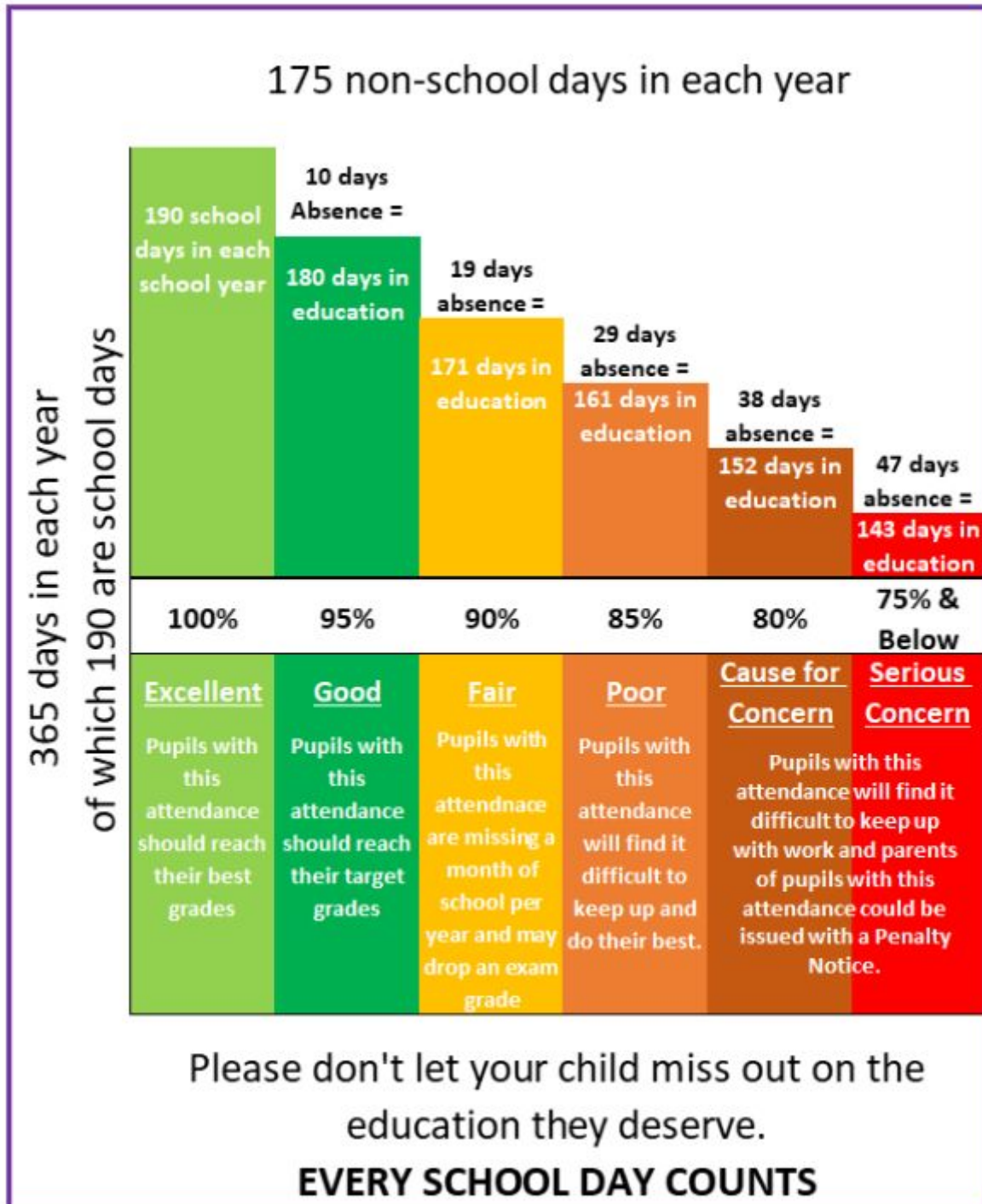
HOW TO BOOK:

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:







*How many times a week
do you walk to school?*



Weekly Attendance

We want every single one of our children to be an



Attendance Hero:

Here
Everyday
Ready
On time



Overall attendance is 91.7% Target 96%.

Every day counts!

Yr2 Robin 97.9%, Yr 1 Hedgehog 96.4%, Yr 4 Puffin 95.9%, Yr 3 Deer 95%,
Yr 6 Osprey 95%, Yr 2 Wren 94.5%, Yr 4 Kingfisher 94.5%, Yr R Butterfly
94.5%, Yr 5 Seal 93.9%, Yr 5 Dolphin 93.9%, Yr 3 Badger 92.9%, Yr 6 Kestrel
92.5%, Yr 1 Squirrel 92.1%, Yr R Ladybird 92.1%, Yr 3 Fox 91.9%

Well done Robins, 97.9 %!

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE



Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES



Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS



Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE



Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT



Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES



Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP



Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE



Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT



Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD



Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.





Diary Dates

Monday 25th and Wednesday 27th March- Parents Evening

Wednesday 27th March - Beat the Street deadline

Thursday 28th March - Last day of the term (raising funds and awareness for Blue Cross)

Monday 15th April - Return to School

WB 13th May - Year 6 SATS Week

Hillside School Dates 2023-2024

September 2023							October 2023							November 2023							December 2023						
M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su
				1	2	3	2	3	4	5	6	7	8	6	7	8	9	10	11	12					1	2	3
4	5	6	7	8	9	10	9	10	11	12	13	14	15	13	14	15	16	17	18	19	4	5	6	7	8	9	10
11	12	13	14	15	16	17	16	17	18	19	20	21	22	20	21	22	23	24	25	26	11	12	13	14	15	16	17
18	19	20	21	22	23	24	23	24	25	26	27	28	29	27	28	29	30				18	19	20	21	22	23	24
25	26	27	28	29	30		30	31													25	26	27	28	29	30	31

January 2024							February 2024							March 2024							April 2024						
M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su
1	2	3	4	5	6	7				1	2	3	4					1	2	3	1	2	3	4	5	6	7
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22	23	24	25	26	27	-	19	20	21	22	23	24	25	18	19	20	21	22	23	24	22	23	24	25	26	27	28
29	30	31					26	27	28	29				25	26	27	28	29	30	31	29	30					

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

■ Staff training days – school closed
■ School holiday closures
■ Bank Holidays



Spark their interest...

Pretend to brush teddy's or doll's teeth

Make up a story e.g. the toothbrush (the good guy) beating the invading germs (the bad guys)

Face opposite each other and brush at the same time, mirroring how you brush

Brush each other's teeth

ROAR like a dinosaur or a tiger (an open mouth will help you to access their teeth)

Try different products, like a milder toothpaste, a fun toothbrush, a 2 minute timer or brushing in front of a mirror

Have a few different colour brushes they can choose from to suit their mood!

Distraction – watching TV or a tablet while you brush their teeth? They can spit out into a tissue or some kitchen roll

Try apps, youtube videos or songs to make brushing fun and engaging

Be positive...

Brush your teeth at the same time together...
"I like it when we brush our teeth together!"

Give an immediate reward: a bedtime story, watch something on TV or play outside

An independent child? Let them brush first, then you follow up

Take a deep breath and be patient if they are not co-operating

Choose your timings well i.e. avoid overtiredness and stressful times of the day

Try to leave at least 30 minutes after eating or drinking

Develop a routine each time

Give praise for any compliance or achievement... *"Well done! Great brushing! Your teeth are so clean!!"*

Build on each achievement by reminding them of how well they did before



If you're pregnant or have children under the age of four, you could get help to buy food and milk.

Apply online for NHS Healthy Start.



www.healthystart.nhs.uk
@NHSHealthyStart



Easter Menu- Wednesday 27th March

Traditional Roast Turkey
With Stuffing
-
Vegetarian Wellington
-
With Roast Potatoes, Gravy
Peas & Carrots
-
Easter Biscuit

Also Available: Jacket Potatoes With Choice Of Fillings, Salad,
Fresh Fruit & Yoghurt



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Maths class awards

Well done to:

Osprey, Dolphin, Puffin and Badger.

Individual winners are: Advait, Mikolaj, Stefan, Archie



Weekly Award Winners

Well done to:



Jade H, Shaban Di, Advik D, Eduard I, Dante E, Cleo B, Ianis-Andrei R, Vian A, Harleigh-Jade M, William S, Broly C, Matei T, Evni Y, Alparslan S, Caroline Shibu, Avraam I, Isaiah-Dion Y, Jayden O'C, Patrick N, Warren T, Nicole L, Isabela F, Evelyn, Billy C - B, Luca B, Kyari D B, Tylan S, Stefanie K, Willow O'C, Leonard M, Rebecca A, Mario M-C. Surany J, Martha C, Luis, Skyla B, Yara A, Wanda S, Tyrese D, Jackson C-C, Stephanie G, Davidking A, Maxim S, Gabrielle G, Taymur Y, Rebeca R, Mariana S, David Alex M, Freya N, Snehit S, David D, Nhyria G, Frankie C, Wilma C, Vanessa S, Adom G, Erina B, Leo E., Kornelia S

It's great to be gold!