



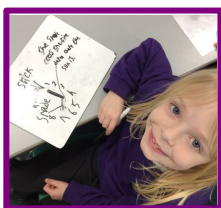
**Hillside Primary School and Nursery**  
**“Achieving Greatness Together”**



Friday 15th March, 2024

*Drodzy Rodzice i Opiekunowie, mam nadzieję, że mają się Państwo dobrze.*

*W tym tygodniu odbył się „Tydzień Nauki”. Naszym celem naukowym jest „rozwijanie naturalnej ciekawości dzieci poprzez doświadczenia bogate w wiedzę, umożliwiając im dostęp do otaczającego ich świata i odkrywanie go” i z pewnością udało nam się to osiągnąć w tym tygodniu! Tematem tygodnia nauki był „czas”, więc odbyliśmy dodatkowe lekcje przedmiotów ścisłych, podczas których odkrywaliśmy, jak rzeczy ewoluowały w czasie, w tym sposoby określania czasu. Do naszych działań należało wykonanie i użytkowanie zegarów słonecznych (choć pogoda nie była do tego idealna!); badając działanie wahadeł i badając czas reakcji. Zaprosiliśmy także rodziców na specjalne warsztaty naukowe.*



*Dziękuję za Państwa ciągłe wsparcie. W tym tygodniu osiągnęliśmy rekordową frekwencję na poziomie 95,9% w całej szkole*

*Życzę wspaniałego weekendu. Wszystkiego najlepszego,*

*Mrs Wass*





## Hillside Primary School and Nursery “Achieving Greatness Together”

Friday 15th March, 2024



BLUE  
CROSS 125  
YEARS

W środę Rada Szkoły spotkała się z Paul z Blue Cross. Przeszedł, aby porozmawiać z nami o ich pracy i o tym, jak możemy im pomóc.

Byliśmy zaskoczeni, gdy dowiedzieliśmy się, że w zeszłym roku pomogli 40 000 zwierząt w całym kraju, w tym kotom, psom i małym zwierzętom! Dowiedzieliśmy się także wszystkiego o tym, jak ratują bezdomne zwierzęta, przeprowadzają leczenie, zapewniają zwierzętom żywność i picie oraz opiekę nad nimi, a także uczą się o adopcji zwierząt, opiece zastępczej i zachowaniu zwierząt.

Zbieranie funduszy i darowizny są dla nich naprawdę ważne, a zebrane fundusze pomogą opłacić weterynarzy i szukać zwierząt na stałe.

*£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](mailto: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:



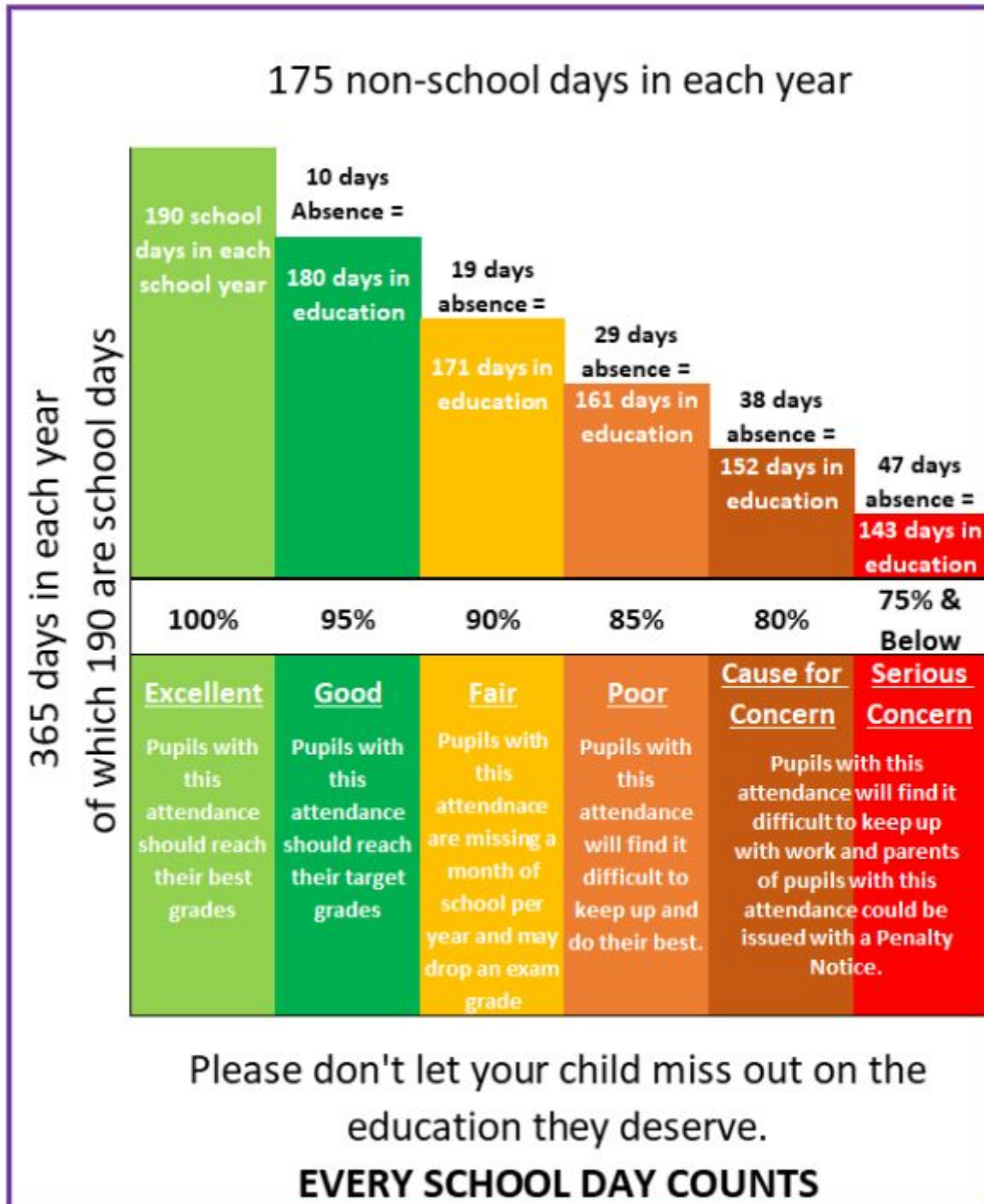
[www.hillsideprimary.co.uk](http://www.hillsideprimary.co.uk)



@hillsidepips



[www.facebook.com/hillsideprimaryschool](https://www.facebook.com/hillsideprimaryschool)





HealthySchools

Ile razy w tygodniu  
chodzisz do szkoły



?

## Tygodniowa Frekwencja

Chcemy, aby każde z naszych dzieci było  
Bohaterem Frekwencji:



Here  
Everyday  
Ready  
On time



Ogólna frekwencja wynosi 91,7%, docelowo 96%.

*Kazdy dzień się liczy!*

**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%

Gratulacje **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.





# Kalendarz

Poniedziałek 25 i środa 27 marca – zebrania z rodzicami

Środa, 27 marca – **Beat the deadline**

Czwartek 28 marca – Ostatni dzień semestru (zbieranie funduszy i budowanie świadomości na temat Blue Cross)

Poniedziałek 15 kwietnia – Powrót do szkoły

WB 13 maja – Tydzień SATS dla klasy 6

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							1															
4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10	
11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17	
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24	
25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31	
							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
8	9	10	11	12	13	14	5	6	7	8	9	10	11	4	5	6	7	8	9	10	8	9	10	11	12	13	14
15	16	17	18	19	20	21	12	13	14	15	16	17	18	11	12	13	14	15	16	17	15	16	17	18	19	20	21
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	
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6	7	8	9	10	11	12	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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20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25	
27	28	29	30	31			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](http://www.healthystart.nhs.uk)  
  @NHSHealthyStart



SCAN ME



**Easter Menu- Wednesday 27<sup>th</sup> 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





Hillside Primary School and Nursery

“Achieving Greatness Together”

Friday 15th March, 2024



## 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!*