



Hillside Primary School and Nursery

“Achieving Greatness Together”

Friday 13th September, 2024



'Alcançando a grandeza juntos'

“Não há vergonha em procurar ajuda para a sua saúde mental”.



Estimados Encarregados de Educação.

Reconhecemos que uma boa saúde mental e bem-estar são essenciais para todos. Em Hillside, isto ajuda as crianças a aprenderem de forma eficaz, a enfrentarem os desafios do dia-a-dia e a tornarem-se jovens adultos resilientes. Há uma série de coisas aqui em Hillside que fazemos para apoiar a saúde mental e o bem-estar dos nossos filhos. Por exemplo, fornecemos informações e recursos sobre como lidar com a raiva, a ansiedade e a depressão e criamos ambientes seguros e de apoio onde os alunos se sentem confortáveis para discutir a sua saúde mental e como apoiar o bem-estar. Neste semestre, introduzimos um sistema de verificação emocional diária na escola e o feedback das crianças já tem sido muito positivo. Este sistema simples permite-nos fornecer suporte adicional prontamente.

Fazer exercício suficiente também é importante para a sua saúde física e mental.

Esta semana, apresentamos o novo horário do clube. Mais informações na página 2.

Obrigado por todo o vosso apoio contínuo! É muito apreciado.

Muitas felicidades,
Sra. Wass



www.hillsideprimary.co.uk



[@hillsidepips](https://twitter.com/hillsidepips)



www.facebook.com/hillsideprimaryschool



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PE e desporto em Hillside!

Apresentando o Sr. Parnell

Parnell começou a lecionar na escola esta semana. A partir de Segunda-feira, 23 de Setembro, vai ensinar uma variedade de clubes antes e depois da escola em Hillside. Alfie disse:

'Estou ansioso por começar a trabalhar em Hillside para tirar o melhor partido de cada criança. Já trabalhei muito com crianças em várias escolas e especializei-me em Educação Física. Estou ansioso por conhecer todas as crianças e tirar algo de cada aula de educação física e ajudá-las a alcançar o melhor que podem.'



Estamos ansiosos para desenvolver os nossos pontos fortes em Educação Física e no desporto este ano!

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 references on page 4. In: nationalcollege.com/guides/supporting-children-to-manage-conflict-effectively

Follow us on social media: @wake_up_weds, /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



O sucesso começa realmente com a presença

Apoiamos primeiro!

Queremos que cada um dos nossos filhos seja um Herói de

Presença: Aqui

Todos os dias

Pronto

Na hora certa



Meta 96% Cada dia conta!

5B 100%, 1A 100%, 6C 96.55%, 5C2 96.55%, 5C1 96.55%, 1F 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%

Se o seu filho não estiver suficientemente bem para frequentar a escola, por favor informe o facto telefonando para a secretaria no número 01473 601402 opção 1 a partir das 7h30. DEVEMOS receber esta informação até às 8h45

Por favor, apoie-nos na redução do número de dias letivos perdidos.

Um dia de folga na escola significa um dia em que a aprendizagem foi perdida.





Apelar por uma vaga no ensino secundário 2025/2026

Todos os detalhes podem ser encontrados aqui:

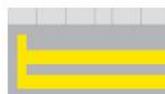
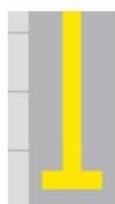
[Apply for a secondary school place 2025/2026 - Suffolk County Council](#)



**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



Datas para o diário para Outono 1

Segunda-feira, 16 de Setembro - reunião de expectativas para pais do 5º ano às 15h30

Terça-feira, 17 de Setembro – Reunião de expectativas para pais da Recetion às 15h30

Dias de PE

Nursery- Segunda-feira

Reception - quinta-feira

Ano 1 – Quinta e Sexta-feira

Ano 2 – Segunda e Terça-feira

Ano 3 – Terça e Quarta-feira

Ano 4 – Terça e Quarta-feira

Ano 5 – Quarta e Quinta-feira

Ano 6 – Quinta e Sexta-feira

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
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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:



**REALISE
FUTURES**

Enhancing people's lives