



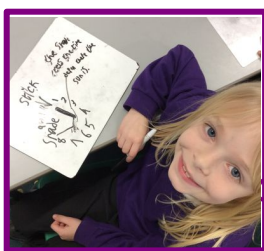
Hillside Primary School and Nursery
“Achieving Greatness Together”



Sexta-feira, 15 de Março, 2024

Prezados Encarregado de Educação, espero que estejam bem.

Esta semana foi a nossa ‘Semana da Ciência’. A nossa intenção científica é “desenvolver a curiosidade natural das crianças através de experiências ricas em conhecimento, permitindo-lhes aceder e explorar o mundo que as rodeia” e certamente alcançamos isso esta semana! O tema da semana da ciência foi “tempo”, por isso tivemos aulas extras de ciências para descobrir como as coisas evoluíram ao longo do tempo, incluindo maneiras de contar as horas. As nossas atividades incluíram a confecção e utilização de relógios de sol (embora o tempo não tenha sido ideal para isso!); explorando como funcionam os pêndulos e investigando os tempos de reação. Também convidamos os pais para se juntarem a nós em um workshop especial de ciências.



Desejando-lhe um fim de semana maravilhoso. Muitas felicidades,

Sra. Wass





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BLUE
CROSS
125
YEARS

Na quarta-feira, o Conselho Escolar reuniu-se com Paul da Blue Cross. Ele veio conversar connosco sobre o trabalho que eles fazem e como podemos ajudá-los na escola. Ficamos surpresos ao saber que no ano passado ajudaram 40.000 animais em todo o país, incluindo gatos, cães e pequenos animais! Também aprendemos tudo sobre como eles resgatam animais vadios, administram tratamentos, garantem que os animais tenham comida e bebida e cuidar deles, bem como aulas de adoção, adoção e comportamento animal. A angariação de fundos e as doações são realmente importantes para eles, os fundos que angariam ajudam a pagar os seus veterinários e a procurar lares para os animais.

£ 10 podem pagar um exame de saúde dos animais.

£ 30 podem vacinar uma ninhada de 5 filhotes.

£ 100 podem pagar cuidados veterinários de emergência para um animal.

£ 1000 podem pagar 4 ambulâncias para animais durante 1 mês.

Estamos entusiasmados em compartilhar nossas ideias de arrecadação de fundos em breve!



www.hillsideprimary.co.uk



@hillsidepips



www.facebook.com/hillsideprimaryschool



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

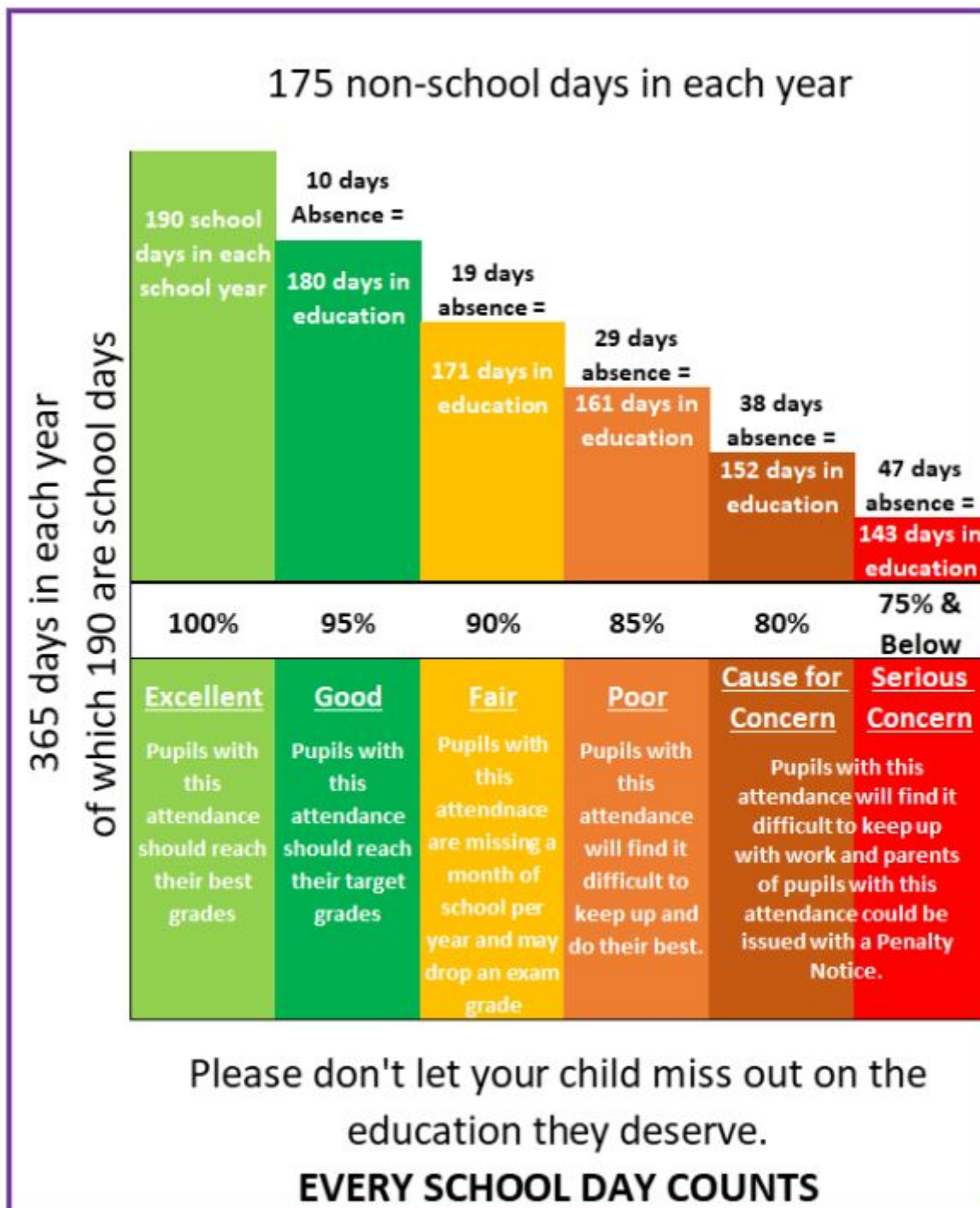
HOW TO BOOK:

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:







**Quantas vezes por semana
vai a pé para a escola?**



Assiduidade Semanal

Queremos que cada um das nossas crianças seja um



Herói de Presença:

Aqui
Diariamente
Preparado
Na hora



A assiduidade geral é de 91,7%, meta de 96%.

Every day counts!

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

Bom trabalho 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.



#WakeUpWednesday

The National College



Datas para o Diário

Segunda-feira, 25 e quarta-feira, 27 de Março – Reunião de Pais

Quarta-feira, 27 de Março - Supere o prazo da Street

Quinta-feira, 28 de Março - Último dia do semestre (arrecadação de fundos e conscientização para a Cruz Azul)

Segunda-feira, 15 de Abril – Retorno às aulas

WB 13 de Maio - Semana SATS do 6º ano

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	4	5	6	7	8	9	10
4	5	6	7	8	9	10	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
6	7	8	9	10	11	12	1	2	3	4				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
20	21	22	23	24	25	26	10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
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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Sexta-feira, 15 de Março, 2024



Prêmios das aulas de Matemática

Muito bem:

Osprey, Dolphin, Puffin and Badger.

Os vencedores individuais são: Advait, Mikolaj, Stefan,
Archie



Vencedores do prêmio semanal

Muito bem:



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, Tylían 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

É ótimo ser ouro!

