



Hillside Primary School and Nursery

“Achieving Greatness Together”

Sexta-feira, 22 de Março, 2024



*Prezados encarregados de educação, espero que se encontrem bem.*

*O semestre de verão começou incrivelmente bem: atitudes positivas em relação à aprendizagem, reuniões de indução com novas famílias, reuniões de pais RSE, visitas de uniformes inteligentes do PC Sam, eventos de avaliação de disciplinas e bons comportamentos de aprendizagem! PC Sam disse: ‘As crianças foram muito bem apresentadas e vieram para o corredor silenciosamente e sentaram-se muito bem’.*

*Neste semestre, temos ainda mais eventos para apoiar a nossa parceria entre casa e escola, por exemplo, cursos para pais, eventos regulares de café e reuniões do conselho de pais. Estamos particularmente à procura de mais Pais Governadores (mais detalhes na página 2) e pais para nos apoiarem na melhoria do nosso currículo. Se estiver interessado em nos apoiar de alguma forma, não hesite em nos contatar.*

*Desejo lhe um maravilhoso fim de semana.*



Mrs Wass





**We need you!**

## Join our Local Governing Body (LGB)

**We're looking for Governors to join the LGB at Hillside Primary School.**

**A Governor can be someone who is a parent, carer or family member of a child at our school.**

**Someone who is not currently connected to the school who brings expertise, possibly from a sector outside of education, can also join the LGB as a Governor.**

**If you have a passion for supporting education and an interest in representing the local community, get in touch today!**

**This is a volunteer role, with a commitment to attend LGB meetings at the school.**



**In return, we offer all the training and ongoing support you need. Plus it's an opportunity to make a real difference to the lives of local children... and it's a great addition to your CV!**

**Email:**

**[karen.jarvis@activelearningtrust.org](mailto:karen.jarvis@activelearningtrust.org)  
to find out more!**



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



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



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



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





# Learning in Families



LEARNING  
IN FAMILY  
COURSES ARE  
**FREE**



## Travel Together Through Books course

A free 4 week course for parents/grandparents/carers to help you support your children's reading skills

- What is phonics all about?
- How do we best help a child when they are stuck with reading?
- How do we support a child with understanding the text?
- How do we encourage a child to acquire the skills of inference and deduction?

Come and join our free and friendly group and use the opportunity to find the answers to these questions and also to meet and chat to other parents

### WHEN:

Starting Wednesday 24th  
April 9-11.30 am

### 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:





## Uniforme

Um lembrete das nossas expectativas pode ser

<https://hillsideprimary.co.uk/parents/uniform>

## Assiduidade Semanal

Queremos que cada um das nossas crianças seja um  
Herói de Presença:

Aqui  
Diariamente  
Preparado  
Na hora



A assiduidade geral é de 92,1%, meta de 96%.

*Cada dia conta!*

**Ano 2 Robin 97.8%**, Ano 4 Kingfisher 97%, Ano 6 Osprey 96.6%, Ano 5 Dolphin 93.5%, Ano 1 Squirrel 93.3%, Ano 3 Deer 93.2%, Ano 3 Badger 93.2%, Ano 2 Wren 92.7%, Ano R Ladybird 92.3%, Ano 1 Hedgehog 92.1%, Ano 3 Fox 90.9%, Ano 6 Kestrel 90.1%, Ano 5 Seal 89.3%, Ano 4 Puffin 88.8%, Ano R Butterfly 85.8%

***Bom trabalho Robins 97.8%!***





# What Parents & Educators Need to Know about ENERGY DRINKS

## WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

### HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

### INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

### IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

### DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

### LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

### POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

## Advice for Parents & Educators

### LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

### PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

### ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

### SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

### Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



#WakeUpWednesday

The National College®

Source: See full reference list on guide page at: [nationalcollege.com/guides/energy-drinks](https://nationalcollege.com/guides/energy-drinks)





# Datas para o Diário

Quarta-feira, 24 de Abril – Lançamento do curso de leitura para pais

Semana que começa em 13 de Maio - Semana SATS do 6º ano

24 de Maio – Último dia do semestre

3 de Junho – Volta às aulas

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			1	2	3	4	5					1	2	3
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
		1	2	3	4	5					1	2	1	2	3	4	5	6	7				1	2	3	4	
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



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## Prêmios das aulas de matemática

Muito bem:

Badger, Kingfisher, Seal e Osprey

Os vencedores individuais são: Archie, Stefan, Arvin



## Vencedores do prêmio semanal

Muito bem:



Maddox Young, Giovanni Lawal, Elisabeta Ion, Sas, Odigie, Miriam Balaban, Milana Sergejeva, Luana Fonseca, Dante Eccott, Tiara Oyewusi, Adam Klesk, Charlie Willis, Brooklyn Harris, Daisy Hale, Phillip Nica, Alice Taylor, Luka Collins, Oliver O'Connor, Riley Da Silva, Libby Holman, Harrison Brown-Reynolds, Luke Johnston Maya Stefanova, Raya Jinu, Emma Capitan, Ashley Pereira, Damaris R, Preston S, Aria W, Kylo Maddern, Kuba Pruszek, Gracee Hodding, Nicola Ruminska, Alexandra Tudoran, Stefanie Kocisko, Cristina Blidar, Violet Brown-Reynolds, Malakai Godfree, Andrei-Lucas Hurmuz, Enoch Tanase, Maya Alistar, Skyla Tye, Mikolaj Parzniewski, Piotr Rakocz, Brooklyn da Silva, Andrei Stoica, Lanya Abdullah, Advait Ugale, Spencer Foy, Luciana Do Espiritio Santo, Willow Stokes, Vanessa Sarkute, Freya Noble, Mason Mitchell

# É ótimo ser ouro!



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



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