

Caros pais e encarregados de educação da comunidade Hillside,

Esta semana, estamos muito felizes por algumas das nossas crianças do 5º e 6º ano terem participado no "Bikeability". Este é um curso de ciclismo para ajudar as crianças a andar de bicicleta em segurança nas ruas. A primeira parte do curso consiste em aprender as expectativas de segurança no pátio da escola e, em seguida, as crianças são levadas para a área local para colocar em prática o que aprenderam.

Todas as crianças foram aprovadas no curso e isso será uma grande ajuda para o seu futuro. Agradecemos aos encarregados de educação pelo apoio e esperamos voltar a oferecer o curso no próximo ano para as crianças do 5º e 6º ano.

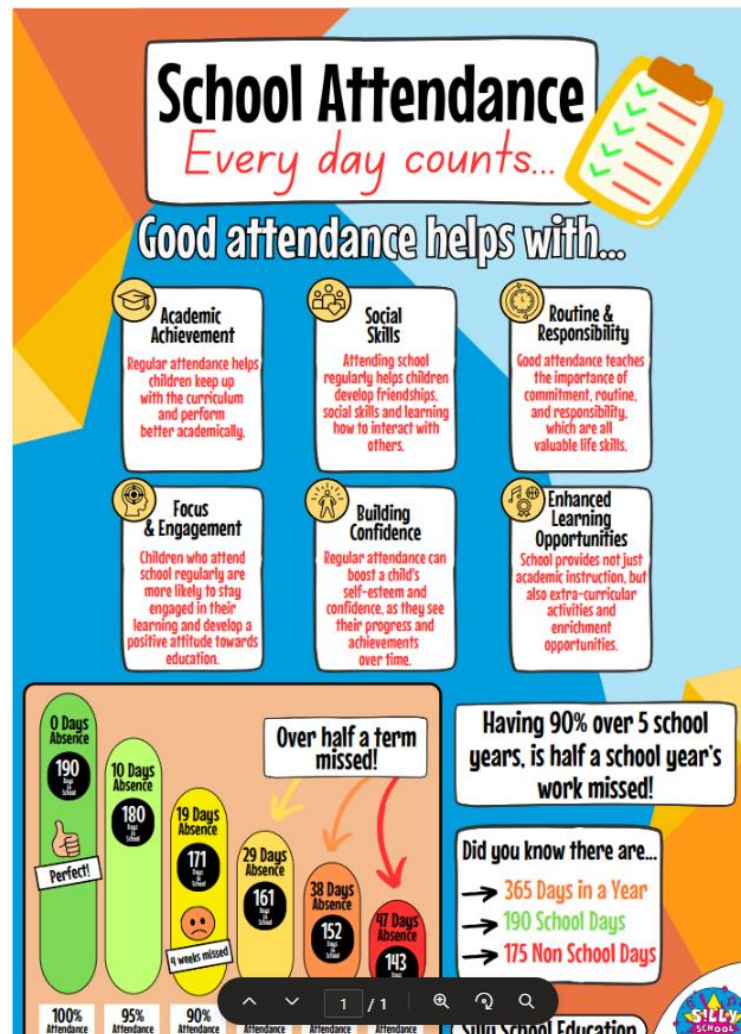
Esta semana, enviamos mais informações sobre os nossos eventos do "Dia do Desporto". Conheça a Arbor. Esperamos que possa participar.

Desejo-lhe um ótimo fim de semana.

Muitas felicidades,

Sra. Wass





Lembretes:

O período letivo é dedicado à educação. Esta é a prioridade. As crianças e as famílias têm 175 dias de folga da escola para passarem tempo juntos, incluindo fins de semana e férias escolares. Não serão permitidas faltas durante o período letivo e só serão autorizadas em circunstâncias excepcionais. As faltas podem resultar numa Notificação de Penalidade Fixa (página 3).

Vamos todos trabalhar em conjunto para ajudar o seu filho a frequentar a escola todos os dias, a horas, para que cada dia valha a pena.

O sucesso começa realmente com a presença.

Nós apoiamos em primeiro lugar!

Queremos que cada uma das nossas crianças seja um Herói da

Assiduidade:



**Aqui
Todos os dias
Pronto
Na hora**



Meta 24-25 96%

Escola inteira 93.75%

Cada dia conta!

**4G 98.1%, 2M 96.55%, 4C 96%, 5C1 95.17%, 1D 94.4%, 6C 93.33%,
6H 93.06%, 3R 92.01%, 1A 91.85%, 3B 91.07%, 5C2 90.37%, 4T 90%,
R2 87.5%, 2D 87.33%, R1 85.56%**

Se o seu filho não estiver bem o suficiente para frequentar a escola, comunique o facto, ligando para a Secretaria através do número 01473 601402, opção 1, a partir das 7h30. DEVEMOS receber esta informação até às 8h45.

Por favor, ajude-nos a reduzir o número de dias letivos perdidos.

Um dia sem aulas significa um dia em que a aprendizagem é perdida.



Datas importantes da agenda para o semestre de Verão

Semana que começa a 16 de Junho – Audições para "Hillside tem talento"

16 de Junho – Conselho de Pais

19 de Junho – Acampamento para o 5º ano

19 de Junho – Café da manhã para a transição de pais do 6º ano

Semana que começa a 23 de Junho – Semifinais para "Hillside tem talento"

23 de Junho - Dia de desporto na Nursery e reception

24 de Junho – Fotos da turma

25 de Junho – Dia de desporto para o 1º e 2º ano, das 9h30 às 12h

26 de Junho – Dia de desporto para o 3º e 4º ano, das 9h30 às 12h

26 de Junho - Passeio para o 2º ano ao Zoológico de Colchester

27 de Junho – Dia de desporto para o 5º e 6º ano, das 9h30 às 12h

1º de Julho – Dia de conhecer o novo professor

2 de Julho – Viagem residencial do 6º ano até 4 de Julho

4 de Julho – Visita escolar do 1º ano

4 de Julho – Feira de Verão

7 de Julho – Dia de praia da Nursery e Reception

9 de Julho – Dia de praia do 3º ano





Datas importantes da agenda para o semestre de Verão

10 de Julho – Dia das Carreiras (mais detalhes em breve)

10 de Julho – A última Hillside tem talento

11 de Julho – Dia de praia do 2º ano

11 de Julho – Relatórios emitidos

Semana que começa a 14 de Julho – Semana de comemoração de fim de ano (mais detalhes em breve)

14 de Julho – Dia de praia do 5º ano

15 de Julho – Dia de praia do 1º ano

16 de Julho – Dia de praia do 4º ano

15 de Julho – Última sessão de natação do 6º ano

17 de Julho – Dia de praia do 6º ano

18 de Julho – Último dia de 24-25

Quarta-feira, 3 de Setembro – Retorno das crianças à escola

Em breve, mais datas!





Hillside's Careers Day!

Thursday 10th July
8.45am - 9.45am

Our students would love to hear all about your career!

If you are able to come in, please speak to a member of the Office team.



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.

What Parents & Educators Need to Know about GENERATIVE AI SAFETY

Generative AI tools – such as ChatGPT – are now commonly used by children. In fact, 3 in 4 pupils in the 2024 Annual Literacy Survey reported using generative AI, up from just 2 in 5 the previous year. While these tools can boost learning and creativity, they also raise concerns around misinformation, privacy and overuse. This guide explores the key risks and how to support safe use.

WHAT ARE THE RISKS?

MISINFORMATION AND ACCURACY



Generative AI can sometimes produce false or misleading content. Children – and even adults – may assume the information is accurate and trustworthy. This can affect learning and understanding of important topics. It's vital to teach children to critically assess all information, even when it comes from AI.

EXPOSURE TO INAPPROPRIATE CONTENT

Because generative AI is trained on vast datasets from across the internet, there is a chance it may occasionally generate harmful or inappropriate content. Without supervision, children could encounter disturbing or unsuitable material. Active monitoring and clear usage boundaries can help reduce this risk.

PRIVACY AND DATA SECURITY

Some AI tools ask for personal details or store users' interactions. If privacy settings are not correctly configured, children's personal data could be exposed or misused. Teaching good digital hygiene and setting strong privacy controls is essential for protecting children online.

REDUCED CRITICAL THINKING



Relying too heavily on AI-generated responses may reduce children's willingness to think independently. If they consistently use AI to solve problems or complete tasks, it could impact their ability to reason, analyse and form their own ideas. Encouraging thoughtful reflection is key.

DIGITAL DEPENDENCY



Regular use of generative AI can contribute to increased screen time and less real-world interaction. If left unmanaged, it may affect physical activity levels, sleep, and social development. Striking a healthy balance between online and offline activities is important for wellbeing.

UNCLEAR ETHICAL BOUNDARIES



Children may not fully understand the ethical implications of using AI to complete homework or creative tasks. This can lead to unintentional plagiarism or dishonest academic practices. Conversations around responsible use and academic honesty are crucial.

IDEAS

Advice for Parents & Educators

ESTABLISH CLEAR GUIDELINES

Set clear, age-appropriate rules for when and how generative AI can be used. Reinforce these regularly to help children develop a healthy, respectful and informed relationship with the technology.



ENCOURAGE CRITICAL EVALUATION

Help children to question the accuracy of AI-generated information and seek out additional trusted sources. This builds essential digital literacy skills and supports better decision-making.



PROMOTE ACTIVE SUPERVISION

Keep an eye on how the children in your care use AI tools. Check in regularly to ensure they're using them appropriately and be ready to step in if something doesn't feel right.



ENHANCE PRIVACY AWARENESS

Talk to children about the importance of keeping personal information private. Make sure privacy settings are in place and explain how data shared with AI tools could be used.



Meet Our Expert

Brendan O'Keefe, Deputy Headmaster and Director of Digital Strategy at Eaton House Schools, has extensive expertise in digital safety, safeguarding, and generative AI in education. As an author and speaker on digital literacy and online safety for institutions such as The National College, Brendan guides parents and educators in creating safe digital learning environments.



#WakeUpWednesday

The National College

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HILLSIDE PRIMARY SCHOOL



Summer fair

03.15PM
-05.15PM

FRIDAY
04TH JULY

TUCK SHOP
RAFFLE & TOMBOLA
FOOD STALLS
GAMES
AND MORE!

BELSTEAD AVE., IPSWICH
IP2 8NU



Hillside Primary School Uniform

<https://www.candduniform.co.uk/>



- Purple jumper or cardigan with plain white polo shirts
- Plain black cotton trousers, knee-length skirts or pinafore dress.
- Purple gingham summer dresses
- Flat, black shoes which cover toes (**no trainers**).
Lace-up, buckles or Velcro fastenings (not slip-on).

Hillside sweatshirt £11.95 — Book bag — £8.50

PE Kit



Swimming Kit



Except P.E

Unhealthy friendships

Your children's friends may not all have good intentions.

If your child is in an unhealthy friendship, they may be manipulated, taken advantage of, or made to do something they don't want to do.

If your child was at risk, would you spot the signs?

Young people are often unaware they are in an unhealthy or unsafe friendship. Parents are unlikely to be aware of what is happening.



Possible signs a young person is in an unhealthy friendship:

-  Sudden behaviour changes such as becoming secretive, defensive, insecure or self-conscious
-  A new friendship group, or withdrawing from family, old friends, hobbies or interests
-  Unexplained fear of specific people or places
-  Becoming anxious after receiving text messages or calls
-  Unexplained injuries, marks or bruises
-  Expressing fear about the way a person may react to a certain situation
-  Changes in spending habits or financial situation
-  Trying to excuse another person's behaviour

Unhealthy friendships can take many different forms and behaviours are not always physical

Emotional abuse: degrading, humiliating, criticising, name calling, applying peer pressure – this can impact your child's self-confidence

Isolation: being kept away from healthy friendships, family, or other support – this can make your child feel they depend on the person harming them

Threats: threatening, scaring, hurting or manipulating – this can help to gain power or control over your child



Find out more and get support
NSPCC  0808 800 5000



Created by Cambridge City Council

What to do if you're worried about your child or a child you know

Remember, you're not to blame.
And your child may be vulnerable or scared.



Talk to your child

Let them know they can talk to you about anything. Ask them questions about what's going on, tell them that you want to help them and keep them safe.

Try to get them to see the reality of their situation. Be open, honest and non-judgemental; remember they may be scared.

Gather evidence

Consider gathering evidence if a crime might have been committed against your child. For example, save messages they have received that show the concerning behaviour, or take photos or videos of injuries caused by someone you think is harming your child.

Get help and support

Talk to your child's school or another professional – see useful contacts below.

When to tell the Police

If your child stays away from home, you should report them as missing to the Police immediately. If you are worried about your child's safety, report these fears to the Police or your child's school.

Useful contacts

Crimestoppers 0800 555 111

Missing People Safecall (call or text) 116 000

Cambridgeshire Constabulary 101

NSPCC 0808 800 5000

Support & advice for parents | NSPCC

If a child or young person is in immediate danger call 999

Children's Social Care

Peterborough 01733 864180

Cambridgeshire 0345 045 5203

Out of hours emergency team 01733 234724



Education & Skills
Funding Agency

Learning in Families

LEARNING
IN FAMILY
COURSES ARE
FREE



Free online Step Ahead In Maths course

Find out more about how the children learn Maths in school and how to support them.

Join this course and learn how to engage your children in fun maths-based activities and games. You might even improve your own Maths skills!

All parents/carers welcome

WHEN:

Wednesday mornings ,
post-school run - 12
from 11th June to 16th July

WHERE:

Online only – you need access
to the internet and a camera

HOW TO BOOK:

Email

eileen.richards@realisefutures.org

with your name, contact number
and the course you are interested in.

IN PARTNERSHIP WITH:

The course is free. In order to keep it at no cost to you or the school, our funders need us to ask you to complete some documentation, which is held securely in accordance with our 'Privacy Policy'. Please bear with us on this



www.hillsideprimary.co.uk



[@hillsideprimaryschool](https://www.instagram.com/hillsideprimaryschool)



www.facebook.com/hillsideprimaryschool

Spring / Summer Menu Week 1

5th May, 26th May, 16th June, 7th July, 8th Sept, 29th Sept, 20th Oct 2025

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausage Toad in the Hole & Home-baked Potato Wedges	Red Tractor Mild Chicken Curry, Mixed Wholegrain & White Rice	Roast Chicken Gravy, Stuffing & Mashed Potato or Roast Potatoes	Wholemeal Margherita Pizza & Pasta Salad	MSC Fish Fingers & Chips
Main Meal Option 2	Cheese, Onion & Potato Pie & Home-baked Potato Wedges	Macaroni Cheese	Beany Shepherd's Pie ^{VS}	Rainbow Vegetable Lentil Pitta Pockets & Hummus ^{VS}	Vegetable & Bean Quesadilla, Chips
Filled Baguettes	Ham	Cheese	Tuna Mayonnaise	Cheese	Ham
Vegetables	Broccoli, Cauliflower & Carrots & Sweetcorn	British Red Tractor Garden Peas, Sliced Carrots	Broccoli, Cauliflower & Carrots	Carrot & Cucumber Sticks or British Red Tractor Garden Peas, Sweetcorn	British Red Tractor Garden Peas, Baked Beans
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo or Cheese ^{VS}	Jacket Potato with Tuna Mayo or Cheese	Jacket Potato with Tuna Mayo or Cheese	Jacket Potato with Tuna Mayo or Cheese	Jacket Potato with Tuna Mayo, Cheese
Dessert	Banana Mousse & Orange Smiles	Marble Sponge ^{VS} & Chocolate Sauce	Strawberry Jelly with Watermelon Slice ^{VS}	Vanilla Cookie ^{VS}	Iced Sponge Cake with Sprinkles

Spring / Summer Menu Week 2

21st April, 12th May, 2nd June, 23rd June, 14th July, 15th Sept, 6th Oct, 27th Oct 2025

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges	Red Tractor Beef Pasta Bolognese & Garlic Bread	Roast Chicken Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Tomato Pasta Salad	MSC Fish Fingers & Chips
Main Meal Option 2	Macaroni Cheese	Veggie Sausage with Mash & Gravy Vg	Vegetable & Chickpea Fajita Wrap, Roast Potatoes Vg	Cheesy Bean Pitta	Tomato & Baked Bean Pasta Bake Vg
Filled Baguette	Ham	Cheese	Tuna Mayonnaise	Cheese	Ham
vegetable's	British Red Tractor Garden Peas, Baked Beans	Broccoli, Cauliflower & Carrots	Broccoli, Carrots & Sweetcorn	British Red Tractor Garden Peas, or Sliced Carrots	British Red Tractor Garden Peas, Baked Beans
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo or Cheese	Jacket Potato with Tuna Mayo or Cheese	Jacket Potato with Tuna Mayo or Cheese	Jacket Potato with Tuna Mayo or Cheese	Jacket Potato with Tuna Mayo or Cheese
Dessert	Banana Cake Vg & Custard	Shortbread & Orange Slices Vg	Hidden Fruit Chocolate Brownie	Flapjack Vg	Chocolate Oaty Slice Vg

Spring / Summer Menu Week 3

28th April, 19th May, 9th June, 30th June, 1st Sept, 22nd Sept, 13th Oct, 3rd Nov 2025

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Sweet & Sour Chicken Meatballs & Sunny Rice	Beef Lasagne & Garlic Bread	Roast Chicken Gravy, Stuffing & Roast Potatoes	Margherita Pizza & Tomato Pasta Salad	MSC Fish Fingers & Chips
Main Meal Option 2	Cheesy Tomato Pasta Bake	Chinese Sweet Chilli Quorn Stir Fry & Mixed Rice ^{VS}	Mediterranean Vegetable & Chickpea Stew & Roast Potatoes ^{VS}	Bean Burrito & Potato Wedges ^{VS}	Cheese & Onion Puff Pastry Roll
Filled Baguette	Ham	Cheese	Tuna Mayonnaise	Cheese	Ham
Vegetables	British Red Tractor Garden Peas, Baked Beans	Broccoli, Cauliflower & Carrots	Broccoli, Carrots & Sweetcorn	British Red Tractor Garden Peas or Sliced Carrots	British Red Tractor Garden Peas, Baked Beans
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo or Cheese	Jacket Potato with Tuna Mayo or Cheese	Jacket Potato with Tuna Mayo or Cheese	Jacket Potato with Tuna Mayo or Cheese	Jacket Potato with Tuna Mayo or Cheese
Dessert	Strawberry Mousse & Fruit Slices	Chocolate Cookie & Orange Wedges ^{VS}	Vanilla Cupcake	Chocolate Crunch 'Concrete' ^{VS} & Chocolate Sauce	Homemade Jam Sponge