



Hillside Primary School and Nursery “Achieving Greatness Together”



Friday 1st March, 2024



Dragi părinți și îngrijitori, sper că sunteți bine.

La Hillside, promovarea înțelegerii valorilor fundamentale britanice este o parte cheie a vieții și ele sunt un element integral al abordării noastre față de predare, învățare și comunitatea școlară mai largă.

Ne asigurăm că toți copiii noștri sunt învățați despre democrație, statul de drept, libertatea individuală, respectul reciproc și toleranța celor de diferite credințe și credințe. Iată câteva modalități prin care promovăm valorile:

Etosul școlii și politica de comportament se învârt în jurul „respectului”, iar discuțiile și adunările se concentrează pe ceea ce înseamnă respectul și cum se arată: „La Hillside suntem amabili, în siguranță și curajoși”.

Promovăm activ diversitatea prin celebrări ale diferitelor credințe și culturi în lecții și adunări.

Explorăm o gamă largă de teme care acoperă toleranța, respectul reciproc și democrația prin lecții precum PSHE și RE.

De asemenea, invităm vizitatorii să vorbească și să lucreze cu copiii noștri, de ex. Pompierii, Poliția și deputatul nostru local al Parlamentului.

Democrația este promovată prin echipele noastre active de voci ale elevilor, unde copiii sunt rugați în mod regulat să contribuie cu ideile lor și să voteze pentru problemele ce au importanță pentru ei. Aceasta include un consiliu școlar ales, un consiliu sportiv și echipa noastră de elevi seniori. Pentru mai multe informații, vă rugăm să faceți clic aici

<https://hillsideprimary.co.uk/our-school/british-values>

Vă doresc un weekend minunat. Suntem încântați de Săptămâna cărții săptămâna viitoare! Cele mai bune gânduri,

D-na. Wass

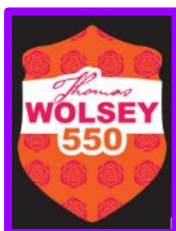




Iepurele și broasca testoasă

KS1 s-a bucurat luni de un spectacol de la New Wolsey Theatre. Copiii au stat încântați în timp ce i-au privit pe actori cântând. Spectacolul a inclus și muzică interpretată pe un violoncel adevărat. A fost minunat!

„Aș vrea să pot scrie una dintre acele povești!”, a spus Tobias la plecare .
„Iepurele a fost cel mai amuzant”, a spus Tae'Veah.



Reimagining Tudor Ipswich in Minecraft



O oportunitate minunată de îmbogățire.

Un grup mic de copii și părinți au participat la un atelier digital pentru a crea un peisaj Tudor din Ipswich. Au fost intrigați de transformarea zonei noastre locale în timp. Toți copiii au putut să acceseze propriul computer și să-și construiască o casă sau fermă care a contribuit la munca din alte școli - făcând din acest eveniment o adevărată colaborare.





Education & Skills
Funding Agency

SUFFOLK ADULT LEARNING



The Gruffalo Workshop

A free workshop in Hillside
Primary School, based on
this popular children's book

For parents/grandparents
and carers and their
children (EYFS/Reception
and Year 1 children only)

Thursday 7th March
9-10.30 am

Would you like to:

- make a Gruffalo puppet and use it to tell the story?
- create an owl collage?
- play a Gruffalo child counting game?

All resources provided.

TO BOOK A PLACE, PLEASE EMAIL:

office@hillsideprimary.co.uk

or return this flier to the school
office with your name and your
child's name and class written on
the back



Zi Romana! XXVII/II/MMXXIV



**Marți, Anul 3 au sărbătorit începutul noului lor
subiect de istorie, Romanii, cu o zi plină de activități
distractive și interesante!**



"I enjoyed dressing as a Roman for the day and seeing how great my friends look. I also like that the teachers dressed up with us!"

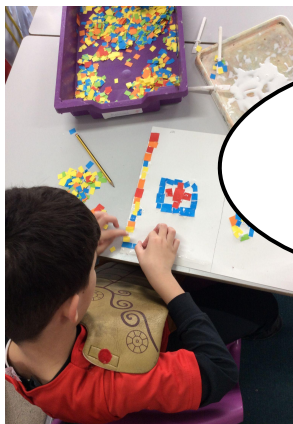
"I loved having a go at the different sports!"



"I found it interesting learning about Roman Numerals."



"My favourite part was designing and making my own shield, just like the Romans used in battle!"



"I liked making a mosaic, it was fun to do!"



"My favourite part was making my own clay pot."



10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT



It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT



If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'



While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE



There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES



An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE



If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS



Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN



As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it *does* happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College



PARENT VOLUNTEERS NEEDED

*Get involved and make a
difference!*

- Share your views with the Parent Council,
- Listen to our fantastic readers,
- Come and share your skills and talents!

If interested please email
office@hillsideprimary.co.uk FAO Mrs Wass
or speak with a member of the Office.



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Hillside is taking part in Beat the Street!

<https://www.youtube.com/watch?v=KJbOghMQ5ZM&t=2s>

Puteți găsi mai multe informații pe site:

<https://www.beatthestreet.me/ipswich>

Prezența săptămânală

Ne dorim ca fiecare dintre copiii noștri să fie un erou al prezenței:



Aici
Zilnic
Pregătiți
La timp



Prezența totală este de **91.5%** ținta **96%**.

Fiecare zi contează!

Anul 3 Fox 98.8%, Anul 6 Osprey 96.7%, Anul 4 Puffin 96.6%,
Anul 1 Squirrel 95.5%, Anul 2 Robbin 94.8%, R Butterfly 94.3%,
Anul 3 Deer 94.3%, Anul 3 Badger 94%, Anul 1 Hedgehog 93.8%,
R Ladybird 91.9%, Anul 5 Dolphin 91.9%, Anul 2 Wren 91.3%,
Anul 4 Kingfisher 90.5%, Anul 6 Kestrel 86.7%, Anul 5 Seal
83.5%

Bravo Clasei Fox cu 98.8 %!



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Friday 1st March, 2024

Date din Jurnal

Săptămâna care începe luni 4 Martie - Săptămâna cărților la Hillside (detaliile au fost împărtășite)

Joi 7 Martie - Îmbrăcați ca un personaj de carte

Săptămâna care începe cu 11 March - Săptămâna științei la Hillside

Vineri 15 Martie - Ziua Nasului Roșu (detalii vor urma)

Luni 25 și Miercuri 27 Martie- Seara Părinților (detalii vor urma)

Joi 28 Martie - Ultima zi din trimestru

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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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



WORLD BOOK DAY[®]

7 MARCH 2024



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

Beginner ENSEMBLES

KS2 Fun ensemble playing for children in their first year of learning their instrument

WEEKLY ACTIVITIES ACROSS SUFFOLK
FREE

Bring your instrument

From Thursday 7th March
Chantry Academy
3.45 - 4.30pm

Find out more: 01473 263400
rebrand.ly/KS2BeginnerInformation



www.hillsideprimary.co.uk



@hillsidepips



www.facebook.com/hillsideprimaryschool



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Premii la matematică

Bravo claselor:

Osprey, Dolphins, Puffins and Fox.

Câștigătorii individuali sunt: Amiyah, Majus, Castiel,
Luciana



Câștigătorii premiilor săptămânale



Bravo următorilor:

Ruby D, Elisabeta I, Sas O, Esmæ K, Ruby P, Ianis-Andrei R, Milana S, Holly D, David N, Awesome A, Ethan H, Layla D, Renato V S, Evie T, Maya I, Osafame O, Yahis R, Adalyn A, Gabriel B, Elena-Raysa N, Andra R, Ronnie C, Cristian B, Malik R, Milena K, Pijus G, Ariana H, Sebastian M, Jayden P, Dominka K, Charlie N, Oscar T, Sophia B, Cristina B, Ameny B da S, Maya A, Aminah S, Isla B, Alan P, Mario R, Niamh-Rose C, Inioluwa S, Bushra D, Nadia J, Spencer F, Luciana D-E-S, Dawan M-A, Toby T, Julia W, Renesmai M, Vanessa S, Wilma O C

E Fantastic Sa Fi Aur!