



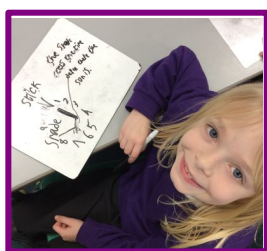
## Hillside Primary School and Nursery “Achieving Greatness Together”

Friday 15th March, 2024



*Dragi părinți și îngrijitori, sper că sunteți bine.*

*Săptămâna aceasta a fost „Săptămâna științei” la noi. Intenția noastră științifică este „de a dezvolta curiozitatea naturală a copiilor prin experiențe bogate în cunoștințe, permițându-le să acceseze și să exploreze lumea din jurul lor” și cu siguranță am reușit acest lucru în această săptămână! Tema pentru săptămâna științei a fost „timpul”, așa că am avut lecții suplimentare de știință pentru a descoperi cum au evoluat lucrurile de-a lungul timpului, inclusiv moduri de a descrie timpul. Activitățile noastre au inclus realizarea și utilizarea cadranelor solare (deși vremea nu a fost ideală pentru asta!); explorarea modului în care funcționează pendulele și investigarea timpilor de reacție. De asemenea, am invitat părinții să ni se alăture la un atelier special de știință.*



*Vă mulțumim pentru tot sprijinul dumneavoastră continuu. Săptămâna aceasta am atins un record de 95,9% de prezență la școală!*

*Vă doresc un weekend minunat. Cele mai bune gânduri,*

*Doamna Wass*





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Miercuri, Consiliul Școlar s-a întâlnit cu Paul de la Blue Cross. A venit să ne vorbească despre munca pe care o fac și despre cum îi putem ajuta la școală.

Am fost uimiți să aflăm că anul trecut au ajutat 40.000 de animale din toată țara, inclusiv pisici, câini și animale mici! De asemenea, am învățat totul despre cum salvează animalele fără stăpân, administrează tratamente, se asigură că animalele au mâncare și băutură și le îngrijesc, precum și cursuri de adopție, îngrijire și comportament animal.

Strângerea de fonduri și donațiile sunt cu adevărat importante pentru ei, fondurile pe care le strâng ajută să-și plătească veterinarii și să găsească animalelor case permanente.

*£10 pot plăti pentru un control al sănătății animalelor.*

*£30 pot vaccina 5 pui de căței*

*£100 poate plăti pentru îngrijirea veterinară de urgență  
a unui animal*

*£1000 poate plăti 4 ambulanțe pentru animale timp de 1 lună.*

*Suntem încântați să vă împărtășim ideile noastre de strângere de fonduri în curând!*





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](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:



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

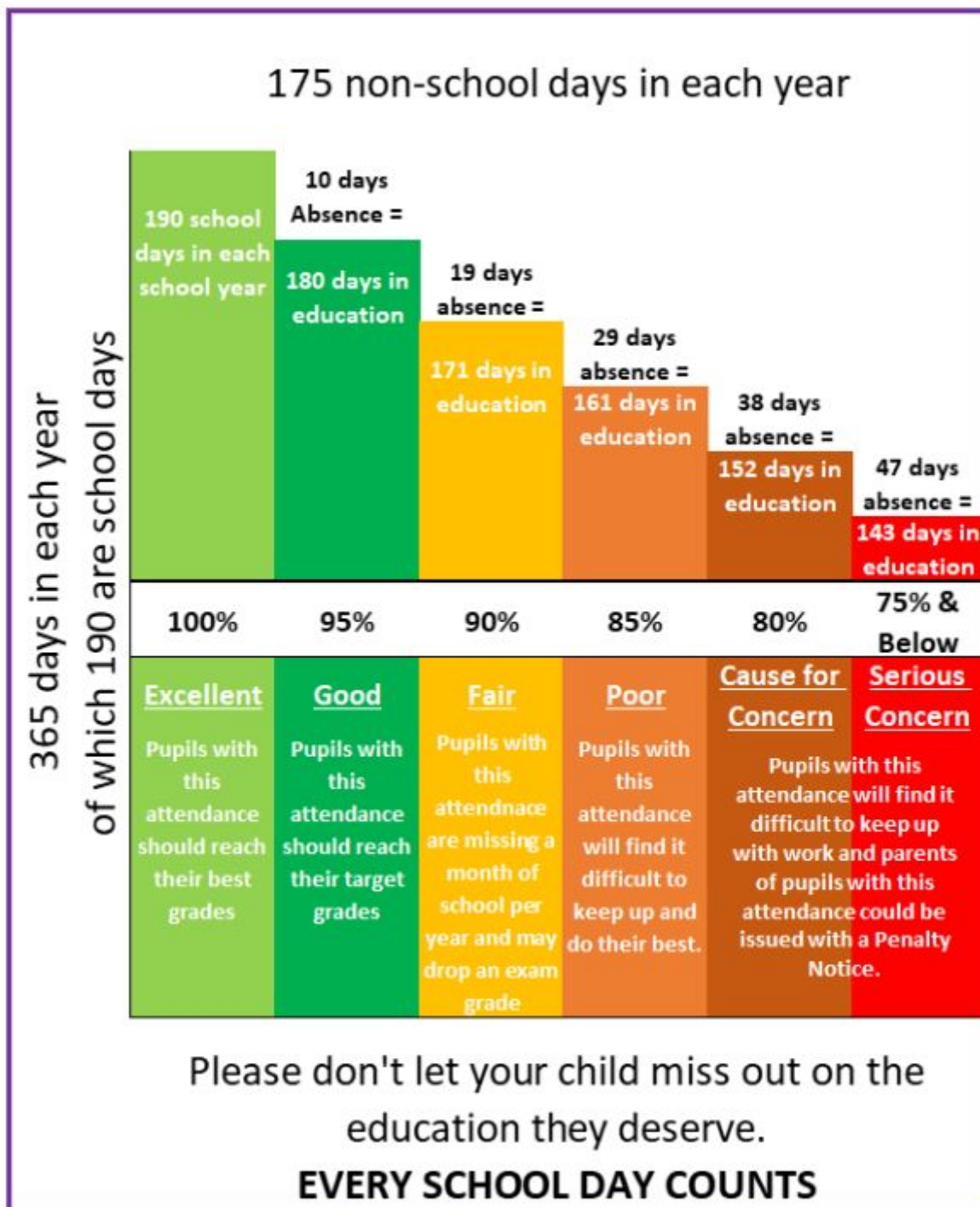


@hillsidepips



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







De câte ori pe săptămână  
mergi pe jos la școală?



## Prezența săptămânală

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



Aici  
Zilnic  
Pregătiți  
La timp



Prezența totală este 91.7% Țintă 96%.

*Fiecare Zi Contează!*

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

**Bravo clasei Robins, cu 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.







## Date din Jurnal

Luni 25 și Miercuri 27 Martie - Seara Părinților

Miercuri 27 Martie - Beat the Street termen limită

Joi 28 Martie - Ultima Zi a Trimestrului (strângerea de fonduri și recunoaștere pentru Crucea Albastră)

Luni 15 Aprilie - Întoarcerea la Școală

Săptămâna începând cu 13 Mai - Anul 6 Săptămâna SATS

Hillside School Dates 2023-2024

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## 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

## Tips for brushing young teeth



## 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



**NHS**

**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.

Healthy Start 1025

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

@NHSHealthyStart

SCAN ME



**HAPPY Easter**

**Easter Menu- Wednesday 27<sup>th</sup> 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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**Premii pentru ora de matematică**

**Bravo:**

Osprey, Dolphin, Puffin și Badgers.

Câștigătorii premiilor individuale sunt: Advait, Mikolaj,  
Stefan, Archie



**Câștigătorii premiilor săptămânale**

**Bravo următorilor:**



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, Tylan 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

***E Super să Fi Aur!***

