

Hillside News

'Where children are at the heart of everything we do'



www.hillsidefirstschool.org ~ 01202 822737 ~ office@hillsidefirstschool.org

**DATES TO
REMEMBER**



Thursday 28th March
INSET day – school closed
for children

Monday 15th April
First day back for children
after Easter holidays

Headteacher Update Friday 15th March 2024

Another bustling week has flown by here at Hillside First School! We kicked off with an exciting Bonster Monster Assembly led by the Dorset Recycling Team, emphasising the vital message of recycling and waste reduction. Thank you to families who promptly collected their recycling bins post-school, we look forward to seeing your creative designs.

Monday saw the Trust Inclusion review, resulting in some very positive feedback. Laura Howieson, our Trust's School Improvement Lead for Inclusion, commended: *You all need to be really proud of your school, it is warm and friendly but studious and purposeful. The pupils were so great and talked so highly of the school and rightly so. Thank you again, it was a thoroughly great day.*

Mrs. Pain and the Librarians faced the tough task of selecting winners for the Toilet Roll character competition across classes! Please see the result below.

On Wednesday evening, a group of our Year 3 and 4 children showcased their musical talents at Emmanuel Middle School's "Music through the Ages" event, captivating a large audience with their performances. Heartfelt thanks go to Emmanuel Middle School for the invitation and to Mrs. Andrews for her tireless efforts in preparing the children.

Meanwhile, Move in March activities are in full swing! Yesterday, some of our Year 4 children participated in a mixed netball tournament at Broadstone Middle School, adding an extra layer of excitement to the week. Elsewhere, the coveted Green Trainer Award has been enthusiastically passed around, reflecting the energetic participation and commitment of our children with walking, scooting, skating and riding to school this week. Finally, the Sponsored Bounce has caused a lot of excitement today and money raised for our school. Thank you for your support and to the PTA for organising everything!



Wishing you and your families a fantastic weekend ahead!
Healthy regards, Mr Graves

Congratulations to the **Camping Crew** that have raised over **£155** towards some more den building equipment. They have also decided to donate £25 of this to Cancer Research. Thanks for your support and well done to the children involved!

WEEKLY SCHOOL ATTENDANCE

Little Owls 1	98%
Little Owls 2	80%
Tawny Owls 1	95%
Tawny Owls 2	88%
Tawny Owls 3	93%
Snowy Owls 1	96%
Snowy Owls 2	91%
Snowy Owls 3	89%

Whole School 92 %

Target



Gates open at 08:30
Gates close at 08:40
The school day begins
at 08:40
School finishes at 15:00



Please keep going
with
Times Table
Rockstars and
Numbots!

No Celebration assembly today due to the Sponsored Bounce.

Our Year 3 and 4 children that performed during the Music Through the Ages show at Emmanuel Middle School on Wednesday evening.



The children in Little Owls were treated to a visit from a Police Dog handler. PC Davis kindly shared his experiences of his childhood ambition to be a dog handler and how he achieved his dream through perseverance and hard work. One of his dogs - PD Wilson has also been awarded a county 'Police animal of the year' award. Many children were inspired by the visit; writing sentences, drawing pictures and playing 'training dogs' in the playground.

Thank you for sharing your story with us and for bringing in your wonderful dogs.



Toilet Roll Character Winners

The winners! The librarians voted for the following from each class:

- Little Owls 1 Jessica with Thing 1 & Thing 2 from Cat in the hat.
- Little Owls 2 Skye with Elsa.
- Tawny Owls 1 Layla with Paddington.
- Tawny Owls 2 Louis with Diggory Doo Dragon.
- Tawny Owls 3 Jessica with Red Riding Hood.
- Snowy Owls 1 Holly with "Bugs".
- Snowy Owls 2 Jack W with Willy Wonka and the Oompah Loompas.
- Snowy Owls 3 Mia J with Toothless.

Well done and thank you to everyone that took part! Prizes to be presented in assembly next week.
From Mrs Pain and the Librarians



We are having an **Easter Egg Hunt** at Treehouse on
Easter Sunday 31st March 2024



This is for 4-11 year olds (school age) at

Verwood Methodist Church

in the hall and garden - 10.45 am - 12.15 pm



If you would like to come please can you e-mail:

Suzannah and Nick 'the Vic' at

treehouse@nickthevic.co.uk by Thursday 28th March 2024

so that we make sure we have plenty of Easter Eggs
for everyone! Thank you.

More info at www.nickthevic.co.uk/treehouse



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.

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.



Spring term



UPCOMING EVENTS

January

HAPPY NEW YEAR

Tuesday 2nd

INSET Day

Tuesday 23rd

National Handwriting Day

February

Friday 2nd

NSPCC Number Day

Monday 5th

Parent Consultations

Tuesday 6th

Safer Internet Day

Wednesday 7th

Parent Consultations

Monday 5th - Friday 9th

Children's Mental Health Week

Monday 12th - Friday 16th

Half Term

Monday 19th

INSET day

Friday 23rd

PTA Event - School Disco

Monday 26th

Tawny Owls 3 School Trip
(Museum of East Dorset)

Tuesday 27th

Tawny Owls 1 School Trip
(Museum of East Dorset)

Wednesday 28th

Tawny Owls 2 School Trip
(Museum of East Dorset)



March

Week Commencing

Monday 4th

World Book Day
week of celebrations

Thursday 7th

World Book Day

Dress up as a character
from one of your favourite books

**WORLD
BOOK
DAY**

Friday 15th

Comic Relief

**RED
NOSE
DAY**

Friday 15th

Sponsored Bounce

Friday 22nd

PTA Event - Craft Friday

Monday 25th

Snowy Owls School Trip (Marwell Zoo)

Thursday 28th

Inset Day



April



Friday 29th March to

Friday 12th April

Easter
Holidays

Monday 15th

Children return to school

Friday 19th

PTA Event
break the rules day



Monday 22nd



Class and Year 4
leavers photographs

After School Clubs

Hillside First School are pleased to offer the following clubs:

Monday

15:00-16:00 – Computer Explorers (Year 3-4)

15:00-16:00 – Creative Dance (Year R-2)

16:00-17:00 – Creative Dance (Year 3-4)

Tuesday

08:00-08:30 – Sports & Fitness Breakfast Club

12:00-12:30 – Sports & Fitness Lunch Club

15:00-16:00 – After School Football Club

Wednesday

15:00 – 16:00 – Creative Club

Thursday

15:00-16:00 – Forest School (Year R-4).

Friday

Lessons in school – Rocksteady

15:00-16:00 – Computer Explorers (Year 1-2)

DORSET CREATIVE DANCE HILLSIDE FIRST SCHOOL AFTER SCHOOL DANCE CLUB

Fun and creative dance classes for children attending Hillside First School
Password for booking: Hillside2024!!

Bookings now open through our website!

Mondays 3pm Reception, Years 1 & 2
Mondays 4pm Years 3 & 4

e: info@dorsetcreativedance.co.uk t: 07759 949 478
www.dorsetcreativedance.co.uk

CODING | GAME DESIGN | ANIMATION

AFTER SCHOOL TECH CLUB Computer Xplorers

15:00-16:00
MONDAY Y3-4
FRIDAY Y1-2

£8 per session
10% OFF for siblings

CLICK OR TAP HERE TO BOOK NOW

HILLSIDE FIRST SCHOOL

Department for Education

Poole Forest School After School Club at Hillside
Thursday 11th January - Thursday 21st March

Tools, shelter building, bushcraft, natural crafts, campfire cooking and much more. Ofsted registered for ages 5-11. Accept childcare vouchers.

est. 2019

FOREST SCHOOL POOLE

BOOK ONLINE
<https://forms.gle/VRb1265DTXSsvk8y5>
www.pooleforestschool.com
marina@pooleforestschool.com