

Hillside News

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



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

DATES TO REMEMBER



2nd July

**Sports Morning
and picnic**

09:00 – 13:00



Headteacher Update Thursday 20th June 2024

Our first transition event was a great success this week, and we're looking forward to the next one on Friday. It's amazing how quickly time flies and to see the children transitioning smoothly is truly wonderful.

We were delighted to welcome Laura Thomas, the Director of Education for Initio, to our school yesterday. She was very complimentary about our learning environment and the overall atmosphere. It has been fantastic to see our children enjoying our extensive school grounds during playtimes and learning.

Sports Day practice continues to be in full swing, and there is a real summer of sport this year with Wimbledon, the Men's European Football Championship, the Olympics, and Hillside's Sports Morning! The benefits of exercise on both body and mind cannot be underestimated. Please find a document below from The National College on promoting physical well-being.

I've had a few parents mention cars 'idling' (leaving a car's engine running whilst waiting) before the gates open near the drop off zone. Please could you consider turning your engines off whilst waiting if at all possible. I have included some further information below.

Please note that tomorrow is a training day for staff, so we look forward to welcoming everyone back on Monday.

Wishing you all a wonderful weekend, and hopefully, we will enjoy some good weather.

Healthy regards,

Mr. Graves

WEEKLY SCHOOL ATTENDANCE

Little Owls 1	100%
Little Owls 2	97%
Tawny Owls 1	90%
Tawny Owls 2	98%
Tawny Owls 3	98%
Snowy Owls 1	94%
Snowy Owls 2	92%
Snowy Owls 3	95%

Whole School 95%

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!



Meet our heroes



Well done to Hillside Heroes Charlie, Lu, Evren, Tommy, Cohen and Jess for working super hard all season for Verwood Town FC under 5's.



Here they are all looking very excited to have received their medals at a recent football presentation.

Your parents are all very proud of you.

Maddy started piano lessons just under a year ago and played for the first time in front of an audience at Hillside's Got Talent auditions.



Well done Maddy for reaching the finals.

Your parents are very proud of you.

Summer term



May

Wednesday 1st - Friday 3rd
Year 4 Residential Trip
to Hooke Court



Monday 6th

May Day Bank Holiday

Friday 10th

Mufti Day in exchange for tombola
donations for our Summer Fayre

Wednesday 15th

Little Owls School Trip (*Blashford Lakes*)

Friday 17th

17:00 - 19:30
Summer Fayre

Monday 27th to
Friday 31st May

Half Term



June

Wednesday 5th

World Environment Day

Friday 7th

PTA Event - Ice-Cream Sale

To be purchased in advance on ParentMail

Friday 14th

PTA Event - School Disco

Thursday 20th

PTA Event - Ice-Cream Sale

To be purchased in advance on ParentMail

Friday 21st

Inset Day

Friday 28th

PTA Event - Ice-Cream Sale

To be purchased in advance on ParentMail

Friday 28th

Transfer Day

UPCOMING EVENTS



July

Tuesday 2nd
Sports Day



Friday 6th

PTA Event - Ice-Cream Sale

*To be purchased in advance on
ParentMail*



Friday 12th

PTA Event - Ice-Cream Sale

*To be purchased in advance on
ParentMail*



Friday 12th

14:00 - 15:00

PTA Event - Children's Bingo



Thursday 18th

17:00 - 19:00

Year 4 Leavers Party



Friday 19th

14:00

Year 4 Leavers Assembly

Friday 19th

PTA Event - Ice-Cream Sale

*To be purchased in advance on
ParentMail*



Tuesday 23rd

Last day of term



PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

1 MAKE IT FUN



Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

2 MIX MOVEMENT WITH LEARNING



Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

4 PROVIDE POSITIVE REINFORCEMENT



Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

5 VARIETY IS KEY



Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

6 ENJOYMENT OVER COMPETITION



Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

7 SET REALISTIC GOALS



Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

8 MAKE IT ACCESSIBLE



Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

9 LEAD BY EXAMPLE



Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

10 ENCOURAGE PERSISTENCE



Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

Meet Our Expert

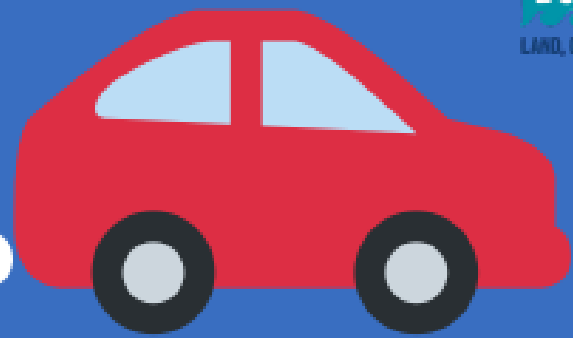
Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



#WakeUpWednesday

The National College

+* **SHOW YOU
CARE ABOUT
CLEAN AIR**



**IDLING DAMAGES THE HEALTH
OF THOSE AROUND YOU.**

ALWAYS TURN YOUR ENGINE OFF WHEN WAITING.

WHAT IS IDLING?

Idling means leaving a vehicle's engine running while it is stationary. While this is often because of everyday traffic, there are some instances – such as waiting for children outside schools – when idling is not necessary and should be avoided.



WHY IS IDLING BAD?

Idling increases the amount of exhaust fumes in the air. These fumes contain a number of harmful gasses including carbon dioxide, which is bad for the environment and contributes towards climate change, as well as a range of other harmful gasses including nitrogen dioxide, carbon monoxide and hydrocarbons which are linked to asthma and other lung diseases.



WHAT CAN YOU DO?

Switch off your engine when your vehicle is parked for more than one minute. This does not apply if you are stopped at traffic lights or a pedestrian crossing of any kind, or if your vehicle has broken down and it is necessary to run the engine to fix the problem.

DID YOU KNOW...

Turning off an engine and then restarting it can cause less pollution than letting it run, especially in newer vehicles – and it also uses less fuel. So, it's not just good for your health, it's also good value for money.



REASONS TO STOP IDLING

It improves air quality.

Breathing in air pollution during our lifetime has been linked to a wide range of health problems, including lung and heart disease, stroke and cancer.

It helps the environment by reducing CO2 emissions.

A typical passenger vehicle emits about 4.6 tonnes of carbon dioxide per year.

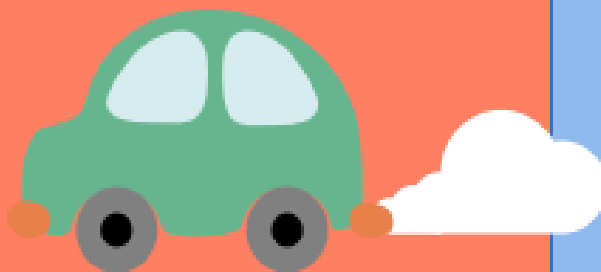
An idling engine burns fuel less efficiently and can **produce up to twice the emissions** of a car that is moving.

Idling actually **increases wear and tear on the engine** as it leads to incomplete fuel combustion and the build up of residues.

Research shows that exposing children to high levels of air pollution can **stunt lung growth**, as well as causing **behavioural and mental health problems**.

Toxic air disproportionately impacts children as their bodies are still growing and going through periods of critical development.

Air pollution can **worsen** existing health inequalities.



SHOW YOU CARE ABOUT CLEAN AIR.

TURN THE KEY WHILE YOU WAIT PLEASE.

After School Clubs

Hillside First School are pleased to offer the following clubs:

Monday

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

Thursday

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

Friday

Lessons in school – Rocksteady



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@dorsetcreativdance.co.uk t: 07759 949 478
www.dorsetcreativdance.co.uk

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

Hillside Pre-School & Early Learning Group



WE ARE TAKING BOOKINGS FOR SEPTEMBER 2024

Hillside Pre-School is open term time, Monday - Friday and accepts children with both 15 and 30 hour funding. We have a Breakfast Club running from 7:45am, and After School Club running from 3pm, for both Hillside First and Pre-School children.

To book a tour of our wonderful setting, contact Mrs Ford on:
01202 820 679

Email: office@hillsidepreschool.org

or visit: www.hillsidepreschool.org

Click on the icons for a quick link to our social media pages,
access our website or send us an email →

