

Hillside News

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



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

DATES TO
REMEMBER



Children in Year 1 –
4 return to school
on
**Thursday 5th
September.**



Headteacher Update Friday 19th July 2024

As we wrap up the last full week of the academic year, I want to reflect on what a fantastic academic year it has been at our school. We've made significant strides forward and enhanced our offerings for our children.

Saying goodbye to our wonderful Year 4 leavers has brought mixed feelings. I am immensely proud of their achievements and have no doubt they will continue to excel and achieve great things in the future. A huge thank you to the Year 4 parents who organized the most amazing leavers' party last night; it was certainly a memory that will stay with them for a long time. We will certainly miss them next year.

I am thrilled with the overwhelmingly positive feedback from our recent parent survey and the wonderful comments received. Thank you for taking the time to share your thoughts. We've identified a couple of themes from your feedback on how to strengthen the partnership between school and home. I will be considering the best way to implement these ideas over the summer and will update you on our priorities for the upcoming school year. I firmly believe that a strong collaboration between home and school is crucial for the well-being and success of our children.

I must say, the whole school photo we took recently is undoubtedly the best one ever! Everyone looked incredibly smart, and we were blessed with perfect weather. This photo will serve as a cherished memento for our school, proudly displayed for all to see.

I'd also like to share the link [here](#) to our recently updated "Supporting Children's Mental Health & Wellbeing at Hillside" page on our school website. Here, you'll find a wealth of information, useful links to external resources, and some practical ideas to try at home. A special thanks to Mrs. Corrie and Mrs. Tarrant for their dedication to updating this page.

Lastly, I want to extend a heartfelt thank you to each of you for your continued support throughout this academic year. To our incredible staff team, whose hard work and unwavering dedication make everything possible. To our local school committee members, who work tirelessly behind the scenes. To all our volunteers who have given up their time to hear our children read and the remarkable PTA for their invaluable fund-raising feats. And of course, to our amazing children, who inspire us every day. A special mention to the families who are bidding farewell this year—thank you for your support over the years. And a warm welcome to our new families joining us in September.

Wishing you all a wonderful rest of the summer.

Healthy regards,

Mr. Graves

WEEKLY SCHOOL ATTENDANCE

Little Owls 1	93%
Little Owls 2	91%
Tawny Owls 1	96%
Tawny Owls 2	93%
Tawny Owls 3	91%
Snowy Owls 1	95%
Snowy Owls 2	93%
Snowy Owls 3	94%

Whole School 93%

Target



Gates open at 08:30

Gates close at 08:40

The school day begins
at 08:40

School finishes at 15:00

Tuesday 23rd July



Children finish at 3pm
as usual.

School Parliament

Yesterday, this year's School Parliament members completed their final task of the term by visiting Hillside Pre-School to share some stories. It was a pleasure to participate, and the pre-school was as friendly and inviting as ever. This visit provided a wonderful opportunity for children to share stories with one another. Thank you for having us, Hillside Pre-School! A massive well done and thank you to our School Parliament members for their excellent service this year!



THANK YOU

Volunteers



Jean



Emma



Anne



Sarah



Lesley



Nancy



Mary



Sue



Judith



Meet our heroes



Gruff started playing cricket last summer and this month, got to play his first ever game with the Under 8s team!



He practices almost every day to get better.

Well done Gruff!



Ethan attends Dorset Creative Dance club and has done since starting Reception in September.



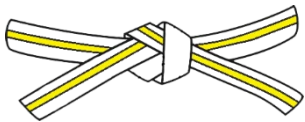
Ethan recently took part in his second dance show, performing two dances.

The photo shows Ethan in his first show costume. Well done Ethan we are extremely proud of you!!!!





Meet our heroes



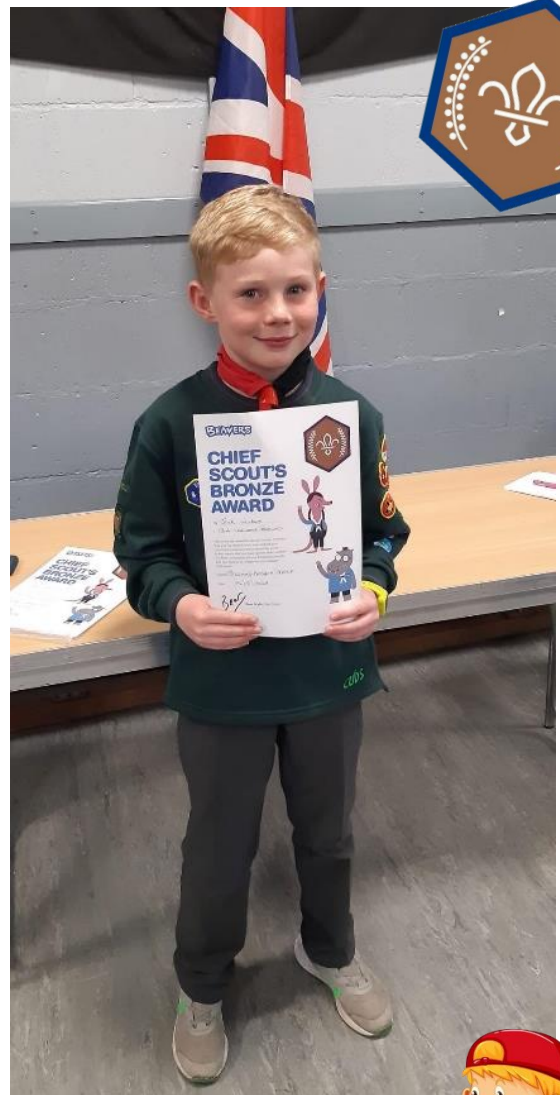
Charlotte has recently started Taekwondo and took her first grading (yellow stripe).



She not only passed but passed with the highest possible mark and got a special award presented by the Grand Master!

Well done Charlotte!

Jack was presented with his Chief Scout Bronze award recently for his time as a Beaver.



To achieve this, Jack had to complete four activity badges and 6 challenge awards including a personal challenge, for which he learned to ride a bike.

Fantastic, Jack!





Meet our heroes



Jack won managers player at his football presentation recently!



Amazing, well done Jack!



Upcoming COMMUNITY EVENTS

Join us for a day of fun, laughter, and community at our Summer Fete! This event is designed to bring together residents, their families, staff and the local community for a memorable day filled with activities, stalls, Mr Pops Balloons, Ice-cream Van, EMS Friendly Farm petting Zoo will be joining us, light refreshments, raffle for local charity and so much more!

Pop along from 2pm-4pm and enjoy our wonderful garden space with us!

Everyone welcome.

01202 812250

Verwood.rec@hamberleycarehomes.co.uk

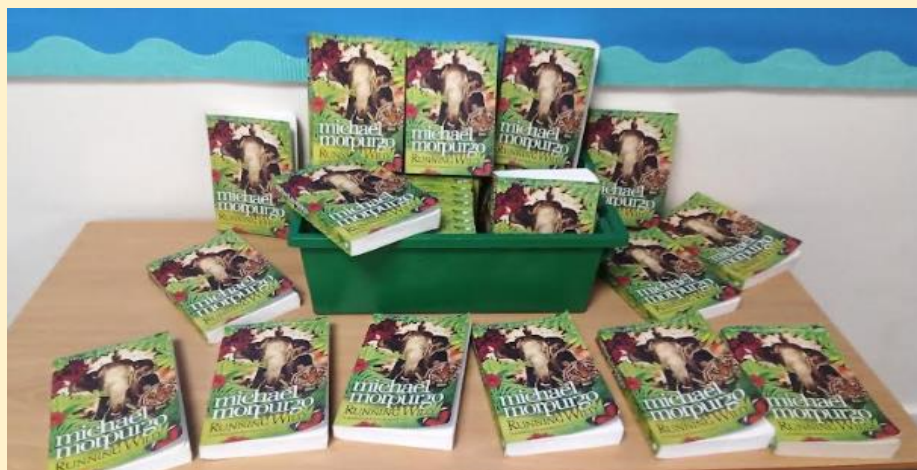


Thank you PTA for all your fundraising efforts and to everyone for all your generous donations!

Our wonderful PTA is always keen to invest the money raised for the school back into resources that benefit our children! Here are a range of books and resources that have been provided:

- Children in Year 3 and 4 now have access to their own individual dictionaries and thesauruses.
- Children in Year 1 and 2 now have individual access to key materials for their history topics.
- We also received a set of class books for use in reading lessons.
- Our Year 4 Leavers have selected a book to be added to the school library as their leaving gift.

This has been greatly appreciated by all the children and staff. Thank you!



What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY



Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

DIFFERENTIATING WORRY FROM ANXIETY



While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

TEACH COPING STRATEGIES



SEEK PROFESSIONAL HELP



After School Clubs



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

Poole Forest School are now taking bookings for the **Autumn Term 2024:**



[Link to booking](#)