

Hillside News

DATES TO REMEMBER



Christmas Fayre



**Friday 29th November
17:00 – 19:30**

Hillside First School

where children are at the heart of everything we do



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



Headteacher Update Friday 15th November 2024

What a Great Week! There has been a buzz of activity across our school this week. On Sunday, I attended the Verwood Remembrance Service and laid a wreath on behalf of our school alongside four of our Year 4 children. It was a very fitting service, and it was great to see past and present Hillside children in attendance. We also observed a two-minute silence across the school. Thank you for all the poppy donations throughout last week and to our Year 4 students who visited each class to sell them. Further details are below.

Monday was a memorable day for our children with the African Drumming Workshop. A huge thank you to our PTA for funding this event, allowing all of the children to participate. Having worked with Cheikh before, I knew we were in for a real treat! I've included a few photos below.

In recognition of Friendship Week (Anti-Bullying Week), we celebrated Odd Socks Day on Tuesday, emphasising that everyone is unique and different. I'll be sharing some of our winning Friendship posters over the next couple of weeks. More details below.

Today, we supported Children in Need, another important and worthy cause. Thank you for getting involved by dressing the children in spots and for your generous donations.

Yesterday was World Diabetes Day, and I've included a heartfelt message from Logan's mum below, sharing the incredible journey Logan has been through in his young life. A true inspiration!

Our Year 3 and 4 students have also written pen pal letters to Verwood Care Home, which I dropped off yesterday. This project gives their writing real purpose, and we hope it will brighten the residents' days. Fingers crossed we receive some replies!

Have a wonderful weekend.

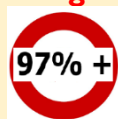
Best wishes, Mr. Graves

WEEKLY SCHOOL ATTENDANCE

Little Owls 1	96%
Little Owls 2	85%
Tawny Owls 1	99%
Tawny Owls 2	99%
Tawny Owls 3	96%
Snowy Owls 1	96%
Snowy Owls 2	99%
Snowy Owls 3	97%

Whole School 96%

Target



The school day begins at 08:40

Gates open at 08:30

School finishes at 15:00

Christmas Tree Donations Needed Please

Do you have an artificial Christmas tree that you could donate to the school?

We are aiming to collect at least 10 trees to help decorate for our Christmas Fayre on 29th November. Any donations would be greatly appreciated!



Congratulations to the following children
for being our latest **Stars of the Week**:



Hot chocolate time!



The Book Nook



Hollie loves to read "The Tickle Book" Written by Ian Whybrow Illustrations by Axel Scheffler. "I love to read this book because it has lots of surprises in it. I have been reading it for a long time over and over again. You can lift the flaps and make the pictures move. I like the characters, especially the tickle monster because he keeps popping out. When the tickle monster comes, I get to tickle my dad! It's a really good book for young children and children who love tickles."

If you're planning to purchase books as gifts through Scholastic, please consider selecting our school at checkout. Doing so will help raise valuable funds for us!

 **SCHOLASTIC**

<https://shop.scholastic.co.uk/spend-your-rewards>

FREE books for your school

Every order over £10 earns 20% of the order value back to your chosen school in FREE BOOKS

[Find your school](#)

African Drumming Workshop

Our African Drumming Workshop was a great success! Children in Years R–2 enjoyed an interactive assembly first thing in the morning, while our Year 3 and 4 children participated in a hands-on workshop, followed by a lively performance for parents—some even showed off their dance moves!

Afterwards, Cheikh shared his appreciation: “Thank you for inviting me to Hillside First School yesterday. I really enjoyed sharing so much fun with the pupils, teachers, and some parents.”



Remembrance Tribute and Friendship Week Activities

As part of our Remembrance tribute, each child created their own cross, which was then laid next to the Verwood town centre memorial site. Additionally, children who are members of Cubs, Beavers, Scouts, Guides, and similar groups were invited to wear their uniforms to school on Monday, where we observed a respectful two-minute silence.

On Tuesday, we recognised Odd Socks Day as part of Friendship Week (Anti-Bullying Week). Children have been busy designing posters to promote awareness, with winners to be announced on Monday. These posters will be displayed around the school to reinforce the message of kindness and inclusivity.



Jayden represented Verwood town football club at the Remembrance Service.

Odd Socks Day



SCHOOL NEWS



PLEASE REMEMBER
WE ARE A NUT
FREE SCHOOL



A friendly reminder that we are a nut-free school! To keep all of our children safe, especially those with nut allergies, please make sure no nuts or nut-containing products are included in lunch boxes or snacks.

For children with allergies, even small traces can trigger serious reactions. By keeping snacks nut-free, you're helping us create a safe, welcoming environment for everyone.

Thank you so much for your support and understanding.



Meet our heroes

Would your child like to be included in the Hillside Heroes feature of our newsletter?

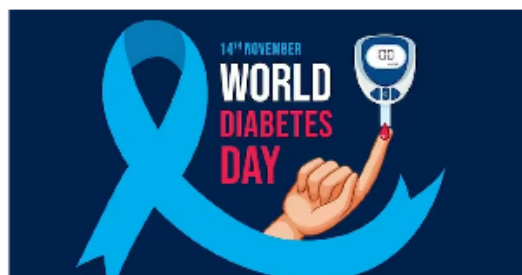
If you would like to share a photo and a short explanation of something your child is proud of—whether it's earning a swimming badge, creating artwork, learning to ride a bike, or mastering a times table—please send it to office@hillsidefirstschool.org for consideration.

We'll post the submissions in the order they're received.

This will be limited to one submission per academic year, per child.

Logan's Story – World Diabetes Day

Yesterday was **World Diabetes Day**, and we would like to recognize everyone who lives with diabetes and their inspirational stories. Here at Hillside First School, we are especially proud to celebrate one of our very own superstars. Not all superheroes wear capes, and Logan is an inspiration to us all. I encourage you to take a moment to read his story below:



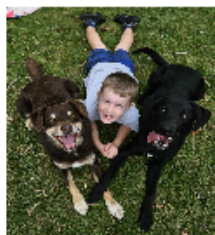
Logan's Story

By Laura Waite

When Logan was 2 years old, he became very unwell, over the course of a few days he lost his appetite, became irritable and tearful, he had an unquenchable thirst day and night and lost a frightening amount of weight. On 16th August 2019, Logan was rushed into hospital, in a life threatening condition called Diabetic Ketoacidosis. Unbeknownst to us, Logan's body had stopped producing insulin - a substance that is vital to life. Here Logan's Type 1 journey began...

Life changed for our entire family that day, from then on it would become a routine of weighing and measuring every single crumb of food that passed Logan's lips, working out the mathematical equations of how much insulin he needed, based on how many grams of carbohydrate was in his food, not just meals but snacks, and even drinks. I still remember standing in the kitchen on the children's ward adding food onto a plate - one pea at a time ensuring I was calculating the right amount of insulin to deliver.

Logan started off his diabetes journey using insulin pens - these are reusable injections with cartridges of insulin holding up to 100 units, the needle was changed for every injection and boy... did we get through a lot of needles! Logan not only had to be injected when he ate, but also multiple times in between to correct high blood glucose levels, in all sometimes Logan had to endure up to and around 15 injections a day - into his tiny arms and legs.



Logan used to call these "county pens" because, once the needle was in, we were taught to count to 10 before pulling it out, thus making sure all the insulin had been delivered. We counted

together, 1...2...3... and this helped Logan distract himself from the reality of the pain he felt.

On top of the injections for insulin, we also had to check Logan's blood sugar levels every hour throughout the day, and every 2-3 hours throughout the night (sometimes more if we were concerned). This involves... you guessed it! MORE needles, pricking his tiny fingers to obtain drops of blood to feed into a machine, and anxiously await the result. Logan took all of this in his stride, and from day one his bravery and courage to battle this cruel disease was astonishing.

After a year of relentless injecting, Logan was approved for an insulin therapy pump, this is a device that is connected to Logan 24/7, and

delivers him insulin subcutaneously through a cannula which we change at home every 3 days. These cannulas are situated on Logan's tummy, lower back and thighs and Logan wears the pump on special belts (that his Auntie cleverly crafts) around his tummy. Logan can only have his pump disconnected for up to 1 hour per day, so this means he sleeps with it on all night, its only ever taken off to charge for short periods, or when he goes swimming. This was a true breakthrough for Logan as it meant he only had to endure one needle to insert his cannula, every 3 days. Of course there are occasions still where we need to manually inject Logan - for pump failure or when he's really poorly and what's known as being 'insulin resistant'.

Everything can affect how high, or low Logan's blood sugars are - his mood, how much or little he eats, hydration, exercise and illness. A simple cold can send Logan's blood sugars soaring, whilst his body tries to fight infection. When Logan contracted chicken pox in 2022, he spent a week in critical care at Poole Hospital, hooked up to drips and wires.



A normal childhood illness made impossible to manage due to his autoimmunity.

Further down the line in Logan's journey, another new piece of equipment was offered - a "CGM", continuous glucose monitor. This is a device that is inserted into Logan's arm, and sends blood sugar levels to a mobile device every 5 minutes. This was another exceptional leap in our efforts to make this as comfortable, and as easy for Logan as we could. It doesn't eliminate the need to finger prick completely, as again these devices do fail and can't ever be 100% accurate all the time. But it certainly meant there wasn't a need to draw blood from Logan every hour or two throughout the day and night, it also meant we could see patterns in Logan's levels therefore we became better at predicting high and low blood sugars.

Now Logan is older, I ask him what it feels like to be "high" and "low". He says, "when I'm high I feel thirsty and hungry! And it makes my head feel swimmy and achy. When I'm low, I feel sick and dizzy".

Prolonged high blood sugar has major health implications for people with diabetes. It can cause permanent damage to parts of the body such as the eyes, nerves, kidneys and blood vessels. Low blood sugars can induce seizures and in some cases, can be fatal.

Logan has routine appointments at the hospital every 3 months. This is to obtain blood to check

Logan's haemoglobin A1c test. This test is used to evaluate a person's level of glucose control. The test shows an average of the blood sugar level over the past 90 days and represents as a percentage. He is also weighed and has his blood pressure checked. There is the most fantastic team of diabetes nurses who have held our hands throughout the last 5 years, we call them - Logan's Angels.

Starting school was a huge step in Logan's life - even without the added complications that diabetes brought. Hillside have made every effort to train their staff, and I must make a particular mention to Mrs Morrell, who has supported Logan and been administering his insulin and meticulously checking his blood sugar levels throughout the last 3 of his now 4 years at school. Her skill and compassion, and her wonderful relationship with Logan has surpassed any and all expectation we had, when we know all too well how trying this disease is! And for that, she really does deserve the highest thanks.

But its not ALL doom and gloom! Logan is a happy, intelligent, sociable and funny little boy. He is thriving in every aspect of life, he loves football and currently plays for an incredible team "the dragons" under 8s for Verwood Town FC. He has recently excelled in his ability within the team and has been awarded the role of team captain.



He loves to swim, dance, ride his mountain bike and go off on long adventures with his two dogs, Duke and Dash. He loves animals, and has many many friends. Logan enjoys his learning at Hillside... his favourite subject is Maths! (That will come in handy!)

Logan's life is not restricted, he makes sure of that as do we! His diabetes does not define him, but unfortunately it is a life long, life threatening condition that he will have to manage forever. For now, he's just enjoying being a normal 7 year old boy ... well not quite normal I suppose, we call him our warrior!

Know the signs of type 1 diabetes... the 4 T's: Tired Toilet Thirsty Thinner. If you ever have concerns, I urge you to visit your GP... diabetes is so much more manageable now than it used to be, and I can assure you it certainly doesn't hold Logan back!



Meet our heroes



After two promotions in two seasons, the Verwood Eagles u8s are now playing more challenging teams. They have continued to work together and improve leading to some fantastic results so far this season.

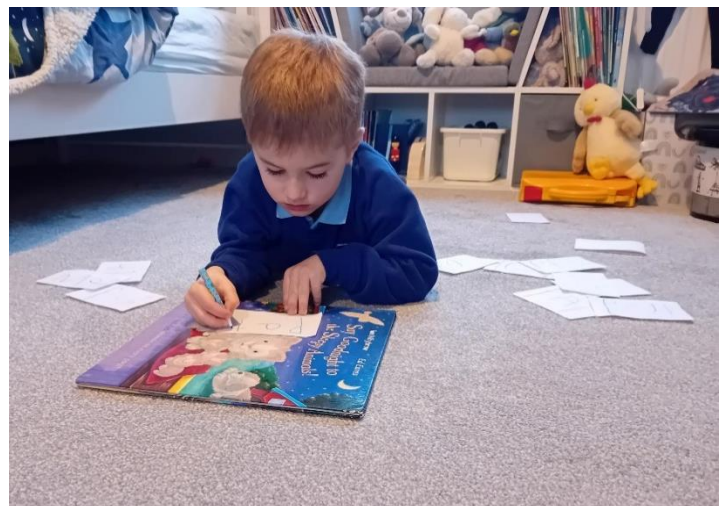


George won 'player of the match' versus Poole Town recently, after putting in a great performance. This included two goals and two assists.

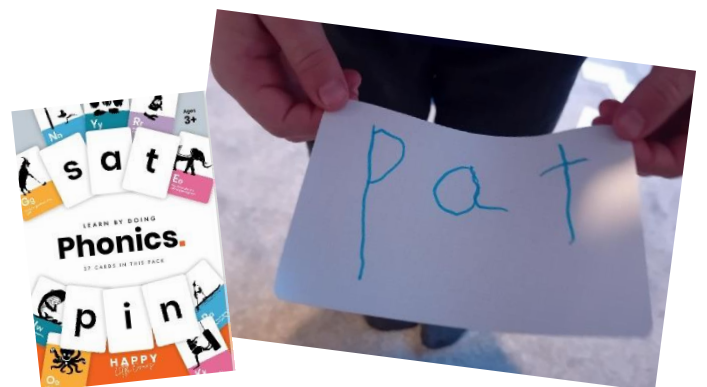
Amazing, well done George!

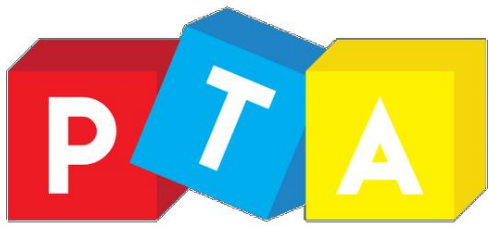


We are so proud of Arthur for how hard he is trying in and out of school, he has taken it upon himself at home to make a word book to practice his sounds and words.



Fantastic Arthur, well done!





Christmas Fundraisers

Hillside First School
Christmas Fayre
All Welcome

50p Entry
Children free

29th November 5pm to 7.30pm

With lots to do including
Santa Storytelling
Elfs Crafts
Tree Trail
Mrs. Claus Baking
Games Tombolas
Cake sale
Food and Drink
Stalls
and lots more

MUFTI DAY 22ND NOVEMBER

THE CHILDREN ARE INVITED TO WEAR
MUFTI IN EXCHANGE
FOR ITEMS FOR CHRISTMAS FAYRE
EACH CLASS HAS A SET THEME

LITTLE OWLS: NEW TOYS
TAWNY OWLS 1 AND 2: SWEETS AND CHOCOLATES
TAWNY OWLS 3: STATIONARY
SNOWY OWLS: ALCOHOL

WE WOULD LIKE TO THANK YOU FOR YOUR KIND DONATIONS
TO HELP SUPPORT THE CHRISTMAS FAYRE

IF YOU HAVE ANY NEW UNWANTED SMELLIES WE WOULD BE
GRATEFUL FOR THE DONATIONS



Saturday 7th December



10:30 am - 12 noon

Verwood Methodist Church



Join Nick The Vic, Suzannah & the fab **TREE HOUSE** team for a morning full of fun Christmas craft activities. Make some great decorations for the church tree - and some for your own. Expect cool craft, Christmas music, drinks & biscuits - and all for FREE!

To register a place please visit: www.nickthevic.co.uk

and click on 'Crafty Christmas'

Hope to see you there!



Verwood Methodist Church
Vicarage Road
Verwood BH31 6DR



Autumn *term*

UPCOMING EVENTS



September

Tuesday 3rd

Inset Day

Wednesday 4th

Inset Day

Monday 16th

Individual & Sibling Photographs



Thursday 19th

PTA AGM - new members welcome
18:00 at Hillside First School



October

Wednesday 2nd

New Parents Open Morning
09:00 - 11:00

Wednesday 2nd

New Parents Open Evening
17:00 - 19:00

Monday 7th

Harvest Assembly



Thursday 10th

World Mental Health Day

Wednesday 16th

New Parents Open Morning
09:00 - 11:00

Monday 21st

Parent Consultations

Wednesday 23rd

Parent Consultations



Monday 28th - Friday 1st November
Half Term



November

Monday 4th

Inset Day

Thursday 7th

Flu Immunisation

Friday 8th

School Disco

Monday 11th

Remembrance Assembly
Anti Bullying (Friendship Week)

Friday 15th

Children in Need



Monday 18th

Dog's Trust Assembly and KS1 Workshops



Tuesday 19th

Dog's Trust KS2 Workshops

Wednesday 20th

New Parents Open Morning
09:00 - 11:00

Friday 22nd

Mufti Day for Christmas Tombola

Friday 29th

Christmas Fayre



December

Wednesday 4th

Pyjama Themed Movie Night
Year R and 1



Friday 6th

Christmas Jumper Day
Rocksteady Performance 14:15

Wednesday 11th

Pyjama Themed Movie Night
Year 2-4

**Thursday 12th &
Friday 13th**

PTA Christmas Shop



Friday 13th

Christmas Performances

Monday 16th

Christmas Performances

Tuesday 17th

Christmas Performances

Wednesday 18th

Christmas Party Day
& Chartwells
Christmas Lunch
FREE Mufti day
Children invited to
wear party clothes

Thursday 19th

Last day
of term





Do you run a sports club, activity fitness group, art or craft club?

Hire our facilities

Our school hall and large outdoor space are available for hire.

Our facilities are available to book on weekday evenings, weekends and holidays.

Contact us:

Hillside First School

Hillside Road, Verwood, Dorset BH31 7HE

For further information contact us at office@hillsidefirstschool.org or 01202 822737

www.hillsidefirstschool.org



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 (Year R-4)

12:00-12:30 – Sports & Fitness Lunch Club (Year R-4)

15:00-15:50 – After School Football Club (Year 1-4)

Friday

Lessons in school – Rocksteady

15:00-16:00 – Dodgeball /Bench ball (Year 1-4)



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

POOLE FOREST SCHOOL
HILLSIDE

Thursday after school. Cook on the campfire, learn to use tools, build dens, nature crafts. Woodland games and challenges.

Bookings being taken@
www.pooleforestschool.com