

# Hillside News

**DATES TO  
REMEMBER**



**Hillside First School**

where  
**children**  
are at  
the **heart** of  
**everything** we do



[www.hillsidefirstschool.org](http://www.hillsidefirstschool.org) ~ 01202 822737 ~ [office@hillsidefirstschool.org](mailto:office@hillsidefirstschool.org)



**Monday 5<sup>th</sup> February**

**Wednesday 7<sup>th</sup> February**

**Parent Consultations**

*Further details to follow*

## Headteacher Update 5<sup>th</sup> January 2024

Welcome back and Happy New Year! I hope you have all had a wonderful festive period filled with fun and laughter.

It has been great to welcome the children back this week and see their happy faces light up the school again. We kicked the New Year off with a whole school assembly and discussed New Year's resolutions. From improving handwriting and mastering column method addition to enhancing drumming skills, our children have set inspiring goals! I also shared my resolution, aiming to cut down on sweet treats and incorporate more exercise into my routine!

This will be another busy half term with lots of fun activities planned. The children will be learning about the following topics this half term:

Year R: Ourselves  
Year 1: Toys then and now  
Year 2: Toys then and now  
Year 3 & 4: Biomes

We have a range of after school clubs on offer again and further details can be found below. There are a number of spaces still available with Rippa Rugby and Creative dance for Year 3 and 4.

### Attendance

Thank you for your ongoing support in ensuring your child's consistent attendance and punctuality. We understand the significance of regular school attendance and its positive impact on learning outcomes and are committed to working in partnership with you in achieving this goal.

Have a great weekend.

Healthy regards,

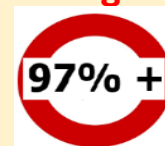
Mr. Graves

## WEEKLY SCHOOL ATTENDANCE

Little Owls 1	91%
Little Owls 2	88%
Tawny Owls 1	97%
Tawny Owls 2	100%
Tawny Owls 3	98%
Snowy Owls 1	95%
Snowy Owls 2	95%
Snowy Owls 3	98%

**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**

## Born in this MONTH

**4<sup>th</sup> – Isaac Newton**

**6<sup>th</sup> – Joan of Arc**

**8<sup>th</sup> – Elvis Presley**

**15<sup>th</sup> – Martin Luther  
King JR**

**27<sup>th</sup> – Wolfgang A  
Mozart**

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



## **Staffing news**

### **CONGRATULATIONS MRS DRUMMOND**



I'm delighted to share some joyful news with you—Mrs. Drummond is expecting a baby in early May. Please join me in extending heartfelt congratulations to Mrs. Drummond on this exciting announcement.

As we anticipate Mrs. Drummond's maternity leave, we'll be working on finding a suitable replacement. Rest assured, I'll keep you informed of any developments in this regard.

Wishing Mrs. Drummond all the best on this incredible journey!

### **Welcome Miss Donnachie**



Miss Donnachie has joined us as a new teaching assistant. She'll be providing dedicated 1:1 support in the afternoons, leading lunchtimes with Tawny Owls 2, and occasionally offering additional teaching assistant support.

Please join me in extending a warm welcome to Miss Donnachie as she becomes a valuable part of our team.



# Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY  
MILK

## GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

## TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

## GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

## LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

## AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

## HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

## BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

## 'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

## SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

## TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

## SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

## WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE  
BOX

The  
National  
College



National  
Online  
Safety  
#WakeUpWednesday





**Verwood Pantomime Society**

Supported By

**goadsby**  
goadsby.com

**Dick Whittington**  
by Stephen Duckham

**20th to 27th January @ Verwood Hub. Box Office 01202 828740**  
**www.VerwoodPantomimeSociety.co.uk**



## Behaviours that Challenge Us Information Sessions

"I implemented one of the strategies the next day with great results!"

**We are pleased to be able to offer Free one-off sessions for parents living in Dorset to understand more about 'Child Behaviours that Challenge us'**

**For parents with children between the ages of 5 and 12**

**The session is delivered by a Child Clinical Psychologist and an Action for Children Parenting Practitioner**

**Monday 29<sup>th</sup> January 2024**  
09:45am - 12:00pm  
Venue in BCP area

**Tuesday 19<sup>th</sup> March 2024**  
7:00pm - 9:00pm  
Virtual session via Microsoft Teams

**Monday 13<sup>th</sup> May 2024**  
10:00am - 12:15pm  
Venue in Weymouth

**Monday 17<sup>th</sup> June 2024**  
10:00am - 12:00pm  
Virtual session via Microsoft Teams

"I found it really useful to know about why the behaviour occurs, even if you can't always change it, having the understanding makes it easier for me to cope with"



# Spring term



# UPCOMING EVENTS

## January

**HAPPY NEW YEAR**

**Tuesday 2<sup>nd</sup>**  
INSET Day

**Tuesday 23<sup>rd</sup>**  
National Handwriting Day



## February

**Friday 2<sup>nd</sup>**  
NSPCC Number Day

**Monday 5<sup>th</sup>**  
Parent Consultations



**Tuesday 6<sup>th</sup>**  
Safer Internet Day

**Wednesday 7<sup>th</sup>**  
Parent Consultations

**Monday 12<sup>th</sup> - Friday 16<sup>th</sup>**  
Half Term

**Monday 19<sup>th</sup>**  
INSET day

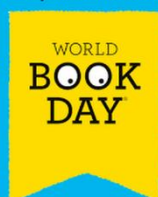
**Friday 23<sup>rd</sup>**  
PTA Event - School Disco



## March

**Week Commencing Monday 4<sup>th</sup>**  
World Book Day  
week of celebrations

**Thursday 7<sup>th</sup>**  
**World Book Day**  
Dress up as a character  
from one of your favourite books



**Friday 15<sup>th</sup>**  
Comic Relief



**Friday 15<sup>th</sup>**  
Sponsored Bounce

**Friday 22<sup>nd</sup>**  
PTA Event - Craft Friday

**Thursday 28<sup>th</sup>**  
Inset Day



## April



**Friday 29<sup>th</sup> March to Friday 12<sup>th</sup> April**  
Easter  
Holidays

**Monday 15<sup>th</sup>**  
Children return to school

**Friday 19<sup>th</sup>**  
PTA Event  
break the rules day



**Monday 22<sup>nd</sup>**



Class and Year 4  
leavers photographs

# 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: Hillside2023!

Booking opening soon through our website!

Monday 3pm - 4pm Reception, Years 1 & 2  
Monday 4pm - 5pm Years 3 & 4

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

**RIPPA RUGBY**

TO BOOK YOUR SPACE  
VISIT RIPPARUGBY.CO.UK

**TAG, TOUCH & CONTACT RUGBY COACHING & GAMES**

ONLY £5 PER CHILD\*

DESIGNED TO DEVELOP CORE RFU VALUES OF SPORTSMANSHIP, TEAMWORK, RESPECT, DISCIPLINE AND ENJOYMENT.  
For children ages 4-13 years old.

\*School subsidy may apply.

TO BOOK YOUR SPACE  
VISIT RIPPARUGBY.CO.UK  
EMAIL STUART@RIPPARUGBY.CO.UK  
CALL STUART ON 07899 268265

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

07:55-08:20 – Running club  
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 – Rugby (Year R-4)  
15:00-16:00 – Forest School (Year 1-4).

## Friday

Lessons in school – Rocksteady

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](http://www.pooleforestschool.com)  
[marina@pooleforestschool.com](mailto:marina@pooleforestschool.com)

CODING | GAME DESIGN | ANIMATION

**AFTER SCHOOL TECH CLUB**

Computer Explorers

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

## Running Club on Tuesday mornings before school

Please feel free to turn up whenever convenient if you are interested.

07:55: Meet at the school to drop off bags, etc.  
08:00: Begin our run along the roads near the school, eventually leading to the heath.  
08:25: Return to school, collect belongings, and head to class.

Each child must be accompanied by an adult who will run alongside them and take sole responsibility for their child throughout the session.

Hopefully, see you on Tuesday.

