Hillside News

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

Headteacher Update 2nd February 2024

It has been another exciting week at Hillside First School with lots of different activities and learning packed in. Tuesday saw our launch assembly of Times Table Rock Stars (TTRS) and Numbots, led by our new staff TTRS band, please see photo below. Bruno Reddy, CEO and Founder of the applications was impressed with our efforts and gave us a 'shout out'. There has been a lot of excitement across the school with the children using these applications and I am hopeful that they will help to further enhance their maths fluency and development.

Thank you for the excellent turnout at our Celebration of Achievement afternoon, it is always great to celebrate the efforts and work of our children. Please find some photos below from the event. Thank you for your support.

We look forward to welcoming you to the parent consultations scheduled for next week. This invaluable opportunity allows you to connect with your child's class teacher, gaining insight into their progress and experiences at school. If you haven't secured a slot yet, a few openings remain, so please consider booking at your earliest convenience.

Today, we were proud to support the NSPCC Number Day and held an assembly where we look at some of staff team members favourite numbers and the reason for their choses. I have included a copy of the presentation if you are interested to find out more. The children were then set a challenge to find different way to show their favourite number and a winner was chosen in each class. We will share these with you next week.

Looking ahead to next week, we will be recognising Safer Internet Day on Tuesday and Children's Mental Health Week.

Wishing you a wonderful weekend ahead and good luck to the Men's England Rugby team in their first match against Italy in the Six Nations!

Healthy regards

Mr Graves

WEEKLY SCHOOL ATTENDANCE

Little Owls1	92%
Little Owls 2	75%
Tawny Owls 1	95%
Tawny Owls 2	95%
Tawny Owls 3	95%
Snowy Owls 1	96%
Snowy Owls 2	97%
Snowy Owls 3	88%

Whole School 92%
Target

97% +

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

February
Born in this month

4th – Rosa Parks

7th – Charles Dickens

11th – Thomas Edison

12th – Abraham Lincoln

12th – Charles Darwin

15th – Galileo Galilei

22nd – George Washington

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

Star of the WEEK

| Little Owls 1 Hugo | Little Owls 2 Willow | Tawny Owls 1 Harper | Tawny Owls 2 Lilly |
| Tawny Owls 3 Willow | Snowy Owls 1 Freddie | Snowy Owls 2 Sophie | Snowy Owls 3 Beth |

Around the school this week...

Thanks again to the **Rotary Club** for their £300 donation which we have spent on a night motion camera and bird table feeder with camera. Roger Sweet, from the Rotary Club, visited us to present these items.

Introducing our School Staff TTRS band...

Numbots session and Role Play in Reception.

Let's
CELEBRATE
our
learning

We were delighted to see so many parents and carers at our **'Celebration Afternoon'**. It was a great opportunity for the children to explain and show what learning they have been doing.

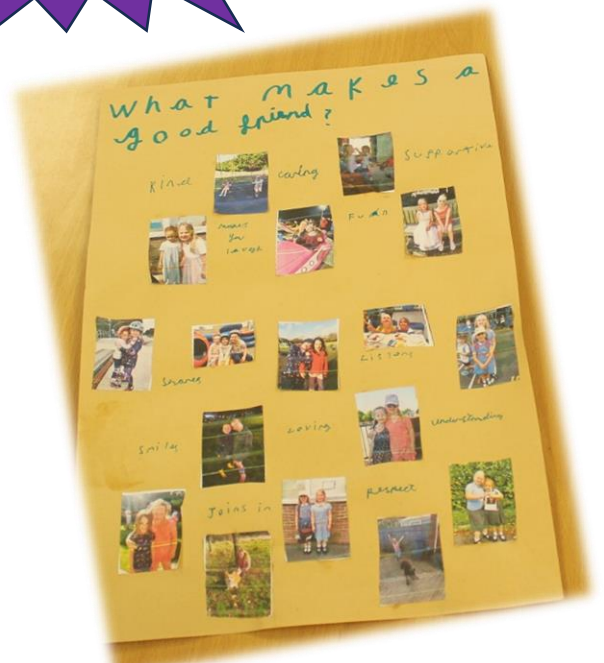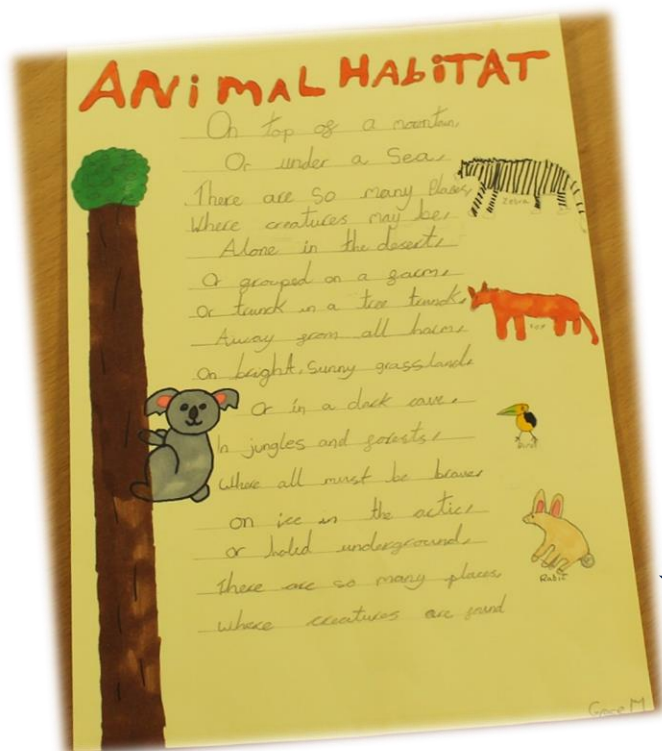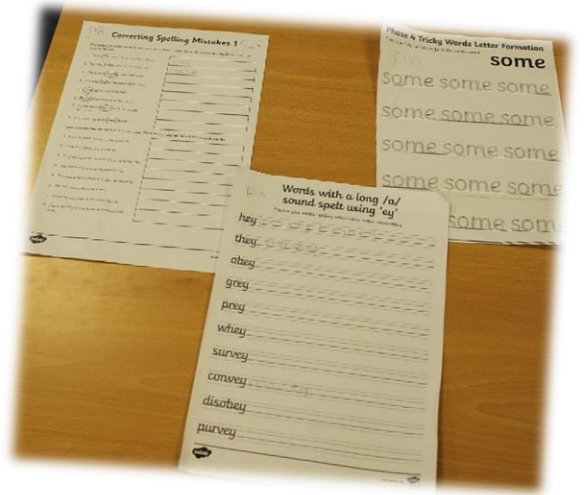Here are some photos of the event.

Little Owls

Tawny
Owls

Geoffrey

Millie

Tawny
Owls

Snowy Owls

ANiMAL HABiTAT

On top of a mountain,
Or under a Sea.
There are so many places,
Where creatures may be.
Alone in the deserts,
Or grouped on a farm,
Or tucked in a tree trunk,
Away from all harm.
On bright sunny grasslands
Or in a dark cave.
In jungles and forests,
Where all must be brave.
On ice in the arctic,
Or holed underground,
there are so many places,
where creatures are found.

Snowy Owls

Words with a long /a/ sound spelt using 'ey'

hey
they
obey
grey
prey
whey
survey
convey
disobey
purvey

some some some
some some some
some some some
some some

What makes a good friend?

Snowy
Owls

Hillside HEROES

Meet our heroes

Charlotte recently completed a beginners course of ski school in Austria, and by the end of the week she was parallel turning, skiing blue and red runs and even skiing backwards!

Well Done

Awarded to: Jack
For: Not giving up, keeping well's keep going
Signed: Lion's Parents   Date: 19/1/24

WOW!!

Jack plays for Verwood Town U9s Lions team, mostly as goalkeeper, and he recently earned the goal "Player of the Match" award for great keeping and perseverance during a difficult match

What Parents & Carers Need to Know about
PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.

The National College®

NOS

National Online Safety®
#WakeUpWednesday

Spring term

UPCOMING EVENTS

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

January

HAPPY NEW YEAR

Tuesday 2nd
INSET Day

Tuesday 23rd
National Handwriting Day

February

Friday 2nd
NSPCC Number Day

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

Easter

**Friday 29th March to
Friday 12th April**
Easter
Holidays

Monday 15th
Children return to school

Friday 19th
PTA Event
break the rules day

DON'T BREAK THE RULES

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
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 – Forest School (Year R-4).

Friday
Lessons in school – Rocksteady
15:00-16:00 – Computer Explorers (Year 1-2)

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.