

Hillside Newsletter



Rushey Way, Lower Earley, Reading, RG6 4HQ. Tel 0118 9755771

November 15 2018

Headteacher

Mrs Morris

Deputy Head

Mr Pearman

Assistant Head

Mrs Dixon

Foundation Leader

Mrs Attewell

Phase 1 Manager (Y1-3)

Mrs Cairney (Y2)

Phase 2 Manager (Y4-6)

Miss Ezard (Y5)

**Inclusion Manager
(SENCo)**

Mrs T Clarke

Letters recently sent out:

- Y6 COTW Final Cost Letter
- Years 1 & 2 Play 'A Midwife Crisis'

Head's Update:

Dear Parents/Carers,

Thank you so much to the Years 3 and 4 children for their marvellous performance of 'Wind in the Willows' the Musical, this week. It was a great story of friendship, resilience and kindness which was very apt, as this is something we have been focusing on this week as part of National Anti-Bullying Week. We had a great turn out from parents/grandparents watching the play, I am sure you enjoyed the show and thank you all for coming. A huge thank you to Year 3, who were the chorus, as you had lots of songs to learn and you did very well to learn all the words. Well done to Year 4 for their fabulous acting, especially the children who did solos. Not forgetting too, big congratulations to the narrators and the sound and stage crew, you did a great job in ensuring the show went well. Also, I would like to take this opportunity to thank the staff for their commitment in providing this opportunity for the children.

As previously mentioned, this week has been National Anti-Bullying Week. This year, the national focus of the week is '**Choose Respect**', which as you are aware is one of our core values. As a result of such respectful children at Hillside, bullying is a rare occurrence. However, we recognise that there are occasions where children may feel they are being bullied and may need further understanding of what bullying is. The children at Hillside define a bully as, '**When an individual or group of people are repeatedly unkind to another person either verbally, physically or through technology.**' We aim to ensure that we are consistent with how bullying is dealt with and encourage children to take responsibility over their actions too. The teachers have been working with the children to help them understand the difference between someone being unkind and bullying and what to do if this should happen in or out of school. It is important to us that you inform us immediately if you think anyone is being unkind and not respectful to your child.

Mrs Patel starts her maternity leave on Friday 16th November. We all wish her well and look forward to hearing about her new addition to her family. Mrs Yarrow will be teaching four days a week and Mrs Beeton, who is well known to the children, returns to teach for the fifth day during Mrs Patel's absence.

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HEALTHY MINDS & SEND INFORMATION FROM MRS CLARKE, OUR INCLUSION MANAGER

Are you feeling tried? Given that a single sleepless night can make you irritable and moody the following day, it's not surprising that not getting enough sleep may lead to long-term mood disorders like depression and anxiety.

When people with anxiety or depression were surveyed to calculate their sleeping habits, it turned out that most of them slept for less than 6 hours a night. Lack of sleep can also lead to weight gain, and even contribute to health issues such as diabetes and heart disease. If you want to catch up on lost sleep, remember that it won't happen with a single early night. If you have regularly missed out on sleep, you will have built up a "sleep debt", and recovery can take several weeks.

Starting on a weekend, try to add on an extra hour or 2 of sleep a night. The way to do this is to go to bed when you're tired, and allow your body to wake you in the morning. If you can do this regularly, experts say that you will feel happier, be healthier and ward off problems in the future.

Looking for ideas of what to do at the weekend? You could try out the bPhab Saturday Youth Club, which runs from 9.30am to 1.00pm at the MAPP Centre - 22 Mount Pleasant, Reading. The purpose-built Berkshire Phab Centre is open to children with and without disabilities every Saturday. Activities include computers, arts, music, sensory room and outdoor play. The club supports children with: visual impairment, hearing impairment, additional needs, learning and communication needs, mobility problems, medical issues, physical impairment, sensory impairment, autism spectrum conditions, and is fully wheelchair accessible. The club costs £5.00 per session. For more information and contact details, have a look at Wokingham Borough Councils Directory page:

<https://directory.wokingham.gov.uk/kb5/wokingham/directory/service.page?id=vkQOzM7iVXE>

REMEMBRANCE SUNDAY



Thank you for all of your kind donations for Remembrance Sunday, we really appreciate your support. The children had a great time making poppies, decorating the school and learning about Remembrance Sunday.

To celebrate the 100th year, our Year 6 pupils have decorated 100 stones with paintings of poppies. They have hidden lots of them around Lower Earley and also further afield. If you find one of our decorated stones, please can you take a picture, post it on our Facebook page 'HillsideRocks 2018' and then re-hide them for somebody else to find.

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PTA

The deadline for the 'Decorate a Plate' entries is tomorrow, Friday 16th November.

The PTA Winter Fair is Saturday 1st December at 11.00am – 2.00pm.

REMINDERS

The deadline to return the Christmas lunch slips is Wednesday 28th November.

Children in Need – Children can wear spots or Pudsey clothes tomorrow, Friday 16th November for a £1.00 donation.

Please return your school photograph requests by Monday 19th November.

Upcoming Events:

<u>Date</u>	<u>Event</u>	<u>Date</u>	<u>Event</u>
16 th Nov	Year 3 Cake Sale – 3.10-3.40pm	23 rd Nov	Y5 Cake Sale – 3.10-3.40pm
16 th Nov	Children in Need – Pudsey or Spots	27 th Nov	Y2 Trip - Pizza Express
19 th Nov	Parents Evening – 3.30-8.00pm		
20 th Nov	Parents Evening – 3.30-6.00pm		
23 rd Nov	PTA non-uniform – Donations		

Safeguarding

Safeguarding is protecting vulnerable children or adults from abuse or neglect. It means making sure people are supported to get good access to an education, health care and stay well. It is making sure that people are supported to have full and happy lives. Safeguarding should make sure that people get the support they need to make the most of their lives and get their full equal rights.

If you have any concerns about a child's safety, please speak to one of our Safeguarding Leads.

Safeguarding children is everyone's responsibility.

Safeguarding Leads

Mrs Morris
Mr Pearman
Mrs Attewell
Miss Czornij