

Hillside News



Hillside Values

- Trying our best every day.
- Kindness and honesty always.
- Working as a Hillside Team.
- Using good manners.

Headteacher update

In Nursery the children have really enjoyed learning about what is inside their bodies looking more closely at the skeleton and all of the bones inside of their bodies! The children have seen images of x-rays and identified the different body parts by looking at the shapes and images in these. They have also been drawing around their bodies and labelling familiar body parts such as shoulders, elbows and neck.

It's been another busy week in Reception and all the children have been helping their friends and trying their best. This week the children have been writing lists/ drawing pictures about what they see in autumn. In maths we have been looking at numbers 1,2,3 – recognising them, understanding the quantity, subitising and introduced 1 more.

Year 1 have had a great week finishing their poems on Autumn. They learnt what makes a good performance and all performed their poems beautifully. In maths they have been exploring the concept on greater than, less than and equal to and using the symbols to compare 2 numbers. In science we have been exploring our sense of smell, deciding if the items we smelt were a nasty niff or a super smell! Well done Year 1 on another fantastic week of learning.

What a wonderful week in Year 2! The children have been busy making delicious bread and writing instructions to explain the process. In maths, we've started our new addition and subtraction unit, beginning with how number bonds help us solve addition problems.

Thank you to the few parents who came to the Nursery meeting this morning.

Have an enjoyable weekend.

Mrs Rebecca Fennell

Headteacher



HILLSIDE INFANT SCHOOL
OPEN MORNINGS 2025-2026



THURSDAY 23rd OCTOBER
FRIDAY 21st NOVEMBER
FRIDAY 9th JANUARY

9.30am-11.00am

Our Open Days will include:

- A tour of the school
- A talk from our Headteacher – Rebecca Fennell

Contact our office for more information or to book your place

0208 249 6860
office@hillsideinfant.org.uk

Hillside Infant School
Northwood Way
Northwood HA6 1RX

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General Information

Reception Learning to Read Workshop

We are pleased to invite parents and carers to our Reception Learning to Read Workshop on **Friday, 17th October at 9:00 AM**. During the session, we will discuss:

- The importance of phonics in early reading
- How we support children to become confident and independent readers
- The different levels of our phonics programme
- Practical ways you can help your child at home

Please take your child to class as usual, then enter the school through the main office. We look forward to seeing you there.

Northwood Hills Community Carols and Big Switch-On Saturday 15th November

We are excited to take part in this wonderful local tradition on Joel Street, where children from local schools come together to sing festive carols for the community—followed by the Big Switch-On of the Christmas lights! This year, our Year 1 and Year 2 children will be performing 'Little Donkey' as part of the celebrations.

Important Information:

- Arrival Time: **3:45 PM**
- Meeting Point: Namaste Lounge

Although only Year 1 and Year 2 children will be performing, we warmly invite all Hillside families to come along and enjoy the event—and to cheer on our young singers!

If your child is in Year 1 or Year 2 and would like to sing on stage, please sign up via Arbor.

Please note: places are limited and will be allocated on a first-come, first-served basis.

We look forward to seeing you there!.

Mud Kitchen Donations Needed!

Pots, Pans, Trays & Utensils

Do you have any old pots, pans, trays, or kitchen utensils you no longer need?

We would be delighted to give them a new home in our outdoor mud kitchens, which are in need of some fresh equipment for the children to enjoy. All donations will be gratefully received and put to good use!

Can you spare any time to help redevelop our mud kitchen? Thank you for your continued support.

Talk PANTS Week – October 13–17, 2025 Promoting Safety and Confidence

We are pleased to be taking part in the NSPCC's Talk PANTS Week, running from Monday 13th to Friday 17th October. This important annual campaign helps to keep children safe by teaching them the PANTS rule, in a way that is age-appropriate, supportive, and empowering. The PANTS rule teaches children that:

- Privates are private
- Always remember your body belongs to you
- No means no
- Talk about secrets that upset you
- Speak up – someone can help

The campaign features Pantosaurus, a friendly dinosaur mascot, who helps children understand these messages through fun, child-friendly resources. During the week, assemblies will take place in class, followed by a range of engaging and thoughtful activities designed to reinforce these important messages. For more information and guidance for parents and carers, visit the NSPCC's website

<https://www.nspcc.org.uk/advice-for-families/pants-underwear-rule/>

Pupil Progress Meetings

Details about the upcoming Pupil Progress Meetings have been sent out to all parents and carers this week.

Please remember to book your appointment with your child's teacher via Arbor.

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Important Dates

October	Friday 17th		One Tree Fundraiser Non Uniform Day
	Friday 17th	9am	Reception - Learning to read workshop
	Monday 20th		Themed Dining Day Diwali
	Tuesday 21st	12:30-4pm	Butterflies Nursery Progress meetings for parents and carers
	Wednesday 22nd	3:30-5:30pm	Progress Meetings for parents and carers Reception, Year 1 and Year 2
	Wednesday 22nd	12:30-4pm	Frogs Nursery Progress Meetings for parents and carers
	Wednesday 23rd	9:30am	Open Morning for prespective parents
	Thursday 23rd	3:30-7pm	Progress Meetings for Parents and Carers Reception, Year 1 and Year 2
	Thursday 23rd	12:30-4pm	Ladybirds Nursery Progress meetings for parents and carers.
	Friday 24th	9am	Gold Class Assembly
	Friday 24th	2.45pm	Reading together afternoon
	Friday 24th	3:15pm	Last day of Half Term
	Half Term Monday 27th October to Friday 31st October		
November	Monday 3rd		Staff Training Day (School closed to pupils)
	Tuesday 4th		Term Starts for All
	Tuesday 4th		Perform for all Drama workshop
	Thursday 6th		Drama workshop - Nursery
	Friday 7th		whole school maths workshop- and learning together morning.
	Monday 10th		Scotability - Reception
	Tuesday 11th	10:40am	Remembrance Day assembly (parents invited)
	Thursday 13th		Individual/Sibling School Photographs
	Friday 14th		Silver Class Assembly
	Saturday 15th		Northwood Hills Carols and Switch on
	Tuesday 18th		Pedestrian Training - Reception and Year 1
	Friday 21st		Open Morning for Prospective Families
	Thursday 27th		Pantomime Snow White (Reception, Year1 and Year 2)
	Friday 28th	9am	Silver Class assembly
December	Thursday 4th		Flu Immunisations
	Thursday 4th		Year 1 Animal workshop - Ranger Stu
	Tuesday 9th	2:15pm	Year 1 & 2 Christmas Concert
	Wednesday 10th	9:15am	Year 1 & 2 Christmas Concert
	Wednesday 10th	2:15pm	Nursery and Reception Christmas Concert
	Thursday 11th	9:15am	Nursery and Reception Christmas Concert
FRiday 12th		Christmas Fair	

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Achievements

<u>Butterflies:</u>	<u>Purple Class Super Stars:</u>	<u>Red Class Super Stars:</u>
Ana	Hudson	Eesa
	Luciana	Ariah
<u>Frogs:</u>	<u>Sophia</u>	<u>Matilde</u>
Areeza		
<u>Ladybirds</u>		
<u>Freya</u>	<u>Blue Class Super Stars:</u>	<u>Green Class Super Stars:</u>
	Diego	Kimayraa
	Antonia	Ishani
	Salva	Rut
<u>Lunchtime Awards</u>	<u>Gold Class Super Stars:</u>	<u>Silver Class Super Stars:</u>
	Eva	Aisha
	Kayal	Rafael
	Ianis	David
<u>Gold awards</u>	<u>Silver awards</u>	<u>Platinum awards</u>

Healthy Eating & Birthday Book Donations

This week we would like to wish a very Happy Birthday to **Iosif** who recently celebrated their special day!. As part of our Birthday Book Scheme, they kindly donated the following books to our school:

The Dinosaur Next Door by David Litchfield



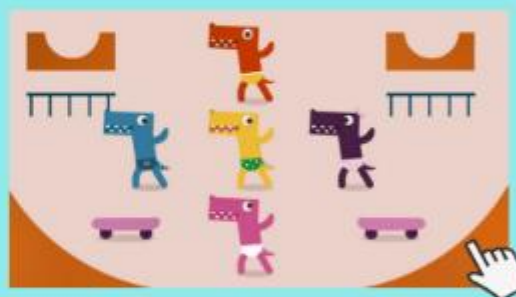


What is the Talk PANTS message?



Each letter of PANTS provides a simple but valuable message to share with children, helping them to understand that their body belongs to them and that they have a right to say no.

Talk PANTS also encourage children to tell an adult who they trust if anything happens that makes them worried or upset. Children should understand that if anything happens that makes them feel that way, it is never their fault, even if the person who has made them feel worried has told them it is their fault. Children are never to blame.



Watch how schools can share the Talk PANTS message with children

Start Spreading the message with Pantosaurus?

Pantosaurus is a friendly pant-wearing dinosaur, who teaches parents and children about how to help stay safe in a fun way. Pantosaurus support materials deliver our Talk PANTS messages, and have been developed in consultation with children, parents, carers, and teachers.



Click on the icon above to access the catchy [PANTS song](#) for children



Click on the icon to the left to access a free PDF version of the Talk Pants Book.

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10 Top Tips for Parents and Educators DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "it's not that bad" or "you're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT - HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



Wake Up Wednesday

The National College

X @wake_up_weds


f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 08.10.2025

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SEND Family Support


PARENTS GROUP




A virtual support group for Parents caring for individuals with special educational needs & disabilities (SEND). Where you will be free to talk, ask questions, be advised on SEND related topics, or just have a chat with us and other Parents like you, about anything that has helped or can help you and your family throughout the SEND world

Every second Tuesday starting at 6.30pm
Lasts between 1 – 2 hours (during School term-times)

To book and read the guidance for the group go to:
www.sendfs.co.uk/parents-group

For more information and dates of forthcoming SEND workshops, clubs, support groups & events go to: www.sendfs.co.uk/events & social media pages. You will receive an automated email with the booking confirmation and the next meeting link. If you can't see this email, please check your spam, junk email folders, and any other folders. If you still can't find it please contact us.
If you would like to contact our support team email support@sendfs.co.uk
Please note you don't have to be online to use ZOOM, you can also call in via mobile and landline.

 07752 169849
info@sendfs.co.uk
www.sendfs.co.uk

 @Sendfsi  @SendFamilySupport  @SENDFS

Charity Reg No 1185313



SEND Family Support

HALLOWEEN Party 2025



Saturday 25th October
2pm - 4.30pm

At Oak Wood School, Sutton Court Rd, Uxbridge, UB10 9HT

For children & young adults with SEND (special educational needs and disabilities) to enjoy a Halloween party along with their families, while their carers can meet other carers and get information of support available

 **Entry £7 per Child/Young Adult**
Free Entry for Parent/Carers 

To Book and read the rules and guidance for this event use the QR Code or go to: www.sendfs.co.uk/Halloween-Party/ and fill in the online booking form. You will receive an automated confirmation email along with payment options, (please check your spam or junk email folders for this email just in case)

Musical performances from Nicky Fisher Entertainment, Bouncy Castles managed by the Big Bounce Theory (additional £5 Castle Access passes available online and on the day of the event), Halloween Fun & games, Lucky Dip, arts & crafts, sensory play, SEND information from SEND Family Support and other SEND related organisation, and more...

Please note: We are all responsible for the children we arrive with on the day. For more information go to www.sendfs.co.uk/events or follow us on Facebook or you can contact us by email on events@sendfs.co.uk, or call 07752169849 or follow us on Facebook

 **SEND Family Support**
Support for Parents caring for children with SEND
Charity Registration Number: 1185313
www.sendfs.co.uk
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