

Hillside News



Hillside Values

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

Headteacher update

Dear Parents/Carers,

Welcome to 2025/26. The first three days have gone well and children have begun to get into their new routines well.

The following events are dates for your diary...

Friday 12th September 3:15pm

Welcome back to school family picnic on the Junior school field. This is for all children from Nursery to Year 6 to participate in with their parents/carers. It is a nice way for our new families to get to know one another.

Friday 19th September 9am

All about Year 1 and Year 2 with a focus on how maths is taught including a session in taught in each class.

Friday 26th September 9am

All about Reception meeting with opportunity to see how we teach phonics in the classroom, with the children. This Please note that this is change from the original date of 19th September.

Friday 10th October 9am

All about Nursery meeting. Please note that this is change from the original date of 19th September.

Have an enjoyable weekend.

Mrs Rebecca Fennell

A handwritten signature in black ink, appearing to read 'R. Fennell', with a long horizontal stroke extending to the right.

Headteacher

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General Information

Welcome

Welcome back to the autumn term and a warm welcome to our new families. We are looking forward to the term ahead. We post a range of pictures and updates on our Hillside Infant School Facebook page. Please follow us here: <https://www.facebook.com/HillsideInfantSchool> our calendar of wghats happening on school is updated regulary so please check here <https://www.hillsideinfant.org.uk/>



Welcome Picnic

We are delighted to invite all Hillside Infant and Junior School families to our **Welcome Picnic** on **Friday, 12th September at 3:15pm**.

This will be a lovely opportunity for families and children to come together, relax, and enjoy some time as a community. Please note, the event will be **weather permitting**—so fingers crossed for sunshine!.

Autumn Term Activity Clubs

Afterschool activity clubs will start next week for Year 1 and Year 2. All details have been sent out to parents and carers. If you have any questions, please do not hesitate to contact us.

Pupil Premium/Free School Meals

Our school is awarded extra funding from the Government for each pupil who is entitled to free school meals. This extra money makes a real difference to our school and the opportunities we can provide the children. If you think you may be eligible please let the school office know. Pupils who are eligible are entitled to one free school trip and one set of uniform, per academic year.

Important Reminder

Please ensure that we have the most up-to-date information regarding your child, including:

- Medical conditions
- Allergies
- Dietary requirements

Keeping this information accurate helps us to support your child's safety and wellbeing in school.

If you have any queries or need to update details, please contact the school office – office@hillsideinfant.org.uk

Parking Notice

We kindly ask parents and carers to park considerately when driving children to school. The yellow zig-zag lines outside schools are there to keep children safe, and yellow lines on roads indicate **no parking**.

This week, we have received complaints from residents regarding inconsiderate parking. In one instance, a vehicle was parked across a resident's driveway (see photo below). Our priority is the education and welfare of the children—not monitoring where parents and carers park. If no spaces are available close to school, please park legally and safely, and walk the remaining distance.

Thank you for your continued support in this matter.



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Important Dates

Autumn Term			
September	Tuesday 2nd		Staff Training Day (School closed to pupils)
	Wednesday 3rd	8:45am	Term Starts for Year 1 and Year 2
		8:45-11:30 am	Term Starts for Reception
		8:30am	Term starts for some Nursery Children (see individual letters)
	Friday 5th	8:45 am-1.30pm	Reception children stay for lunch
	Monday 8th	8:45-3:15 pm	Reception children stay all day
	Friday 12th		Whole School Welcome Picnic
	Friday 19th	9am	Year 1 and 2 expectation morning and class visit (including maths passports)
Friday 26th	9am	All about Reception meeting followed by a phonic session in class with the children. (Reception parents) only.	
October	Wednesday 1st		Boogie Music - Nursery and Reception
	Thursday 2nd		Themed Dining (Census Day)
	Thursday 2nd		Great Fire of London workshop - Year 2
	Friday 3rd	9am	Harvest and achievement Assembly in School
	Friday 10 th	9am	All about Nursery meeting
	Friday 17th	9am	Reception - Learning to read workshop
	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
	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			

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Birthday Books

A very Happy Birthday to **Freddie** and who celebrated his birthday just before we finished for the summer holidays!! He kindly donated the following books as part of our birthday book scheme:

Jellyfish are Disgusting by Joshua George

Save the Day for Ada May by Elizabeth Dale



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What Parents & Educators Need to Know about TECHNOLOGY ATTACHMENT

WHAT ARE THE RISKS?

In today's digital age, children are increasingly forming emotional and habitual attachments to their devices. With 96% regularly accessing the internet and nearly half engaging in live streaming or content sharing, their online presence is greater than ever. This guide explores the phenomenon of technology attachment in young people and offers expert advice on fostering healthier digital habits.

WIRED FOR REWARD

Children's brains are particularly sensitive to reward-based stimulation, and some digital platforms, especially those offering quick-hit content like short-form videos, are designed to exploit this. The instant gratification of likes, comments, and rapid scene changes triggers dopamine releases, making these interactions highly addictive. Over time, this may contribute to changes in attention patterns and a reduced inclination towards activities that involve prolonged focus or delayed gratification, such as reading, problem-solving, or creative play.

NIGHT-TIME TECH HABITS

Screen use late into the evening can disrupt natural sleep patterns by suppressing melatonin, the hormone that regulates sleep. Children engaging with stimulating content may experience delayed bedtimes, lower sleep quality, and increased fatigue during the day. Additionally, fear of missing out (FOMO) on online interactions can cause anxiety and resistance to logging off, creating a cycle of late-night engagement and tired mornings.

SHAPED BY SCREENS

For many children, digital spaces have become a key arena for identity exploration and expression. Social media encourages them to curate their image carefully, with likes, comments, and shares serving as social validation. This environment can tie self-esteem to online feedback, making children vulnerable to comparison, self-doubt, and pressure to present a perfect version of themselves, even when it doesn't reflect reality.

DIGITAL WORLD DANGERS

The internet can expose children to unfiltered content, some of which may be inappropriate, misleading, or harmful. Cyberbullying, exposure to idealised lifestyles, and online predators are all risks children face, often without fully understanding the consequences. Misinformation can shape distorted worldviews, while constant comparison to others can erode self-confidence. Without guidance, children may internalise these digital dangers, impacting their emotional and mental health.

DIGITAL DEPENDENCY BUILDS

Devices often become digital comfort blankets. In moments of boredom, anxiety, or loneliness, children may instinctively reach for screens to self-soothe. This reliance on digital distraction limits their ability to develop healthy coping mechanisms, such as mindfulness, conversation or physical activity. As the habit builds, their dependency may displace real-world experiences and emotional resilience.

FRIENDSHIPS & FILTERS

Technology transforms how young people socialise, often replacing face-to-face interaction with text-based or image-based communication. While messaging apps and social media enable connection, they may also limit emotional expression and the development of essential interpersonal skills, such as tone recognition, empathy, and reading body language. As a result, some children may become less confident with exchanges in person and more reliant on digital personas to navigate friendships.

Advice for Parents & Educators

READ THE ROOM

Pay attention to behavioural changes that may signal unhealthy tech attachment. This includes mood swings, increased secrecy about online activity, withdrawal from family time or hobbies, and visible distress when separated from devices. These cues can indicate deeper emotional reliance or even exposure to distressing content. Early recognition allows for proactive support and meaningful conversation.

DON'T WAIT, REACH OUT EARLY

If a child's relationship with technology starts affecting their emotional wellbeing, school performance, or social connections, don't hesitate to seek help. Open up discussions with teachers, pastoral staff, or digital wellbeing professionals. Early intervention is key, and a supportive network can provide tools, resources, and reassurance for both children and adults navigating this evolving digital landscape.

SHAPE DIGITAL BOUNDARIES

Create a balanced digital environment with clear guidelines on when and how devices can be used. This includes screen-free zones (e.g. bedrooms, dining tables), app restrictions, and time limits. More importantly, involve children in these decisions and explain the reasoning behind them, even reflecting upon your own digital use so they can see it's something we all have to manage. Turning boundaries into a dialogue, not just directives, helps build trust and encourages self-regulation.

SET THE STANDARD

Children often model the behaviour they see. When adults demonstrate healthy digital habits, such as prioritising face-to-face conversation, balancing screen time with other activities, and using devices with purpose, children are more likely to follow suit. Share your own positive use of technology and invite children to do the same. This collaborative approach helps demystify tech use and encourages responsible engagement.

Meet Our Expert

Philippa Wraithwell is an award-winning educator, author of *The Digital Ecosystem*, and founder of *EdRuption* and *Digital Bridge*. *Digital Bridge* supports the relationship between families and technology, empowering everyone to be balanced and digitally well. With over 15 years in digital education and wellbeing, she supports families, schools, and governments to build balanced and safe digital cultures.



#WakeUp
Wednesday

The
National
College