



Hillstone News



East Meets East Mela

Thank you so much for joining us for this stunning event. The culmination of a year of our Commonwealth Connections project.

All Hillstone children were able to join the Mela in addition to students from Smithswood, John Henry Newman, Timberley, Brownmead, Sladefield, Tile Cross Academy.

Approximately 300 parents from ours and other schools also joined the event.



There were 28 stations which included, rugby, football, cricket, javelin throwing, golf, archery, yoga, smoothie bikes, rowing machines, dance, masala chat, martial arts, tennis, basketball, judo, trampolining, bungee run. Children who took part in ten different activities achieved a medal.

There were choir performances and dance performances from Sladefield, Hillstone and John Henry Newman. Reena one of the choreographers from Sampad performed a beautiful dance and Sohan led us in some community Bhangra.

A film of the event and more photos will be available on the website soon. Please also take a look on our Twitter feed.





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Sports at Hillstone

There has been so many sporting successes and activities this term that Coach is going to write a separate sports newsletter to let you know statistics and share photos.

I was delighted that we were able to offer bikeability to our junior children. I think learning to ride a bike safely is a life skill that all children should have. Similarly being able to swim could one day save their life. The government guidelines are that all children should be able to swim a length by the time they leave primary school. If your child cannot swim, why not take them during the holidays.

At the Birmingham Primary Championships, Hillstone athletes excelled themselves. We won so many individual medals that we were able to take 1st place overall in the boys field event, girls field event, boys track event and girls track event. I was almost embarrassed as Hillstone's name kept being called out to go up to the podium. I got over it though as they announced us at the Birmingham Primary Athletics Champions. You can see our lovely haul of trophies below. This is down to some hard work and brilliant teaching by our staff and a superb attitude amongst the children; wanting to do their best, learning from their coach, being resilient and giving up time to practice and improve.



Follow us on Twitter HillstonePS





Hillstone News

As a thank you for booking taking part in the YogaBugs programme this year, we have been given access to free videos for children and parents to use over the summer holidays. See below:

Videos for Nursery – Year 2

<https://vimeo.com/showcase/9008054>

Videos for Year 3 – 6

<https://vimeo.com/showcase/9546556>



Password: YogaBugs

Restore the Music UK

Because of our tradition of encouraging and developing music at the school, we were the only primary school in Birmingham who were invited to apply for a grant for £10,000 to purchase musical instruments. I am thrilled to say we were successful and they should arrive before the end of term. We all know Mr Farr will make good use of them. Watch out for future activities.



Reception Art Project

Reception have been working with an artist called Jane Thakoorin. She had made a large cloak and the children designed a political message to go on it. Our reception children told the teacher what they cared about including litter and saving the bees. They each made a beautiful bee or butterfly for the cloak. It will be on display throughout the summer at the Ikon Gallery. Do go in the lift if you visit! Then it will be returned for display to Hillstone School.

Literary Festival

Mrs Gillett, organised a brilliant literary festival. We had an author visit, trips to the local library and a superb poetry slam. There were poems of protest and defiance such as Maya Angelou's 'And Still I Rise' funny poems such as 'Homework Excuses' and great story telling in 'The Highwayman'. You will be able to see the performances on Twitter.

Lost Property

We will be doing a lost property sweep on Wednesday. If you think your child may have lost an item do pop into the PE hall after school on Wednesday to have a look. We always take the children round for a look at the items but they often deny any knowledge of ever seeing these items before!

The Kingdom

Due to extreme heat, we have had to postpone our year 6 leavers' performance. This will now take place on Wednesday morning 9:00am and Wednesday after school 5:45pm. If you are able to come to the morning performance we would be most grateful so that it can save places for parents who are working or unable to get time off in the day.

Please use the form below to advise which performance you can attend:

bit.ly/3aKdNcC



Hillstone News



**COOK THE
COMMONWEALTH**

Cook together as a family



**Birmingham
City Council**

with

Cook the Commonwealth

We want to help children and families cook tasty and healthy food at home, using the appliances which are available to them. The child friendly recipes are simple and easy to follow, whilst encouraging children to be creative and increasing their confidence in the kitchen.

The Cook the Commonwealth project is the perfect opportunity for you to cook and spend some quality time with your children over the summer holidays. Cooking is an activity which the entire family can enjoy, whilst introducing each other to new foods which you wouldn't have tried otherwise! #CooktheCommonwealth

Cook the Commonwealth

Cook the Commonwealth is a collection of recipes from the 72 Commonwealth countries. From Anguilla to Zambia, there are recipes that span the globe, including some from our very own citizens and chefs in Birmingham!

Simply download the free Whisk app today and search "CWG" to find more than 750 recipes.



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SAVOURY FLAPJACK

Dry ingredients:

150g porridge oats,
25g sunflower seeds,
25g pumpkin seeds,
100g cheddar cheese,
½ tsp mustard powder
Pinch cayenne pepper

Wet ingredients:

30ml milk
1 egg
75g spread

Serves 6 as a lunch
with salad



1. Mix dry ingredients
2. Add in wet ingredients
3. Put in greased baking tin
4. Bake at 180 for 25-30 minutes

Link: [Easy & child-friendly recipes](#) →

Why not bring a taste of the Commonwealth to your kitchen this summer and cook together as a family? We've made a collection of recipes that are family friendly to cook and eat.

No big lists of ingredients, equipment or skills, just simple recipes which will make some really tasty meals whilst having fun with the family.

Show us what you're making using:

#CooktheCommonwealth





Hillstone Stars

Robyn McBride

Emma Gagin

Medhysan Sriananthanurugan

Lyra-Rose Williams

Adam Ali

Ella McDonough

Eva-May Evans

Taliyah Belgrave

Adam Latchford

