



Hillstone News

Welcome back everyone. In the last newsletter, I had stated that we looked like good weather was forecast for half term - well I couldn't have been more wrong could I! I think it rained every day. However, as my dad taught me "there's no such thing as bad weather—only the wrong clothes" I was still able to get out and about and do lots of walks.

The reason I am trying to encourage outdoor activity is that we know being out in the fresh air and sunshine is good for mental health. The hormone serotonin, often referred to as the happiness hormone, is stimulated. Sunlight, even winter sun, increases the amount of vitamin D that the body gets, which has been shown to be so important in the fight against Covid. Generally keeping fit by raising the heart rate with long walks or even jogs is so much better for long term health benefits than sitting in front of the TV. Finally, I know in normal times the children would probably be playing in each other's houses. But at the moment, with the National Lockdown and Birmingham being in tier 2 before that, we cannot go into each other's houses. We all want to try and get on top of this virus so that we can have as reasonable a Christmas as possible. To this end, the rules must be followed.

Community transmission is quite high in our area. Please see the letter from Dr Justin Varney, which has been included on the next page.

Parents Reports

We are sorry that due to Covid restrictions, we could not meet you all for a traditional parents evening, but we hope that you find the short report that we have sent home useful. In particular, look at how you can help at home. Thank you to parents who responded to Mr King's forms requesting further information for the parents reports. Do phone the office if you require information and we will do our best to assist you.

Remembrance Service

We have a strong tradition at Hillstone of commemorating Remembrance Day. Poppies, reflectors, rulers, sharpeners, pencils etc. will be on sale this week in the office, before and after school. The children will be watching a Remembrance service that Mr Farr has put together for us in the classrooms. This will include familiar songs that they sing at this time and during the 2-minute silence. The video will be available on our virtual school, under assemblies for you to watch at home if you wish. If you are at home with children self-isolating, I am sure you will want to do this with your children, as it will help them to feel part of our normal school life.



Curriculum

We have always been proud of how the children become engaged in their learning.

One of the reasons for this is our 'Writing for Real' projects, giving the children a real reason for writing.

In our 'History of Toys' topic, normally, we visit the 'Museum of Childhood' in Sudbury. Unfortunately, we have been unable to do that this year. Mrs Sheehan has managed to track down a Victorian toy maker who has set the children a task. Have a look at this delightful video that he made for us.

<https://www.hillstone.org.uk/files/index.php/s/MAyYqgRJx5CMc5>



BBC Children in Need

Dear parents,

On Friday 13th November, on behalf of Children in Need we will be coming to school in non school uniform. We are asking for a donation of £1.00 per child, or £2.00 per family, to go towards this appeal. All donations will be greatly appreciated. Please make donations on your child's Scopy account.

We know things have been tough recently, so this year we are making children's mental wellbeing our number one priority. Five to Thrive is our unique programme of wellbeing activities for our Appeal Week (9-13 Nov), led by Joe Wicks, Dr Radha and Blue Peter. To raise money this year we want you to help Joe Wicks with the last leg of his epic 24 hour PE challenge. Joe will attempt to work out for an incredible 24 hours for Radio 2's BBC Children in Need Challenge 2020!

The challenge will start at 9.25am on Thursday 12 November and finish a day later.

We want schools across the UK to join him for the final 20 minutes of his workout, from 9.05am on Friday 13 November on our big Appeal Day.

To find out more information please visit <https://www.bbcchildreninneed.co.uk/schools/primary-school/>

06th November 2020

Dear parent/carer

I hope this finds you well and you and your family are keeping safe in these restricted times.

As children return to school after the half term break it is important to remember the threat posed by the pandemic and that we must all remain vigilant.

Rates of infection are still increasing and the government has now implemented further restrictions across England. Although schools will remain open it is vital that we all stick to the rules and be aware of our surroundings when we do leave the house – such as when taking children to school.

Staff have worked really hard to make schools Covid-safe, ensuring no over-crowding during breaktimes but that children can socialise within their bubbles. This has resulted in little evidence of transmission of the virus within classrooms.

However, while the school building itself maybe safe, it is also important for parents and carers to keep their distance while dropping off and collecting children. Schools have made arrangements so that there are not too many people outside the school gates, such as staggered arrival and collection times and only one adult accompanying children.

I can't emphasise enough how important it is to stick to these rules. Please help school and staff by maintaining distance from other parents and leaving the area as soon as you have dropped off or collected your child. It is also important to avoid car sharing on the school run. Walk if you can, but if you need to drive, don't share with others as the virus can easily be passed within that confined space.

If you have any concerns speak to your head teacher. We will get through this, but we must all think of each other and work together.

Yours sincerely,



Dr Justin Varney
Director of Public Health

A Big

THANK YOU



Hillstone School
for supporting Kingfisher foodbank.

Your donation of 581.60kg
will make a **BIG** difference to
local people in crisis.

foodbank is part of the Trussell Trust's UK
wide foodbank network.



Dining@Hillstone
presents...



the perfect meal deal 4 you!



4 school lunches



For 4 days



For 4 pounds



Next week

Mon 9th-Thurs 12th Nov

T's and C's apply





HILLSTONE STARS

Theo Ward

Leo Westbury

Jack Ford

Pakeeza Ali

Leia Skinner

Eva-May Evans

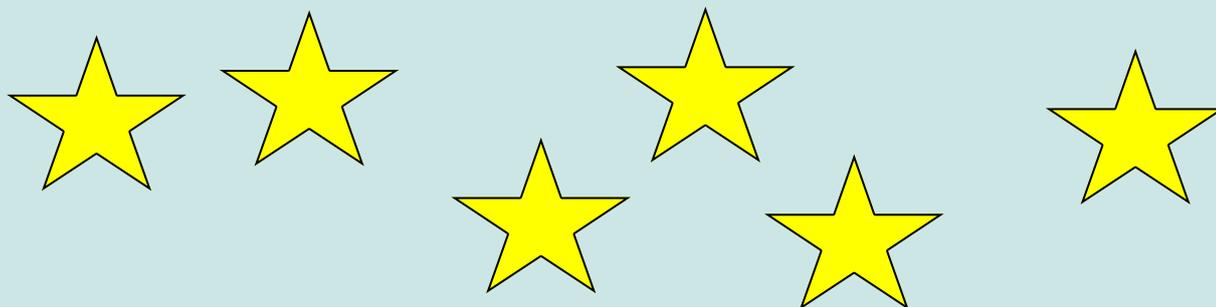
Riley Evans

Maryam Mohammed Hadi

Jack Bellamy

Naalah Gordon-Morton

Faith Wiseman



HOUSE POINTS

LUDLOW 145

TAMWORTH 155

WARWICK 149

DUDLEY 156