

29th September 2023

Dear Parents / Carers,

It has been another super busy week in School again with a bumper Friday Flyer this week!

As well as the usual exciting news from each class we have information about some of our clubs this week with a focus on our Running Club and Year 6 Mindfulness Club too.

You will be receiving a link to a Google Form which contains our internet permission form. I would be grateful if you could read this document and submit your response. If you would like this form as a hardcopy please just let us know.

The children will be looking at their internet acceptable use forms next week which will outline how they can stay safe online in School.

As part of our work to safeguard the children we teach the NSPCC Pants Rule. I have included the poster and further information in the Flyer for you. It is well worth reinforcing these messages at home with your children. There is also a fantastic PANTS song which you can share with your children and sing along with Pantosaurus by [clicking here](#). Further information about PANTS can be found [here on the NSPCC website](#).

The Friends of Heddon are holding a meeting next week at The Swan so if you are interested in getting involved or just in finding out more please feel free to go along. They play a really important part in School life and there are details later in the Flyer.

We have also been made aware of a fantastic offer from the National Trust who are providing a free single use family pass to use this Autumn. This is a great opportunity to visit somewhere new for nothing with your whole family. I would definitely recommend making use of this offer. Details and a link are provided later in the Flyer.

The Toby Henderson Trust, a local charity supporting families and children with Autism, have shared information about their services including free webinars and resources, book recommendations and support groups. I have put this into the Flyer in case this is something which you would find useful.

I would like to remind you that the children are not allowed to wear make up for School this includes mascara, lipstick as well as acrylic nails.

Please check out the additional dates which have been added to the calendar, including dates for the Christmas performances. I would remind parents that these dates are subject to change. Further dates will be added as time goes on.

Well done to Year 5 with the best attendance this week with 97.2%.

I hope that you enjoy reading this flyer and have a relaxing weekend.

Mr. A. Wheatley,  
Headteacher

## Attendance Matters



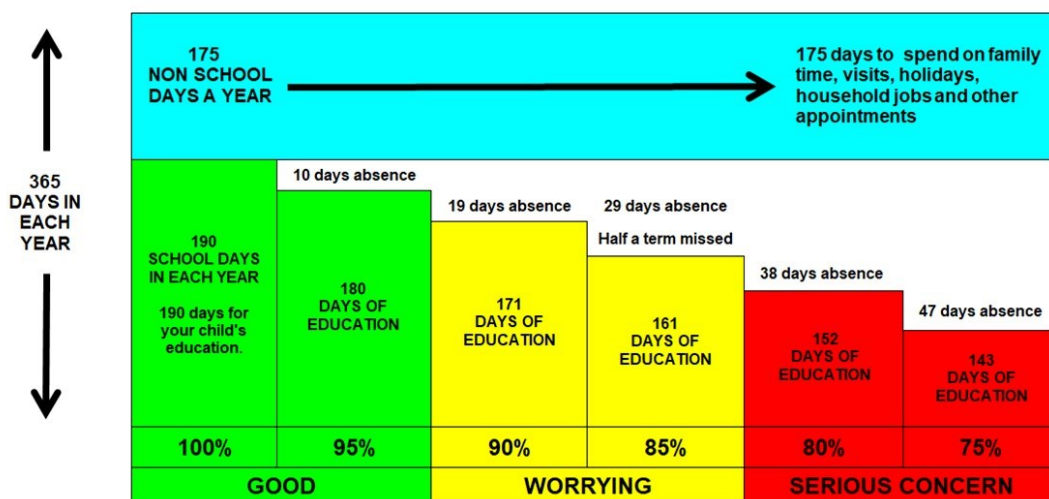
We continue to focus on attendance and punctuality so please remember that our School starts at 8.55am (9am for Nursery) and anyone arriving after this time will be marked as late.

Attendance for this week is summarised below:

Class	Attendance	Class	Attendance
Reception (Owls)	96.3%	Year 3 (Gibside)	94.7%
Year 1 (Wallington)	90%	Year 4 (Lindisfarne)	93.1%
Year 2 (Cragside)	95.8%	Year 5 (Bamburgh)	97.2%
		Year 6 (Dunstanburgh)	92.9%

Please see the graphic below which shows the significant impact of absence over time.

Days off School add up to lost learning!

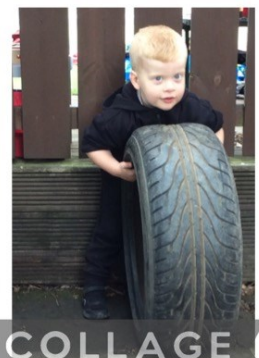


'Whatever you do work at it with all your heart'

Colossians 3:23



The Hedgehogs have been super busy this week and continue to impress us all! We have loved tyre rolling and dressing up outside. We have also been busy playing in our home corner and exploring materials by making faces in our creative area. What a great week!



PIC•COLLAGE



In The Owls' Class this week, we have begun to learn how to look after our bodies and how to keep them clean and healthy. We have learned that parts of our body are private and we learned the PANTS rule (see poster included in the flyer). We have talked about the importance of cleaning our teeth, at least twice daily, and we carried out a hand washing experiment to find out the best way to wash 'germs' off our hands! We discovered hot water 'kills' many more germs than cold .... even with soap! Owls, you have been AMAZING this week! 🌟

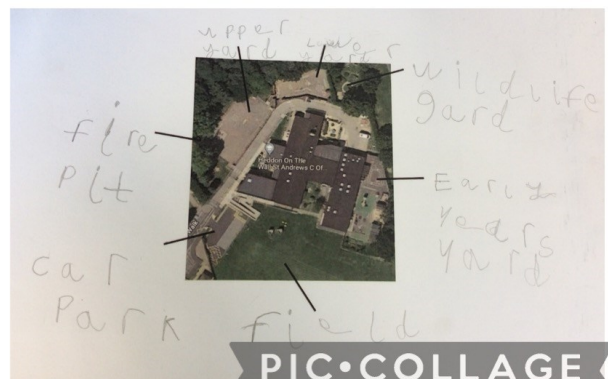


PIC•COLLAGE



## Making Maps in Year 1

This week, in Geography, Year 1 children have been labelling a map of School. We were each given a blank map and we had to follow our route around school using our map and label the locations we stopped at.



**PIC•COLLAGE**



## Finding Plants outside with Year 2

The children in Year 2 have enjoyed naming and identifying plants in the school grounds. We noticed that some plants we saw in the Summer Term weren't out now and we discussed why this would be. Why don't you look out to see what plants you can find at home or on your walks... remember to use the correct names.





## Tag Rugby with Year 3

Year 3 have been focusing really well in P.E. this week. They have honed their rugby skills; getting better at moving into a space in order to receive the ball and beginning to defend against an opposing team - well done Year 3!



## Tag Rugby in Year 4

This half term in PE year 4 have been playing Tag Rugby. We've practised how to hold, catch and throw from the hip. Once we mastered these skills we played small games wearing tag belts - some of us even managed a 'double tag'!



PIC•COLLAGE



## Tag Rugby in Year 5

This week, with Mr. Smith, Year 5 have been learning the rules of Tag Rugby. We looked at moving into space and passing and moving. We enjoyed using the tag belts and learning how to attack and defend as a team. Children in Year 5 also enjoyed playing some mini games of Tag Rugby because this was great way of showing all of the skills they have learned this so far.

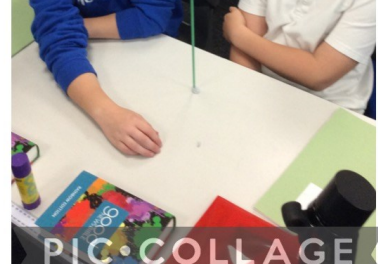
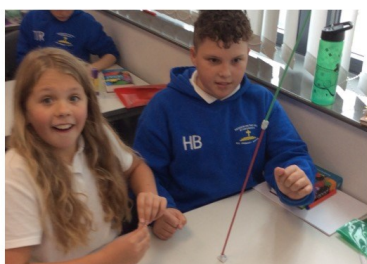
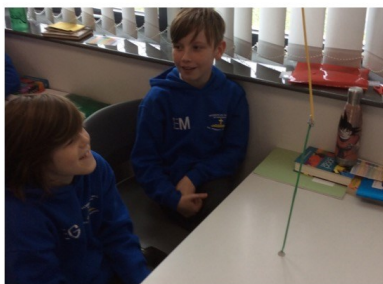
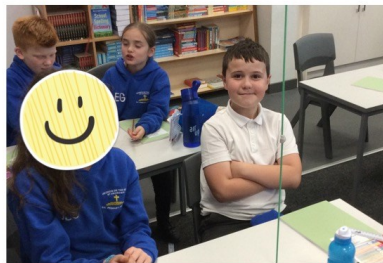




## Foundations for Living in Year 6

In RE Year 6 explored foundations for living. We read the parable of the two builders, and talked about the meaning of the story explaining how this links to what Christians believe are the solid foundations for living their lives.

To see the importance of solid foundations in practice we attempted to build the tallest straw structure we could with 2 straws and using our foundation material of either sand or blue tac.





## Year 6 Mindfulness Club

Our Year 6 Mindfulness Club has been really busy honing their loom band skills making a variety of bracelets and other items. While it allows the children time to relax and chat to friends they are hoping to have a stall at the Christmas Fair to sell some of the items they have made. The Club is run by our THRIVE Practitioner, Mrs. Walker.





## Running Club

Running Club has been proving very popular. The children have been working hard with Mrs. Walker and Mrs. Darby before School to develop their running technique and stamina. There is also time to play a few games too!

I know that the children representing the School at the upcoming Cross Country Competition at South Shields are very excited and I am sure that they will do well.



PIC•COLLAGE



## Friends of Heddon School

Friends of Heddon Meeting will be on Wednesday 4th October at 5:30 in The Swan for anyone to attend... we'd love to see some new faces!

The Friends play a really important part in School life by helping to arrange and run events for the children and raising money. The money raised over the last year has provided lots of new equipment for OPAL play including the recent installation of some roll bars. This equipment has helped to revolutionise our lunchtimes and really improve things for the children.

We are always seeking new volunteers and there are a large number of ways in which you can help. If you are interested please pop along to The Swan on Wednesday next week to find out more or contact the School Office who can put you in touch with the Friends.



## Autism Information from the Toby Henderson Trust

The Toby Henderson Trust is a local charity who support autistic children and their families and carers in the North East. Please see the information below from their latest newsletter.

### Webinars

We have a number of FREE webinars available to book covering a wide range of topics – Toileting, Food, Managing Meltdowns, Social Stories, Autism and Mental Health, Sensory Issues, Siblings etc. Check out our Webinar page [Webinars - The Toby Henderson Trust \(ttht.co.uk\)](https://www.ttht.co.uk/webinars). We hope to be adding a list of new dates for our webinars in the near future.

### Website

If you want to know anything about us, check out our website [www.ttht.co.uk](https://www.ttht.co.uk). We are constantly updating it with news, resources, webinars and support groups etc. We also have a fantastic “Book Recommendations” page [Book Recommendations - The Toby Henderson Trust \(ttht.co.uk\)](https://www.ttht.co.uk/book-recommendations). These books cover many of the topics that we regularly get asked about.

### Support Groups

We hold regular support groups for grandparents and families of girls with autism [Support Groups - The Toby Henderson Trust \(ttht.co.uk\)](https://www.ttht.co.uk/support-groups). These events are free and available to all families.

### Borrow Bags and Boxes

Our Borrow Bags and Boxes Scheme is proving popular with families. You can borrow sensory toys and equipment from us for your family, a sort of try before you buy!. Check out our website link for further details - [Borrow Bags & Boxes - The Toby Henderson Trust \(ttht.co.uk\)](https://www.ttht.co.uk/borrow-bags-boxes)

### Check us out on Social Media

FACEBOOK - If you have a Facebook account, make sure you like and follow our page [The Toby Henderson Trust | Facebook](https://www.facebook.com/tobyhendersontrust). Families living in South Tyneside are invited to like our Autism Hub Facebook page to keep up to date on local offers, activities and information as well as upcoming events at the Autism Hub - [The Toby Henderson Trust at The Autism Hub | Facebook](https://www.facebook.com/tobyhendersontrustattheautismhub).

TWITTER - You can follow us - [@AutismTTHT](https://twitter.com/AutismTTHT) / Twitter

INSTAGRAM – You can follow us - [www.instagram.com/the\\_toby\\_henderson\\_trust/](https://www.instagram.com/the_toby_henderson_trust/)



## A Free Family Day out with the National Trust

The National Trust are offering a free single use family pass to allow children and families to visit their properties this Autumn.

Visit [National Trust](https://www.nationaltrust.org.uk) online to claim a voucher for a free family pass that can be used on any one day up to **Friday 20 October** (excluding school half-term, though for most that's after this date).

You can get a pass up to 20 October, or until all available passes have been claimed, if that's sooner.

This single-use family pass allows two adults and up to three children, or one adult and up to four children, to visit a National Trust site for free in England, Wales, and Northern Ireland (National Trust Scotland locations aren't included). For this deal, children must be 5-17 years old (under 5s go free). You can also use this as a couple or as a single person.

On average, the pass would normally cost £25 to £35.

Please check the website link above to claim your pass and check which properties are eligible to visit.

With so many wonderful places to visit in the North East this is a fantastic opportunity for a free day out!







## LEARN ALL ABOUT PANTS WITH PANTOSAURUS!

### **P**RIVATES ARE PRIVATE

Your underwear covers up your private parts and no one should ask to see or touch them. Sometimes a doctor, nurse or family members might have to. But they should always explain why, and ask you if it's OK first. Remember, what's in your pants belongs only to you.



### **A**LWAYS REMEMBER YOUR BODY BELONGS TO YOU

Your body is yours, and no one should touch your private parts or any other parts of your body that you don't want to be touched. No one has the right to make you do anything that makes you feel uncomfortable. If somebody does make you do something, it's never your fault. Even if the person who has made you feel uncomfortable has told you it is your fault.



### **N**O MEANS NO

You always have the right to say 'no' – even to a family member or someone you love. You're in control of your body and the most important thing is how YOU feel. If you want to say 'No', it's your choice.



### **S**PEAK UP, SOMEONE CAN HELP

Talk about stuff that makes you worried or upset. If you ever feel sad, anxious or frightened you should talk to a safe adult who you trust.

This doesn't have to be a family member. It can also be a teacher or a friend's parent – or even Childline. Talking shouldn't get you into trouble, even if somebody has told you it will. If something has happened that makes you feel uncomfortable, it is never your fault.



### **T**ALK ABOUT SECRETS THAT UPSET YOU

There are good and bad secrets. Good secrets can be things like surprise parties or presents for other people. Bad secrets make you feel sad, worried or frightened. You should always talk to a safe adult who you trust about a bad secret or anything that doesn't feel right.



You can also talk to Childline. Call **0800 1111** or contact them online at **Childline.org.uk**. Someone will always be there to listen.





At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# What Parents & Carers Need to Know about LIVE STREAMING

Live streaming involves broadcasting and watching videos online in real time, often on social media or via platforms like YouTube and Twitch. Viewers can interact through comments, chats and reactions during the broadcast: such instant engagement makes this an exciting way to share experiences, learn from others and build digital communities. Despite the many positives, live streaming also creates a potential platform for unsuitable content and poses some risks to children: it's essential to keep privacy and safety in mind and comply with each site or app's age restrictions.

## WHAT ARE THE RISKS?

### LACK OF AGE VERIFICATION

Despite their age restrictions, some platforms don't require proof of age at sign up – meaning that anyone can register for an account (and potentially pretend to be older or younger than they actually are). In many cases, this means that young live streamers can never be totally certain exactly who they are broadcasting to and who is engaging with their live stream.

### DISCLOSING PERSONAL INFO

A characteristic of live streaming is the ability for videos to be instantly shared worldwide. Without the correct privacy settings enabled, a child could inadvertently reveal personal information or their location, making them vulnerable to online predators or identity theft. It's wise to regularly check the privacy settings (and what data is being shared) on any apps your child has signed up for.

### ANYTHING COULD HAPPEN

As the video streams are live, children might encounter (or inadvertently share) inappropriate content. Most live-streaming apps have rules to prevent this and monitor their services, also providing report buttons where content can be flagged for review. It may not be dealt with instantly, however, meaning that your child could be further exposed to harmful content during a live stream.

AGE RESTRICTION  
13+  
16+  
18+  
Age varies by platform

### UNAUTHORISED RECORDINGS

Each live streaming platform stores completed videos for different periods (Twitch saves broadcasts for 60 days, for example, while Facebook and YouTube remove them only at the creator's request). Deleting a video, though, doesn't always stop it from being shared: in some cases, streams have been illegally recorded (or screenshots taken) by certain viewers and redistributed on other sites.

### ROGUE CONTENT CREATORS

Children can also watch other people's live streams, which could potentially contain anything at any time (such as nudity, drug use or profanity). Most apps claim to monitor live streams and will stop any that don't adhere to their guidelines – but with millions of streams per day, it's complicated to regulate them all, so children could be exposed to inappropriate content without parents knowing.

### DANGER OF GROOMING

There are increasing reports of children being coerced into performing "suggestive acts" by strangers on some live-streaming apps. Due to the lack of verification required for certain apps, almost anyone can sign up to these services (including anonymously or under a fake identity). It's vital, therefore, to ensure the correct safety measures are in place before your child begins live streaming.

## Advice for Parents & Carers

### PUT PRIVACY FIRST

Through the streaming app's settings, switch your child's account to 'private', so only their friends and followers can see their broadcasts. You could also turn off the live chat, shielding your child from any upsetting comments – although viewers' feedback is often seen as an integral part of the fun. Identify any nearby items (such as school uniforms or visible landmarks) that could give away your child's location.

### MANAGE MULTISTREAMING

Some apps and sites let users stream their content through multiple social media platforms at once. A broadcast on SteamYard, for example, can be shared on YouTube, Twitch, X and Facebook if the accounts are linked. The privacy settings can differ on each of these, so we'd suggest only streaming via one platform at a time to maintain greater control over who's watching your child's videos.

### GET INVOLVED YOURSELF

Research suggests a significant number of streams show a child on their own, often in a supposed safe space like their bedroom. If your child wants to live stream, ask if you could be present because you're interested in how it works. You could even set up your own account to gain a more detailed knowledge of what your child talks about in their live streams – and who they're broadcasting to.

### TALK ABOUT LIVE STREAMING

Try to start with positives before discussing potential risks. You could ask which live streaming apps your child likes and how they use them. Do they just watch streams or create their own? Explain why it's unwise to reveal personal information while streaming (even to friends). If you feel your child's too young for live streams, explain your reasoning to them and perhaps agree to review this decision in the future.

### CONSIDER THEIR ONLINE REPUTATION

As the broadcasts are live, it often causes the misconception among young people that whatever happens in their video simply 'vanishes' once the stream ends. However, videos can stay online indefinitely or be recorded by other users. It's important that your child understands what they do and say in a live stream could potentially damage their online reputation and, quite possibly, be seen by prospective future employers, colleges or universities.

## Meet Our Expert

Rhodi Smith is Head of Digital Learning at Thomas's Kensington, London. Recognised in the EdTech 50 UK Awards Yearbook 2021/22 for his efforts in the digital transformation at Cubitt Town Primary School and Tower Hamlets, he is also a Google for Education Certified Trainer and guest lecturer at University College London on the integration of technology across the curriculum.



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#WakeUpWednesday

Source: <https://www.bbc.com/news/technology-57332222/distribution-of-captures-of-live-streamed-child-sexual-abuse-final.pdf>

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## Dates for your Diary - Autumn Term 1



Tuesday 3rd October 2023	Year 4 visit to Arbeia Roman Fort
Wednesday 4th October 2024	Friends of Heddon School Meeting at The Swan 5.30pm - Everyone welcome to attend!
Thursday 5th October 2023	Year 6 Open Evening at Ponteland High School 5.30pm-7.30pm
Tuesday 10th October 2023	Year 2 visit to Hall Hill Farm
Tuesday 10th October 2023	Key Stage 2 Cross Country Competition at South Shields
Wednesday 18th October 2023	Year 6 visit to Nissan
Friday 20th October 2023	Sports Leader Training
Tuesday 24th October 2023	Flu Vaccinations
Wednesday 25th October 2023	Year 1 visit to Wallington Hall
Friday 27th October 2023	Harvest Festival (Early Years and Key Stage 1) at Church at 9.30am
Friday 27th October 2023	Harvest Festival (Key Stage 2) at Church at 10.15am
w/c Monday 30th October 2023	HALF TERM

Please note that these dates are all subject to change.

Further dates will be added as they are confirmed.

If you require further information about an event please do not hesitate to contact the

## Dates for your Diary - Autumn Term 2



Wednesday 1st November 2023	Online portal opens for Reception applications
Monday 6th November 2023	TRAINING DAY
Tuesday 7th November 2023	Parents Evening
Thursday 9th November 2023	Parents Evening
Friday 1st December 2023	School Christmas Fair (1.30pm - 3.30pm)
Tuesday 5th December 2023	Choir Christmas Concert in School Hall at 5pm
Friday 8th December 2023	Year 6 visit to Beamish
Wednesday 13th December 2023	Christmas Dinner Day
Friday 15th December 2023	Rocksteady Concert in School Hall at 10am
Tuesday 19th December 2023	Early Years Nativity in School Hall at 10am
Tuesday 19th December 2023	Key Stage 1 Performance at Church at 1.30pm
Wednesday 20th December 2023	Key Stage 1 Performance at Church at 5pm
Friday 22nd December 2023	Key Stage 2 Carol Service at Church at 9.30am
Friday 22nd December	AUTUMN TERM ENDS

Please note that these dates are all subject to change.

Further dates will be added as they are confirmed.

If you require further information about an event please do not hesitate to contact the School Office.