

13th October 2023

Dear Parents / Carers,

It has been another busy week in School and the children have been working hard (and having fun!) across the curriculum which you can see in the flyer this week.

Year 2 had a great day at the farm where they were able to meet lots of new 4 legged friends, learn about them and even got to feed them!

Our Year 6 runners had an enjoyable but tiring time at the Cross Country Competition at South Shields. It was brilliant to see them representing our School and giving their best at the competition. Well done!

Just a reminder that this year we are supporting The People's Kitchen and West End Foodbank at Harvest. There is a list of suitable items which can be donated if you are able to do so. All gifts will be gratefully accepted and we would ask that they are in School by Friday 20th October so that they can be collected and distributed. Thank you very much for the items that have already been donated.

The Directors of Pele Trust have decided to carry out an admissions consultation to reduce the Published Admission Number (PAN) at Richard Coates CE Primary School from 60 to 30. For more information about this please see the news item on our website or by [clicking here](#).

We have a regular Stay and Play group which takes place each Wednesday morning in the School Hall. For £1 you can come along with your little one, take part in some fun activities, meet other children and parents and even have a snack! Please see later in the flyer for more details or speak to Mrs. Gibson who runs it.

I am aware that there have been some quite disturbing items on the news this week and this can be quite upsetting for children who see it. I have added a special information page in the flyer about how to support children with upsetting content either on TV or online.

Could I also remind parents that children are not to use the yard prior to school for safety reasons. Many thanks for your co-operation with this.

Well done to Reception with the best attendance this week with an amazing 100%.

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

Mr. A. Wheatley,  
Headteacher

## Attendance Matters



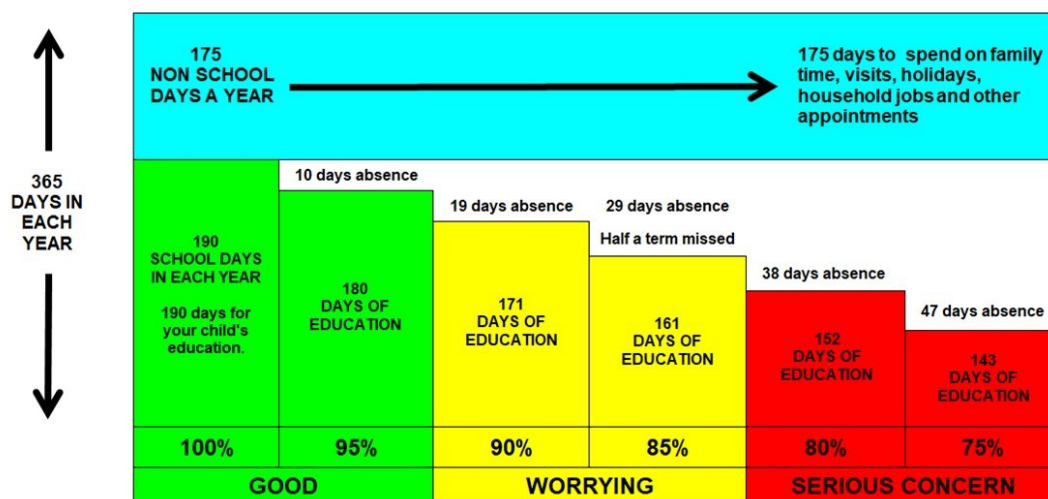
We continue to focus on attendance and punctuality so please remember that our School starts at 8.55am (9am for Nursery) and anyone arriving after this time will be marked as late.

Attendance for this week is summarised below:

Class	Attendance	Class	Attendance
Reception (Owls)	100%	Year 3 (Gibside)	97%
Year 1 (Wallington)	94.2%	Year 4 (Lindisfarne)	99.2%
Year 2 (Craggside)	96.6%	Year 5 (Bamburgh)	98.6%
		Year 6 (Dunstanburgh)	98.7%

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



This week, the Hedgehogs have been focusing on the artist, 'Alma Thomas'. We looked at the colours in her work and discussed what we liked about it. We then created our own paintings in the same style.



As part of 'World Mental Health Day', we read the Colour Monster again and identified all of the different feelings. We also discussed what we can do to be a good friend.

**PIC•COLLAGE**



What a busy week! We have been exploring our feelings and how looking after them helps to keep us healthy too. As part of World Mental Health Day we tried some relaxation exercises.



We have also explored the recent seasonal changes on an Autumn walk. We found lots of leaves, acorns and pine cones and we sorted them by size, shape and colour. We mixed our own Autumn colours and rolled conkers in paint to make a lovely picture!





We are always SO hungry after our PE session on a Friday, so today Mrs Cubbage surprised us with a bread and jam treat! The only thing was we had to prepare it all by ourselves, remember to follow the golden hygiene rules and to use good manners. Mrs Cubbage and Mrs McGurk were blown away by how well we managed ... we even did our own washing up!



PIC•COLLAGE



## Exploring Geographical Features in Year 1

Year 1 have been looking at human and physical geographical features in our Geography lessons. This week, we went for a walk around School and stopped at different locations to discuss if they were a human geographical feature or a physical geographical feature.





## Down on the Farm with Year 2

Year 2 had a fabulous day down on the farm on Tuesday! We learned a lot about the different animals and loved being able to feed and stroke some of them. On the tractor ride, we were able to have a good look around at the fields and animals and to top off a terrific day we had a play in the park!





### Using Natural Pigments in Year 3

Year 3 have been looking at natural pigments as part of their Art work focusing on cave paintings. They have used pigments found in plants and soils that we have foraged for around our school grounds. We were surprised by how many different colours and shades we could find!



PIC•COLLAGE



## Learning about the Fall in Year 4

This week in RE we read the story of the fall in Genesis. We then thought about questions to ask Adam, Eve, the snake and God before taking part in a hot seating activity. Someone pretended to be Eve, Adam, the snake or God and answered our questions in role. We have some great actors in our class who gave thoughtful responses in character.





## Narrative Writing in Year 5

This week, Year 5 have been completing their narrative story writing project. They have really enjoyed showing off their colourful imaginations and figurative writing skills. The children have also had the chance to up-level their work by editing and improving their writing on the Chromebook. Each child has worked very hard this week and they should be really pleased with the work they have produced.

Oslof had recently departed ~~left~~ the village with a bubble of excitement in his belly, although he was quite edgy ~~nervous~~ and kept reflecting on the thought that ~~thinking~~ the boat might sink or tip. The boat felt harsh ~~rough~~ under his steady hand. Alfgar had used red wood for the boats, from the forest next to the village but could not afford to make it completely even ~~smooth~~, so Oslof quickly pulled his hand away as he felt the push of a sharp splinter ~~digging into his palm~~. The sea was calm around the boat, but occasionally making its way up to where Oslof was standing, splashing him in the face as he peered longingly into the sea. A short while later a greyish smudge appeared on the horizon; "Alfgar, erm... is that Brittania... like over there?" he pointed whilst stuttering at the largening smudge. "No my dear boy, I'm afraid not, that is a storm coming on us from the North-West, prepare." Alfgar responded ~~repsponded~~ ~~replied~~ without viewing ~~looking at~~ him. The kinless boy had been chosen to go on the same boat as Alfgar, as he was now considered 'in the family.' Unsurprisingly, making it hard to move, ~~it was~~ the cramest boat of the four brave wave fighters was the one Oslof was on, ~~so it was hard to move around~~, but he didn't mind, and if he barged and shouted a bit people would back ~~would back~~ away in concern ~~make way~~. Little time later, the storm was on the edge of them, and the waves grew fiercer as splatters of rain decided to come down like bullets. On all four boats, people started rapidly bailing the growing piles of water back into the inhumane ~~ferocious~~ sea. The lord ~~Alfgar~~ was directing the covers and raincoats being delivered from the clothes and belongings pile at the back of each boat. Coming from all directions ~~All around them~~.



Oslof stood on the dilapidated, ramshackle boat rocking from side to side making him feel seasick as the gloomy heavy ~~gloomy dark heavy~~ water sprayed ~~splashed~~ into the boat. The water swept him of his feet as he tried and tried to get somewhere on the boat that he wouldn't fall over from the water. The storm struck just a few miles away from them as if it was a cat ~~prowling to prowling-crawling~~ to get his favourite toy ball. As he, ~~Oslof~~, thought that in this substantial ~~massive~~ storm was lighting that would throw the water so if anyone was in that water that is the end of them.

As quick as a flash, ~~The massive, heavy drops of rain split and splatted the surface of the boat like ice cubes tumbling falling~~ from the sky and the dark violet ~~purple~~ clouds circled and bellowed ~~growled~~ around the boat as all the passengers ran around violently and then Oslof felt sick it felt like the world was spinning this was not what Oslof had expected as at that moment he went over to the side of the ancient timber ~~wooden~~ boat and then he threw up

Then just as he wanted to turn back a speck ~~smudge~~ of green and white appeared ~~emerged~~ in the distance not far away.

Just at that very moment, ~~As the~~ Alfgarinas arrived on the beach a long spear was thrown that had just missed Oslof heading for a poor adolescent ~~young~~ soldier when Alfgar used his amazing skills to just reach out to the spear to catch it just as it was about to go right through the fellows face. Where had it come from? And How had Alfgar just put his hand out and caught it was he a robot? as that happened a blur of sand flew by Oslof and when Oslof tried to see it was all blurry and he saw a war band

across the Frisian Sea with its ships sailing with all their belongings hanging with them, the sky was perfect and sunny but a bit cloudy, the cramped, old and shaggy ships were hanging on to its old, brown paint until some hard rain started to splatter all over the old ship. Soon enough thunder and lightning started to split the indigo sky, into two 'ALL INTO THE MAIN AREA,' Alfgar and Wermund shouted, 'IT'S TOO MUCH TO HANDLE!' Oslof rushed to the main room trying not to be sick but he could only get as far as the side of the ship. Sadly their old, ragged ship was sliced in half by the silver, striking sound of Lightning. Their body's floating off into the distance.

Now they stood up shook of the water in their hair. Apparently their belongings were with them as they stood up on the horizon, Oslof stood up and saw a light green and white chalky cliff levitated ~~hovering~~ over him the Alfgarinas were thinking to build a luxury village but, Elfritha suggested to build the same village they had in Germany Alfgar didn't mind his old home back, they all agreed to remodel their houses but first they wanted some lunch so Tovi decided to have some cooked fish, so Oslof gathered some sticks and brown leaves for the fire he started to set it up, so he had to gather a big long stick to put the fish onto it, it started to cook up Tovi and Alfgar was proud of Oslof.

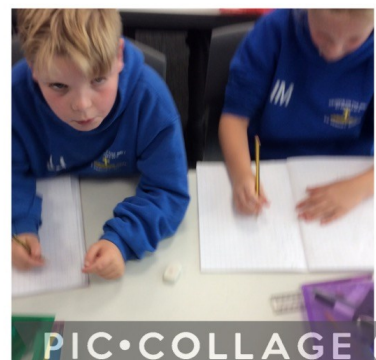
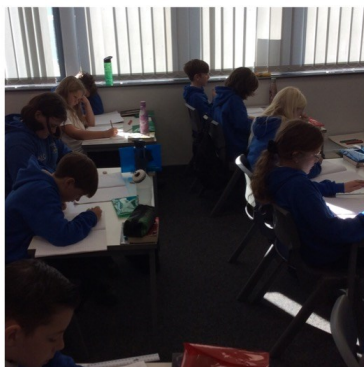
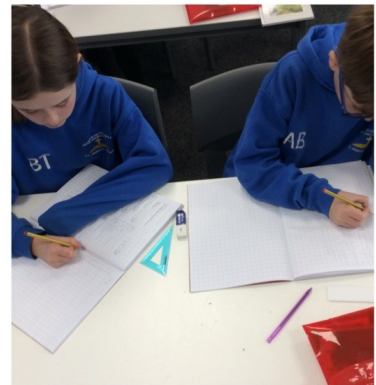
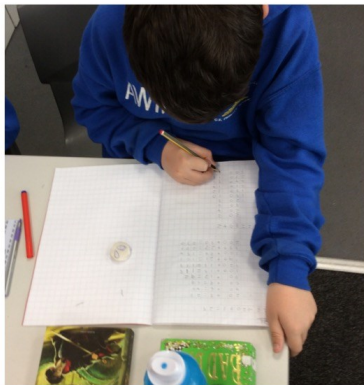
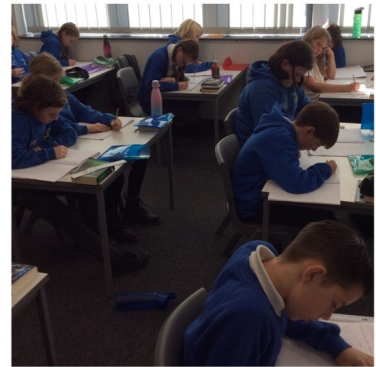
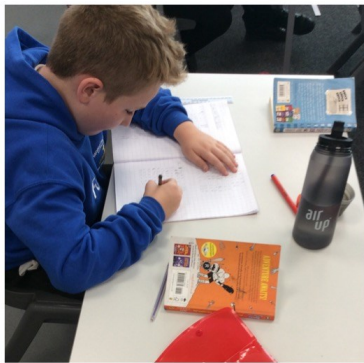
They stood below the cliff waiting to be served with their nice, fine fish but a silver spear came clashing down nearly hitting Oslof's head. Suddenly a spear came crashing down onto the sandy, stiff shore nearly hitting Oslof's head but into the shaggy boat, they knew they weren't alone after that they went up to see a civilization on top, Oslof knew this was a civilization, he saw a man, Tovi told Oslof about, 'These are the people who built the wall and the Britons, they haven't been defeated for 10 years.' Tovi explained.

'Well v  
Alfgar  
charge  
into the  
striking  
Oslof's  
another  
cliff, he  
silver, s  
  
A large  
man ste  
armour  
thought  
'Wuffa  
Now the  
a word  
own vil  
  
Elfritha  
'Oh Elf  
tribe wa  
only an  
wanting  
face he  
'Alfgar  
boy and



## Tackling Long Division in Year 6

At the end of the week, Year 6 began to tackle some long division questions! It can be a bit of a daunting method at first, but their attitude and attention to detail was fantastic. We will continue to practise this method in the early parts of next week. For any children that would like some extra practice at home, I have uploaded a document onto Google Classroom (with answers). Well done for your hard work Year 6!





## Cross Country Competition

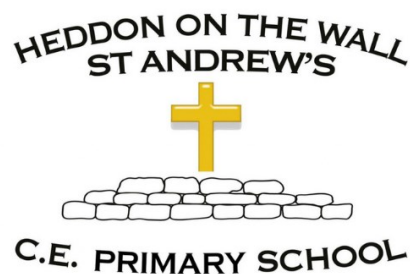
Our Year 6 runners had a great time representing the School at the Cross Country competition in South Shields. They had the chance to run against children from schools across the North East. Well done for your effort and perseverance!



# STAY & PLAY!

At Heddon-on-the-Wall, St Andrew's CE Primary School

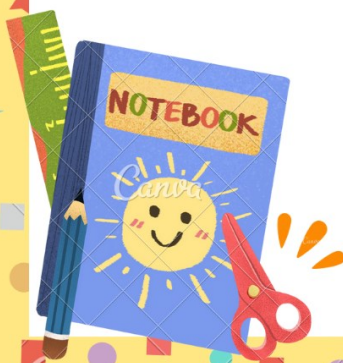
Wednesday  
mornings  
during term time  
9:00-10:30am



**£1**

For more information  
go to  
[www.heddon-school.co.uk](http://www.heddon-school.co.uk)  
or phone  
01661 853350

- Make new friends!
- enjoy a range of toys and crafts
- meet other parents and carers
- refreshments included
- changing facilities available
- suitable for babies up to age 3





## Harvest Collection

Once again we are supporting both The People's Kitchen and West End Foodbank this Harvest time. Please see the list below of items which are needed. Anything that you can possibly donate is much appreciated and can make a real difference to people in need in our local area. If all donations could be in School by Friday 20th October 2023 we can get it collected and distributed. Many thanks.



**THE PEOPLE'S  
KITCHEN** EST. 1985  
NEWCASTLE

FOOD FRIENDSHIP FUTURES



### HOW YOU CAN HELP THE PEOPLE'S KITCHEN

Our work is only made possible thanks to your kindness and generosity. The People's Kitchen is run entirely by volunteers, so every penny donated goes directly to helping our vulnerable Friends who might be homeless, at risk, unemployed, lonely, or living in poverty.



#### Items we Need

#### Examples

##### Tinned Vegetables

Tomatoes Plum and Chopped, Peas, Carrots, Sweetcorn, Potatoes

##### Tinned Fruit

Peaches, Pineapples, Fruit Cocktail, Pears, Mandarin, Oranges

##### Soup

Tinned or Instant Vegetables, Tomato, Chicken, Broth, Lentil, Potato & Leek

##### Cooking/Baking Ingredients

Sugar, Flour, Jam, Coconut, Cocoa, Dried Fruit, Cooking Oil, Lentils, Broth Mix, Spices

##### Snacks

Pot Noodles, Pot Pasta, Crisps, Biscuits, Chocolates, Sweets

##### Drinks

UHT Milk, Coffee, Tea, Hot Chocolate, Cartons of Juice, Fruit Squash

##### Desserts

Rice Pudding, Jelly, Angel Delight, Custard, Evaporated Milk, Golden Syrup

##### Tinned Meat

Ham, Corned Beef, Chilli, Curry, Mixed Beef, Bolognese, Stewing Steak

##### Cooking Sauces

Indian, Thai, Chinese, Italian, Mexican, Coconut Milk

##### Condiments

Tomato Ketchup, Brown Sauce, Mayonnaise, Salt, Pepper

##### Pasta and Rice

Lasagne, Egg, Noodles, Rice

##### Stock and Gravy

Vegetarian, Beef, Chicken & Onion

##### Toiletries

Soap, Deodorant, Shampoo, Conditioner, Shower Gel, Razors, Toothpaste, Toothbrush

##### Cleaning/Other

Washing Up Liquid, Washing Powder, Spare Carrier Bags

##### Pet Food

Dog and Cat Wet and Dry Food



THE PEOPLE'S KITCHEN LIMITED The Alison Centre, 56 Bath Lane, Newcastle upon Tyne, NE4 5SQ  
T: 0191 222 0699 E: info@peopleskitchen.co.uk [www.peopleskitchen.co.uk](http://www.peopleskitchen.co.uk)



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 apps which we believe trusted adults should be aware of. Please visit [nationalonline-safety.com](https://nationalonline-safety.com) for further guides, hints and tips for adults.

# SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

## A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

### FIND OUT WHAT YOUR CHILD KNOWS 1

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.

1



### RIGHT TIME, RIGHT PLACE 2

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.

2



### KEEP IT AGE APPROPRIATE 3

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.

3



### EMPHASISE HOPE 4

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.

4



### MONITOR REACTIONS 5

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.

5



### CONSIDER YOUR OWN EMOTIONS 6

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.

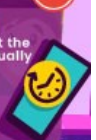
6



### SET LIMITS 7

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example), it's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.

7



### TAKE THINGS SLOWLY 8

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.

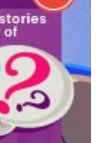
8



### ENCOURAGE QUESTIONS 9

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.

9



### FIND A BALANCE 10

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.

10



### BUILD RESILIENCE 11

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.

11



### IDENTIFY HELP 12

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It's essential that children understand that they're not alone, and that help is available if and when they need it.

12



### Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



Source: <https://www.bbc.com/news/health-561006> | <https://www.childrensminds.org.uk/supporting-your-child-with-upsetting-content/> | <https://www.unicef.org/parenting/how-to-talk-your-child-about-conflict-and-war>



@natonline-safety



/NationalOnlineSafety



@nationalonlinesafety



@national\_online\_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 11.10.2023

NOS  
National Online Safety®  
#WakeUpWednesday



## Dates for your Diary - Autumn Term 1



Wednesday 18th October 2023	Year 6 visit to Nissan
Friday 20th October 2023	Sports Leader Training
Monday 23rd October 2023	Pele Trust Year 6 Football Tournament
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 School Office.

## 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.