

8th December 2023

Dear Parents / Carers,

It seems that the Christmas season has really begun from the Worship Table getting its purple advent cloth to the sounds of Christmas songs ringing around the School. It is a wonderful time to be in School with our happy and excited children as they prepare for their performances which create real memories for them. Despite all the excitement the children continue to work hard on their curriculum work which you can see in the flyer this week.

This week some of our Teaching Assistants have received Lego Therapy training and are keen to begin using this to support some of our children.

Thanks to everyone for their support at the Christmas fair last week. I am pleased to let you know that we raised £1154.17 for more OPAL play equipment. The children are already thinking about what they would like to spend this money on.

A special thank you to Tom, Mrs. Milner, Mrs. Graham and Miss Lake for organising our Music and Choir concert this week. It was well attended and allowed our children to showcase their talents. Everyone thoroughly enjoyed the concert and the special 'Geordie Banger' hot dogs, brownies and mince pies. It was a privilege to present both Mrs. Milner and Mrs. Graham with Northumberland Community Champion Awards from Guy Opperman, MP for their voluntary service in supporting music in the School.

Please could I remind you that the School would prefer that the children did not wear earrings. If you wish your child to wear earrings they should be small studs and the children should be able to remove them themselves. It is not safe for children to take part in PE or swimming wearing earrings as they are very prone to be torn from earlobes when they catch on apparatus, clothing or other children. If you wish to have your child's ears pierced I would suggest that this is done at the beginning of the summer holidays to allow them adequate time to heal. I would also like to remind you that children should not be wearing make up for School. This includes mascara, lipstick or false nails (acrylic or gel). Many thanks for your co-operation with this.

Please see later in the flyer for information from The Toby Henderson Trust which supports children, adults and families with autism. They have also provided a great guide about having an autism friendly Christmas. This is filled with ideas and tips and can be found on the School website by [clicking here](#).

I would like to remind parents that next week we have our Ukulele Concert and Rocksteady Concert. There are also details about the Services happening at St. Andrew's Church over the Christmas period. Details can be found on the calendar page in the flyer.

Don't forget to check out our contribution to the Diocesan Virtual Advent Calendar this week. Our door opens on Thursday and you can check it out by [clicking here](#).

Well done to Year 2 with not only the best attendance this week: 93.6% but the best attendance for the year to date: 97.9%

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

Mr. A. Wheatley,

Headteacher

Attendance Matters

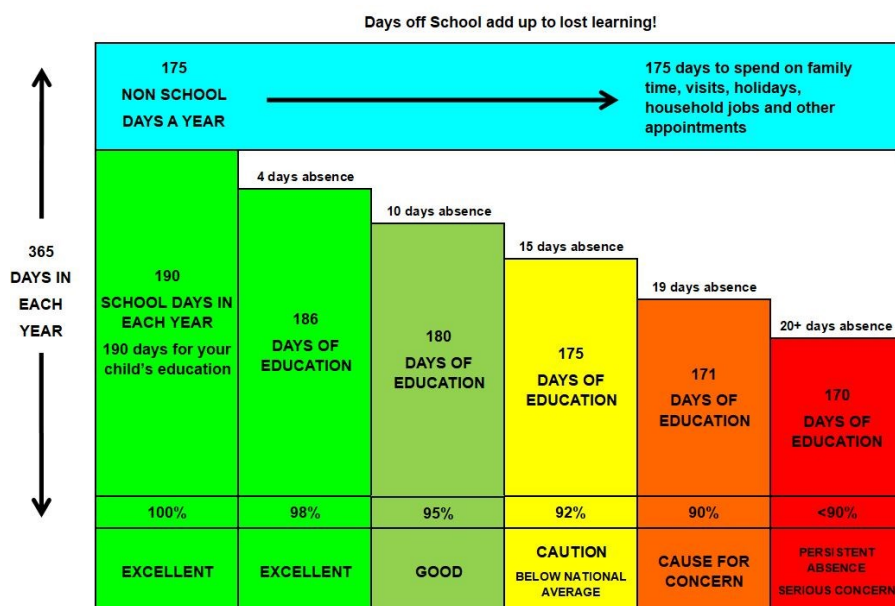


We continue to focus on attendance and punctuality so please remember that our School starts at 8.55am (9am for Nursery) and anyone arriving after this time will be marked as late.

Attendance for this week is summarised below:

Class	Attendance this week	Attendance this year	Class	Attendance this week	Attendance this year
Reception (Owls)	82.3%	94.5%	Year 3 (Gibside)	89.3%	93.7%
Year 1 (Wallington)	92.2%	95.6%	Year 4 (Lindisfarne)	90.4%	95.8%
Year 2 (Craggside)	93.6%	97.9%	Year 5 (Bamburgh)	84.1%	94.9%
			Year 6 (Dunstanburgh)	92.9%	95.3%

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



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

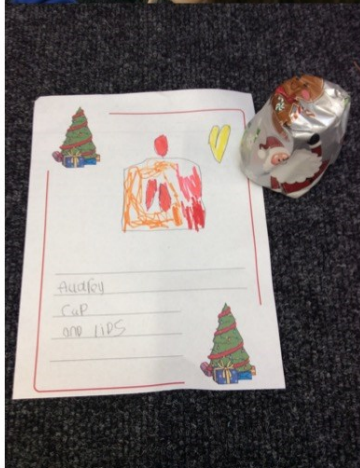
Colossians 3:23

Nursery have had such a lovely week and have been super busy!
We have been exploring the ice in our outdoor area, playing with
'gloop', creating Christmas pictures, and making our own
Christmas post box. We have also been making our top secret
Christmas cards!



PIC•COLLAGE

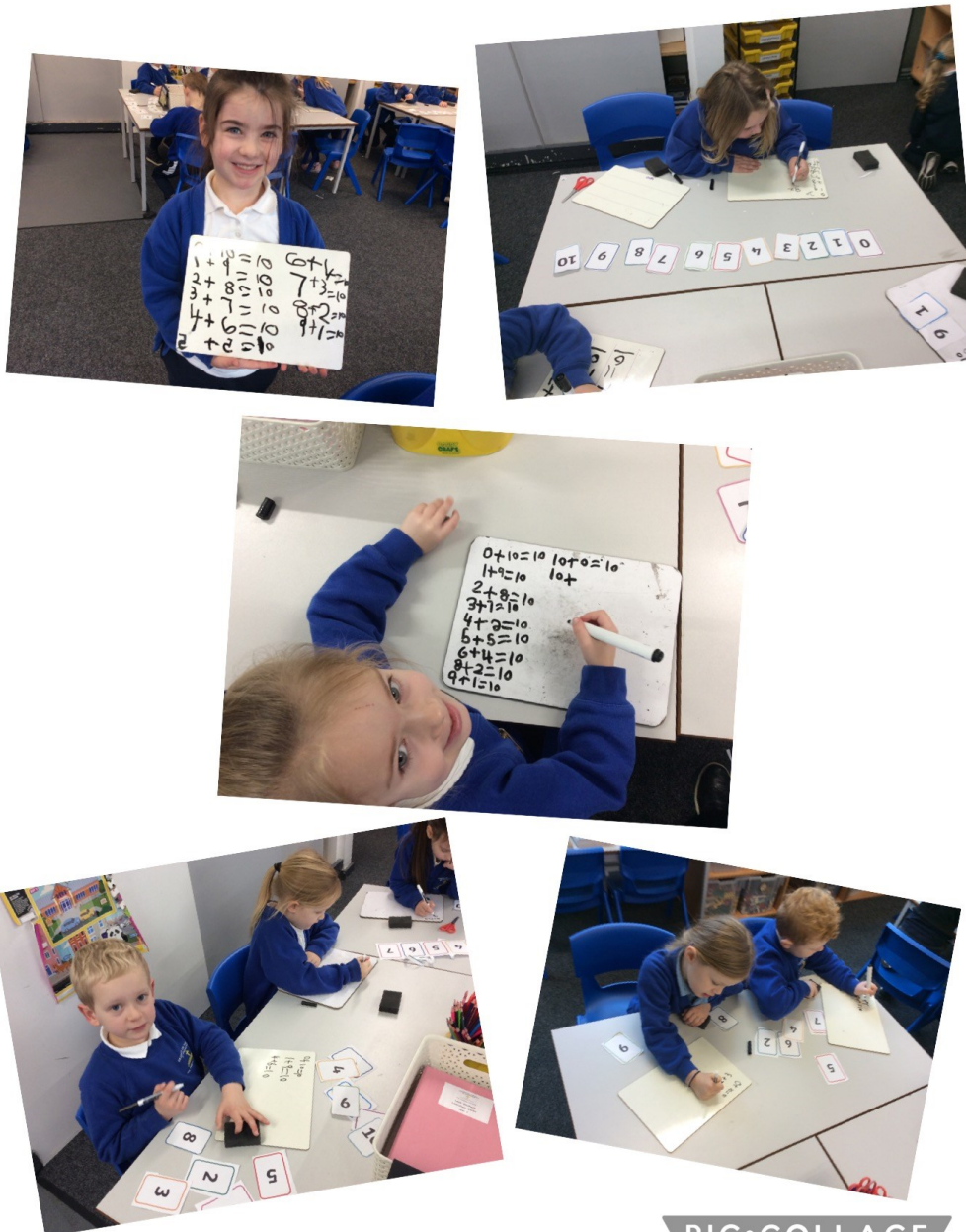
This week the Reception children have been busy elves designing, making and wrapping presents to go on Santa's sleigh.



PIC•COLLAGE

Problem Solving in Year 1

The children in Year 1 have been so busy this week. We have been visiting church, working hard in all areas and been problem solvers in Maths! We had to investigate how many possible combinations of numbers could make a total of 10, 11, 12, 13 and so on. We had so much fun finding this out. We were also visited on Friday by the school elf in our classroom!



PIC•COLLAGE

Addition and Subtraction Strategies with Year 2

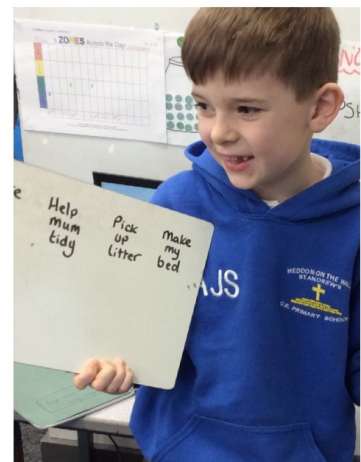
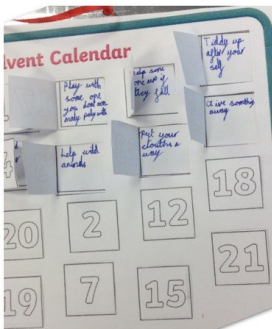
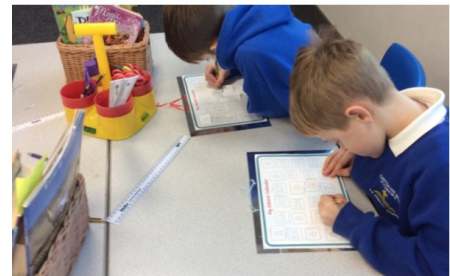
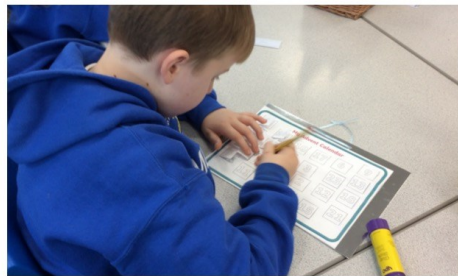
In Year 2 we have been doing a lot of work on different addition and subtraction strategies. We are amazing at using different methods and love showing our working out.



PIC•COLLAGE

Kindness Advent Calendars with Year 3

Year 3 have been thinking carefully about all the different ways that they can show kindness to others. They have worked really hard to create a special advent calendar which has a kindness challenge or activity behind each door for them to try and do. We look forward to Year 3 making a real difference to others by carrying out these small acts of kindness both at home and School. This is a really great example of how we show love to others.



Forest School in Year 4

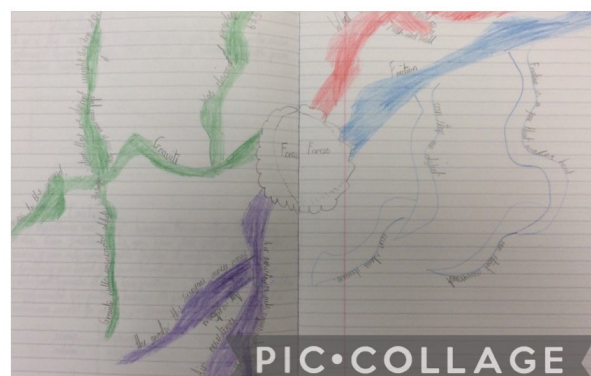
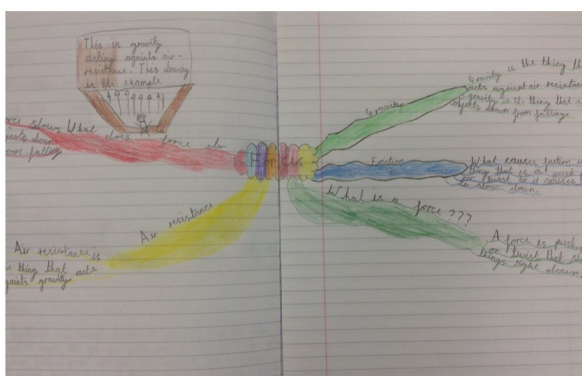
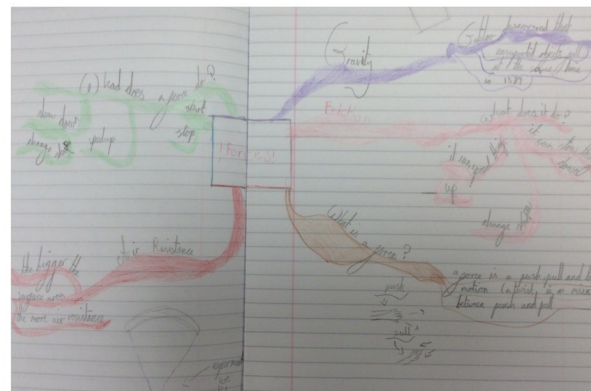
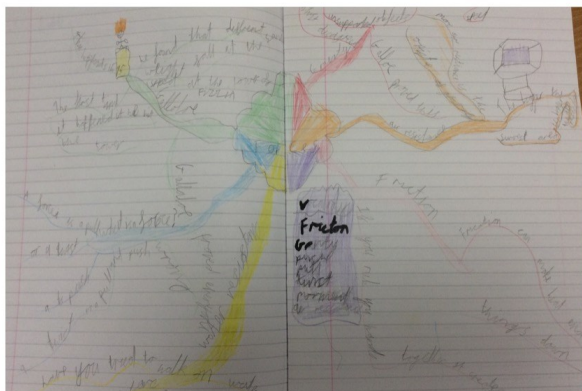
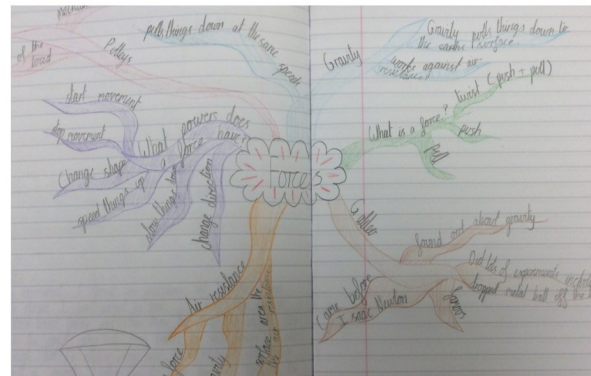
On Monday, Year 4 took part in some exciting forest school activities. Unfortunately due to torrential rain and ice, we had to stay indoors. But that certainly didn't stop the fun! We had a great time making stick people using all kinds of natural materials. We also played some team building games (which caused lots of laughs) including giant Rock, Paper, Scissors, and making the longest line with our bodies.



PIC•COLLAGE

What can we remember about Forces with Year 5

This week, Year 5 have come to the end of a very enjoyable Science unit. The children have loved learning all about Forces and the impact that they have. We always like to finish our Science units with a Mind-Map, this allows the children to record key facts that they have learned throughout the unit. This can be challenging because the children have to recall these facts from memory, to see how much they can remember over the unit of work. Children are encouraged to show their understanding by using key vocabulary, drawing diagrams and colour coding the information. Keep up the hard work!



PIC•COLLAGE

Sewing Advent Calendars in Year 6

Year 6 had a busy week completing their Christmas advent calendars in Design and Technology lessons. Working in groups, the children created a design before using their sewing skills to bring them to life. They each took three numbers and applied the "doors" to their festive designs. We are very pleased with how they turned out. Next week, the children will evaluate their work and suggest ways in which their final product could be improved. Photographs of our trip to Beamish today will be posted in next week's flyer.



Year 5 lead Celebration Assembly

Year 5 had a great opportunity to lead Celebration Assembly this week as Year 6 were out on their trip to Beamish.

The children leading were confident and did an amazing job of announcing and giving out the certificates and announcing the house points for the week.

It takes a lot of courage to be able to stand and speak in front of 200 other children and a number of adults and the children managed extremely well. We are really proud of you!



Year 7 Newsletter from Ponteland High School

Please follow the link below to read the Year 7 Newsletter from Ponteland High School. It is lovely to see a number of our ex-pupils in the letter and to see what they are doing at the High School.

To read the newsletter please [click here.](#)

Christmas Tree

Many thanks to Halls of Heddon who very kindly donated our Christmas tree for the Hall. The children thoroughly enjoyed decorating it and the sparkling lights and decorations brighten up our days!



We really enjoyed decorating our
Christmas tree!



PIC•COLLAGE

The School Music and Choir Evening

The School Choir had a great time singing to a packed School Hall on Tuesday night. They sang a variety of Christmas songs interspersed with the children showcasing their talents. These included singing, dancing and playing musical instruments (drums, guitars and piano).

All guests enjoyed a special 'Geordie Banger' hotdog followed by brownies and mince pies as well as completing a Christmas quiz.

Special thanks to Mr. Bell and his team for providing the food; Mrs. Graham, Mrs. Milner, Miss Lake and Tom for organising the event as well as to our other staff volunteers.

It was particularly lovely to welcome back some of our ex-pupils from Ponteland High School including Henry and Abigail who compered the event with their own jokes and Sophie, Gracie, Jonny and Mac who helped both backstage and with the food. You are all a credit to your School!



Diocesan Advent Calendar

We were really pleased to be invited to contribute to the Diocesan Virtual Advent Calendar. Two Year 6 representatives recorded a short video reflection about the Bible verse, 'Love your neighbour as you love yourself' and how this links to Christmas. Please follow the link below to check out the calendar. The doors open one per day with our School contribution being on 14th December.

To view the Virtual Advent Calendar please [click here](#).



Pele Trust Junior Park Run

Mr. Smith, the Pele Trust Primary PE Lead, has organised a Festive Junior Park Run at the Town Moor in Newcastle. This will be a Christmas themed event in collaboration with Junior Park Run and is open to all children, family and friends from the Pele Trust Primary Schools.

It is super inclusive as you can walk, run or go for a personal best over the 2km route. This event is free and is a great opportunity to have some healthy fun in a beautiful setting.

The event is scheduled to take place on Sunday 17th December at 9am on the Town Moor.





For more information and to sign up to take part please [click here](#) to register. Once you have done this you can then download their QR code that you need to take to the event.



**The Toby Henderson Trust
are available at
Toby House
Monday to Friday
9am - 4pm
For bookings,
appointments and
enquiries -
our dedicated email
address is:**

NorthumberlandPDS@ttht.co.uk

Follow us:

-  **Facebook** - The Toby Henderson Trust
-  **Instagram** - the_toby_henderson_trust
-  **Twitter** - @AutismTTHT
-  **TikTok** - thetobyhendersontrust

 **The Toby Henderson Trust**

 **Northumberland Autism
Post Diagnostic Support Service**

**WHO ARE WE AND
WHAT DO WE DO?**

The Toby Henderson Trust is a registered charity (1149952) and company limited by guarantee (0685892) who offer a specialist autism post diagnostic support service free to all families in the area with a Northumberland postcode whose child or young person (up to the age of 18 years) has a confirmed autism diagnosis, either recent or historic. Our impressive track record spans over more than 21 years and we remain committed to help wherever and however we can.

 **The Toby Henderson Trust**

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"Thank you so much for your time this morning. It meant a lot to me that you understood what I was talking about and that I didn't feel I needed to persuade you believe me about what my child can be like."

GET IN TOUCH



Contact: 0300 365 3055



NorthumberlandPDS@ttht.co.uk



Toby House, Earth Balance
Bedlington, Northumberland,
NE22 7AD



www.ttht.co.uk

**OUR SERVICE
PROVISION**

WHAT WE OFFER:



Specialist Family Support Sessions - A chance for parents/ carers and families to have an in-depth chat with members of our family support team in a safe space, where you have access to specialist support, advice, strategies, suggestions & resources, as well as signposting to other relevant agencies, giving that much needed listening ear & understanding. These sessions can be face-to-face, at The Toby Henderson Trust, via Zoom, telephone call or even via email, to suit the needs and flexibility of each family. Sessions can be accessed by ringing or emailing The Toby Henderson Trust to book an appointment.



Follow up emails to appointments including overview of suggestions, information & relevant resources.



We offer a rolling programme of free targeted webinars, for example Sleep Issues and 'Food Glorious Food'



A range of monthly targeted Support Groups
Please visit our website or Facebook page for details of the above & upcoming events.



 **Northumberland Autism
Post Diagnostic Support Service**

Specialist Post Diagnostic Support

Practical Advice and Guidance

Approachable, Caring and Experienced Staff

Tailored Recommendations and Trusted Strategies

A Friendly Listening Ear

OUR BACKGROUND

The Toby Henderson Trust (TTHT) is an independently funded charity supporting autistic children, young people and adults, their families and carers in the North East of England. TTHT was started in 2001 by founder & CEO Lesley K Henderson who turned her care, lived experience & knowledge into an organisation with a team that all share the same ethos and dedication.

Over the last 21 years we have established a trusted reputation for providing relevant, appropriate and accessible support for families with autistic young people from 2 years to adulthood, by empowering parents and carers in sharing knowledge experience and understanding.

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"Thank you so much for your time today, it really made a difference!"

Mental Wellbeing Advent Calendar

We know that this time of year can be very busy and non-stop. While this can be a fun and exciting time it is also a time which may make some children feel anxious and stressed. Please see below the YoungMinds Wellbeing calendar.

This calendar contains some simple daily activities, designed for Primary age children, which you can do alongside your child to help them to manage their mental wellbeing in the run up to Christmas.

We hope that you not only find these useful but really enjoy spending time with your children doing them!

The YoungMinds Wellbeing Calendar 2023

Looking after your wellbeing as you count down to the winter break.



27 - MONDAY

Belly breaths

Take a big deep breath in and fill your belly up with air. Then slowly breathe out through your nose.

28 - TUESDAY

Affirmation station

Spread some winter joy to your classmates by writing positive messages on cards. Then get your teacher to collect and pass them around. For example 'I am loved', 'I can do this'.

29 - WEDNESDAY

Stretch it out

Stretch your body from head to toe. Roll your neck, spin your arms and flex your toes!

30 - THURSDAY

Gratitude snowman

Draw three circles on top of each other to create a snowman. In each circle, write something you're grateful for today.



1 - FRIDAY

Dance party

As a class, get the month off to a great start by singing and dancing along to tunes that make you feel happy!



4 - MONDAY

Mindful colouring

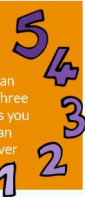
Enjoy some quiet colouring in time and let your creative juices flow.



5 - TUESDAY

Feeling grounded

Silently, name five things you can see. Four things you can feel. Three things you can hear. Two things you can smell. And one thing you can taste. Use this exercise whenever your emotions feel too big.



6 - WEDNESDAY

Get crafty

Draw, paint or craft your favourite animal that reminds you of winter. Polar bear? Penguin? Reindeer? Or even just a cat with a funky scarf on!

7 - THURSDAY

Worldwide winter

Learn how other cultures and countries celebrate different things about winter.

8 - FRIDAY

Random act of kindness

Do something nice for someone else today. Doesn't it feel great?



11 - MONDAY

Signs of winter

As a class, take a silent, mindful walk around the school grounds. Noticing signs of winter along the way. Such as frost, falling leaves or even robins.



12 - TUESDAY

Body scan

Try a body scan meditation to help you let go of stress or worries. There are lots of free videos of this on YouTube!



13 - WEDNESDAY

Self-soothe session

Create your own self-soothe box to take home and use whenever you feel sad or worried. Include things like sensory toys, sour sweets and photos of things that make you happy. For more tips, check out the 'How to make a self-soothe box' blog on our website.

14 - THURSDAY

Get the giggles

Give laughter yoga a go. It's said to make you happier and less stressed! There are lots of free videos on YouTube.

15 - FRIDAY

Your 2023

Write down your favourite school moments of 2023 and any hopes or goals you might have for 2024.

Carols by Candlelight

St. Andrew's Church

Heddon-on-the-Wall

16th December 4pm

This is our traditional community
carol service

Everyone is welcome



Whatever you do work at it with all your heart

Colossians 3:23

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 platforms which we believe trusted adults should be aware of. Please visit nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about DISNEY+

WHAT ARE THE RISKS?

LESS SUITABLE CONTENT

While Disney+ is predominantly family friendly, there are some movies and shows in its library which are aimed at an older audience: these may scare younger ones or contain themes or language that you'd rather your child wasn't exposed to. You could avoid such situations by enabling Junior Mode (see 'Adjust content settings' below) or specifying a content age rating for your child's profile.

BINGE WATCHING

With the option to view content on any internet-enabled device and a growing catalogue of movies, cartoons and documentaries, Disney+ can make managing screen time difficult. This could result in children binge watching content, distracting them from activities like homework or socialising. Too much screen time has also been shown to negatively impact mood, sleep patterns and weight.

PHISHING EMAILS

Be especially cautious if you receive emails or text messages purporting to be from Disney+. There have been numerous reports of online scammers impersonating Disney+ staff in an attempt to gain access to subscribers' personal information. Disney+ states it will never email or call customers asking for their payment details, their private information or their password.

ENCROACHING ADVERTS

Disney+ has introduced a new subscription package – Disney+ Standard with Ads – which plays commercials before movies and during shows (like many TV channels). There are no adverts in Junior Mode, but profiles with a content rating of 6+ years will see ads appropriate for that age category. Adults who give consent will see personalised adverts based on their location and viewing history.

ACCESSING ADULTS' PROFILES

If adults don't set a PIN for their profile, children could access it and encounter content which isn't age appropriate. In the settings, Junior Mode has a toggle titled 'Kid-Proof Exit' which requires the user to read four words (numbers, spelled out) and enter them to switch profiles. For older children who can read, though, this isn't secure enough – so using a PIN for adult profiles is recommended.

Advice for Parents & Carers

ADJUST CONTENT SETTINGS

When setting up an account, there's an option to create profiles in what's called Junior Mode. This generally covers material that's suitable for children up to age 6 and is therefore fairly limited. You can give older children a wider choice of viewing by building a standard profile, then going into the settings and choosing a content rating from one of the pre-set alternatives: 6+, 9+, 12+ or 14+.

TURN OFF AUTO-PLAY

When a cartoon, show or movie finishes, Disney+ uses algorithms to identify content with similar themes, which it thinks your child will also enjoy. This suggestion will then automatically begin to play by default. There's an option to turn off this auto-play function in the profile settings, which will encourage your child to take a break from the screen and move on to a different activity.

ADD PIN PROTECTION

Disney+ enables you to effectively lock profiles behind a four-digit PIN. In particular, some of the shows on the platform's Star content hub are far more oriented to adults (including several hard-hitting dramas from US networks), so protecting parents' or older siblings' profiles with a PIN will help to prevent younger children stumbling across material which isn't intended for them.

ENJOY AS A FAMILY

When your child watches a movie or show on Disney+ for the first time, you may want to sit with them to ensure it's suitable. You could do the same when introducing them to older films that you haven't seen for years: your perception of what's appropriate has very probably changed, and some of the language and attitudes in movies from your own childhood may seem quite shocking today.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



NOS National
Online
Safety®
#WakeUpWednesday

@natonlinesafety

/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: 00.00.2023

Dates for your Diary - Autumn Term



Wednesday 13th December 2023	Christmas Dinner Day and Christmas Jumper Day for Save the Children charity
Wednesday 13th December 2023	Year 3 and Year 4 Ukulele Concert in School Hall at 2.30pm
Friday 15th December 2023	Rocksteady Concert in School Hall at 10am
Sunday 17th December 2023	Pele Trust Park Run at Town Moor at 9am
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 2023	AUTUMN TERM ENDS
Monday 8th January 2024	SPRING TERM BEGINS