

19th January 2024

Dear Parents / Carers,

It has been a super busy week in School as you will see in the flyer. It is great to see the children taking part in and enjoying such a wide variety of activities and subjects. It is a real privilege to be able to hear the children speak with such enthusiasm about their learning and to see their smiling faces.

On Monday we have some visitors in School. Mr. Kirk Lester, Army Welfare Officer is in School to do Forest School activities with Key Stage 1. Please could the children come in with appropriate warm and waterproof outdoor clothes as getting dirty is all part of the fun!

Key Stage 2 are welcoming the author, Adam Bushnell to School. Adam has visited our School on a number of occasions over the past few years. He will be leading workshops with each of the Key Stage 2 classes and they will have the opportunity to purchase a signed book. Mrs. Darby has already sent these details to you via email.

Reception class continue to look at people who help us keep well and keep our pets well. We have had some amazing visitors in the class and look forward to more next week.

Year 4 are looking forward to joining together with other Year 4 children from across the Diocese for the annual Christingle Service at St. Nicholas' Cathedral in Newcastle. This is always a special and enjoyable event for the children.

We continue to develop our OPAL play work at break and lunchtimes and would love to know what you think. If you have not already done so we would be grateful if you could spend a few minutes completing a survey for us by [clicking here](#).

I know that a number of children in School have been talking about events in the news, particularly the current events in Gaza and Israel. To help support with these conversations please see the information sheet about 'Supporting children with upsetting content' later in the flyer.

Well done to Reception with the best attendance this week: 98%

Well done to Year 4 for the best attendance for the year to date: 96.2%.

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

Mr. A. Wheatley,
Headteacher

Attendance Matters



ATTEND today...
ACHIEVE tomorrow...
ATTENDANCE matters.

Northumberland
County Council

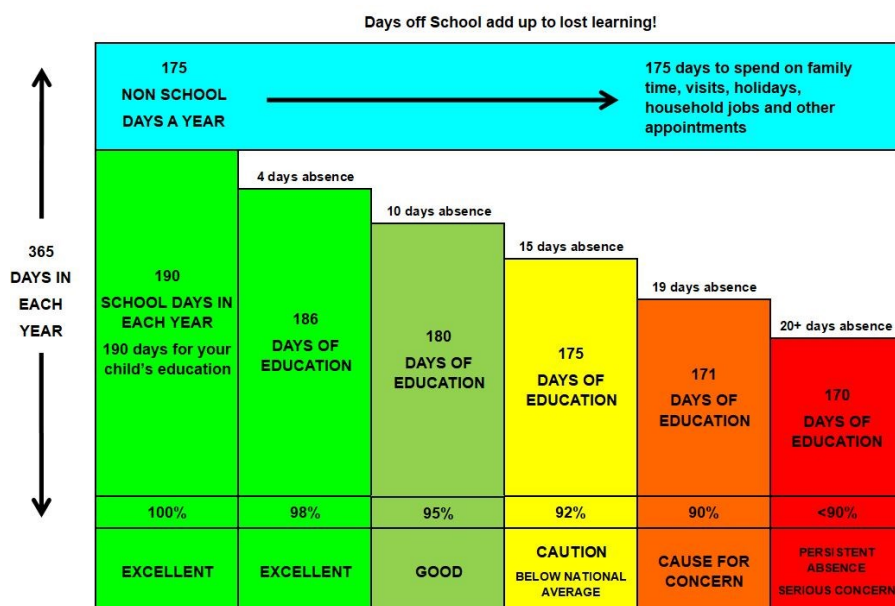


We continue to focus on attendance and punctuality so please remember that our School starts at 8.55am (9am for Nursery) and anyone arriving after this time will be marked as late.

Attendance for this week is summarised below:

Class	Attendance this week	Attendance this year	Class	Attendance this week	Attendance this year
Reception (Owls)	98.0%	95.9%	Year 3 (Gibside)	93.3%	94.4%
Year 1 (Wallington)	95.0%	95.5%	Year 4 (Lindisfarne)	95.6%	96.2%
Year 2 (Craggside)	91.5%	95.5%	Year 5 (Bamburgh)	94.7%	94.3%
			Year 6 (Dunstanburgh)	96.9%	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



The Hedgehogs have continued their 'Amazing Animals' topic by exploring Jungle animals this week. We have enjoyed reading the story 'Monkey Puzzle' and we have been busy creating our own animal patterns, making moving tigers and painting our own animals. Look at our amazing work!



PIC•COLLAGE

On Monday morning we walked up to St Andrew's Church. Reverend Rachel greeted us and we talked about families. She told us that the Church is like a family we can belong to too. We drew some super pictures of our families.



Reverend Rachel read us
 the story of Jesus' baptism
 and then we re-enacted a
 baptism of our own. We
 looked in the special
 baptism book to see if there
 was anyone in there we
 knew and there was!



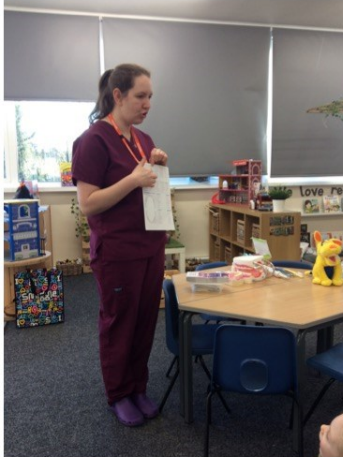
Then we got to explore
 the Church, ring the bell,
 play the organ and have
 juice and a biscuit too!
 What a wonderful
 morning! Thank you so
 much Reverend Rachel,
 Mrs Henderson and
 Freda!



If you would like to arrange a Baptism for your
 child, whatever age, or yourself, then please
 contact Reverend Rachel at
r.scheffer@newcastle.anglican.org

PIC•COLLAGE

This week , we have been learning about people who help to keep us well. We had a special visit from Eliza's Mummy who is a dental nurse. She told us all about what we need to do to take care of our teeth, including foods to avoid and how best to brush our teeth. We tried out lots of her dental tools and then she gave us one of her very special stickers! What a super morning!



We have also been thinking about what we can do to stay well. We have sorted healthy foods and treats. We designed and made our very own delicious salad faces. Great work this week, Owls!

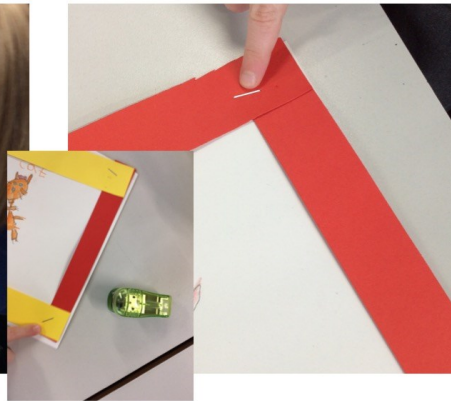


PIC COLLAGE

Developing our Joining Skills in Year 1!

Year 1 have been working hard in Design Technology on their joining skills. We have used glue and a stapler to join ends, card and paper together. Next week we will be sewing! We have an exciting project coming up...

We have all had a really enjoyable week, with great listening and effort from everyone.



Using Money in Year 2

In Maths we have been learning about money and the different values of coins and notes. We have been counting money, comparing money and finding different ways to pay for the same amount. Next week we are going to be using our calculation skills to find totals and give change.



Drama in Year 3

Year 3 have been using drama in English in order to think about the events happening in our book, 'The Miraculous Adventures of Edward Tulane'.



PIC•COLLAGE

Ukuleles in Year 3

In Year 3 this week we have been working hard to learn new pieces of music during our Ukulele lesson with Mr Reay.





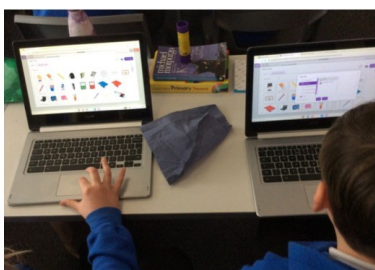
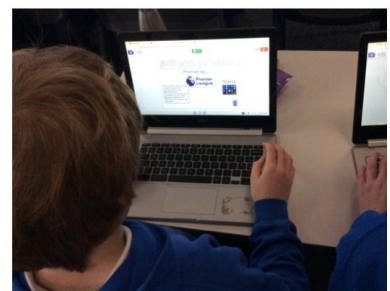
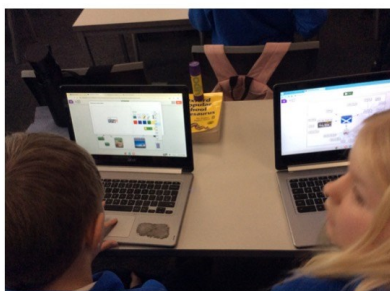
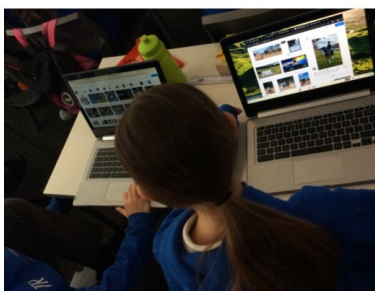
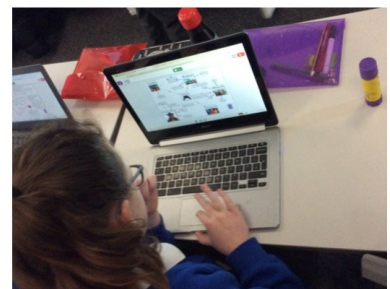
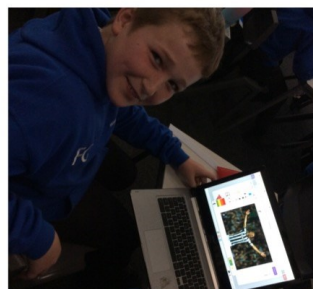
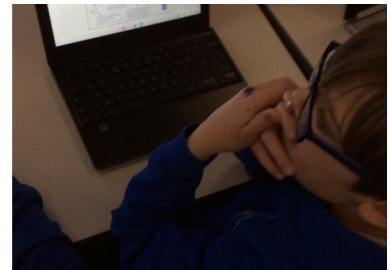
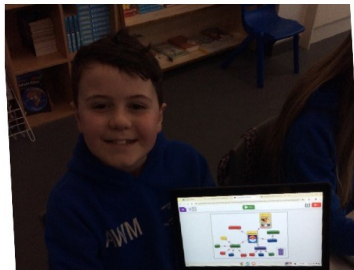
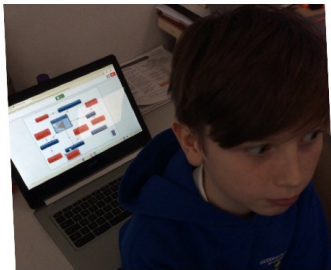
Separating Mixtures in Year 5

This week, Year 5 have been learning about reversible and irreversible change. We carried out an experiment to see if sieving was an effective method of separating substances in a mixture. Year 5 really enjoyed carrying out the experiment and writing it up in their books.



Making our own Blogs in Year 6

In Computing we have started to plan our own blogs using 2Connect; a tool that allows us to link ideas to one another in a mind map format. The children enjoyed having the freedom to choose their own subject of interest and made some very detailed plans. We will write the beginning of our blogs in our next computing lesson.



PIC•COLLAGE

Reading Matters!

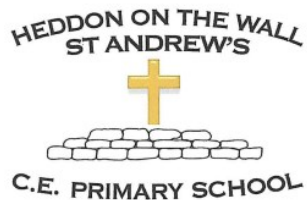
'Children are made readers on the laps of their parents.'
Emilie Buchwald



Please remember to read with us this weekend!

Gritting Plan

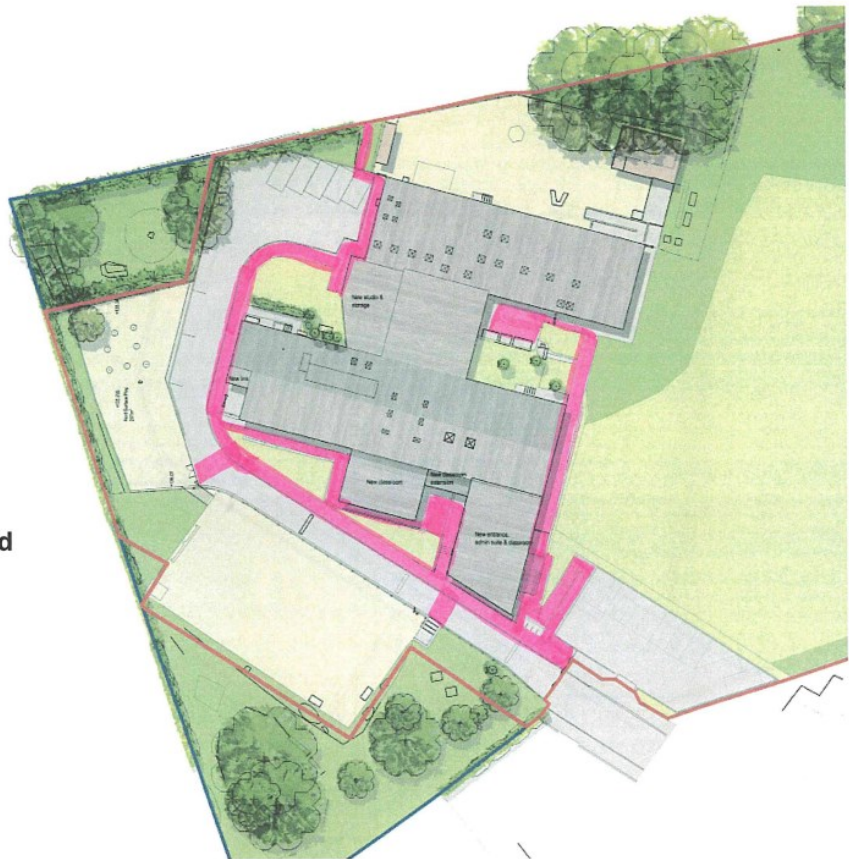
Please see below for the School gritting plan which indicates which areas are gritted during periods of freezing weather.



Gritting Plan



Areas which are gritted





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 nationalcollege.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 military conflicts around the globe, 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.



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.



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.



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.



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.



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.



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.



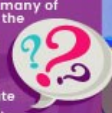
TAKE THINGS SLOWLY 8

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.



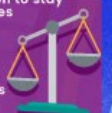
ENCOURAGE QUESTIONS 9

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.



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.



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.



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 is essential that children understand that they're not alone, and that help is available if and when they need it.



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.



Sources: <https://www.bbc.com/uk/news/health-561666> | <https://www.children.com/uk/supporting-your-child-with-upsetting-content/> | <https://www.instituteforparenting.com/parenting-tips/tell-your-children-about-conflict-and-war>



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SMARTPHONE SAFETY TIPS

for young people

7

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

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.



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Dates for your Diary - Spring Term



Monday 22nd January 2024	Adam Bushnell (Author) visit for Key Stage 2
Monday 22nd January 2024	Kirk Lester (Army Welfare Service) in to lead Forest School sessions with Key Stage 1
Tuesday 23rd January 2024	Year 3 walk around the Village
Wednesday 24th January 2024	Year 4 at Christingle Service at St. Nicholas' Cathedral in Newcastle - 1pm-3pm
Wednesday 31st January 2024	Restart a Heart workshop for Year 5 and Year 6 in School
Friday 16th February 2024	HALF TERM
Monday 26th February 2024	TRAINING DAY
Tuesday 27th February 2024	SPRING TERM 2 BEGINS
Friday 8th March 2024	Early Years and Key Stage 1 Mothers Day Service at Church at 9.30am
Friday 8th March 2024	Key Stage 2 Mothers Day Service at Church at 10.15am
Friday 15th March	Red Nose Day
Thursday 28th March 2024	Key Stage 2 Easter Service at Church at 9.30am
Thursday 28th March 2024	EASTER HOLIDAYS