

2nd February 2024

Dear Parents / Carers,

This week Year 5 and Year 6 have been learning some essential life skills. Thanks to the NUFC Foundation the children have learnt how to carry out CPR. The children got to practice this 'hands on' with some special dummies. They used the rhythm from 'Stayin' Alive' by the Bee Gees to help their timing which I have heard being sung around school all week!

Lower Key Stage 2 had the opportunity for some Forest School activities with Kirk Lester this week. They made some salt dough and amazing pine cone hedgehogs.

Reception continued to learn about careers with some further visitors this week. They particularly enjoyed hearing Mrs. Norval speaking about her job as a veterinary nurse. As their role play area was a Fire Station this week. Reception have been dealing with lots of emergencies, rescuing pets and putting out lots of fires! (imaginary ones of course!)

The School Council have been busy and have decided upon a 'Break the Rules' day on Friday 16th February 2024. They agreed upon 7 rules which can be broken. It will be 50p per rule or £3 to break them all. They have designed their own poster to advertise this which you can see later in the flyer.

Please check out our 'Reading Matters' page on the flyer to see which class it is this week. Don't forget to read with your child and sign their reading diary this weekend. Being able to read is the greatest gift we can give to our children.

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

Well done to Reception 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

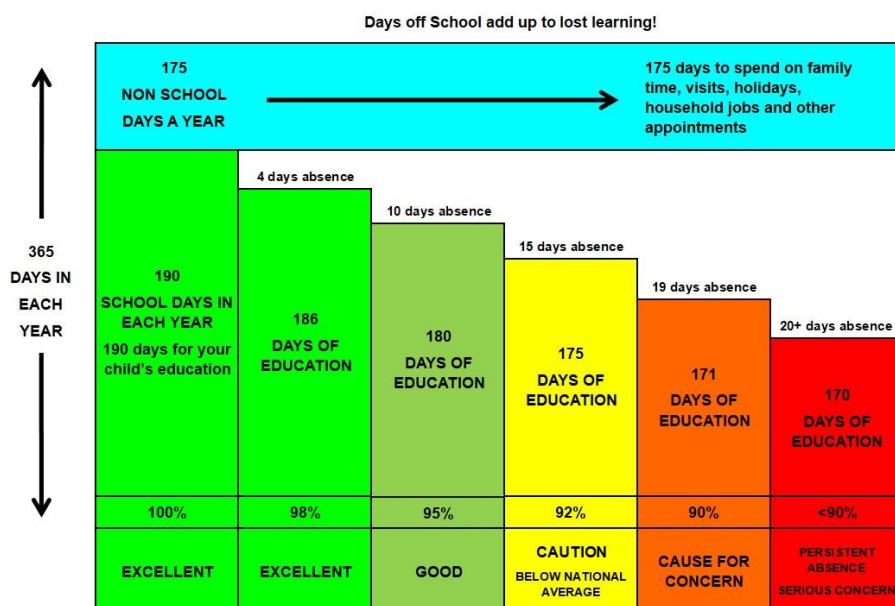


We continue to focus on attendance and punctuality so please remember that our School starts at 8.55am (9am for Nursery) and anyone arriving after this time will be marked as late.

Attendance for this week is summarised below:

Class	Attendance this week	Attendance this year	Class	Attendance this week	Attendance this year
Reception (Owls)	100%	96.2%	Year 3 (Gibside)	91%	93.7%
Year 1 (Wallington)	97.5%	95.5%	Year 4 (Lindisfarne)	93.6%	95.9%
Year 2 (Craggside)	96.6%	96.1%	Year 5 (Bamburgh)	90.7%	93.9%
			Year 6 (Dunstanburgh)	91.6%	94.5%

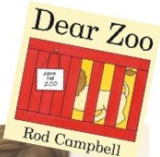
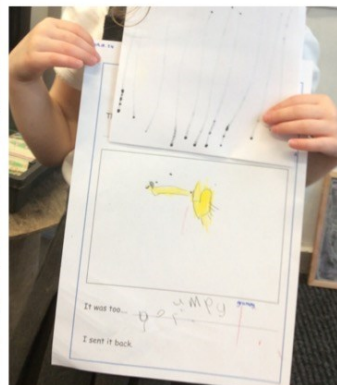
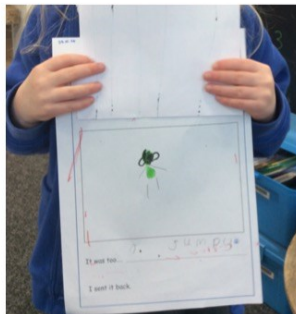
Please see the graphic below which shows the significant impact of absence over time.



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

Colossians 3:23

This week, the Hedgehogs have been focusing on the story 'Dear Zoo'. We have been making our own version of the book. Look at our amazing writing!



We have loved exploring different textures in our 'zoo' and we have been retelling the story too.



We also started our 'Star of the Week' in Nursery this week, to celebrate all of the amazing things we do! Well done to our very first 'Star of the Day!'



PIC•COLLAGE



This week we have been learning about the role of firefighters.

We followed instructions to draw these amazing fire engine pictures.



We used loose parts outside to make our very own fire engine.

We attended lots of emergencies including fires and rescuing a frightened pet with our long ladders.





# Thank you to our visitors this week!

Mrs Norval came in to talk to us about being a veterinary nurse. She showed us what she would do to help some hurt and poorly animals better. What a lot we learned and what a lot of fun we had playing vets!



Mrs Amos came in to share a Bible story with us. She told us the story of The Lost Sheep. She also brought her teddy Betty in to show us. Betty is 105 years old! Mrs Amos used to work in our school and it was so lovely to welcome her back!



## Maths and Design Technology in Year 1!

We have been investigating number bonds to 20 this week in Maths, using practical equipment to help us. Everyone has been super in Maths, working so hard. We found so many ways to make 20! In Design Technology we also got to make our design of our hand puppet, we are starting to make them next week!





## Gymnastics with Year 2

In Year 2 in PE we have been enjoying Gymnastics. We have been learning about spinning, turning and twisting and are getting very good at our teddy bear rolls, log rolls and dish rolls. Well done Year 2! 😊



Whatever you do work at it with all your heart

Colossians 3:23



## Division Calculations with Year 3

Year 3 have been using place value charts to help them calculate division calculations - we have thought carefully about how to exchange and have worked really hard!

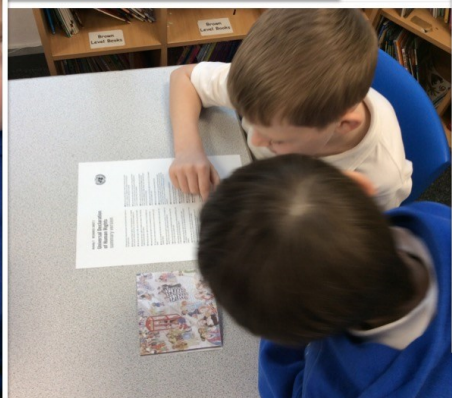
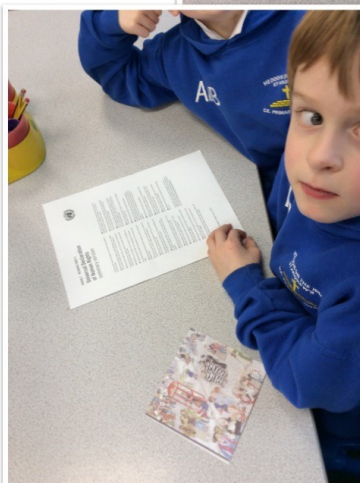
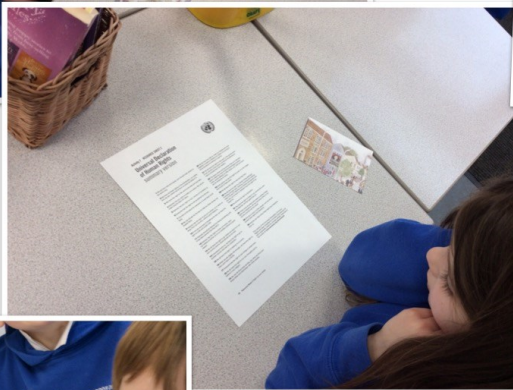
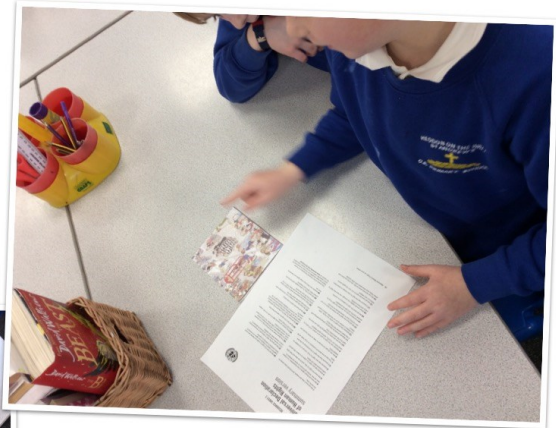


PIC•COLLAGE



## Human Rights with Year 3

Year 3 have been looking at the Universal Declaration of Human Rights in PSHE. We have thought about what kind of country we live in, whether all children would experience the same freedoms and equalities in other countries and what it means to be born free and equal. Great discussions, Year 3!



PIC•COLLAGE





In year 4 we have been lucky enough to take part in some forest school activities. We were made salt dough hedgehogs using some natural resources. We also spent some time reflecting upon the benefits to our mental health when working outdoors.



PIC • COLLAGE



## Restart a Heart in Year 5

This Wednesday has been a little different for Year 5 children. Newcastle United Foundation have delivered an exciting and useful "Restart a Heart" workshop. Children now know the acronym 'DRSABCD' and how to apply it to real life situations. We enjoyed learning CPR and how to do this safely. In addition to this, we learned how to identify the differences between cardiac arrest and heart attacks.



## Restart a heart



PIC•COLLAGE

## Restart a Heart with Year 6

This week Year 6 had an important visit from the NUFC foundation where they took part in a "Restart a Heart" workshop. We learned about the importance of CPR, how to deliver potentially life saving assistance, and what we ought to do if we are in a situation where this is necessary. The children used a handy acronym, DRS ABC, to help them remember the necessary steps. We then practised how to perform CPR safely and effectively on the mannequins.



Whatever you do work at it with all your heart

Colossians 3:23



## A busy week at Out of School Club

We have had a fun-filled busy week this week!

We have done chair drumming, which you were all amazing at! Some of our superstars from Reception class impressed us with how many dinosaur names they know, we created our own "blow football" table out of cardboard, and we finished the week by making our own pizzas. Well done everyone - we love seeing you be so playful and creative and love when you share with friends and show us how fabulous your manners are.





## Reading Matters!

**'A child who reads will be an adult who thinks.'**  
Proverb



**Please remember to read with us this weekend!**



# Break The Rules day!

Friday 16th February

50p per rule or £3 to break all 7 rules

nails painted/  
temporary tattoo

non-uniform

juice in your  
water bottle

unhealthy snack  
(not free)

coloured or  
wacky hair

Bring teddy or  
cuddly toy (named)

Eat pudding  
before lunch

money will go  
towards opal Play



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 [nationalonline-safety.com](https://nationalonline-safety.com) for further guides, hints and tips for adults.

# What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

## WHAT ARE THE RISKS?

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

### POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

### MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

### PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

### SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

### COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

### PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

## Advice for Parents & Carers

### ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

### NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

### ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

### MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

### Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The  
National  
College



National  
Online  
Safety

#WakeUpWednesday

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## Dates for your Diary - Spring Term



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 8th March 2024	Choir taking part at Ryton and District Music Festival from 1pm
Friday 15th March	Red Nose Day
Tuesday 26th March 2024	Year 6 France Trip Meeting for Parents 5pm-6pm at Darras Hall Primary School
Thursday 28th March 2024	Key Stage 2 Easter Service at Church at 9.30am
Thursday 28th March 2024	EASTER HOLIDAYS
Monday 15th April 2024	SUMMER TERM 1 BEGING
29th April 2024	School Photographer in for individual photographs