

16th February 2024

Dear Parents / Carers,

I can't believe that we are at the end of another half term and are at the mid-point in the school year. Time just seems to have flown since September.

As you will see in the Flyer there has been lots of exciting things going on in school this week. Personally I have had a great time from helping Early Years cooking pancakes to dissecting sheep hearts today with Year 6. I'd like to think the children found it as interesting as I did!

There has been lots of wild hair, fabulous clothes, strange snacks and terrific toys today for our 'Break the Rules' day. Thanks to the children breaking many rules we have currently raised £452 which will go towards more OPAL play equipment.

This week we are sad to say goodbye to Mrs. McGurk. After over 19 years working at Heddon she has decided it is time for her to retire. We are thankful for the infinite love and care she has shown to so many children in school helping to shape their lives. While she will be sorely missed I am sure that you will join me in wishing Mrs. McGurk well for the future.

Thank you to you and to all the adults in school who work so hard to get the best outcomes for the children.

Please don't forget to read with your child and sign their reading diary over the holidays.

I am aware that many of our children enjoy screen time when not at school and so there is a guide about how to reduce screen time with some suggested activities which you may like to try. Please see the page later in the Flyer.

Well done to Year 6 with the best attendance this week of 99.7%

Well done to Year 4 for the best attendance for the year to date: 95.9%.

I hope that you enjoy reading this flyer and you have a peaceful and relaxing holiday with your family and loved ones.

Mr. A. Wheatley,  
Headteacher



## Attendance Matters



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

Northumberland  
County Council

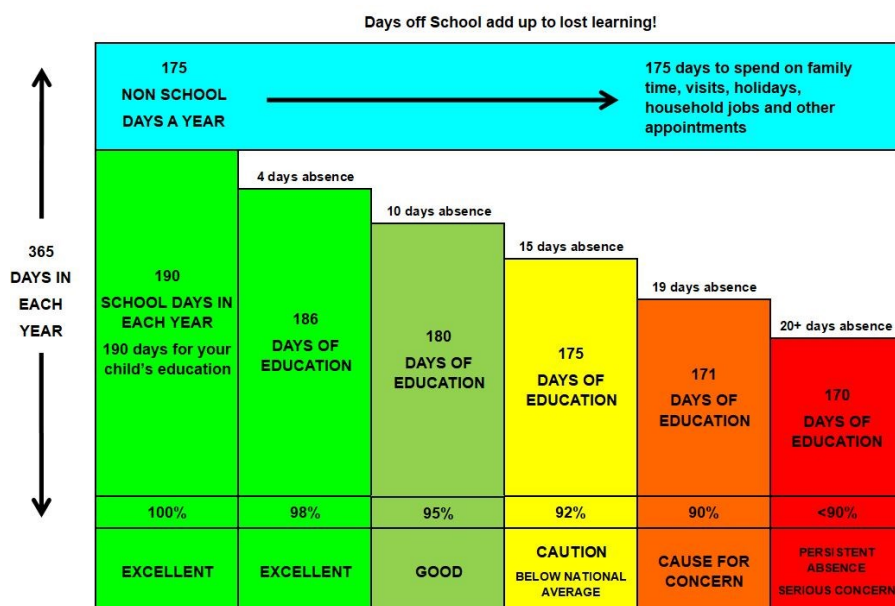


We continue to focus on attendance and punctuality so please remember that our School starts at 8.55am (9am for Nursery) and anyone arriving after this time will be marked as late.

Attendance for this week is summarised below:

Class	Attendance this week	Attendance this year	Class	Attendance this week	Attendance this year
Reception (Owls)	88.3%	95.5%	Year 3 (Gibside)	97.0%	94.1%
Year 1 (Wallington)	90.5%	95.2%	Year 4 (Lindisfarne)	94.4%	95.9%
Year 2 (Craggside)	94.2%	96.1%	Year 5 (Bamburgh)	95.0%	94.5%
			Year 6 (Dunstanburgh)	99.7%	95.5%

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



The Hedgehogs and Owls have had super fun learning about Chinese New Year. This year is the year of the dragon. We made dragon masks, models and a huge dragon to dance with. We also went to a 'Restaurant' to taste some traditional Chinese food.

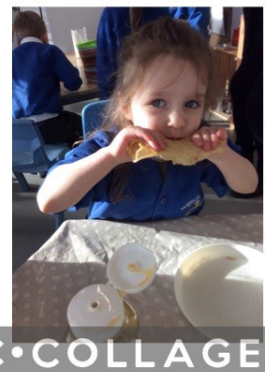


PIC•COLLAGE





The Owls and the Hedgehogs celebrated Pancake Day together this week! Mr Wheatley came into Early Years to make pancakes with us. We were able to put our own toppings on, and we could choose from syrup, lemon and sugar, chocolate spread or jam. We were very impressed by how independent you all were. What a yummy day!



PIC•COLLAGE



## Hand hygiene

This week Audrey's Mum, who is an infection control nurse, came in to remind us about the importance of washing our hands.



We did 3 different experiments to explore how far germs can travel, how soap repels and kills germs, and we did a hand washing test.

Mrs Milne used her special light box to check if we had managed to wash off all the germs.

What fun, thank you Mrs Milne!



PIC•COLLAGE



## Making Puppets in Year 1!

Year 1 have had a great week making our hand puppets in Design Technology! We completed our final products and they're now all on display. We worked really hard to make sure our design plan guided us when we made them.





## Exploring Technology with Year 2

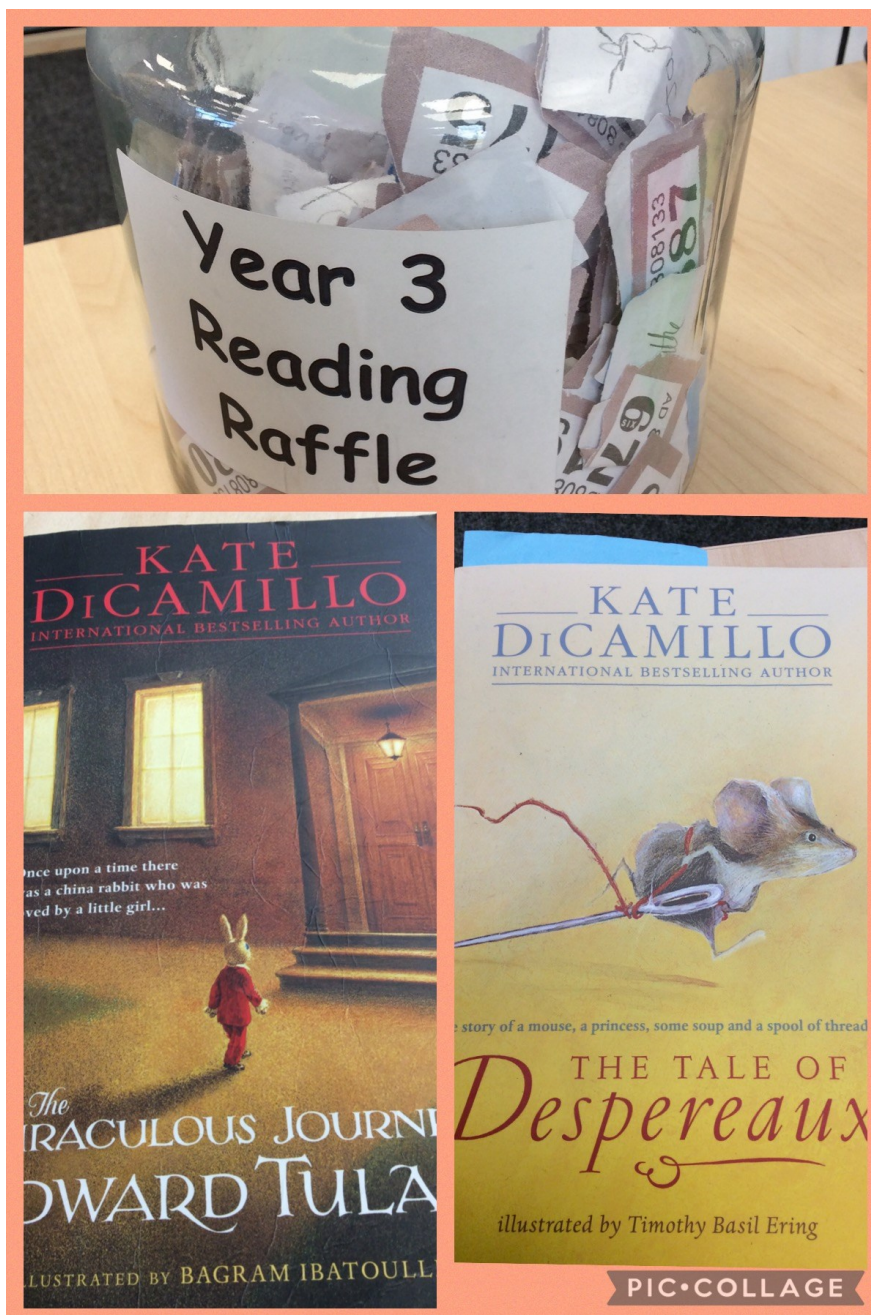
We Love Technology! We have been looking at how technology has changed so much in the last few years. The children couldn't believe that in the 'olden days' there weren't mobile phones or iPads. We have also been talking about how to stay safe online and to always let a trusted adult know if you see something that worries or upsets you. Keep being safe online Year 2!





## Super Reading with Year 3

Year 3 have worked incredibly hard this half-term, reading hundreds of times between us - look how full our Reading Raffle jar is! We have particularly enjoyed our class text, *The Miraculous Journey of Edward Tulane* and, in fact, it was so popular that we have started to read another book by the same author at Storytime; *The Tale of Despereaux*!







Year 4 enjoyed  
using their  
knowledge of  
circuits to make  
their very own  
torches!



PIC•COLLAGE

## Making Bags using CAD in Year 5

Today, Year 5 have been creating their final design for their Explorer bags. Each group has worked incredibly hard over the past 5 weeks, to design, make and evaluate a functioning bag that focused on their Computer Aided Design (C.A.D) and stitching skills. Year 5 have loved creating their designs and this has been an enjoyable end to a super exciting unit of work.





## Dissecting Hearts in Year 6

In Year 6 we finished our Science unit by dissecting sheep hearts. The children were fascinated by the heartstrings and valves, and could clearly see the differences between the left and right chambers. We also sat some SATs papers this week, and the results of these will be shared with parents after the half term holiday. Well done Year 6 for your hard work this half term!



Whatever you do work at it with all your heart

Colossians 3:23



After 19 and a half years at Heddon School, today we say goodbye to the magical Mrs McGurk. Mrs McGurk has worked with many children and families over the year. Thank you for all the love and care you given us over the years and the positive impact you have had shaping so many young lives. I'm sure all the children of Heddon have a special story to share about Mrs McGurk. Enjoy all your new adventures to come. We will miss you!





## Monday Worship with our Year 6 Worship Team

The Year 6 Worship Team have been working very hard at learning how to plan and deliver Collective Worship. They organised and led our final Worship on Perseverance on their own for the whole school. They led the prayers, did a little play about overcoming difficulties, helped everyone reflect on the story and set our weekly challenge. They did an amazing job as it is not easy speaking to over 200 children and adults! Well done everyone! Their next challenge is to plan and lead Collective Worship totally independently.





## Reading Matters!

**'Reading is dreaming with your eyes wide open.'**  
**Anissa Trisdianty**



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

Whatever you do work at it with all your heart

Colossians 3:23





### **Break the Rules!**

We had an fantastic time today breaking the rules in school. There has been lots of lovely clothes, wild hair and all sorts of snacks.

Here are a few pictures from today.

We think we all look amazing and hope you agree!



## Had a brush with nits? Switch to a comb

  
Blackpool  
Clinical Commissioning Group

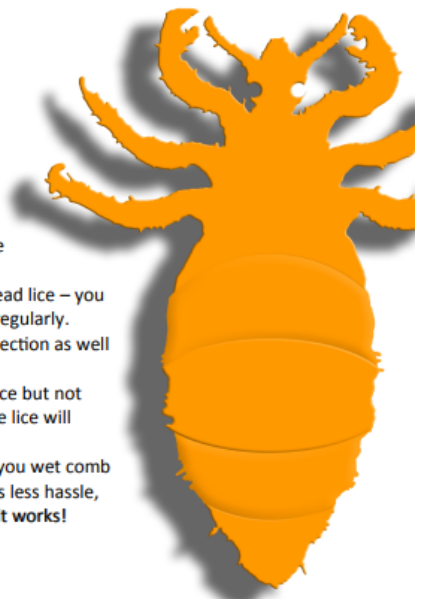


Wet combing is the most effective method of treatment for head lice.

Head lice combs come in different shapes and sizes but have finer teeth that are shaped to catch head lice and nits effectively.

### The Facts of lice...

- Head lice and 'nits' aren't the same thing – nits are the empty eggshells which remain in the hair after the lice have hatched.
- Itching isn't the first sign of having head lice – you should carry out detection combing regularly.
- A head lice comb can be used for detection as well as treatment.
- Insecticide shampoos deal with the lice but not the eggs. There's a good chance more lice will hatch after the treatment.
- There's no insecticide needed when you wet comb – that makes it safer for your kids, it's less hassle, easier to do and most importantly – **it works!**



To wet brush your child's hair:

1. Wash the hair thoroughly with ordinary shampoo and apply plenty of conditioner
2. Yes! The hair has to be wet. Dry lice can scurry away from the comb but will remain still when wet giving you a better chance of catching them in your comb;
3. Use an ordinary, wide toothed comb to straighten and untangle the hair;
4. Once the comb moves freely without dragging start to use your head lice comb;
5. Make sure the teeth of the comb slot into the hair at the roots with the edge of the teeth lightly touching the scalp;
6. Draw the comb down from the roots to the ends of the hair with every stroke, and check the comb for lice each time—remove lice by wiping the comb with tissue paper or rinsing it
7. Work through the hair, section by section, so that the whole head of hair is combed through;
8. Do this at least twice to ensure you haven't missed any areas, until no more lice are found
9. Repeat the process 5 days later just to be sure!



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

# Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY  
MILK

## GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

## TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

## GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

## LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

## AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

## HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

## BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

## 'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

## SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

## TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

## SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

## WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE  
BOX

The  
National  
College



National  
Online  
Safety®  
#WakeUpWednesday

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## Dates for your Diary - Spring Term 2



Friday 16th February 2024	HALF TERM
Monday 26th February 2024	<b>TRAINING DAY - SCHOOL CLOSED</b>
Tuesday 27th February 2024	<b>SPRING TERM 2 BEGINS</b>
Friday 1st March 2024	Kirk Lester in to lead Forest School for Years 5 and 6
Monday 4th March 2024	Year 5 Spain Meeting for Parents
Tuesday 5th March 2024	Parents Evening
Thursday 7th March 2024	World Book Day
Thursday 7th March 2024	Parents Evening
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
Thursday 14th March 2024 until Monday 18th March 2024	Scholastic Book Fair on after school in the Studio.



## Dates for your Diary - Spring Term 2



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
Monday 15th April 2024	<b>SUMMER TERM 1 BEGINS</b>
29th April 2024	School Photographer in for individual photographs