

15th March 2024

Dear Parents / Carers,

It has been another busy week in school. It is lovely to see the range of subjects and activities which take place in school in this weeks flyer. Nursery even had an escaped gingerbread man who kept leaving crumbs all around the school to help the children catch him!

We were pleased to welcome Big Foot Productions this week who turned our Early Years children into Story Detectives for the morning.

The children have enjoyed coming to school today in non-uniform while raising £216 for Comic Relief. Thank you for your generosity in helping to support such a good cause.

The children who attended the Ryton and District Festival did really well. Our Senior Choir took second place in the Song class and won the Hymn class against some really tough competition. In the Poetry section we took first place winning the Rupert Wright Cup. For further details see later in the flyer. Many thanks to Mrs. Miner, Mrs. Graham and Tom who give up their time twice a week to run our Choir. Well done to all the children who participated - we are so proud of all of you.

Thank you for your continuing generosity in sending items in for OPAL play. The bingo boards are still running. I wonder who will fill theirs first?

Our Scholastic Book Fair will be here until Monday night so if you have not yet been there is one more chance to visit! Details later in the flyer and on our website - [click here](#).

Next week is Francophone week in school. Children will be learning about countries that speak French and there will be French themed menu available. Many thanks to Madame Magee for organising this event.

Today is national 'Sleep Day' and we are often asked about how to help children with their sleep routines. Instead of our usual E-Safety update in the flyer, this week there is an information poster with tips on how to support children to have healthy sleep patterns.

Now High School places are confirmed Ponteland High School has asked if we would share the link for their school uniform - please [click here](#).

Well done to Year 4 with both the best attendance this week of 99.2% and the best attendance for the year to date: 96.6%.

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

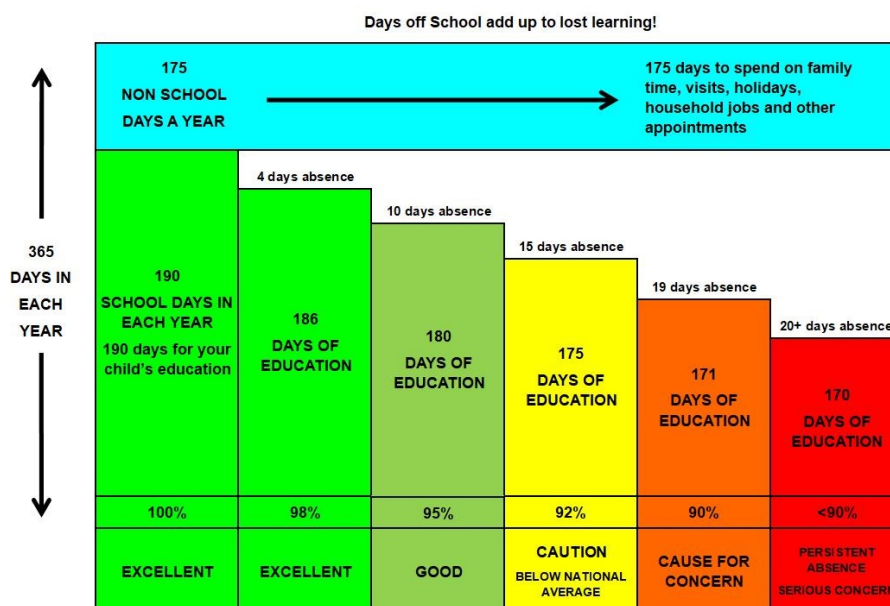


We continue to focus on attendance and punctuality so please remember that our School starts at 8.55am (9am for Nursery) and anyone arriving after this time will be marked as late.

Attendance for this week is summarised below:

Class	Attendance this week	Attendance this year	Class	Attendance this week	Attendance this year
Reception (Owls)	92.7%	95.1%	Year 3 (Gibside)	97.1%	95.1%
Year 1 (Wallington)	96.3%	95.2%	Year 4 (Lindisfarne)	99.2%	96.6%
Year 2 (Craggside)	95.3%	96.3%	Year 5 (Bamburgh)	96.6%	95.1%
			Year 6 (Dunstanburgh)	96.8%	96.0%

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 Hedgehog's had another special visitor in their classroom. This time it was the Gingerbread Man. We have loved looking for clues and finding 'evidence'. I wonder where he will end up?!



We have been super busy making wanted posters, retelling the story using puppets and we even made our own Gingerbread Men and decorated them. They were delicious!

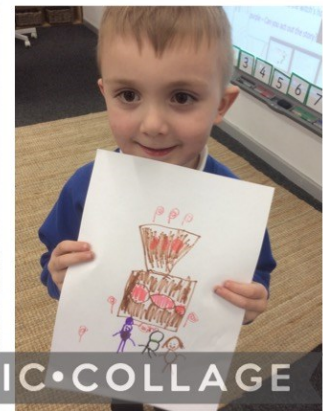


PIC•COLLAGE

We began this week being Story Detectives with Hannah from Bigfoot Productions. She helped us to search for clues and investigate what happened in the story of Hansel and Gretel.

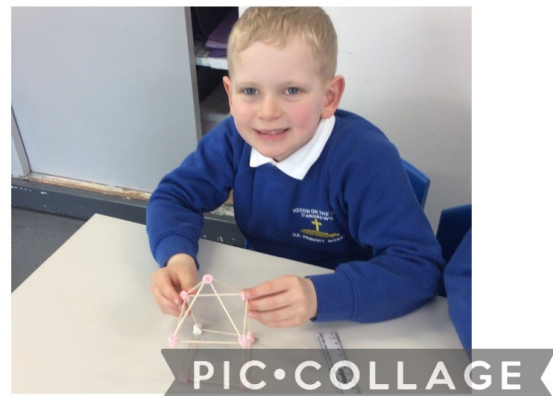
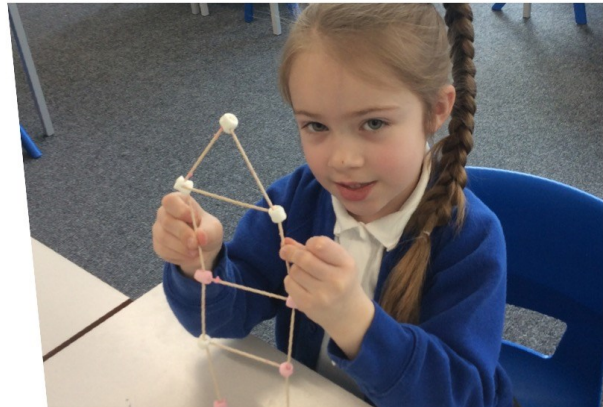
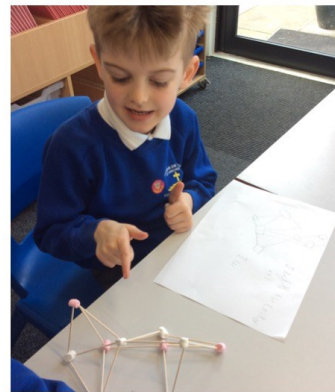


We followed instructions to make Witch House biscuits and Witches hats, and we enjoyed painting wicked witches!



Marshmallow and Cocktail Stick Sculptures in Year 1!

Year 1 have been finding out about the artist Eva Rothschild this week, we looked at some of her sculptures and had fun making our own out of marshmallows and cocktail sticks!



Researching Inventors with Year 2

In Year 2 this week we finished our Materials topic in Science, by learning about some famous people who have developed useful, new materials. We researched our chosen person and created a poster to share with the class. The children learned about John McAdam who created a new road surface using stones and gravel, John Dunlop who developed air-filled tyres and Charles Macintosh who created a waterproof material in which he made coats with. Super research Year 2!



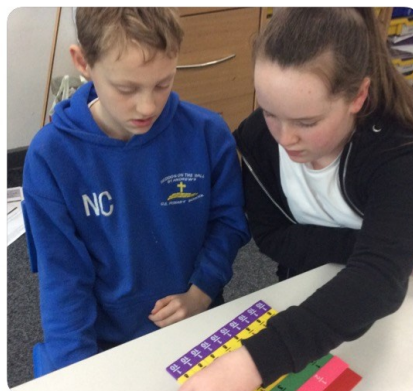
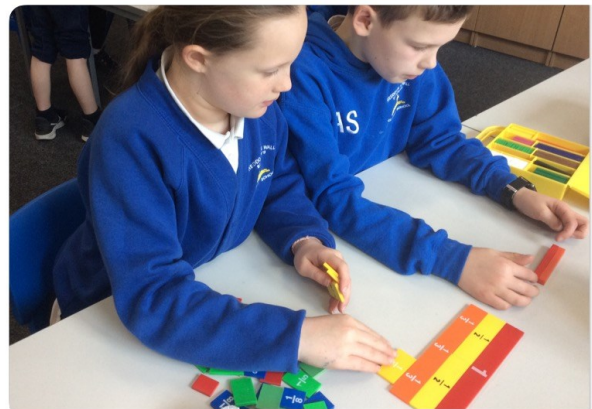
Hot Seating in Year 3

Year 3 have been 'hot-seating' characters from The Minpins and thinking about how Minpins could have lived in the Forest of Sin - their hard work paid off because the diary entries that we wrote afterwards were fabulous!



Exploring Fractions with Year 4

This week in year 4 we have started our Fractions unit in Maths. We began with some investigations into what makes a whole. We used different manipulatives to help our understanding and we had lots of fun too!



PE in Year 5

This week, Year 5 have really enjoyed their PE lesson. Our focus this half term has been honing our Basketball and team building skills. We have been learning how to use three different types of passing and when to use these passes in a match/game. We have also been learning how to dribble effectively and how to maintain possession of the ball.

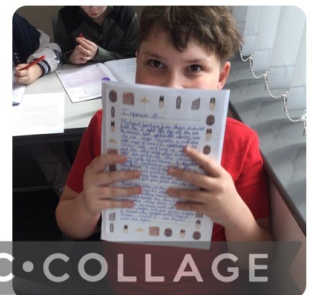
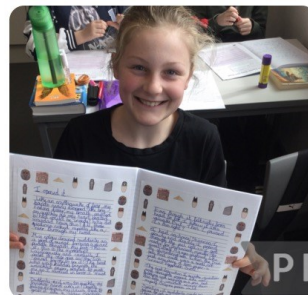
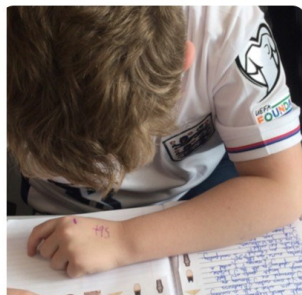
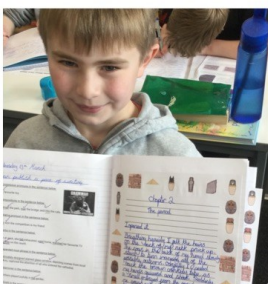
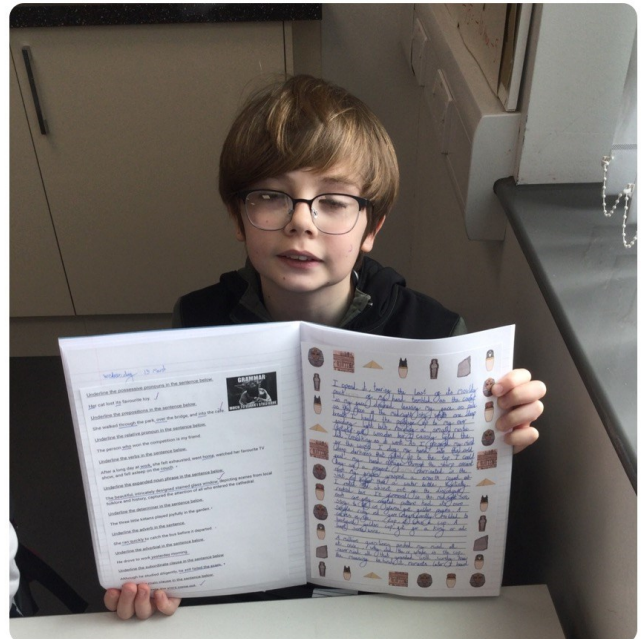
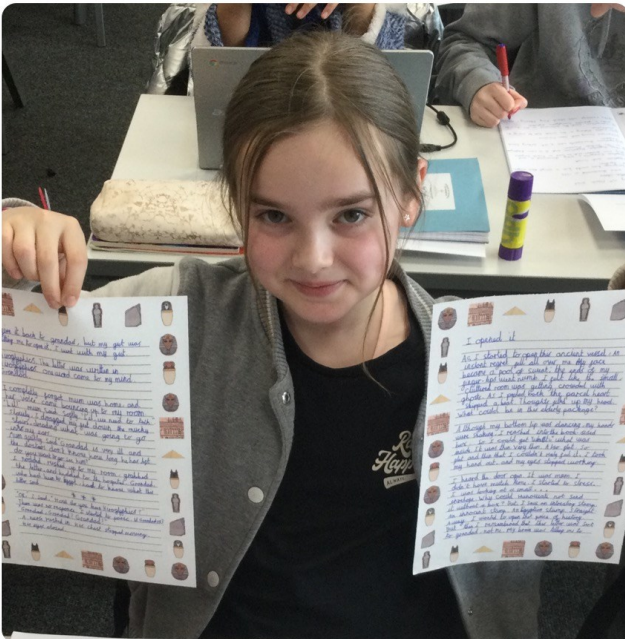
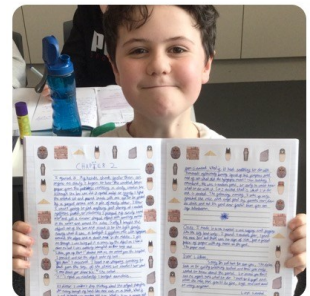
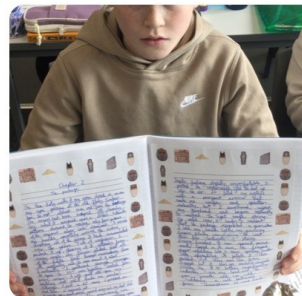
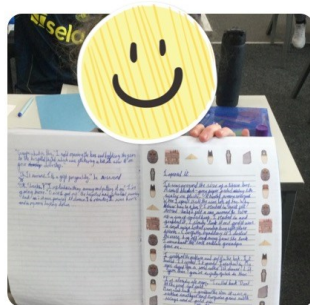
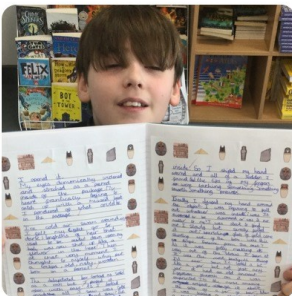


Whatever you do work at it with all your heart

Colossians 3:23

Creative Writing in Year 6

In Year 6 we have been writing the next chapter of our class text; *Secrets of a Sun King*. The children have used their creative writing skills to pen some fantastic pieces. Here are a few of our final drafts.



Choir success at the Ryton Festival!

St Andrew's Primary School choirs took part in the second week of the Ryton And District Music Festival. They competed in both the Song and Hymn classes. There were seven other choirs taking part.

The Junior choir (Years 1 and 2) were congratulated by the judge for their lively performances and their sweet tone. They achieved a merit in both classes which is quite an achievement. This was their first appearance at competition level and we were so proud of their eagerness to perform and the confidence they displayed on the day. The Senior choir (Years 3-6) impressed the judge with their dynamic contrasts, tone quality, clarity of words and their commitment to expressing the meaning of the words. In the Song class they were awarded second place, and in the Hymn class, they were placed first, returning to school with the R. and M. Bisset trophy.

It was a wonderful and exciting afternoon, well supported by parents whose cheers could be heard after every performance. The children deserved the success they achieved at the Festival. They listen, they work extremely hard and they are focused on giving their best performance every time. They are an absolute credit to the school and we are all very proud of them.



Poetry Reading success at the Ryton Festival!

This year, for the first time, we entered four children into the Verse Speaking class of the Ryton Festival. The competition took place on Saturday March 2nd. All four children, worked very hard in school and at home on the test pieces provided. This hard work paid off and St Andrew's is celebrating the arrival of more silver. Poppy was awarded the Rupert Wright Cup for her reciting of 'Bella Had A New Umbrella' by Eve Merriam. We're so proud of all the children who took part. They were all so confident and composed in their performances. The judge was very impressed with the standard of entry and her remarks were very encouraging and complimentary. Here in Heddon, people know how much the children at school enjoy writing poetry as evidenced at the Hadrian Festival last year. Some of that poetry is regularly published in the Gossip. This new success bodes well for this year's Festival. Congratulations once again to all four children. We are already looking forward to next year.



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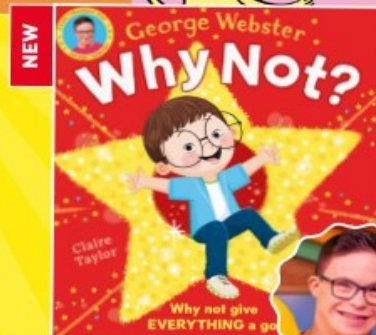


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Illustration from Nina Peanoot
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£5.3M IN FREE BOOKS TO SCHOOLS NATIONWIDE



COFFEE MORNING WITH CHILDREN'S EASTER CRAFTS

St. Andrew's Church
Heddon-on-the-Wall
16th March
10-12 noon

Everyone very welcome!



AND (Additional needs and/or disability) Sensory Chill Out Session

Drop in session for the whole family, parents, carers & siblings!

**An opportunity to come along after school, meet other children,
young people and their families..**

A group for children and young people 4-14 years of age.



Every Wednesday

3:45 - 4:45

Prudhoe Family Hub



To book or find out more,
please contact your Family Hub



01661 839350



prudhoefamilyhub@
northumberland.gov.uk

***Parents and carers are required to stay at the session.**

***This session is a drop in but booking a place would help
us to ensure we have enough resources for everyone!**

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



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Dates for your Diary - Spring Term 2



Monday 18th March 2024	Scholastic Book Fair on after school in the Studio.
Tuesday 19th March 2024	Early Years visit to Heddon Library
Friday 22nd March 2024	Friends of Heddon Movie Night 3.30pm-5pm
Tuesday 26th March 2024	Parents Meeting for France at Darras Hall Primary School at 5pm
Wednesday 27th March 2024	Nursery Taster session 9.30am
Wednesday 27th March 2024	Year 4 and Year 5 Basketball Taster session with Newcastle Eagles after 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 BEGINS
29th April 2024	School Photographer in for individual photographs
Monday 6th May 2024	MAY DAY BANK HOLIDAY
w/c Monday 13th May 2024	Year 6 SATS Week
w/c Monday 13th May 2024	Year 5 Spain Trip