

19th April 2024

Dear Parents / Carers,

I had hoped to be writing this while we enjoyed some bright sunshine and warm weather, however, it appears that although the Summer term has started the Summer weather has not.

Despite this the children have returned with all of their usual enthusiasm and there has been a real buzz around school this week as they hit the ground running with their learning. It has been lovely to welcome our new Nursery children into our school family.

We have been pleased to welcome Mr. McElwee, Headteacher at Ponteland High School, to see us this week. He spent some time with Year 6 and answered their questions. He then joined us for our Celebration Assembly and was able to see our amazing entries for the Dance Competition next week.

We have introduced some new areas to OPAL play this week including our very own Jurassic world in the 'Dinosaur' zone and wheely Wednesday proved very popular too. We also have a new water play zone and improved our mud kitchen area. Thank you to all the staff who have worked to ensure that these areas were ready for use this week.

Thanks also for all of your kind donations for OPAL play. Key Stage 1 are so close to completing their board that they have decided to hold a bake sale in school to raise funds to buy their last item. They will be organising this and cooking their own cakes to sell. Further details later in the Flyer.

It is also lovely to see how many of our Year 5 and 6 children are attending Running Club before school. Not only are they having a great time but are also engaging in valuable physical activity.

Please could I remind you that jewellery and gel nails are not allowed in school as they can be a health and safety risk for your children.

In a change from an E-Safety update this week there is information and advice for you about energy drinks which we know are popular among young people.

Please check out the updated dates for the diary pages in the Flyer which has details of events in the Summer term.

Well done to Reception with the best attendance this week of 99.3%

Well done to Year 2 and Year 3 for the best attendance for the year to date: 96.5%.

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

Mr. A. Wheatley,
Headteacher

Attendance Matters



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

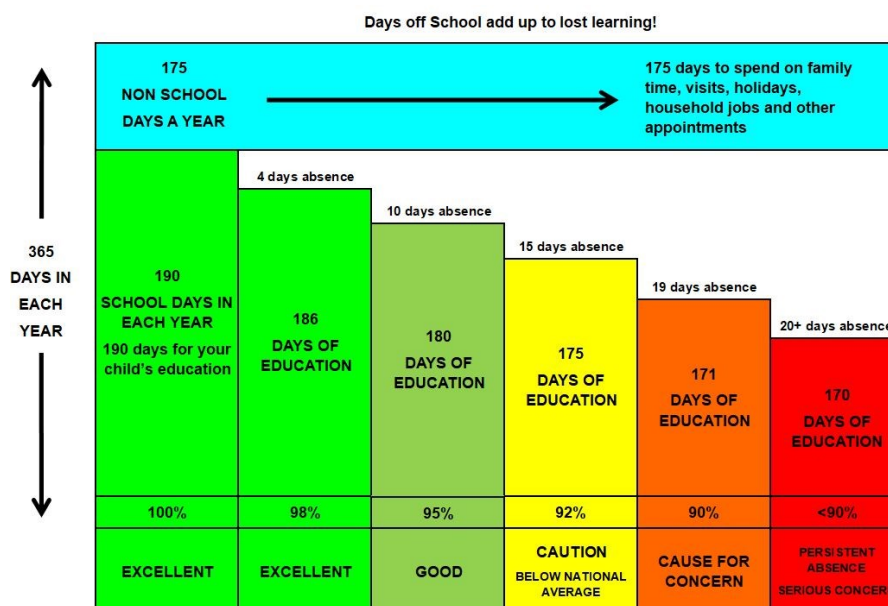


We continue to focus on attendance and punctuality so please remember that our School starts at 8.55am (9am for Nursery) and anyone arriving after this time will be marked as late.

Attendance for this week is summarised below:

Class	Attendance this week	Attendance this year	Class	Attendance this week	Attendance this year
Reception (Owls)	99.3%	95.9%	Year 3 (Gibside)	97.2%	96.5%
Year 1 (Wallington)	97.5%	95.7%	Year 4 (Lindisfarne)	95.6%	96.3%
Year 2 (Cragside)	98.4%	96.5%	Year 5 (Bamburgh)	93.8%	94.9%
			Year 6 (Dunstanburgh)	98.1%	95.9%

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



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



We have loved welcoming our new children this week. We are super impressed with how well they have settled into their new Nursery. We are also very proud of our older children, you have all been brilliant role models! Well done, Hedgehogs!



PIC•COLLAGE



The Owls have embraced all things 'Spring' this week. We made kites to fly in the spring wind, went for a walk to spot some seasonal changes and we drew, painted and labelled spring flowers. All of the work produced was entirely independent! Wow, you are amazing Owls!



PIC·COLLAGE

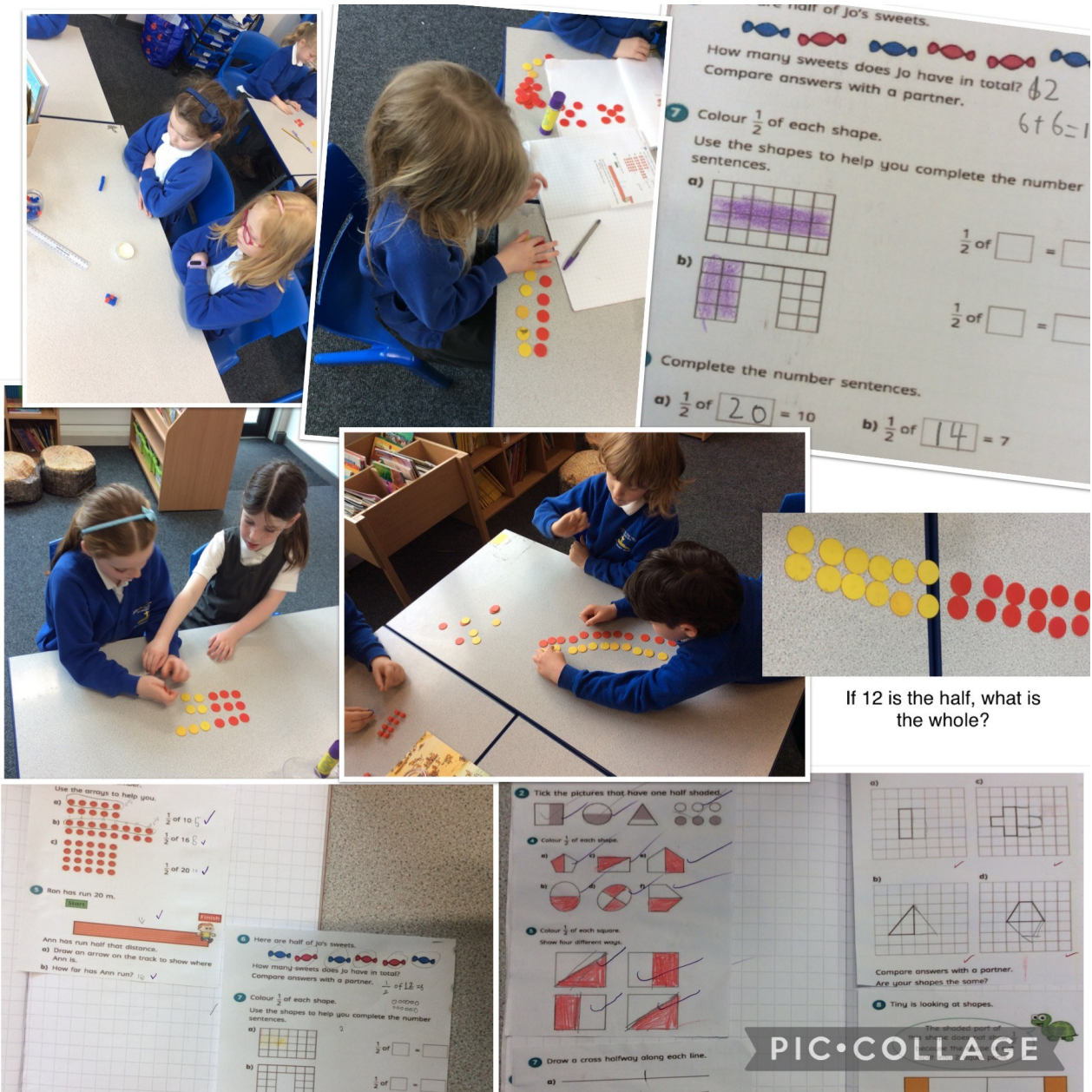
A Busy Week in Year 1!

Year One have had a great week starting our Art topic 'Pop Art', we looked at some different techniques to create different paintings. We have been working super hard in Maths too! Our new Geography topic is 'Japan', we are really enjoying learning about Japan and the different human and physical features it has. We have decided to celebrate the topic by having a Japanese Day towards half term... more will be revealed soon!



Fractions with Year 2

In Year 2 we started to look at fractions and focused on a half. The children have recognised a half and then made arrays to find a half. We have also linked this with our known facts of doubles and halves and it would be great if children could practise their recall of doubles and halves at home. We will be moving onto looking at quarters, thirds and non unit fractions.



Exploring Plants in Year 3

Year 3 are continuing with their exploration of plants in Science. We have used food colouring to investigate how well a chrysanthemum stem can transport water to the rest of the plant and, over the past six weeks, we have been investigating how fertiliser can alter how tall a mint plant grows and also how many new leaves it will grow - currently Plant C is in the lead with a height of 32cm!





Where do puddles go?

This week in year 4 science we have been learning about the Water Cycle. We observed puddles of water throughout the day and learned about the role of evaporation.



PIC•COLLAGE

Creating Sculptures in Year 5

We have had a fun filled day today in Year 5. We have been completing our Sculpture Unit from last half term and we have thoroughly enjoyed our focus tasks this morning. We have been joining and creating texture with clay (messy work for a Friday). Year 5 have also liked the challenge of drawing and sketching their clay sculpture ideas into their Art books.



Cricket in Year 6

It was lovely to spend part of Tuesday afternoon out in the bright sunshine, as we continued our new PE unit of Cricket. The children practised their batting, bowling and fielding techniques and worked in teams well to organise their own mini-games. It was great to see the talents of some Year 6 children who take part in cricket outside of school. In Monday's session, Mr. Smith commented on the high quality of the players he had been watching.



PIC•COLLAGE

Running Club

Running Club, with Mrs. Walker and Mrs. Darby, commenced for Summer Term this week with a fantastic turnout. The children take part in physical activities including running, dancing and playing games. Good fun was had by all.



OPAL PLAY UPDATE

This week we launched 'Wheely Wednesday'. We introduced our new sit on scooters and Pedal Go sets to encourage teamwork and fun. They were a big hit!



We also opened up our refreshed mud kitchen, water zone and Dinosaur Land. Thanks to your donations and the hard work of our staff and children, these improved areas were very well received this week.



PIC•COLLAGE



Key Stage 1

Bake Sale

On Wednesday 24th April 2024

Selling cakes and biscuits for 50p

Money raised will go towards buying a
water butt for the mud kitchen!

Please bring 50p to school



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.

What Parents & Educators Need to Know about ENERGY DRINKS

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

WHAT ARE THE RISKS?

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine – often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at nationalcollege.com/guides/energy-drinks

Autism Family Drop In Sessions



Do you have a child aged 0-19 years? Come along for a cuppa and chat and to meet other parents. No diagnosis needed!

Join us on:

Wednesday 24th April 2024 1-3pm

Haltwhistle Family Hub - Haltwhistle Primary Academy, Park Avenue, NE49 9BA

Tuesday 30th April 2024 1-3pm

Hexham Family Hub - Hexham First School, Beaufront Avenue, NE46 1JD

Thursday 9th May 2024 1-3pm

Prudhoe Family Hub - Broomhouse Lane, Prudhoe, NE42 5FT

Facilitators - robyn.robinson@northumberland.gov.uk and adelle.hicks@northumberland.gov.uk

Inclusive Education Services

 Northumberland
County Council

Our people. The heart of Northumberland 

Our vision: One council that works for everyone Our values: Residents first, Excellence and quality, Respect, Keeping our communities safe and well

Dates for your Diary - Summer Term



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
Friday 25th May 2024	HALF TERM
w/c Monday 3rd June 2024	Made in the North East Theme Week
Monday 3rd June 2024	Year 5 Visit to Woodhorn Museum
Tuesday 4th June 2024	Year 2 Visit to Discovery Museum
Tuesday 4th June 2024	Year 4 Train Trip to Haltwhistle
Wednesday 5th June 2024	Year 1 Trip to Newcastle Quayside
Wednesday 5th June 2024	Year 6 Visit to Sunderland Maritime Museum

Dates for your Diary - Summer Term



Thursday 6th June 2024	Year 3 Visit to Castle Keep in Newcastle
Thursday 6th June 2024	Nissan Visit to talk to Year 4
w/c Monday 10th June 2024	Year 1 Phonic Screen Check Week
Monday 10th June 2024	Class Photographs
w/c Monday 17th June 2024	Year 6 Bee Week Transition Project
Wednesday 19th June 2024	Year 6 Leavers Service at St. Nicholas Cathedral in Newcastle.
Sunday 23rd June 2024 - Thursday 27th June 2024	Year 6 France Trip
Friday 28th June 2024	Armed Forces Day
Wednesday 3rd July 2024	Current Year 6 Parents Evening at Ponteland High School
Thursday 4th July 2024 & Friday 5th July 2024	Year 6 Transition Days at Ponteland High School
Thursday 11th July 2024	The Tempest - Music and Drama Showcase in School Hall (Matinee performance also)
Thursday 18th July 2024	Year 6 Leavers Assembly at 1.30pm in School Hall
Friday 19th July 2024	SUMMER HOLIDAYS