

19th July 2024

Dear Parents / Carers,

I can't believe that once again we are at the end of another academic year.

It has been a great year with lots of positive events and successes for both the school and the children. Our SATS results for Key Stage 2 were very positive again this year with 100% of the children achieving the expected standard in Reading and Spelling, Grammar and Punctuation and over 90% achieving it in Maths. Not to be outdone 100% of our Reception children reached the expected standard in Reading and over 95% in Writing and Maths!

We have had some wonderful services at Church, Christmas performances, a wonderful Leavers Assembly and, of course, our amazing Choir and Drama Club performance of 'The Tempest'. We have continued to develop OPAL Play and introduced new zones along with 'Wheely Wednesday' and our new sandpit which have been well received by the children.

These things do not happen on their own. They take a lot of work from an incredibly dedicated team. I would like to thank the staff at School supported ably by the Academy Committee and for the unremitting support of parents and carers throughout the year.

Finally I would like to say how proud I am of the children. They are truly amazing. They approach work with enthusiasm and resilience. They are so supportive and caring of each other both in lessons and in play. They truly reflect our school vision of putting love at the centre of what they do.

We are sad to say goodbye today to both Mrs. Southern and Miss Graham who are leaving us to take up new posts at Darras Hall Primary and Richard Coates Primary schools respectively. I am sure that you will join us in thanking them for all of their hard work and wishing them both well for the future. Thanks also to Mrs. Leja who is ending her work in Year 2 today. We look forward to seeing her back in school next year for supply cover.

We are pleased to be welcoming back both Mrs. March and Miss Kerridge after the summer holidays after their maternity leave. I am also pleased to be able to let you know that after an appointment process we have appointed Miss Robinson to work alongside Miss Kerridge in Year 1. I am sure you will join with me in extending a warm welcome to her.

Well done to Year 2 with the best attendance this week: 99.2%.

Well done to Year 4 for the best attendance for this year: 96.7%.

I hope that you enjoy reading this flyer and that whatever you are doing this Summer you have a safe and relaxing holiday and we look forward to seeing you again on Tuesday 3rd September.

Mr. A. Wheatley, Headteacher

Attendance Matters



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

Northumberland
County Council

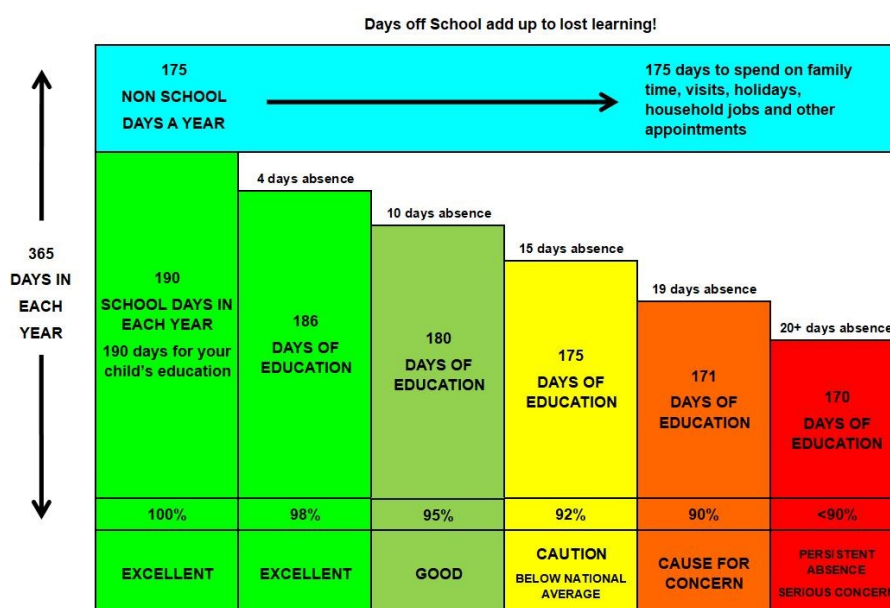


We continue to focus on attendance and punctuality so please remember that our School starts at 8.55am (9am for Nursery) and anyone arriving after this time will be marked as late.

Attendance for this week is summarised below:

Class	Attendance this week	Attendance this year	Class	Attendance this week	Attendance this year
Nursery (Hedgehogs)	93.8%	93.5%	Year 3 (Gibside)	94.7%	94.7%
Reception (Owls)	91.3%	95.3%	Year 4 (Lindisfarne)	97.6%	96.7%
Year 1 (Wallington)	99.1%	95.4%	Year 5 (Bamburgh)	95.7%	95.2%
Year 2 (Craggside)	99.2%	96.1%	Year 6 (Dunstanburgh)	96%	95.7%

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

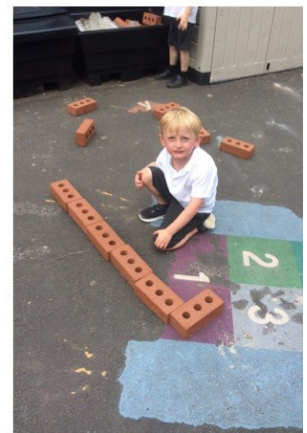


The Hedgehogs have enjoyed some much needed sunshine towards the end of the week! It was also lovely welcoming our new children in this week for a visit. Well done for everything you have achieved this year Hedgehogs and have a fantastic summer!



PIC•COLLAGE

And just like that our Amazing Owls are ready to move on to Year 1! What a year we have had and hooray ... the sunshine finally came out for us to enjoy lots of fun outdoors this week!



PIC•COLLAGE

A Fun Week in Year 1

Year 1 have had such a fun week! We have been using Chromebooks, playing games, solving Maths problems and writing stories. On Thursday afternoon we celebrated the end of the year by having a lovely picnic together in the sunshine, the children had such a wonderful afternoon. I'd like to take this opportunity to say a massive thank you to all the parents for all of the support you have given me since I started in November, you have all made me feel so welcome and it has been an absolute pleasure to teach all of your special children. I hope you all have a lovely summer. Thank you so much!



PIC•COLLAGE

Maths Games with Year 2

In Year 2 we love playing Maths games and so thoroughly enjoyed the opportunity of making up our own games to play. We had lots of fun playing them with our friends and taking on the challenges.

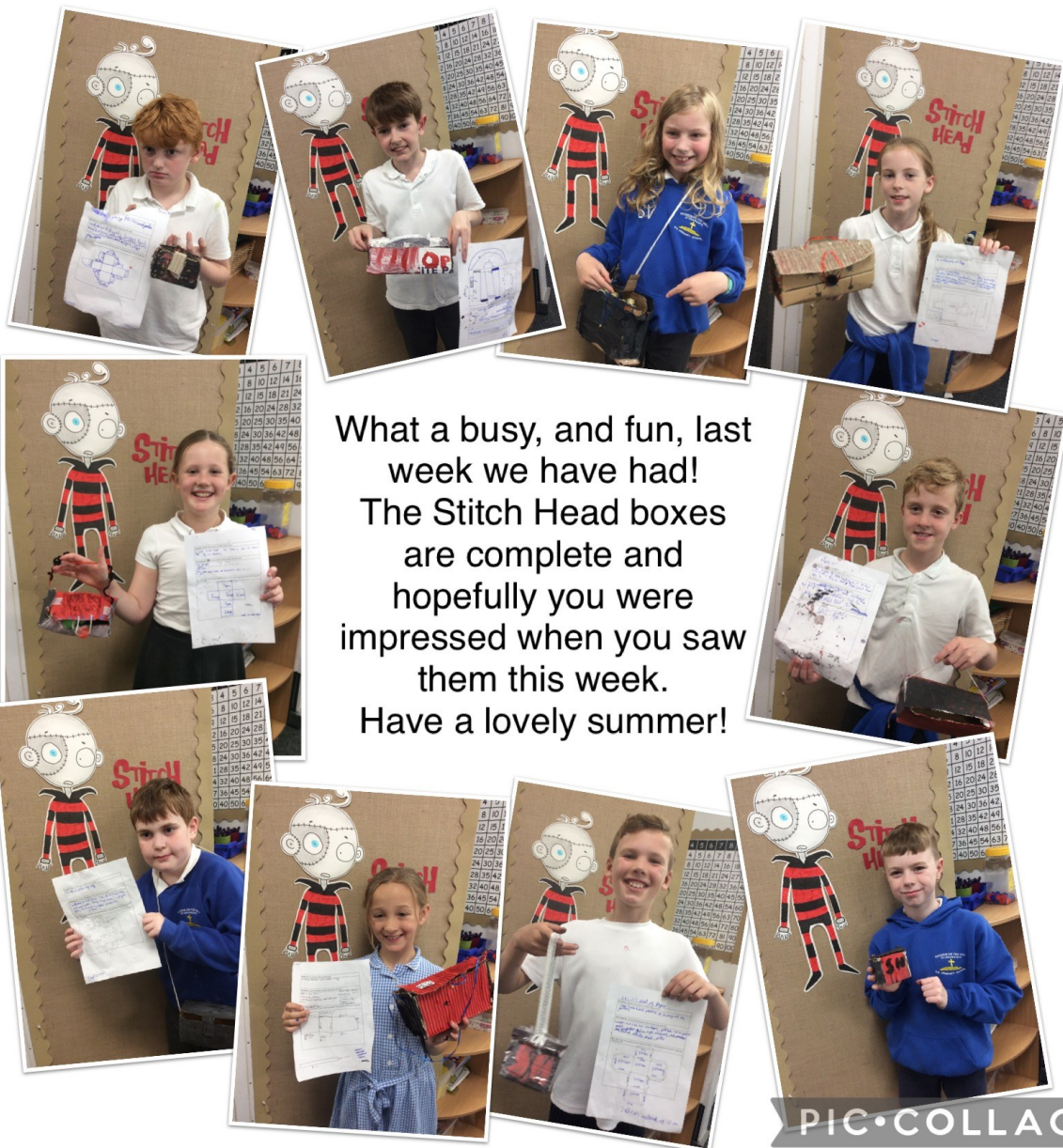


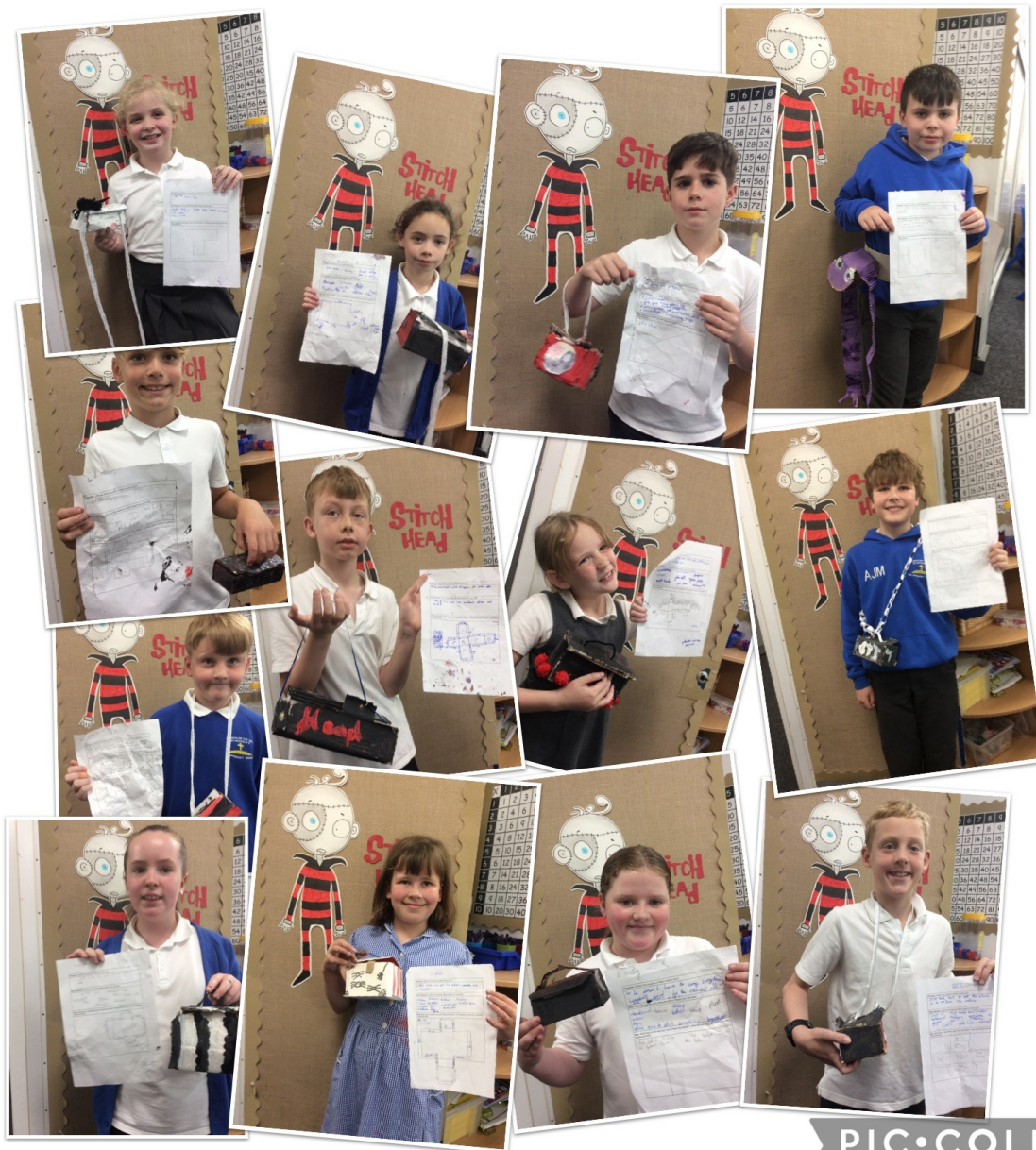
PIC•COLLAGE

A Great Year in Year 3

Year 3 have had a brilliant year this year; learning lots and having fun! Thank you for all of your support helping the children to grow and encouraging them so much - I will miss teaching them!







Learning about Kosher Food with Year 5

In our final week of Year 5, we have been incredibly busy. In particular, this week we have really enjoyed in our R.E lessons, as we have learned all about Kosher food. Children in Year 5 have designed a suggested Kosher menu for a Jewish family visiting for tea. We have learned about Jewish Law (Torah) and how that applies to the preparation of food and what they can eat. We have discussed that Meat and Dairy must be kept separate in Jewish households to keep the food kosher. We also found out what meats are able to be eaten and why.

Menu (Kosher)
Starter: Garlic bread
 Ingredients: garlic, bread
 Explanation: to make this kosher I will not use cheese and meat together.
Main course: Margarita Pizza
 Ingredients: bread, tomato, cheese
 Explanation: to make this kosher I will make that my veg will be thoroughly washed with no bugs.
Dessert: yogurt with fruit
 Ingredients: strawberries, blueberries, orange
 Explanation: to make this kosher I will wash the fruit to make sure there are no bugs.

Menu (Kosher)
 Starter: Potato chips and tomato sauce.
 Ingredients: oil, potato, tomato sauce.
 Explanation: Check that no bugs are in them, because if do it is Trefah.
 Main: Chicken with vegetables.
 Ingredients: Chicken, broccoli, carrots, tomatoes.
 Explanation: Make sure to wash all vegetables, make sure no bugs are inside and make sure chicken is dairy-free.
 Dessert: Jelly!

Menu
Starter: Vegetable sticks
 Ingredients: Carrot sticks, cucumber, hummus
 Explanation: All fruit and vegetables are Kosher, they must be checked for bugs.
Main course: Vegetable sushi
 Ingredients: rice, seaweed, pepper
 Explanation: Wrap pepper in rice and seaweed.
Dessert: Fruit salad
 Ingredients: Strawberry, orange, apple, grapes
 Explanation: All fruit are kosher but must be bug-free.

Thursday 18th July 2024
 Are there particular laws Jewish people need to follow?
 Following laws in the - Kosher - Fit to eat
 Torah
 - Meat must be eaten - Beef/cow - Fish with scales and fins
 - Some meats are forbidden - Pigs - Bugs - Shellfish
 - Animals slaughtered in a particular way.
 - Dairy products can't be cooked along with meat.
 - They have separate fridges, sinks and plates for dairy and meat.
 Starter: Chicken soup with sauce.
 Ingredients: Crispy chicken, chicken, beef and any kosher sauce.
 Explanation: Chicken and beef are kosher as long as there are no dairy.

Starter: Vegetable Sticks with Hummus
 Ingredients: Carrot sticks, cucumber sticks, celery sticks, hummus.
 Explanation: All fruits and vegetables are inherently kosher, but they must be checked to ensure there are no bugs, which are not kosher.
Main Course: Baked Chicken with Rice and Steamed Vegetables
 Ingredients: Chicken, olive oil, garlic, herbs, rice, broccoli, carrots, peas.
 Explanation: To be kosher, meat must come from a kosher animal, be slaughtered in a specific way and be prepared under kosher supervision. It must also not be mixed with dairy products.
 Rice and Vegetables: Are kosher if checked for bugs.
Dessert: Fruit Salad
 Ingredients:

Thursday 18th July 2024
 Are there particular laws Jewish people need to follow?
 Following laws in the Torah
 Kosher - fit to eat
 - Meat must be eaten - Beef/cow - Fish with scales and fins
 - Animals slaughtered in a particular way
 - Dairy products must be cooked with meat
 - Some meats are forbidden (Pigs, Bugs, Shellfish)
 - Dairy and meat must not be in contact with each other or be served on the same plate or be eaten together - people may have separate fridges, sinks or plates for dairy and meat.
Kosher Menu - Dairy based
 Starter: Cheese & crackers
 Ingredients: cheddar cheese (cheddar, not blue cheese, cheddar)
 Explanation: cheese is dairy - kosher - the crackers are not meat or dairy so are kosher, and the spread is dairy - no meat and dairy is also kosher.
 Main: (meat-free) soup
 Ingredients: (veg-free) soup, vegetables, (veg-free)
 Explanation: no meat

That's a Wrap, Year 6!

And that's a wrap! Thank you to Year 6 for their efforts in rehearsal this week, and for putting on a fantastic show yesterday. I am going to miss you all greatly. Have a fantastic summer and show the high school just how brilliant you are!



Our School Vision



‘Let all that you do be done with love’

1 Corinthians 16:14

We have been working hard this year to revise our school vision to ensure it is in line with our school and community. We believe that love sits at the heart of everything that we do and we have broken this down into 4 areas which are underpinned by scripture.

To read more about our vision and how we see it being worked out in each of the 4 sections please [click here](#).

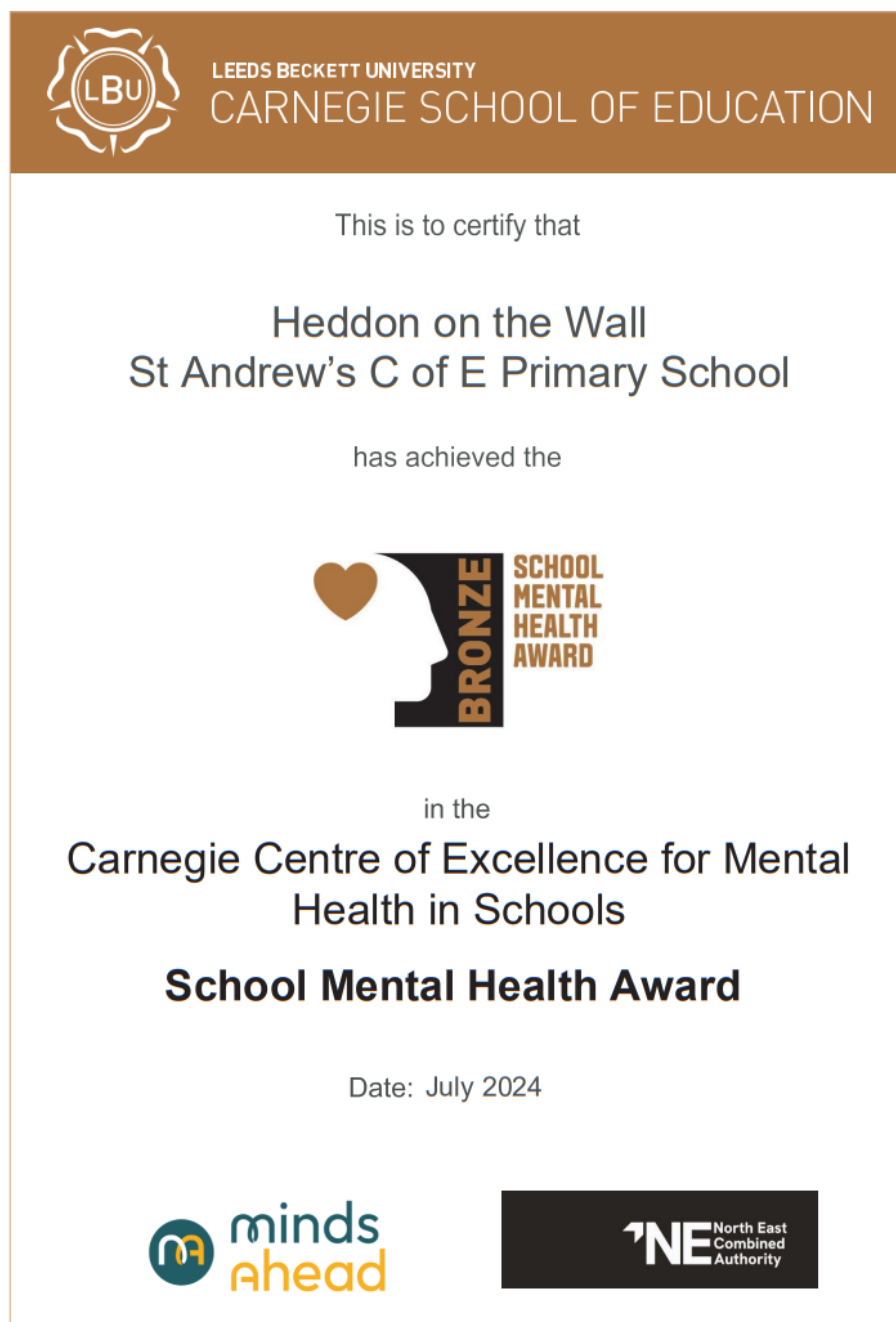
The children have been exploring what it means to them through Collective Worship.

Many thanks to JUMP who professionally drew our vision graphic.

School Mental Health Award

We are pleased to let you know that we have been awarded the Carnegie Centre of Excellence for Mental Health in Schools Mental Health Award (Bronze).

This award recognises the work the school does to support children's mental health. Many thanks to all the staff for their hard work and particularly to Mrs. O'Reilly as our Mental Health Lead who has led this work as well as the application for the award.



Out of School Club

What a fantastic week we have had in Out of School Club, topped off with our end of term party! We were so proud watching you have the courage to get up and perform for us all. Great fun had by all with party food, games and a toilet roll fashion show! Have a fantastic summer break. We can't wait to hear all about it.



Party Time with Stay and Play

Party time! This week we had a lovely end of term Summer party, with lots of party food. Finished off with some fabulous songs with our friends in Reception. We hope you have a lovely Summer and can't wait to see you back in September!



OPAL Play Awards 2024

Well done to our OPAL Play Award winners:

Most Playful Play Ranger: Evie

Fairest Sportsperson: Adam

Mud Kitchen Masterchef: Lillia

Best Loose Parts Builder: Toby

Best Tidying Up: Will

Best all round Role Model for Play: Harley and Ethan

All of our winners were nominated by their peers.



Armed Forces Day Presentation

Following our Armed Forces Day we were pleased to present representatives from 3 Royal Horse Artillery (3RHA) with a donation of £561.70. This donation will go to their Red Cypher charity which provides support to past and serving personnel and their families.



Out of School Achievements

Well done to Freya, Emmie, Ella and Isabella picking up both medals and awards between them at Prudhoe Netball Awards ceremony!

We are so proud of how much they have grown as netball players over the past year and working so well as a team during the Tyne and Wear Spring League and Northumberland Summer League .

Thanks to their amazing coaches - including Mrs. McLean.

Shout out also to guest players Charlie and Henry who also played regularly during the matches.



A Musical Achievement

Congratulations to Benji who has passed his grade 2 piano exam with a great score of 121/150 earning him a merit. Well done Benji!

Heddon's Got Talent!

Thank you to everyone who participated in this year's competition. We are constantly amazed by how talented the children are. Our winners this year were:

Maisie (dancing), Benji (piano playing), Isabella (singing and signing), Dylan, Theo and Harry (dancing)

Our overall winner was Chloe who did some fantastic tap dancing.

The most supportive audience member was Jacob.



The Tempest

Thank you to everyone who participated in our Choir and Drama Club performance of 'The Tempest'. We hope you enjoyed watching it as much as we enjoyed performing it. A great evening was had by all! A huge thank you to all of the adults who helped to organise this event. It is much appreciated!



PIC•COLLAGE



THE
**READING
AGENCY**

Summer Reading Challenge



Marvellous Makers

Ponteland library Making your summer marvellous.

10.30-12 noon

Ponteland will have a self led drop in craft on Fridays during the summer holidays (excluding 9th August)

The dates are: Friday 26th July, Friday 2nd August, Friday 16th, Friday 23rd, and Friday 30th

**Friday 9th August
10.30am-12noon**

Origami session with James Dobson
Suitable for children aged 9-12 years

**Tuesday 20th August
11am-12noon**

Scribblebot Workshop - Join in the tech fun this summer at our Scribblebot Workshop. Come along and make your own scribblebot from recyclable material. Watch them bounce, bump, move and spin in interesting ways and create a piece of art. Suitable for children aged 7+.

**Wednesday 21st
August 2.30pm-
3.30pm**

Books&Art with Cath Hodgson in partnership with Hexham Book Festival, storytelling & craft event based on 'The Library Mouse' by Frances Tosdevin

All events apart from the drop in craft sessions must be booked beforehand visit nlandlibs.eventbrite.com or contact Ponteland Library on 01670 622401

 **Northumberland**
County Council





PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE SUMMER HOLIDAYS 2024



moneysavingcentral.co.uk/kids-eat-free

LAS IGUANAS

Join 'My Las Iguanas' via the App & Niños eat free with every adult main

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

PUREZZA

Children under the age of 10 get free pizza at Purezza with every adult meal purchased

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

IKEA

Kids get a meal from 95p daily from 11am

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

TESCO CAFES

1 Free Kids meal with every 60p Spend. Available from July 1st Scotland and NI - from July 22nd England & Wales

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

YO! SUSHI

From Monday 1st July - Friday 30th August 2024, kids eat free all day Mondays to Fridays at YO! Sushi (min adult spend £10).

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

COCONUT TREE

One child (aged 10 and under) eats free per paying adult. Valid Daily, 12pm - 6pm from Monday 22nd July to Friday 6th Sept 2024.

DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.

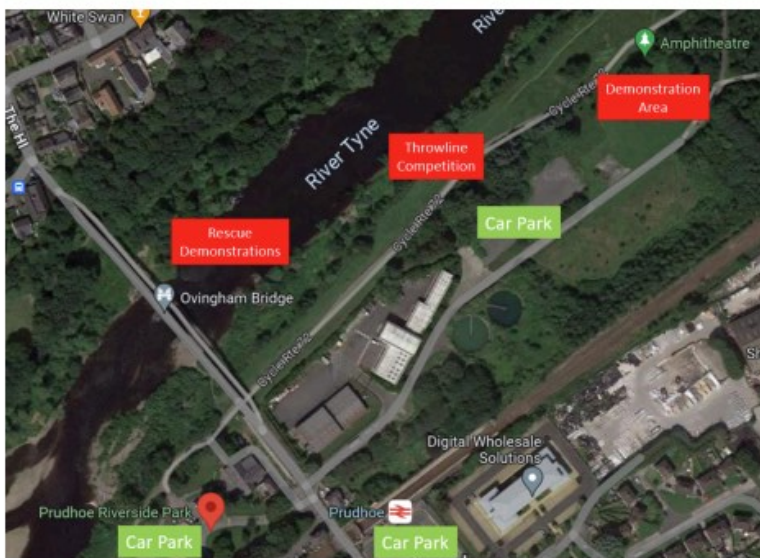
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JOIN US

**PRUDHOE RIVERSIDE PARK
SAT 20TH JULY 10AM-2PM**

WATER SAFETY DAY

Water safety education and fun day.




SPEAK TO...

Northumberland
Fire and Rescue,
Mountain Rescue
Water Rescue
Technicians and
Northumbria Police
Marine Divers for
water safety advice
and guidance.

WHAT'S ON

Throwline demonstrations and competition.
Rescue Buoy demonstration.

 **FROM 10AM - 2 PM.**

 **IN THE GRASSED AMPHITHEATRE AREA**


Land-based demonstration of a tensioned
diagonal boat tether rescue.

 **10:30AM, 11:30AM, 12:30PM, 1:30PM.**

 **IN THE GRASSED AMPHITHEATRE AREA**

Water based demonstrations.

- In-water throwline rescue
- In-water rescue buoy rescue

 **11AM, NOON, 1PM.**

 **RESCUE DEMONSTRATION
AREA**



OPEN GARDEN

A Party To Raise The Roof

WHEN & WHERE

- North Farm House,
Throckley
- 27th July
11am-4pm

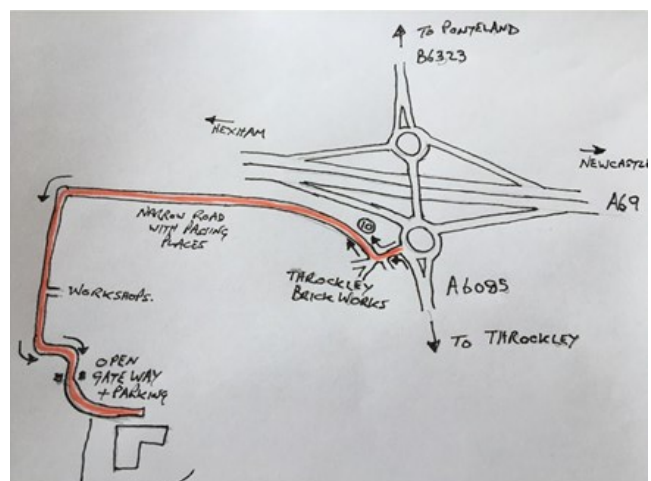
£5 Admission for adults
Children free
Includes cup of tea/coffee
and piece of cake

St. Andrew's Church invite you to an Open Garden with refreshments, lunch, stalls and a beautiful garden to explore, to help us launch our fundraising campaign to help restore our roof.

**SEE MAP ON
REVERSE FOR
DIRECTION**



HOW TO FIND US



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 WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



#WakeUpWednesday®

The National College®

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