

17th October 2025

Dear Parents / Carers,

What a day it has been today! It has been a whirlwind of colourful and wild hair, pyjamas and onesies, teddy bears and plush toys of all shapes and sizes taking over classrooms and a lot of happy and excited children. Once again, 'break the rules day' has proved particularly popular with the children and thanks to your generosity we have raised £441.50 for some new OPAL Play equipment.

The children played a key role in organising today using our new Smart School Council. Our School Councillors led discussions in each class about the rules and then every child had the chance to vote for one rule to break. School Council will be leading their next class meeting on Wednesday this week. I wonder what they have decided to talk about.

Aside from 'Break the Rules' day it has been another busy week in school with lots of exciting things going on. Year 4 had an exciting day exploring the Roman fort at Arbeia in South Shields and learning all about being a Roman soldier. While out they were excellent ambassadors for our school demonstrating all aspects of our school vision. Well done Year 4.

Following on from Mental Health Day last Friday the children all learnt about the power of words this week. They tried out the 'crumpled heart' activity and 'Kind Words Walk' where their friends wrote positive things about them. The children learnt that although words can hurt, they can also heal, encourage, and spread happiness. To find out more please check out the Year 5 page in the Flyer.

Next Friday morning is our Harvest Festivals at Church. Please check out the diary dates for more details. Once again we are collecting for The People's Kitchen and the West End Foodbank. Please see later in the flyer for more details.

Well done to Year 2 with the best attendance this week: 99.7%.

Well done to Year 6 for the best attendance for this year: 99.1%.

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.*

Northumberland
County Council

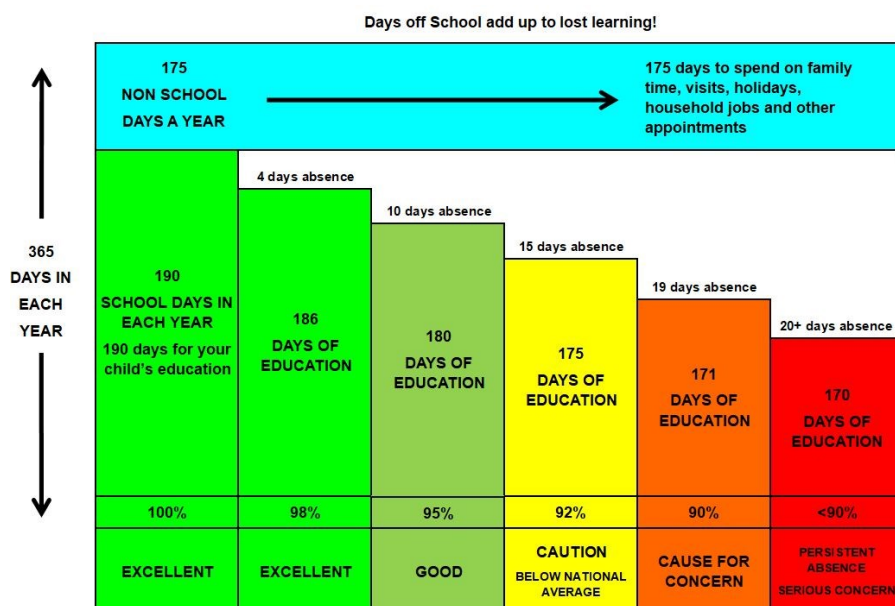


We continue to focus on attendance and punctuality so please remember that our School starts at 8.55am (9am for Nursery) and anyone arriving after this time will be marked as late.

Attendance for this week is summarised below:

Class	Attendance this week	Attendance this year	Class	Attendance this week	Attendance this year
Nursery (Hedgehogs)	99.3%	96.2%	Year 3 (Gibside)	99.2%	97.2%
Reception (Owls)	99%	97.6%	Year 4 (Lindisfarne)	96.6%	96.2%
Year 1 (Wallington)	93.2%	94.9%	Year 5 (Bamburgh)	98.7%	98.1%
Year 2 (Craggside)	99.7%	98.8%	Year 6 (Dunstanburgh)	97.8%	98.9%

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



'Let all that you do be done with love'

1 Corinthians 16:14

All about Autumn with Nursery

The Hedgehogs have had a fantastic week exploring all things Autumn! They've been discovering the many signs of the season; from colourful leaves falling from the trees to learning about animals that hibernate.

The Hedgehogs have painted pumpkins, rolled conkers in paint, and even hammered golf tees into pumpkins to develop their fine motor skills. They've also been practicing their scissor skills by cutting out autumn-themed pictures and painting beautiful autumn trees.

What a wonderful week of learning and fun, Hedgehogs!



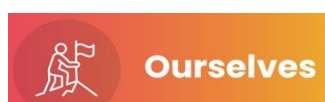
Learning

Life



Break the Rules Day in Reception

Reception have had a super day breaking the rules, today! We worked really hard to take turns fairly and were brilliant at being patient to wait for our turn - well done Owls!



Number Bonds with Year 1

This week we have been learning how to find all the number bonds for a number within 10. We have been doing this by using our new skill partitioning. After we found a number bond using our part-whole models we then wrote it out as a number sentence.



PIC•COLLAGE



Learning

Creating our own Heddon Landscape in Year 2

In Art we have been busy creating our own landscape of Heddon in the style of the artist David Hockney. We looked very carefully to see what details we could see and used the oil pastel techniques we have been learning about over the half term. Super work Year 2!



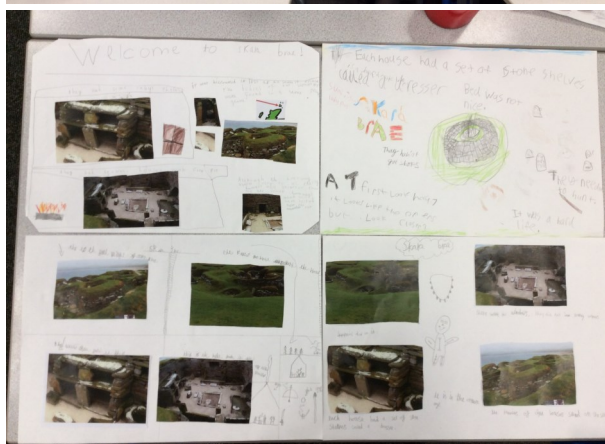
PIC•COLLAGE



Learning

A Busy Week in Year 3!

We have had another busy week in Year 3. In Art, we did a collaborative project where the class used charcoal, chalk and earth colours to recreate cave paintings. On Monday we celebrated Mental Health Day. Each child wrote their name on a piece of paper and everyone in the class wrote something they liked about that person on the paper. It was a great reminder of how each child is valued in the class. In English, we have been creating directions and maps to help Wolf reach Seal Island in our book, 'The Stolen Spear'. This is set on the Orkney Islands and tied into our History lesson this week where we made posters about the famous Neolithic village 'Skara Brae' found on the Orkney Islands. We had lots of fun on 'Break the Rules Day' and everyone dressed to impress and some even had wacky hair.



Others



Learning



Ourselves

Year 4 enjoyed travelling back in time this week to experience life as a Roman soldier at Arbeia!



Learning

The Power of Words with Year 5

This week, Year 5 took part in some very special activities to mark World Mental Health Day. We spent time thinking about how our words and actions can affect others, and how important it is to be kind — not just to our friends, but also to ourselves. One of our favourite activities was called “The Crumpled Heart.” We started with a bright paper heart, and as a class we talked about unkind things people might say that could hurt someone’s feelings. Each time an unkind word was said, we crumpled the heart a little bit more. By the end, it was all scrunched up! Then we tried to smooth it back out, but we noticed that the creases were still there. This helped us understand that even when we say sorry, unkind words can leave a mark. It reminded us how powerful our words really are — and why it’s so important to use them kindly. After that, we focused on positive and uplifting words. We took part in an activity called “Kind Words Walk.” Everyone had a sheet with their name at the top, and we moved around the classroom writing something kind or encouraging about each person. By the end, our papers were full of compliments, kind thoughts, and warm messages from our classmates. It was wonderful to see so many smiles as we read what others had written about us! We learned that words have power — they can hurt, but they can also heal, encourage, and spread happiness. Our class has promised to keep using kind words every day to help make our classroom a positive and supportive place for everyone.

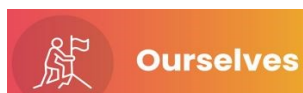


PIC•COLLAGE



A Very Busy Week in Year 6!

A very busy week in Year 6. On Monday we spent some time looking at the importance of mental health and positive words, with each child receiving their own 'compliments page' filled in by peers in the class. We also spent our PE session outside in the glorious autumn sun. In literacy we've been working hard when writing our information texts about the Vikings, and in Maths we've now started our next unit - fractions. Keep up the hard work year six for the final week of the half term!

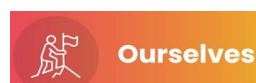


Break the Rules Day!

It's been wonderful to see children from Nursery all the way to Year 6 enjoying Break the Rules Day today! From wild hairstyles and cosy pyjamas to cuddly toys, funky hats, and playful tattoos! What a fantastic day, all in support of raising funds for OPAL Play. Thanks to your generosity we have raised an amazing: £441.50!



PIC•COLLAGE



Harvest Collection

Once again we are supporting both The People's Kitchen and West End Foodbank this Harvest time. Please see the list below of items which are needed. Anything that you can possibly donate is much appreciated and can make a real difference to people in need in our local area. If all donations could be in School by Monday 20th October 2025 we can get it collected and distributed. Many thanks.



FOOD > FRIENDSHIP > FUTURES

HOW YOU CAN HELP THE PEOPLE'S KITCHEN

Our work is only made possible thanks to your kindness and generosity. The People's Kitchen is run entirely by volunteers, so every penny donated goes directly to helping our vulnerable Friends who might be homeless, at risk, unemployed, lonely, or living in poverty.

Items we Need	Examples
Tinned Vegetables	Tomatoes Plum and Chopped, Peas, Carrots, Sweetcorn, Potatoes
Tinned Fruit	Peaches, Pineapples, Fruit Cocktail, Pears, Mandarin, Oranges
Soup	Tinned or Instant Vegetables, Tomato, Chicken, Broth, Lentil, Potato & Leek
Cooking/Baking Ingredients	Sugar, Flour, Jam, Coconut, Cocoa, Dried Fruit, Cooking Oil, Lentils, Broth Mix, Spices
Snacks	Pot Noodles, Pot Pasta, Crisps, Biscuits, Chocolates, Sweets
Drinks	UHT Milk, Coffee, Tea, Hot Chocolate, Cartons of Juice, Fruit Squash
Desserts	Rice Pudding, Jelly, Angel Delight, Custard, Evaporated Milk, Golden Syrup
Tinned Meat	Ham, Corned Beef, Chilli, Curry, Mixed Beef, Bolognese, Stewing Steak
Cooking Sauces	Indian, Thai, Chinese, Italian, Mexican, Coconut Milk
Condiments	Tomato Ketchup, Brown Sauce, Mayonnaise, Salt, Pepper
Pasta and Rice	Lasagne, Egg, Noodles, Rice
Stock and Gravy	Vegetarian, Beef, Chicken & Onion
Toiletries	Soap, Deodorant, Shampoo, Conditioner, Shower Gel, Razors, Toothpaste, Toothbrush
Cleaning/Other	Washing Up Liquid, Washing Powder, Spare Carrier Bags
Pet Food	Dog and Cat Wet and Dry Food

THE PEOPLE'S KITCHEN LIMITED The Alison Centre, 56 Bath Lane, Newcastle upon Tyne, NE4 5SQ
T: 0191 222 0699 E: info@peopleskitchen.co.uk www.peopleskitchen.co.uk

Others



You can't see **DLD**

Developmental Language Disorder (DLD)
affects 1 in 14 people.



**STARTED TO TALK LATER
THAN HIS SIBLINGS**

**HAS DIFFICULTIES
LEARNING NEW WORDS**

**NEEDS LOTS OF REPETITIONS
TO FOLLOW INSTRUCTIONS**

**STRUGGLES TO JOIN
ACTIVITIES & DISCUSSIONS**

**Support #DLDday on
Friday 17th October 2025**

Learn more at RADLD.ORG



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 MEMES

WHAT ARE THE RISKS?

Memes may look like simple jokes, but, for many teenagers, they form a shared cultural language. Quickly created and reworked, they spread across social media platforms as images with text or short videos. Nearly eight in ten teenagers share memes (79%, YPulse), making them part of daily life. While memes encourage creativity and participation, they can also spread misinformation or reinforce harmful stereotypes.

SPREADING MISINFORMATION

While memes help to communicate complex topics, they can also spread misinformation. Memes may sometimes include content presenting false facts or biased viewpoints, especially around health, politics, or current events and, as they're designed to be shared quickly, young people may not question their accuracy.

EXPOSURE TO INAPPROPRIATE CONTENT

Memes are widely circulated, and not always age-appropriate, meaning young people may encounter explicit language, sexual content, or graphic imagery, even without searching for it. As memes spread fast on platforms like Instagram, TikTok, or WhatsApp, it's nearly impossible to filter them completely.

MASKED MESSAGES

Some memes are designed to be confusing or layered with hidden meanings, making them hard for parents, and, sometimes, other young people to understand. Online groups often create these memes to look like inside jokes, but they can sometimes conceal offensive, harmful, or misleading content.

HIDDEN HARMS & LOSING SENSITIVITY

When serious topics like violence, racism, or mental health are turned into jokes, children and young people may become less sensitive to these issues over time. While a funny meme may seem light-hearted, it can carry messages that belittle certain groups, encourage risky behaviour, or mock personal struggles. Repeated exposure through memes can make harmful behaviour seem normal or less important. Over time, this can blur their understanding of what is funny versus what is discriminatory, harmful, or damaging to themselves and others.

PERMANENT DIGITAL FOOTPRINT

Unlike spoken jokes, memes leave a trail. Created or shared memes can resurface later and be misunderstood, even if intended as harmless. Once online, memes may be copied, saved, or spread beyond a young person's control - digital actions can follow them into their future, shaping how they are perceived by peers, teachers, or even employers long after the original meme has been shared.

Advice for Parents & Educators

ENCOURAGE OPEN CONVERSATIONS

Talk regularly with young people and try to understand their online world - discuss what they find funny about the memes, and why. By listening without judgement, you build trust, making it easier for them to come to you if they see something harmful. Open conversations also help children and teens think critically about the messages behind memes rather than simply accepting them at face value.

MODEL HEALTHY BOUNDARIES

Show children and teens positive online behaviours, such as taking breaks from screens, avoiding late-night scrolling, and engaging in offline activities. Setting clear routines around screen time at home can help to reinforce healthy boundaries and reduce the risks of overuse. By modelling balanced technology use, adults can help children and young people see that digital entertainment, including memes, should be just one part of life.

TEACH DIGITAL LITERACY

Help children and young people learn to question where information comes from and whether it's reliable - developing media literacy skills prepares young people to understand and navigate through their future online lives. Show them how memes can sometimes exaggerate or misrepresent facts for laughs, and encourage them to check credible sources when memes claim to present truth.

FOSTER EMPATHY ONLINE

Remind children and young people that memes should never come at someone else's expense. Encourage them to think about how a meme might make another person feel before sharing or creating it. Highlight examples of positive memes that celebrate creativity without hurting others. Fostering empathy, respect, and kindness in digital spaces will help them become more aware of promoting a safer, more supportive online culture.

Meet Our Expert

Dr Cristina Moreno-Almeida is a Senior Lecturer in Digital Culture at Queen Mary University of London. She specialises in memes, online networks, and youth culture, examining how digital spaces shape identity and everyday life.



See full reference list on our website



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Dates for your Diary - Autumn Term 1



Friday 24th October 2025	Early Years and Key Stage 1 Harvest Festival at St. Andrew's Church - 9.30am
Friday 24th October 2025	Key Stage 2 Harvest Festival at St. Andrew's Church - 10.20am
w/c Monday 27th October 2025	HALF TERM HOLIDAY
Saturday 1st November 2025	Online Reception Class Place Application Portal opens
Monday 3rd November 2025	TRAINING DAY - SCHOOL CLOSED
Tuesday 4th November 2025	Parents Evening
Thursday 6th November 2025	Parents Evening
Friday 14th November 2025	Children in Need Non-Uniform Day
Friday 28th November 2025	Choir singing at The Swan and the Knott Hall after school (More details to follow)
Friday 5th December 2025	Friends of Heddon Christmas Fair from 1.30pm
Monday 8th December 2025	Year 5 visit to the Great North Museum
Tuesday 8th December 2025	Year 6 visit to Beamish

Dates for your Diary - Autumn Term 2



Thursday 11th December 2025	Save the Children Christmas Jumper Day
Thursday 11th December 2025	Choir Christmas Showcase in School Hall at 4.30pm
Tuesday 16th December 2025	Early Years Nativity in School Hall at 10am
Tuesday 16th December 2025	Key Stage 1 Christmas Performance at St. Andrew's Church at 1.30pm
Wednesday 17th December 2025	Key Stage 1 Christmas Performance at St. Andrew's Church at 10am
Wednesday 17th December 2025	Christmas Dinner Day in School.
Thursday 18th December 2025	Clumsiest Elf Performance (Theatre Group) in school for Early Years at 1pm
Friday 19th December 2025	Key Stage 2 Carol Service at St. Andrew's Church at 9.30am
w/c Monday 22nd December 2025	CHRISTMAS HOLIDAYS
Monday 5th January 2026	School Reopens for Spring Term