

16th January 2026

Dear Parents / Carers,

As you can see from the class pages it has been a very busy week for the children. They are well and truly into their new units of work. It has been a real privilege to be able to spend time with them in class this week and experience their enthusiasm and excitement about their learning. I have particularly enjoyed seeing the children getting to grips with the different dance styles they are learning about in PE.

We have been lucky to be accepted as part of the customer votes in store at Tesco's 'Stronger Starts' funding. If you make a purchase at Tesco we would be grateful if you could use your blue token to vote for the school. We are hoping to use any funds from this to go towards outdoor learning (both OPAL Play and Forest School resources). Please see the poster from Miss Allsopp later in the Flyer for more details.

If you (or someone you know) has a child aged 0-3 why not come along to our weekly Stay and Play session in the school hall each Wednesday from 9am-10.30am for a £1 donation. It is a great chance to meet up with other parents and carers, have a cup of tea and a chat and for your child to have fun! Check out the information later in the Flyer.

With many children receiving internet enabled devices for Christmas please see the parent guide about digital devices and children's wellbeing later in the Flyer. As the world of apps and games is frequently changing please follow [this link](#) to a free parent resource which compares safety and wellbeing features within games and apps, help and support links to enable parental controls / settings, reviews of games and apps as well as links to reporting tools.

Well done to Year 2 with the best attendance this week: an amazing 100%!

Well done to Year 6 for the best attendance for this year: 97.8%.

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.*

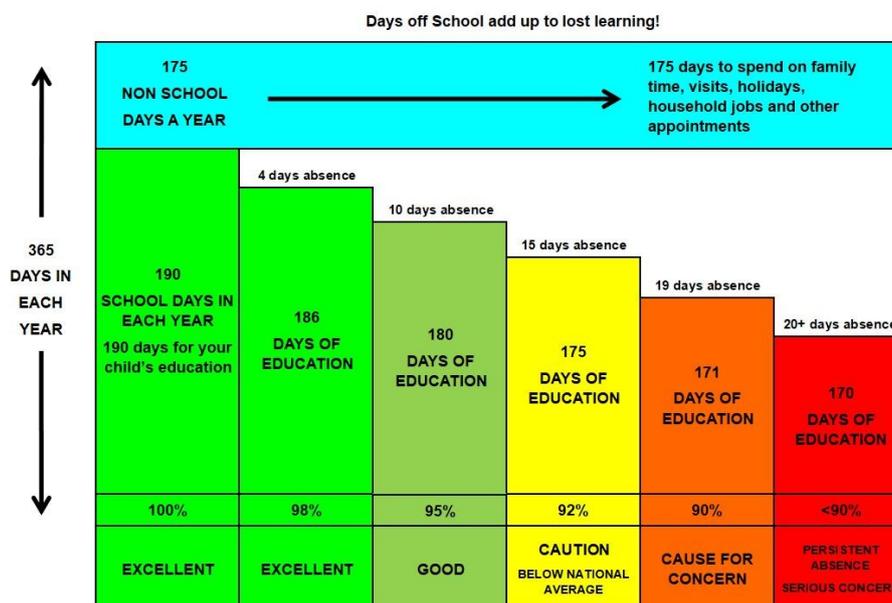


We continue to focus on attendance and punctuality so please remember that our School starts at 8.55am (9am for Nursery) and anyone arriving after this time will be marked as late.

Attendance for this week is summarised below:

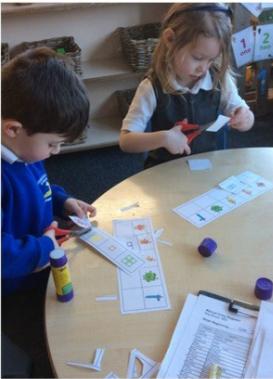
Class	Attendance this week	Attendance this year	Class	Attendance this week	Attendance this year
Nursery (Hedgehogs)	96.1%	96.1%	Year 3 (Gibside)	96.8%	96.8%
Reception (Owls)	94.8%	96.6%	Year 4 (Lindisfarne)	94.7%	96.5%
Year 1 (Wallington)	96.8%	94.7%	Year 5 (Bamburgh)	94.5%	97.5%
Year 2 (Cragside)	100%	96.9%	Year 6 (Dunstanburgh)	98.6%	97.8%

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



The Hedgehogs have been super busy this week learning how to orally retell 'Dear Zoo', mixing colours to paint different animal patterns and playing with animals in our Small World area. We have also been focusing on number 5 this week. The children have been developing their cutting skills by cutting out numicon and matching it to the Numberblock. You have all been so independent, well done!



PIC•COLLAGE



Learning

People who help us with Reception

Reception have loved meeting a taxi driver and escort and a police officer as part of our People Who Help Us topic. We asked our visitors lots of questions and got to have a look around the taxi. We've also enjoyed the wintry weather and created our own Police Station role play area.



PIC • COLLAGE

Others



Learning

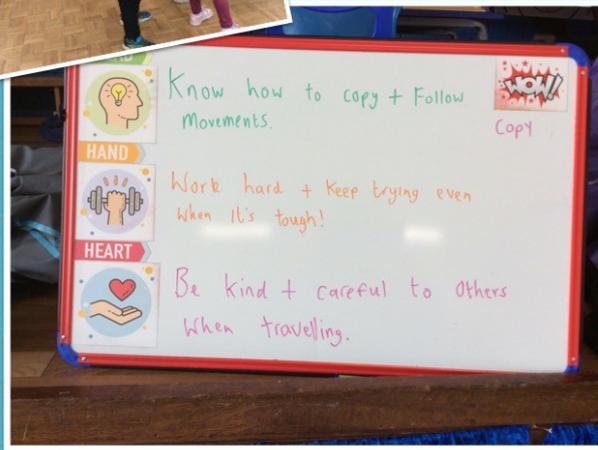
Coming to England with Year 1

In our Literature Works lessons we have begun to read a new story; 'Coming to England' by Floella Benjamin. On Tuesday we read the story for the first time, then we had to draw the characters from the story. On Wednesday we had pictures from the story and after reading the story again we had to cut out the pictures and try to put them in the right order. Everyone did a great job of recalling the story.



PIC•COLLAGE





We had our last PE lesson with Mr Walker. We played the Bean game and the Taxi game. We had to travel safely, always looking for a space. We also needed to listen carefully to instructions. Next week PE will be on a Monday.



PIC•COLLAGE

A Busy Week in Year 3.

This week in Year 3, we have been working hard on practising our 2, 4 and 8 times tables. We have also enjoyed some more rugby sessions outside and using geometric patterns in art inspired by Mary Quant.



Rugby in Year 4.

Year 4 demonstrated team work, communication and resilience during their rugby taster session in PE. They had fun, learned new skills and rose to meet new challenges!



A Busy Week in Year 6

Year 6 have been focusing on persuasive writing techniques this week, as we work towards writing a persuasive advert for the Savoy Hotel. The hotel features heavily in our class text, 'Kaspar Price of Cats'. We have also ended the week spending some time on our 'Net Zero Projects'; designing an energy efficient island with a residential area. The children have shown some great teamwork when working in small groups today.




Ourselves

Others



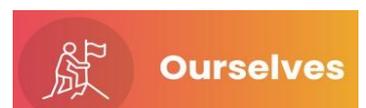
Learning

Fun at Stay and Play!



What a lovely way to spend a Wednesday morning! Some new faces, old faces, and some cheeky faces at Stay and Play this week.

Every Wednesday 9:00 - 10:30am (term time only), £1 donation. Come along and have a cup of tea and a chance to meet other parents/guardians. Ages 0-3 years welcome.





Vote for Our School in the Tesco Stronger Starts Programme!

1. Shop at Tesco



Make a purchase of any value at a participating store.

How to Vote

2. Get a blue token



You will receive one token per transaction at the checkout.

3. Cast your vote



Place your token in our project's designated slot before you leave.

When & Where to Vote



Voting is open from mid-January to the end of March 2026.



You can vote at these 3 Tesco stores:

Kingston Park
(NE3 2FP)

Newcastle West Road
(NE15 6PO)

Chapel Park
(NE5 1DR)

Others



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 DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

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 works with schools on improving their mental health provision.



#WakeUpWednesday

The National College

Dates for your Diary - Spring Term



Wednesday 21st January 2026	Year 4 at Christingle Service at St. Nicholas' Cathedral
Monday 26th January 2026	Police Dogs visiting Reception
Monday 9th February 2026	Pele Trust 'Let's Dance' Festival
Tuesday 10th February 2026	Parents Evening
Thursday 12th February 2026	Parents Evening
w/c Monday 16th February 2026	HALF TERM HOLIDAYS
Monday 23rd February 2026	TRAINING DAY
Friday 13th March 2026	Choir at Ryton Festival
Friday 3rd April 2026	GOOD FRIDAY - SCHOOL CLOSED
w/c Monday 5th April 2026	EASTER HOLIDAYS