

1st May 2026

Dear Parents / Carers,

With the sun shining and warmer days it really feels like the Summer has arrived. The children have had a really busy week both in class, with visitors and being out and about!

Year 5 were pleased to welcome Mr. Bell, Pele Trust Chef, into school this week. He spent the morning with them teaching them safe holding and knife cutting skills as part of their Food Technology unit of work. I know that they are looking forward to designing and making their own fruit crumbles in the next few weeks.

Our Year 5 and 6 basketball players had a great afternoon with Mr. Smith at the Vertu Arena, home of the Newcastle Eagles. They enjoyed playing against the other Pele Trust schools and represented our school fantastically.

Our Year 3 and 4 Dancers had an amazing time at the Dance Festival held at Dame Allen's School. The children enjoyed sharing their dances and having workshops to learn about different dance styles. They were great ambassadors for our school. Well done!

We have had a number of reported cases of Headlice in school this week. I would ask that you check your child's hair carefully. Advice for treatment is later in the Flyer.

Could I remind parents that you are not able to bring dogs onto the school site, this includes carrying them. Could I also ask that if you bring your dog and tie it up that this is done well away from where the other children are entering and exiting the site in order to keep them safe. Many thanks for your co-operation with this.

The Pele Trust are looking to organise some parental workshops with ASK Psychology in the Summer term with Heddon being selected as one of the venues. They are keen to find out what kind of workshop you would find most useful. Please see later in the flyer for details of the proposed workshops and a link to share your preference.

Well done to Year 2 and Year 4 with the best attendance this week: 98.7%.

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

I would like to remind you that school is closed for the Bank Holiday on Monday and will reopen on **Tuesday 5th May 2026**.

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

Mr. A. Wheatley,

Headteacher.



'Let all that you do be done with love'

1 Corinthians 16:14

Attendance Matters



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

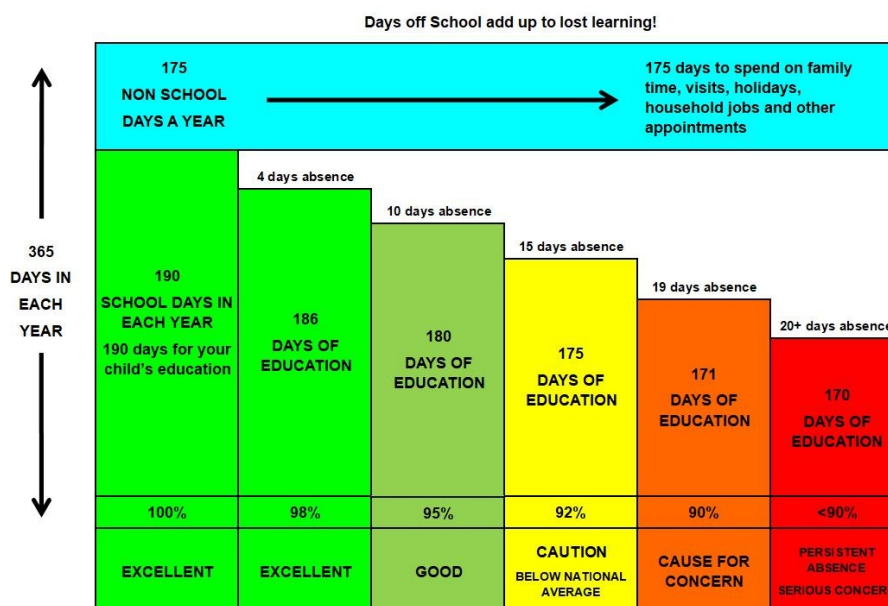


We continue to focus on attendance and punctuality so please remember that our School starts at 8.55am (9am for Nursery) and anyone arriving after this time will be marked as late.

Attendance for this week is summarised below:

Class	Attendance this week	Attendance this year	Class	Attendance this week	Attendance this year
Nursery (Hedgehogs)	93.6%	95.9%	Year 3 (Gibside)	96.8%	97.4%
Reception (Owls)	90.5%	95.9%	Year 4 (Lindisfarne)	98.7%	96.1%
Year 1 (Wallington)	97.6%	96.4%	Year 5 (Bamburgh)	94.8%	96.7%
Year 2 (Cragside)	98.7%	97.4%	Year 6 (Dunstanburgh)	97.1%	97.8%

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

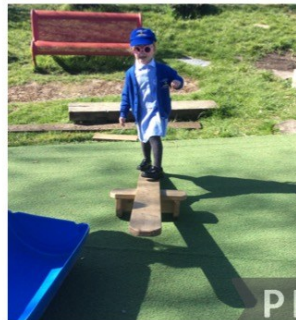


'Let all that you do be done with love'

1 Corinthians 16:14



The Hedgehogs have had such a lovely week. We have spent lots of time outside enjoying the sunshine, as well as learning how to retell our new story, 'The Ugly Duckling'.



PIC·COLLAGE



## All about Bees with Reception.

Reception have loved continuing to learn about bees. We've made bee models, looked at bee body parts, labelled plants and also practised arranging objects logically so that we can count more accurately.



PIC•COLLAGE



Learning

## Paddington Sequencing in Year 1

This half-term in Literature Works we are looking at the text Paddington, which everyone has been thoroughly enjoying. This week we read the story and then afterwards we had to try to put the illustrations from the story in the correct order. Everybody remembered the story really well and everyone was successful at putting the story in the right order.



PIC·COLLAGE

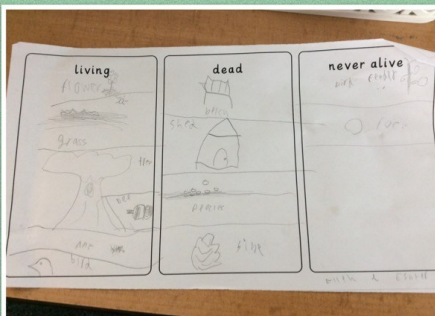


Learning

never alive  
7 objects  
Metal  
brick  
Plastic  
Sand  
Softball  
Silbo



In science this week we have been investigating whether an object is alive, dead or never alive. We looked around the school grounds for ideas. We have also begun to look at the 7 basic things that living objects do such as movement nutrition. We have started to learn lots of new difficult words! Well done Year 2.



PIC•COLLAGE



### A Busy Week in Year 3.

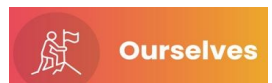
This week in Year 3 we have been very busy working on our fractions unit in Maths. The children have been developing their understanding of the numerator, denominator and whole. In Art, we have been examining and copying different styles of ancient civilisation art. We have looked at styles from the Ancient Egyptians, Ancient Sumer, Indus Valley and Shang Dynasty and copied them into our books. In very exciting news, all of the children who entered into the poetry competition 'I have a Dream' with the Young Writers company have been accepted to have their work published in the accompanying book.



Learning

## Environmental Art with Year 4

Our Year 4 crew recently headed out of the classroom and into the fresh air to try their hand at environmental art. Inspired by the legendary Andy Goldsworthy, we turned our school grounds into a temporary gallery, using nothing but the bits and bobs nature left behind - leaves, fallen twigs and plenty of pebbles! We pushed ourselves to think about form, taking our art into 3D. This turned out to be a real test of balance and steady hands; working outdoors isn't always easy but that was actually the best part of the lesson! Goldsworthy believes that decay and change are just as important as the making itself. We took that to heart! When the wind decided to "rearrange" a leaf pattern or a tower of rocks finally took a tumble, the children showed amazing resilience. Instead of getting frustrated, they saw that the art is temporary - it's all about the process, not just the finished product.





## How do we see with Year 6?

In Science today, we answered the question, 'How do we see objects?' We discussed four main parts of the human eye (the pupil, the iris, the lens and the retina) and how they work together to enable us to see. Next lesson we will explore reflection in our science lesson.



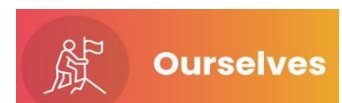
## Pele Trust Basketball Event at the Vertu Arena

Well done to our Year 5 and 6 basketball team for a fantastic performance at the Pele Trust Basketball event! It was an unforgettable experience and they got the chance to play at the Vertu Arena, home of the Newcastle Eagles.

The children were all amazing ambassadors for our school and special congratulations to our Y5 MVP, Maddie!



Thanks to Mr. Smith and Mr Connelly for coaching / supporting this event.

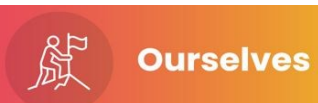


## Year 3 and Year 4 Dance Festival

Over the last six weeks we have had a year 3 and 4 dance club who have been learning a dance to perform in a Dance Festival at Dame Allan's School in Newcastle. On Thursday we took part in the festival, all of the children did an excellent job at performing the dance in front of the other schools. Then after their performances the children all took part in different workshops hosted by Razzmataz Theatre school and by a street artist called Rob Anderson. Everyone came out with huge smiles and had lots of fun!



PIC•COLLAGE



## Parental Workshops

The Pele Trust are looking to organise some parental workshops with ASK Psychology over the coming year. The first session will be taking place after half term and Heddon has been selected as a venue for this workshop, along with Ponteland Primary. All sessions are open to parents from any Pele Trust school. Subsequent sessions may take place at other schools.

ASK are keen to find out what kind of workshop you would find most useful.

The session will be delivered by one of ASK's Occupational Therapists and will cover one of these areas:

Toileting

Eating and Drinking

Sensory differences and sensory lifestyles

Sleep

Neuro-affirming play

Please could you complete the Google Form below to indicate which session would be of most interest to you.

The result of the survey will determine the session to be delivered

To complete the survey form please [click here](#).



ASK Psychology

Delivering high quality support to schools.

Others



Learning

## Had a brush with nits? Switch to a comb

  
Blackpool  
Clinical Commissioning Group



Wet combing is the most effective method of treatment for head lice.

Head lice combs come in different shapes and sizes but have finer teeth that are shaped to catch head lice and nits effectively.

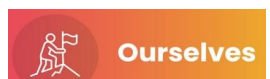
### The Facts of lice...

- Head lice and 'nits' aren't the same thing – nits are the empty eggshells which remain in the hair after the lice have hatched.
- Itching isn't the first sign of having head lice – you should carry out detection combing regularly.
- A head lice comb can be used for detection as well as treatment.
- Insecticide shampoos deal with the lice but not the eggs. There's a good chance more lice will hatch after the treatment.
- There's no insecticide needed when you wet comb – that makes it safer for your kids, it's less hassle, easier to do and most importantly – it works!



To wet brush your child's hair:

1. Wash the hair thoroughly with ordinary shampoo and apply plenty of conditioner
2. Yes! The hair has to be wet. Dry lice can scurry away from the comb but will remain still when wet giving you a better chance of catching them in your comb;
3. Use an ordinary, wide toothed comb to straighten and untangle the hair;
4. Once the comb moves freely without dragging start to use your head lice comb;
5. Make sure the teeth of the comb slot into the hair at the roots with the edge of the teeth lightly touching the scalp;
6. Draw the comb down from the roots to the ends of the hair with every stroke, and check the comb for lice each time—remove lice by wiping the comb with tissue paper or rinsing it
7. Work through the hair, section by section, so that the whole head of hair is combed through;
8. Do this at least twice to ensure you haven't missed any areas, until no more lice are found
9. Repeat the process 5 days later just to be sure!



# Autism Family Drop in

**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:

---

**Monday 1st June 2026, 1pm-3pm:**

Blyth Central Family Hub, 103 Wright Street, Blyth, NE24 1HG

**Wednesday 3<sup>rd</sup> June 2026, 10am - 12pm:**

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

**Tuesday 16<sup>th</sup> June 2026, 10am-12pm:**

Ashington Family Hub, Alexandra Road, Ashington, NE63 9EF

**Monday 22<sup>nd</sup> June 2026, 10am-12pm:**

Berwick Family Hub, Ladywell Place, Tweedmouth, Berwick-upon-Tweed, TD15 2AE

**Tuesday 23<sup>rd</sup> June 2026, 1pm-3pm**

Cramlington Community Hub, Forum Way, Manor Walks, NE23 6YB (next to Concordia)

**Monday 29th June 2026, 10am-12pm:**

Morpeth Golf Club, Loansdean, NE61 2BT

**Thursday 9<sup>th</sup> July 2026, 10am-12pm:**

The Lindisfarne Centre, 30 Lindisfarne Road, Alnwick, NE66 1AU

**Evening session:**

**Thursday 25th June 2026, 5pm - 6:30pm:**

Morpeth Golf Club, Loansdean, NE61 2BT

---

**If you have any questions email: [hint@northumberland.gov.uk](mailto:hint@northumberland.gov.uk)**

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](https://nationalcollege.com).

# What Parents & Educators Need to Know about IMAGE-ALTERING FILTERS

## WHAT ARE THE RISKS?

### ALTERED BEAUTY STANDARDS

Many 'beauty' filters smooth skin, reshape facial features, or adjust body proportions. Over time, repeated exposure to these filters can shift a child's idea of what is 'normal' or attractive, creating unrealistic expectations about their own and others' appearances.

### PRESSURE TO LOOK PERFECT

Filtered images can often attract more 'likes' and positive comments. This can encourage children and young people to rely on editing tools to gain others' approval, rather than feeling confident in their natural appearance.

### LOW SELF-ESTEEM

Regularly viewing heavily filtered content can lead to comparisons with unrealistic images. This is linked to body dissatisfaction and reduced self-esteem, particularly among children and teenagers.

### HIDDEN ADVERTISING

Some filters are linked to beauty products or trends, subtly promoting third-party brands. Children and young people may not recognise this as advertising, while also sharing personal data – such as facial images and usage habits – with apps and third parties.

### BLURRED REALITY

As filters become more advanced and natural-looking, it can be difficult for children and young people to distinguish edited content from real life, especially when filters are used in everyday photos and videos.

### SEXUALISED EDITS

Certain tools can make users appear older or more sexualised. This may attract unwanted attention, increase the risk of images being shared without consent, and expose young people to unsafe interactions.

## Advice for Parents & Educators

### START OPEN CONVERSATIONS

Talk regularly about filters, such as how they work and why people use them. Ask the children and young people in your care how filtered images make them feel and encourage honest discussion without judgement.

### REINFORCE WHAT'S REAL

Help children and young people understand that filtered images are digitally altered and are not an accurate reflection of real life. Emphasise that they don't need to meet these artificial standards.

### CHALLENGE 'PERFECT' POSTS

When viewing content together, gently point out the signs of editing, filters, or posing techniques. This builds critical thinking and helps children and young people question unrealistic images.

### PROMOTE OFFLINE CONFIDENCE

Encourage activities that build self-worth beyond appearance, such as sports, hobbies, friendships, and creative interests, so that confidence isn't tied solely to online validation.

### Meet Our Expert

Parven Kaur is a digital parenting expert and founder of Kids N Clicks, a platform dedicated to helping parents navigate the online world alongside their children. She is an expert contributor for Internet Matters, offering practical guidance on emerging online safety issues. Her insights have been featured by the BBC, The Telegraph, TalkTV, and other major media outlets, supporting families across the UK.



See full reference list on our website

 @wake\_up\_weds

 /www.thenationalcollege

 @wake.up.wednesday

 @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 15.04.2026

## Dates for your Diary - Spring Term



<b>Monday 4th May 2026</b>	<b>MAY DAY BANK HOLIDAY - SCHOOL CLOSED</b>
w/c Monday 11th May 2026	Key Stage 2 SATS Week
<b>w/c Monday 25th May 2026</b>	<b>HALF TERM HOLIDAYS</b>
w/c Monday 1st June 2026	Made in the North East Week
Monday 1st June 2026	Reception visit to Red Hemmel Farm
Monday 1st June 2026	Year 5 visit to Woodhorn Museum
Tuesday 2nd June 2026	Year 6 visit to Sunderland Maritime Centre
Tuesday 2nd June 2026	Year 2 visit to the Discovery Museum
Wednesday 3rd June 2026	Year 1 visit to Newcastle Quayside
Wednesday 3rd June 2026	Year 3 visit to Prudhoe Castle
Thursday 4th June 2026	Nursery visit to Whitehouse Farm
Friday 5th June 2026	Year 4 visit to the Stephenson Railway Museum
Friday 5th June 2026	Early Years Open Afternoon (for current parents) from 1.30pm-3.15pm
Wednesday 10th June 2026	School Photographs (Class photos)

## Dates for your Diary - Summer Term



Tuesday 16th June 2026	Year 6 Diocesan Leavers Service at St. Nicholas' Cathedral
Wednesday 24th June 2026 - Sunday 28th June 2026	Year 6 Trip to France
Monday 29th June 2026	Sports Day
Thursday 2nd July 2026 and Friday 3rd July 2026	Year 6 Transition Days at Ponteland High School
Friday 3rd July 2026	School Summer Fair
Monday 6th July 2026	Year 6 Visit to St. James' Park
Thursday 9th July 2026	Music and Drama Summer Showcase at 4.30pm in School Hall
Friday 10th July 2026	Rocksteady Concert for Parents in School Hall at 10am
Monday 13th July 2026	Moving Up Morning
Monday 13th July 2026	Heddon's Got Talent Finals (Children only)
Thursday 16th July 2026	Year 6 Leavers Assembly at 2pm in School Hall
<b>w/c Monday 20th July 2026</b>	<b>SUMMER HOLIDAYS</b>