

10th May 2024

Dear Parents / Carers,

When I walk around school I am always amazed with the wide variety of exciting things the children do to support their learning. The Flyer just gives a small snapshot into some of these activities that happen across each week. It is a privilege to see their enthusiasm and listen to the animated chat about what they are doing.

As you can see this week has been another packed week of learning. The children in Year 6 and in Year 1 are working hard prior to their statutory assessments - Key Stage 2 SATs next week and the Phonic Screen Check in June. While we want all our children to do the best they can in these assessments they are only very limited snapshots. They do not assess all the different things that make your children the wonderful unique young people that they are. Good luck next week Year 6 - I am sure you will be amazing.

As we are entering the season for statutory assessments and for exams at high school there is a 10 step guide to managing stress later in the Flyer which may be helpful for you and your children.

The NSPCC have released a free (and short) webinar for parents about the PANTS Rule. These are materials that we use in school to support safeguarding your children and empowering them to stay safe. To watch the webinar please [click here](#).

The school choir has been invited to join the Ad Murum singers at their next concert in Heddon on Friday 24th May. For further details and ticket information please see later in the Flyer.

Could I please ask that you do not let your children climb or walk along the various walls around school or the climbing frame on the field at pick up and drop off. This is for their safety as I do not want someone to fall and hurt themselves.

We are sad to say goodbye to Miss Rochester today as she leaves us to begin her training with the Royal Navy. Good luck. We can't wait to hear about your adventures in the Navy.

Well done to Year 3 with the best attendance this week: 99.3%.

Well done to Year 4 for the best attendance for the year to date: 96.4%.

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.

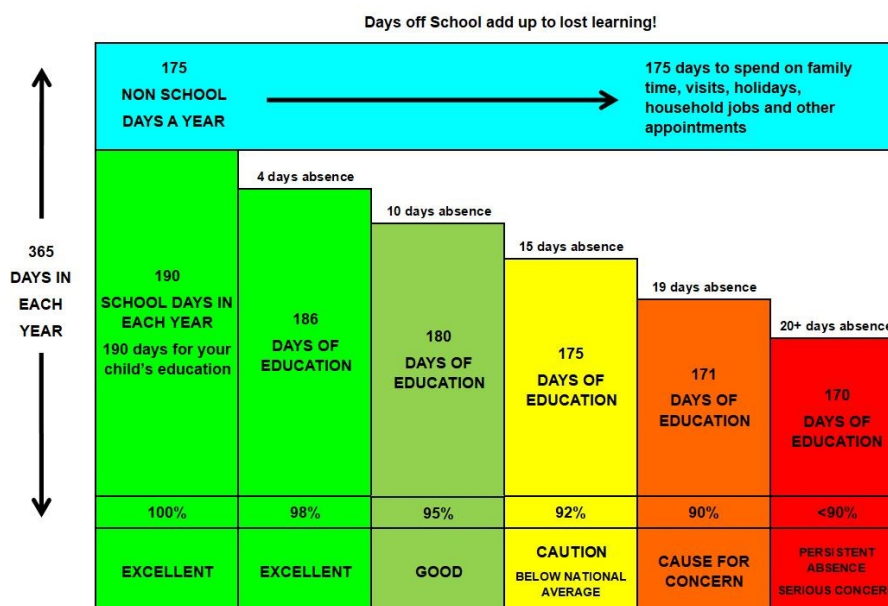


We continue to focus on attendance and punctuality so please remember that our School starts at 8.55am (9am for Nursery) and anyone arriving after this time will be marked as late.

Attendance for this week is summarised below:

Class	Attendance this week	Attendance this year	Class	Attendance this week	Attendance this year
Reception (Owls)	92.9%	95.3%	Year 3 (Gibside)	99.3%	95.4%
Year 1 (Wallington)	94.3%	95.0%	Year 4 (Lindisfarne)	97%	96.4%
Year 2 (Cragside)	94.9%	96.2%	Year 5 (Bamburgh)	94.8%	95.3%
			Year 6 (Dunstanburgh)	98.4%	95.8%

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



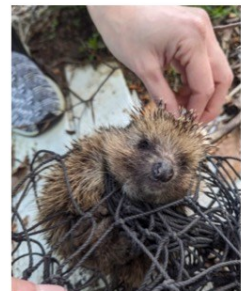
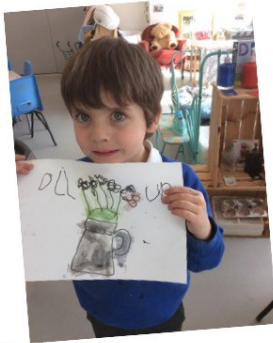
'Whatever you do work at it with all your heart'



What a busy week in Nursery! We have started to learn all about plants. This week, we have been focusing on what a seed is. We have looked at different seeds and then planted our own. We then made predictions about what might happen to the seeds.



We have been developing our fine motor skills by drawing and painting flowers, using watercolour paint.




As we are the 'Hedgehog' class, as part of Hedgehog Awareness week, we have been thinking about how we can help Hedgehogs. Miss Allsopp and her cricket friends rescued a hedgehog this week, so we have been discussing different ways we can help them, such as making a hedgehog home in our gardens.

PIC • COLLAGE

This week the children in Reception really wanted to know



So we became scientists and carried out an experiment to find out how bees pollinate flowers. 



We pretended that a cheesy puff crisp was pollen and our fingers were the bees' legs. As we picked up the 'pollen', parts of it stuck to our 'legs' and as we landed on a new flower, we left a little 'pollen' behind. This showed us how bees spread pollen from flower to flower, helping them to grow how amazing are bees?!



PIC•COLLAGE

Tri-Golf with Year 1!

Year 1 have been having lots of fun outside this week, we have been identifying different fruits and vegetables in Science and continuing our tri-golf in PE. We started to putt the ball further today and tried to get a hole in one!



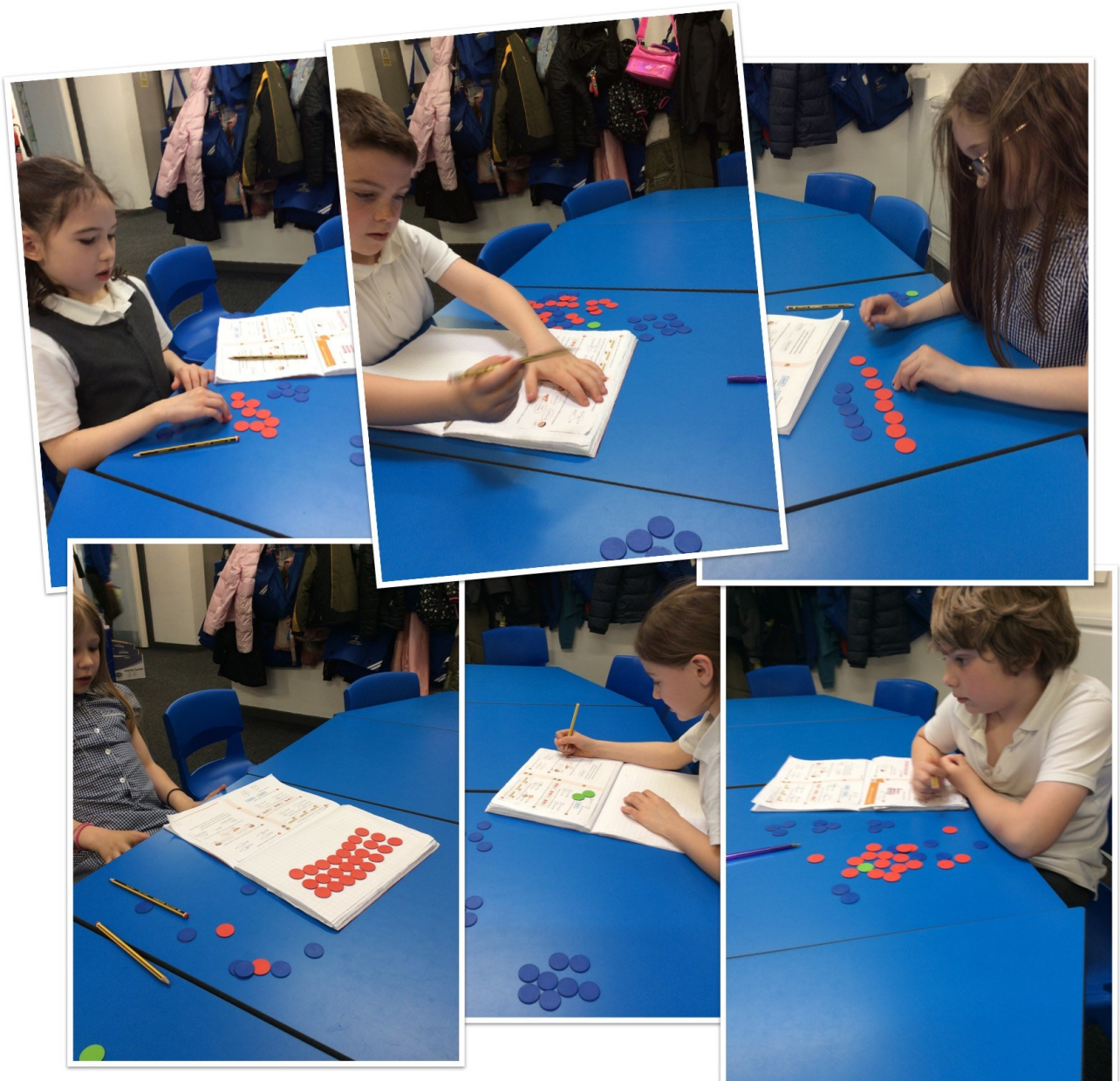
Computer Art with Year 2

This half term, Year 2 has been creative on the computer by creating pictures in the style of different artists. This week we looked at William Morris' patterns and how he is inspired by nature. We decided to create an underwater pattern and repeat that using the program on the computer. We enjoyed playing with the different tools to change the symmetry and repeating patterns, don't they look effective?



Fractions in Year 3

Year 3 have been working so hard this week in Maths - we've been using manipulatives to work out fractions of amounts, using both unit and non-unit fractions - what marvelous mathematicians!





To recap our learning on 'states of matter' we used Cheerios to explain the properties of solids, liquids and gas. The children remembered lots of facts from the beginning of our unit. Well done, Year 4!

Fun with Play Scripts in Year 5

This week, Year 5 have been having lots of fun performing their independently written play scripts. We have thoroughly enjoyed planning, making, evaluating and performing our scripts, that had been inspired by the events in our class text. Children in Year 5 watched their peers perform and offered feedback to enhance their individual performances.

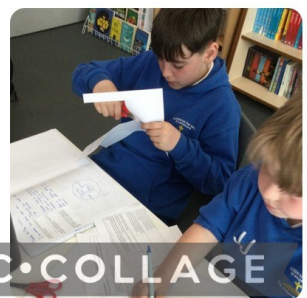
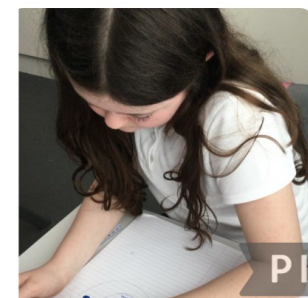
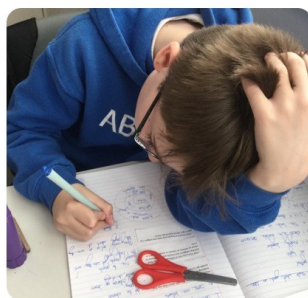
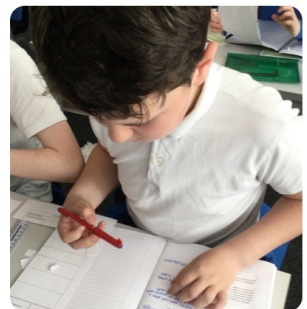
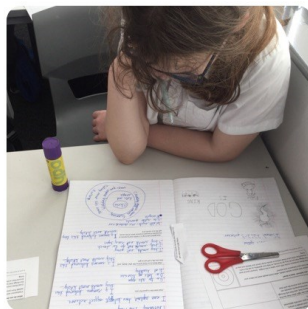
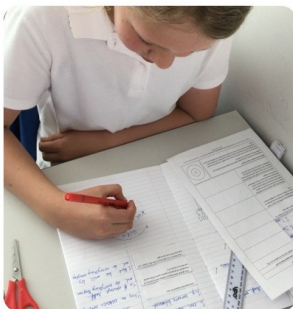
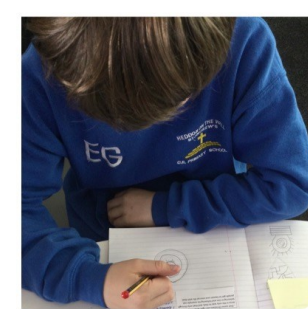
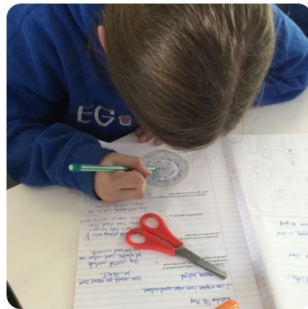
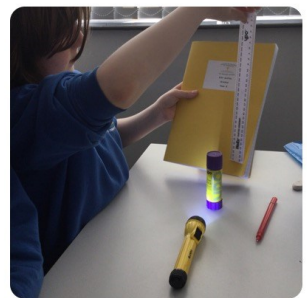
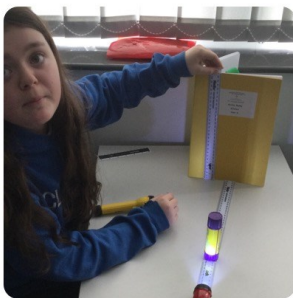


Whatever you do work at it with all your heart

Colossians 3:23

A Busy Week in Year 6

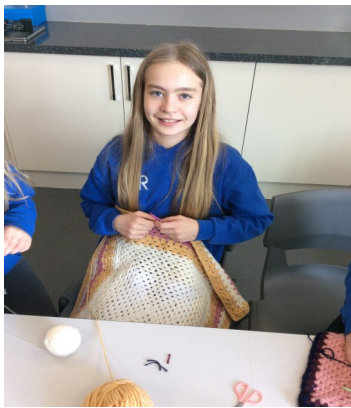
In Year 6 this week, the children have been working hard in both science and RE. In science, we investigated how the distance and angle of a light source can affect shadows, and in RE we explored how a person's beliefs may influence their actions.



PIC-COLLAGE

Year 6 Mindfulness Club

Year 6 have organised their own mindfulness club supported by Mrs. Walker. They meet at lunchtime and have inspired each other to develop their craft skills. We have seen crocheting, finger knitting, painting and mindfulness colouring. It is great to see the children teaching each other different skills in a relaxing environment whilst having quality time to talk to each other.



Whatever you do work at it with all your heart

Colossians 3:23

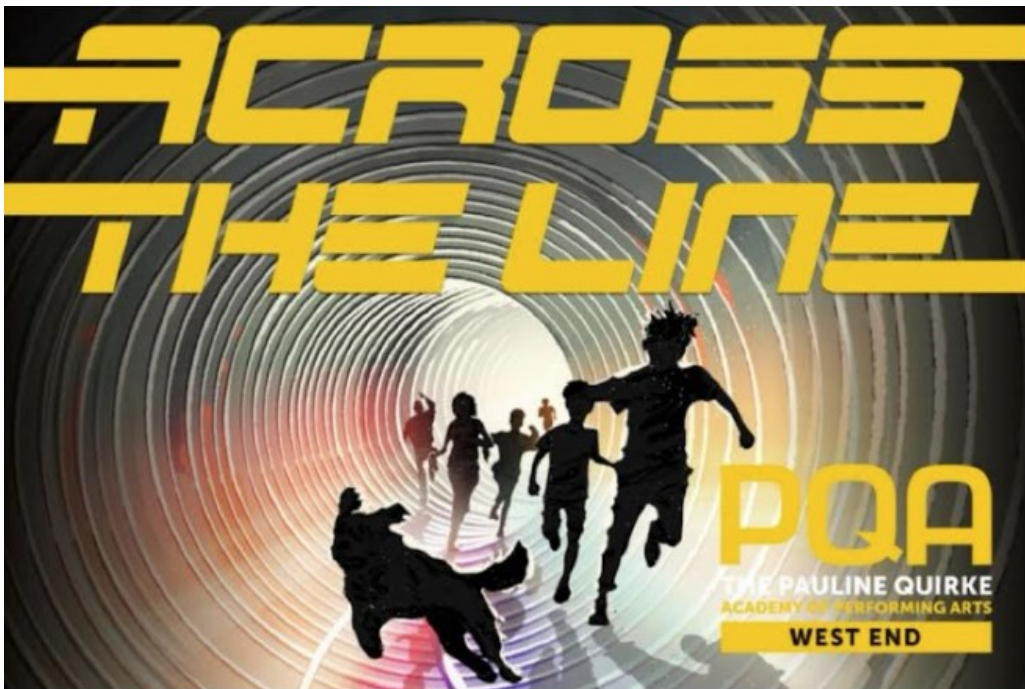
Goodbye to Miss Rochester

We are really sad to say goodbye to Miss Rochester today. She has been working in school helping the children at lunchtimes. While we are sad to see her go we are also very excited as she is joining the Royal Navy. As an ex-pupil of the school it has made us very proud to see her going onto the career she wants. We are looking forward to her visiting us again and telling us about all her adventures. Good luck!



Out of School Achievements

We would like to congratulate Harley in Year 6 who will be performing in the musical 'Across the Line' at His Majesty's Theatre in London. Well done Harley, we are sure that you will be amazing!



Congratulations to Tom in Year 6 who this week has been playing for the Northumberland Under 13 Cricket Team. They were playing against the team from RGS. Northumberland won with Tom taking one wicket and ending the game on 5 not out. Well done Tom!

Managing Stress

Stress is an uncomfortable experience of pressure or worry caused by problems in your life. Stress can cause many different symptoms and may affect how we feel physically, mentally, how we behave and make choices. It is not always easy to recognise when stress is the reason you are feeling or acting differently.

This guide will give you some top tips so that you can take action to reduce the symptoms of stress in your life.



1. WARNING SIGNS, PART 1

Warning signs of stress include emotional symptoms such as anxiety, fear or loss of confidence and cognitive symptoms such as poor concentration, poor memory or repetitive thoughts.



2. WARNING SIGNS, PART 2

Warning signs also include physical symptoms such as excessive sweating, racing heart rate, headaches and muscle tension. Behavioural symptoms might include, poor sleep, irritability, drinking excessive amounts of coffee or alcohol or losing your temper.



10. PRIORITISE WELLBEING

As a way of preventing stress, you should prioritise your wellbeing and be consistent about it. A one-off activity will have some impact, but it won't help you manage stress or maintain wellbeing in the long term.

9. MANAGE YOUR TIME

Prioritising tasks, including emails and wellbeing activities, will be a crucial first step to change and taking control. Get someone to help you to keep on track with the change.



8. CHANGE YOUR PERSPECTIVE

Amend your thinking and expectations of what is possible or doable. Reduce the pressure on yourself by reframing the problem or accepting that not everything will be finished or perfect. Most of the time, good enough is ok.



7. USE YOUR SOCIAL NETWORK

Plan opportunities for fun and enjoyment with people you care about and who care about you. This could be sharing a new experience or an activity you enjoy doing together. Share and talk about your feelings too, sometimes that is all that is needed to cope.

3. UNDERSTAND YOUR TRIGGERS

Take time to reflect on situations which may be causing stress. Once you know what they are, you can begin to reduce your exposure to the stressors and/or manage the causes.



4. TAKE CONTROL

Often stress symptoms are caused by feeling out of control. Not doing anything about the stress triggers or symptoms will make things worse, so start by understanding what you can and what you can't control.

5. MAKE HEALTHY CHOICES

Plan regular, healthy activities which will reduce stress symptoms. These will be a non-negotiable part of your week and a regular antidote to stress.

6. INDUCE CALM

Activities known to help induce calm range from deep breathing, meditation and mindfulness to walking, outdoor exercise or gardening.



The National College

This guide is part of
The National College
staffroom poster series
A collection of information posters
for your school staffroom.



Meet the Expert: Anna Bateman
Anna Bateman, subject matter expert
on mental health & wellbeing and
school improvement adviser

The National College | Remote video CPD to empower school leaders & teachers

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Ad Murum Singers
invite you to

"Songs for Summer!"

With Guest Artistes

Children from

**"The St Andrew's
School Singers"**



Friday 24th May 2024

In the Knott Hall at 7-00pm

Tickets £6-00

**To include a glass of wine
soft drinks and sweets.**

**Tickets available at "The Three Tuns"
from Choir Members or Christine 01912740217**

**Proceeds in aid of Northumberland Food Bank
and a local Parkinson's Support Group**

Web site www.admurumsingers.org.uk

Dates for your Diary - Summer Term



w/c Monday 13th May 2024	Year 6 SATS Week
w/c Monday 13th May 2024	Year 5 Spain Trip
Wednesday 15th May 2024	Jonathan Storey (Hexham Beekeeping Association) visiting Reception
Friday 17th May 2024	Wear it Green Day for National Mental Health Week (wear something green or non-uniform if you would like to)
Friday 24th 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	Nursery visit to Bays Leap Farm
Wednesday 5th June 2024	Year 6 Visit to Sunderland Maritime Museum
Thursday 6th June 2024	Year 3 Visit to Castle Keep in Newcastle

Dates for your Diary - Summer Term

Thursday 6th June 2024	Nissan Visit to talk to Year 4
Friday 7th June 2024	Reception visit to La Luna Farm
w/c Monday 10th June 2024	Year 1 Phonic Screen Check Week
Monday 10th June 2024	Class Photographs
Monday 10th June 2024	Phil Earle (Author) visit for Key Stage 2
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)
Friday 12th July 2024	Rocksteady Concert at 10am in School Hall
Thursday 18th July 2024	Year 6 Leavers Assembly at 1.30pm in School Hall
Friday 19th July 2024	SUMMER HOLIDAYS