

17th May 2024

Dear Parents / Carers,

We have a bumper issue of the Flyer this week due to all the things going on in school.

Year 2 had an amazing day out at the coast last week enjoying rock pooling and climbing all 137 stairs to the top of the lighthouse!

Some of our Year 5 children, along with other Pele Trust Year 5s, have been visiting our partner school in Valencia, Spain. They had a great time visiting the school and meeting the staff and children.

Well done to Year 6 who have completed their SAT tests. We are so proud of you. You all worked hard with resilience and perseverance throughout the week. They also enjoyed a Pizza treat on Thursday afternoon. Huge thanks to Belle e Buon in Heddon for kindly hosting us. The children thoroughly enjoyed it. Thanks also to Sainsburys who kindly provided us with food for our SATS Breakfast Club.

Year 1 had a Japanese day this week and it was lovely to see their excitement and enjoyment in their learning. Thanks to Mr. Bell for organising our special Japanese Day menu for lunch.

I would like to remind you that the best way to ensure your child can get what they want for lunch is to pre-order from home.

This week has been Mental Health Week. The children (and adults) enjoyed our Wake Up Shake Up this morning on the yard and have been finding out about mental health through a special assembly and activities today. Check out later in the Flyer to see everyone dressed in their green clothes!

For the safety of your children could I remind you that we ask that children do not use the yard and roll bars before school or the climbing frame on the field at pick up time. Thank you for your co-operation with this.

Well done to Year 6 with the best attendance this week: 99.4%.

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.

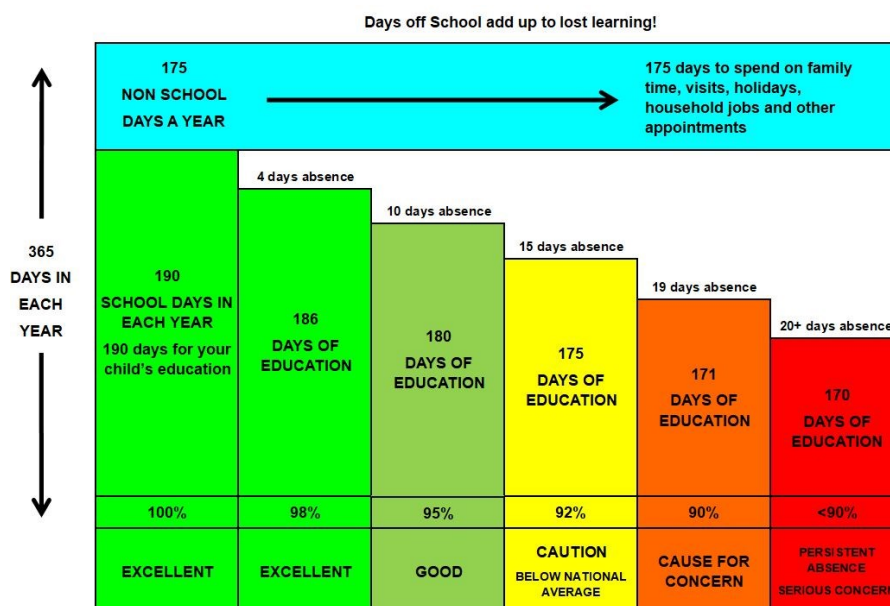


We continue to focus on attendance and punctuality so please remember that our School starts at 8.55am (9am for Nursery) and anyone arriving after this time will be marked as late.

Attendance for this week is summarised below:

Class	Attendance this week	Attendance this year	Class	Attendance this week	Attendance this year
Reception (Owls)	95.3%	95.2%	Year 3 (Gibside)	97.3%	95.4%
Year 1 (Wallington)	88.3%	94.8%	Year 4 (Lindisfarne)	96.8%	96.4%
Year 2 (Cragside)	97.2%	96.2%	Year 5 (Bamburgh)	97.9%	95.4%
			Year 6 (Dunstanburgh)	99.4%	95.9%

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



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



This week, the Hedgehogs have continued to learn all about plants. We have been thinking about what plants need in order to grow. We have been busy developing our fine motor skills by painting our own flowers and colouring flower pictures, as well as developing our creative skills by making our own flowers using paper bowls. We had to think very carefully about how to attach different materials together.



PIC COLLAGE

This week we had two special visitors to The Owls' Class. Jonathan and Barbara Storey from the Hexham Beekeeper Association came to talk to us about honey bees.



They brought in some beekeeper suits for us to try, beeswax to smell, some of their own bees' honey for us to taste and some of their own honey bees for us to observe. They even brought along the queen bee who was marked with a yellow dot to help us spot her.



What a super morning we had!



PIC • COLLAGE

Japanese Day in Year 1!

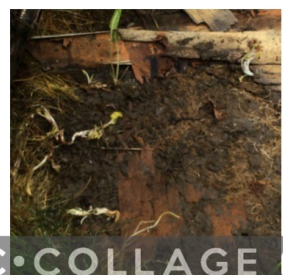
Year 1 had a fantastic week, we had a fun day on Wednesday to celebrate the end of our Geography topic. On 'Japanese Day' we did some Japanese writing, Japanese Maths, ate delicious Japanese food and did some finger painting.



PIC•COLLAGE

Exploring Microhabitats with Year 2

Year 2 have enjoyed looking at microhabitats and identifying living things within them. We described what the microhabitat was like and what it would be like to live there before counting the minibeasts we saw.



PIC • COLLAGE

A Day at the Coast with Year 2

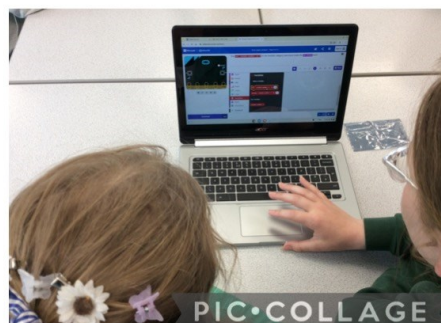
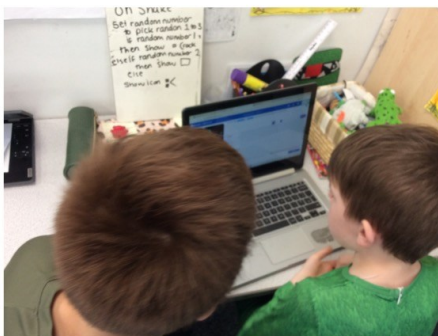
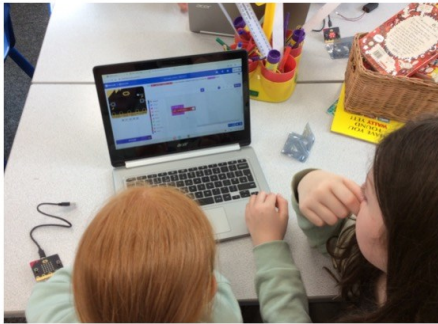
Year 2 had a wonderful time at Whitley Bay on Friday. We found some amazing creatures in the rock pools including star fish, a range of crabs, a lobster and plenty of limpets. We then climbed the 137 steps to the top of the lighthouse for a magnificent view... we even saw some seals basking on the rocks. Before our return to school we enjoyed creating some pictures in the sand with natural materials. The children were fantastic and the weather was fabulous.

A great day was had by all!



Writing Computer Games with Year 3 (and Year 6!)

Year 3 have loved working with Year 6 again today - we coded 'rock, paper, scissors' onto our Micro Bits and had mini tournaments against our friends - thank you Year 6 for all of your help!



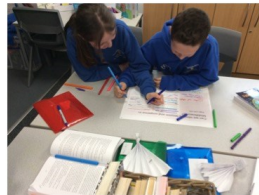
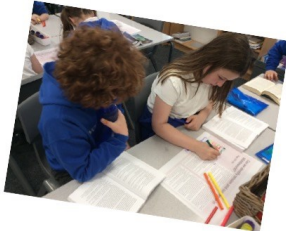


This week we used our computing skills in science when researching how animals can be grouped. We identified what features of animals can help us when grouping.

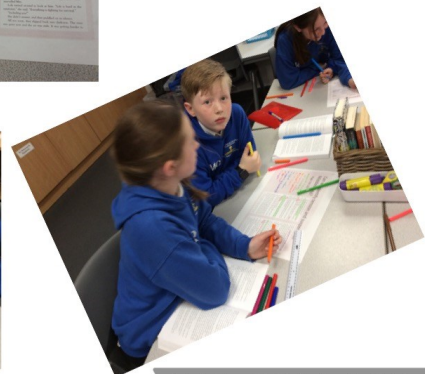
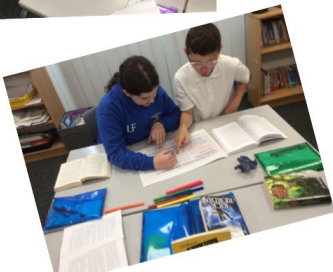
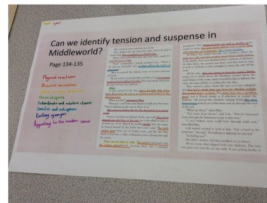
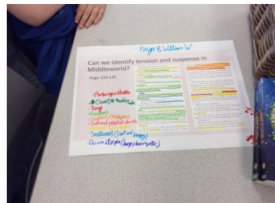
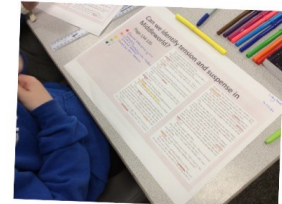


Tension and Suspense in Middleworld with Year 5

This week Year 5 have been identifying tension and suspense in their literacy text Middleworld. They have been detecting language techniques such as similes, metaphors, onomatopoeia, personification and the use of subordinate clauses to delay and hold the reader's attention. This has then led to the children writing their own amazing suspenseful short scenes, Inspiring Writing! Well done Year 5.



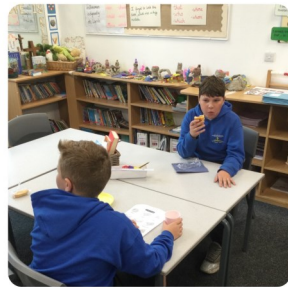
We can identify tension and suspense in Middleworld.



PIC•COLLAGE

Well Done Year 6!

I have been SO proud of the Year 6 children this week. Their confidence, resilience and can-do attitude towards their SATs tests has been fantastic. It has been lovely to see the children arriving early for our breakfast club full of smiles and high spirits. A big thank you to Sainsbury's for providing much of the food for this, free of charge. It was also great to hear the staff at Bell E Buon comment on how well-mannered and sensible the children were when visiting the restaurant. Thank you to all of the staff who looked after us so well. Have a well earned rest this weekend, Year 6 - you have definitely earned it!



PIC•COLLAGE

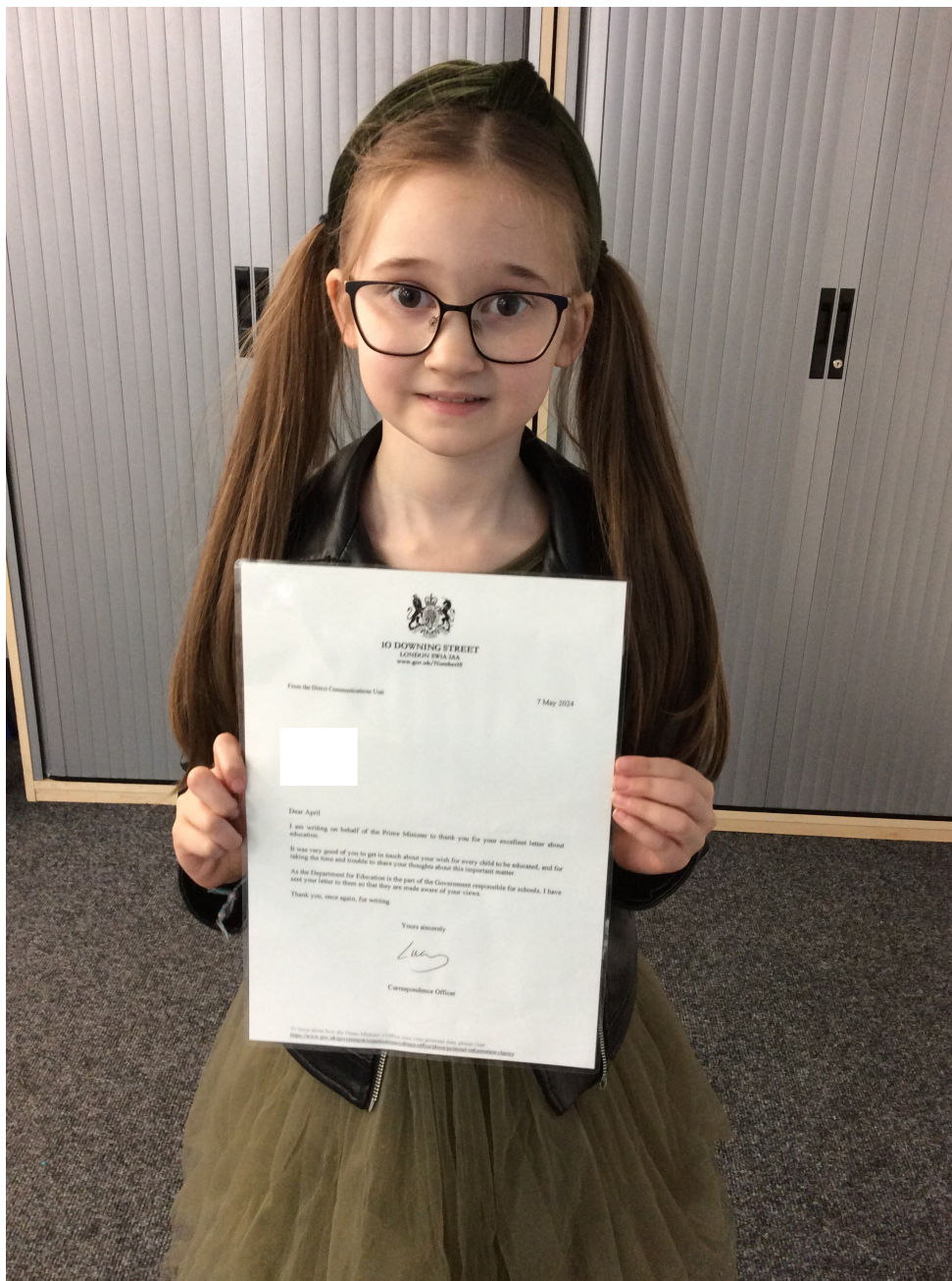
PIC•COLLAGE



PIC•COLLAGE

A Letter from the Prime Minister!

Year 3 were really interested today when they got to see a letter from 10 Downing Street and the Prime Minister! April wrote to the Prime Minister Rishi Sunak about the importance of education and how every child has the right to be educated. She was excited to receive a written reply from 10 Downing Street. Her letter has been passed onto the Department for Education by the Prime Minister. Well done April!



Whatever you do work at it with all your heart

Colossians 3:23

National Mental Health Awareness Week

We created our own mental health word clouds and chose a shape for them. We also all enjoyed wearing green and doing our Wake Up Shake Up!



Whatever you do work at it with all your heart

Colossians 3:23



Whatever you do work at it with all your heart

Colossians 3:23



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Whatever you do work at it with all your heart

Colossians 3:23



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Colossians 3:23



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 SCHOOL AVOIDANCE

Emotionally Based School Avoidance is a term used to refer to reduced attendance or non-attendance at school by a child or young person. It's often rooted in emotional, mental health or wellbeing issues. The rate of children who miss school more than 10% of the time in England has more than doubled since before the pandemic: rising from 10.9% in 2018-19, to 22.3% in 2022-23.

UNDERSTANDING SCHOOL AVOIDANCE

REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include complaining of a tummy ache, headache, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

IMPACT OF SCHOOL AVOIDANCE

LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity which is making them anxious – increasing their desire to stay at home.

Advice for Parents & Educators

WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

MANAGING OVERWHELMING FEELINGS

While there may be times you feel frustrated or angry, try to stay calm; acknowledge the child's worries, listen and discuss a range of coping strategies together to help them face the discomfort and overwhelming feelings. These could include mindfulness, deep breathing or going for a walk and practice the strategies in less overwhelming situations first.

FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and limited time on screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

REDUCE STIMULATING ACTIVITIES AT HOME

If a child is avoiding school, reduce their access to more stimulating activities (such as watching television, playing games and spending time with friends) during school hours, where possible. This reduces the potential for the child having rewarding experiences at home, which could be interpreted as a positive aspect of avoiding school.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



The National College

Source: See full reference list on guide page at: nationalcollege.com/guides/school-avoidance

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Dates for your Diary - Summer Term



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
Thursday 6th June 2024	Nissan Visit to talk to Year 4
Friday 7th June 2024	Reception visit to La Luna Farm

Dates for your Diary - Summer Term

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