

25th October 2024

Dear Parents / Carers,

I can't quite believe that we are at the October holidays already despite it being such a long half term. We have had such a busy term in school and I know that the children are ready for a break to reset and to come back raring to go for the run up to Christmas!

It was lovely to see so many of you at Church this morning to share in our Harvest Festival worship. I know that the children really enjoyed sharing their songs and poems with you and getting across the meaning of Harvest. Thank you again for your generous gifts of food and other items for The People's Kitchen and West End Foodbank. They will go to help those in need in our own local community.

We were pleased to have representatives from Northumberland Domestic Abuse Service (NDAS) in school this week. They ran a number of workshops across the school exploring friendships, safe relationships and safe behaviour. These were very well received by both children and staff.

Could I take this opportunity to remind you of the importance of both listening to your child read and also sharing a story with them. This is a great way to spend special time together.

Well done to the Year 5 and Year 6 children who represented the school in the tag rugby festival this week at Ponteland High School. They had a great time and were amazing ambassadors for our school.

For parents of children in Year 6 I would like to remind you that the deadline for applications for High School places is Thursday 31st October 2024.

The Family Hub at Prudhoe has released their flyer for the coming half term. They are running lots of parent workshops and groups. If you would like to check out what they are offering please [click here](#).

Please check out the parent guide later in the flyer. This week it has lots of helpful tips in supporting your child to develop their emotional resilience.

I have had a request from Mrs. Ziolkowski to ask if you have any old newspapers please could you send it into school. Thank you.

Well done to Nursery with the best attendance this week: another amazing 100%!

Well done to Year 5 for the best attendance for this year: 97.7%.

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.

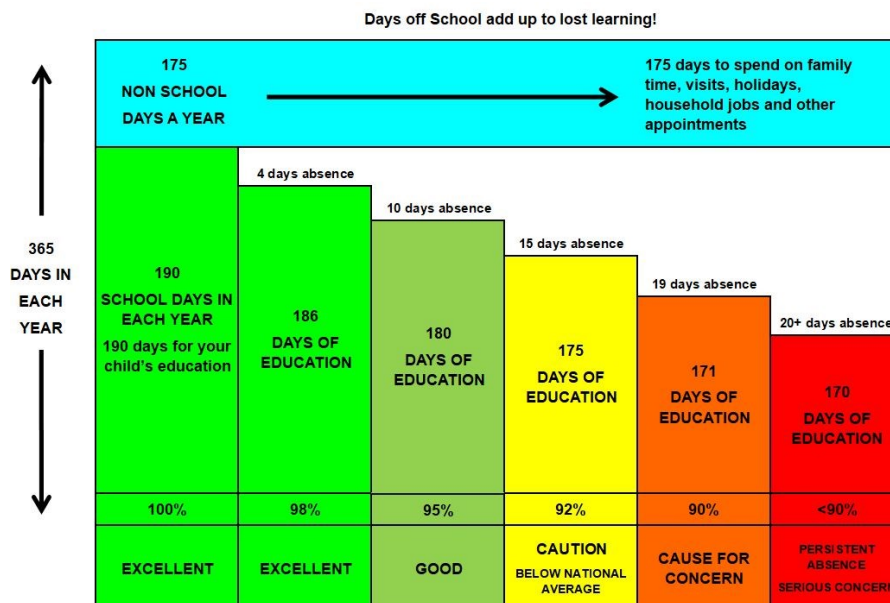


We continue to focus on attendance and punctuality so please remember that our School starts at 8.55am (9am for Nursery) and anyone arriving after this time will be marked as late.

Attendance for this week is summarised below:

Class	Attendance this week	Attendance this year	Class	Attendance this week	Attendance this year
Nursery (Hedgehogs)	100%	96.6%	Year 3 (Gibside)	92.4%	96.2%
Reception (Owls)	92.6%	93.6%	Year 4 (Lindisfarne)	99.3%	97%
Year 1 (Wallington)	98%	97.6%	Year 5 (Bamburgh)	96%	97.7%
Year 2 (Cragside)	98.3%	97.4%	Year 6 (Dunstanburgh)	99%	97.1%

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

This week, we  
made  
Hedgehogs  
bread buns!  
Great job at  
measuring,  
mixing, pouring  
and kneading  
everyone!



Life





### Our visit to the Library!

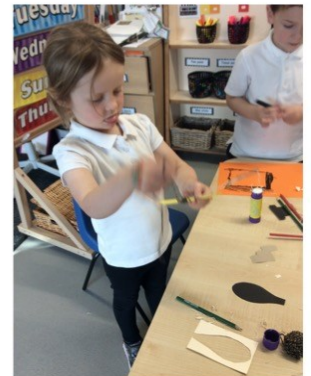
Last week, the Hedgehogs walked to Heddon Library, to share a story together. We read 'The Pumpkin who was afraid of the dark' and we decorated our own pumpkins. A big thank you to our helpers who came to the Library with us and Heddon Library for inviting us for a story. The Library is open on Tuesday's and Friday's and would love a visit from you!



PIC•COLLAGE



This week we have been enjoying all things Harvest. We have listened to, and retold, the story of The Enormous Turnip. We have explored vegetable printing and even made our own scarecrows.



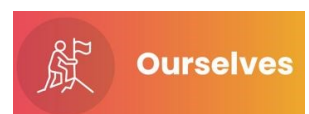
We hope you enjoyed watching our Harvest Service at Church this morning as much as we enjoyed performing it!





## A Busy Week in Year 2

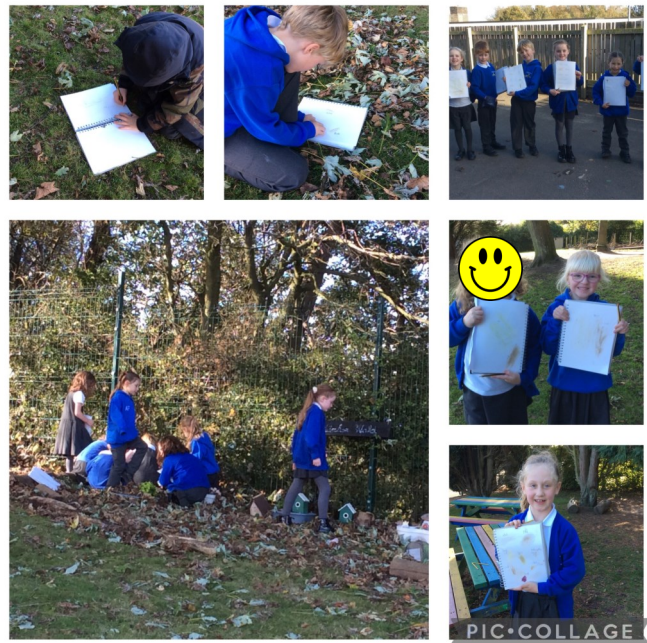
Year 2 have had a busy last week of the half-term. We thought about using kind voices and giving compliments during our NDAS workshop and have collected some fabulous donations for OPAL!



## Prehistoric Art with Year 3

This week, Year 3 have concluded their unit on prehistoric art. We went outside to experiment mark-marking with only natural materials and looked at the different textures, effects and colours we could create from the great outdoors!

We then painted our stone-age animal sketches by mixing water with herbs and spices to create natural pigmentation. The end results are amazing!





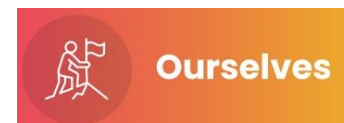
## Exploring Friendships in Year 3

NDAS have been in school this week delivering workshops to all our classes as part of our whole school PSHE Curriculum. We have produced some fantastic work. Year 3 have been thinking carefully about friendships and what qualities a good friend should have, as well as how a good friend should make you feel.



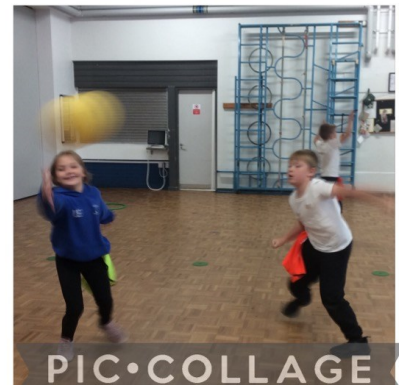
23.10.24 We had some visitors in school to talk to us about friendships!

PIC•COLLAGE



## Invasion Games with Year 4

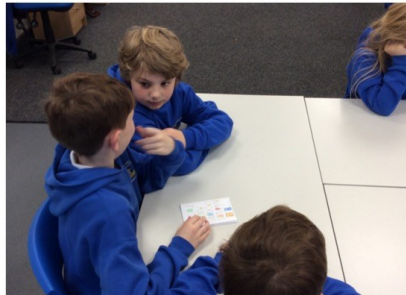
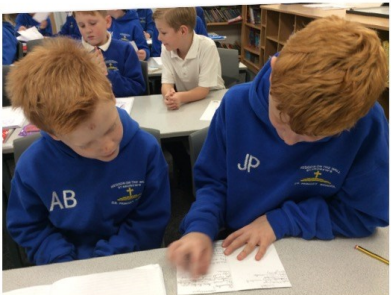
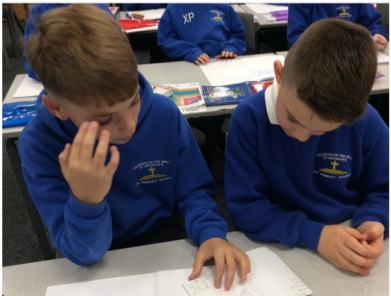
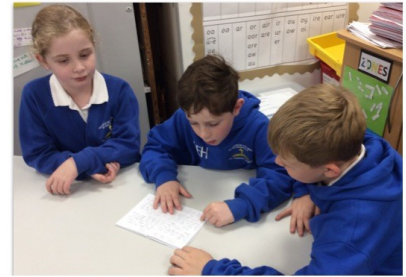
Year 4 have just finished their PE unit on invasion games. We are now so good at using defence and attack strategies and working as a team. We know how to move into a space, dodge, jockey and feint effectively in different games. We have even created and shared our own ideas for games in the class.



## Anglo Saxon Information Booklets with Year 5



This week in our English, we created an information booklet about the Anglo-Saxons and shared these booklets with our friends in year 4!



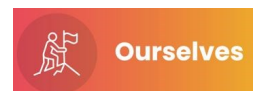
Others



Learning

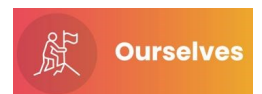
## PE with Year 6

Shooting practice for Year 6 to end the half term. We have worked really hard with our first attempt at SATs papers this week, so it was nice to have a bit of fun to end our final PE lesson. Have a restful half term!



## Harvest Festival

We enjoyed sharing our Harvest worship with you at St. Andrew's Church. We have thought a lot about the real meaning of Harvest, while it is about being thankful for food and things to drink it is also about being thankful for all of the gifts God gives to us. This includes our homes, our play, our education and the wonderful and amazing world. We know at Harvest we should think about all people and share generously what we have. We hope you enjoyed our singing and poems and spending half an hour out of your busy schedules thinking about Harvest.



'Let all that you do be done with love'

1 Corinthians 16:14

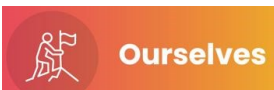


This week we had a non-uniform day to raise some resources and funds for OPAL Play.

As well as collecting lots of new toys we also raised a huge £152. Thank you all for your support.

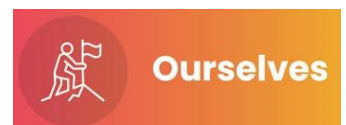


**PIC·COLLAGE**



## Party Time at Stay and Play!

We have had a lovely week playing with our friends, singing songs with children from Reception and enjoying some picky party food! Happy holidays!



## Harvest Donations

Thank you once again for your generous donations of food and other items for both The People's Kitchen and The West End Foodbank. They will make a real difference to people in need in our local area. This is a lovely way to show our love for others at this Harvest time.



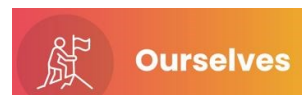


## Road Safety Week

With the dark Autumn nights drawing in we have been looking at road safety, including the Green Cross Code, and how to 'be bright be seen'. You might want to share some of these messages below with your children, particularly if they walk to school themselves.

### The Green Cross Code

1. Find a safe place to cross
2. Stop just before you get to the kerb
3. Look all around for traffic and listen
4. If traffic is coming, let it pass
5. When it is safe, go straight across the road – do not run, keep looking and listening while you cross.



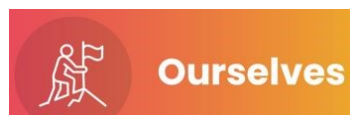
## Football Trials

We are really proud of Katie who has been selected to play for the Girls County Football Team following the recent trials.



It is also always lovely to hear how our ex-pupils are doing at High School. Just like Katie, Henry, Frazer and Tom have been attending trials for the Northumberland District Under 12's football team and have all been selected. They have also been selected to play in the High School A Team too.

This is a great achievement and we are so proud of you all. We look forward to hearing how you do in your upcoming matches.



Check out these activities taking place at Hexham Library over half term.

Not only can you have fun but also choose some new books to read!



We've got treats for you at **HEXHAM LIBRARY** this October Half-Term

<p><b>Scaredy Cats</b> Spook Night storytelling &amp; crafts Sat 26th Oct 2-4pm FREE - DROP IN</p>	<p><b>Witch, Wolf, Giant, Fairy</b> Shadow Puppet Workshop Wed 30th Oct 10.30-12noon BOOK IN ADVANCE £2</p>	<p><b>Find Festival Take-Over</b> Storytelling with Jim Grant Wed 30th Oct 12.45pm &amp; 2.15pm FREE - DROP IN</p>
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FOR MORE DETAILS & TO BOOK →  
or contact us directly on  
01670 620450  
hexham.library@northumberland.gov.uk




Check out the list on the right which shows where kids can eat for free or for £1 during half term.

**PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE OCTOBER HALF TERM 2024**  
moneysavingcentral.co.uk/kids-eat-free

**FRANKIE & BENNY'S**

Kids Eat Free deal from Monday 21st October to Friday 1st November.

**MORRISONS**

Spend £5 from the hot menu and get one free kids meal all day, every day.

**COCONUT TREE**

One child (under 10) eats free every day Monday 21st Oct- Sunday 3rd Nov 2024

**SAINSBURY'S CAFES**

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

**ASDA**

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

**BEEFEATER & BREWERS FAYRE**

Two children under 16 can get a free breakfast every day with one paying adult!

**THE REAL GREEK**

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

**TRAVELODGE & PREMIER INN**

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

**SIZZLING PUBS**

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

**TGI FRIDAYS**

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

**PRETO**

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

**EMBER INNS**

Kids eat for £1 from Monday 21st October to Friday 1st November 2024 (excludes weekends)

**YO! SUSHI**

Monday 14th October - Friday 1st November 2024  
Kids eat free with every £10 adult spend

**GORDON RAMSEY RESTAURANTS**

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

**BILLS**

2 kids eat FREE Mon - Fri from Monday 21st October - Friday 1st November 2024

**PIZZA HUT**

Free Kids buffet Monday 14th Oct - Tuesday 5th Nov daily until 3pm with code **SPOOKY**

**BELLA ITALIA**

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

**WHITBREAD INNS**

Two kids under 16 eat for FREE with every adult breakfast purchased

**TABLE TABLE**

Two children under 16 can get a free breakfast every day with one paying adult!

**PAUSA CAFE @ DUNELM**

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

**IKEA**

Kids get a meal from 95p daily from 11am

**HUNGRY HORSE**

Kids eat for £1 on Mondays

**FUTURE INNS**

Under 5s eat for free with any adult meal.

Others



## News from St. Andrew's Church



## The Advent Journey

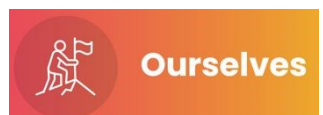
We are going on a journey and we would love you to come with us.  
We invite children and their adults to Heddon Methodist Church  
30th November 10am-12noon  
to come along and use our imaginations and art skills  
and help us make something really special.  
There will also be stories to enjoy, singing and refreshments.

Places must be booked by either emailing  
[r.scheffer@newcastle.anglican.org](mailto:r.scheffer@newcastle.anglican.org)  
or sending a WhatsApp to  
07916681128  
£1 per child

Rev. Rachel has shared this information about the services and events happening at St. Andrew's Church over the Christmas season.

There is an open invitation to attend any or all of these events. She has indicated that the Christingle Service on Christmas Eve will be particularly suitable for children.

Both Rev. Rachel and the Church would love to see you over the festive period.



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).

# 10 Top Tips for Parents and Educators SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

## 1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

## 2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

## 3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

## 4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

## 5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

## 6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

## 7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

## 8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

## 9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

## 10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

### 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 provisions.



#WakeUpWednesday®

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## Dates for your Diary - Autumn Term



<b>w/c Monday 28th October 2024</b>	<b>HALF TERM</b>
<b>Monday 4th November 2024</b>	<b>TRAINING DAY - SCHOOL CLOSED</b>
Tuesday 5th November 2024	Nasal Flu Vaccinations - Reception - Year 6
Tuesday 5th November 2024	Parents Evening
Thursday 7th November 2024	Parents Evening
Thursday 5th December 2024	Choir Christmas Concert in School Hall at 5pm
Friday 6th December 2024	School Christmas Fair
<b>Friday 13th December 2024</b>	<b>TRAINING DAY - SCHOOL CLOSED</b>
Tuesday 17th December 2024	Early Years Nativity in School Hall at 10am
Tuesday 17th December 2024	Key Stage 1 Christmas Performance at St. Andrew's Church at 1.30pm
Wednesday 18th December 2024	Key Stage 1 Christmas Performance at St. Andrew's Church at 10am
Friday 20th December 2024	Key Stage 2 Carol Service at St. Andrew's Church at 9.30am
<b>w/c Monday 23rd December</b>	<b>CHRISTMAS HOLIDAYS</b>