

29th November 2024

Dear Parents / Carers,

I would like to begin the Flyer with some staffing news. At the end of this term we will be saying goodbye to both Mrs. Cabbage and Mrs. Bilclough as they move onto new jobs. While we are very sorry to lose them we are sure that you will join with us in wishing them all the best in the next steps in their careers.

I am pleased to let you know that following an appointment process Mrs. Kenyon will be taking over in Reception in January. We look forward to welcoming her to our school family. Details about the replacement for Mrs. Bilclough will follow in due course.

The children have been really busy this week. Year 1 had a fantastic visit to St. Andrew's Church where they met Rev. Rachel and learnt about what the Christmas story means to Christians, made Christingles and learnt about the Church organ.

I am always impressed by the talents and skills of the children in school. The children in Year 6 have finished designing and making their advent calendars. Not only did this involve lots of teamwork and compromising but also tested their sewing skills! The final products look really professional!

It has been a really musical week in school. Not only are all classes eagerly practicing songs for their Christmas nativities and services but also the choir are preparing for the showcase next week. Once again we will be joined by ex-pupils to help comper the event as well as by Mr. Bell to provide delicious food. There may even be a special Christmas song from the staff! Today the whole school enjoyed their own 'rock concert' where our Rocksteady bands performed in the Hall. They were brilliant and the rest of the school showed amazing support for them. Thanks to Mike from Rocksteady for his work organising this event.

Over the last few weeks staff have been approached by a number of parents who are concerned about their child's sleeping. In order to help with this please see the parents guide for developing healthy sleep patterns later in the Flyer.

Elwood and Rudi from Key Stage 2 are raising money for the Daft as a Brush cancer charity by walking 60 miles in November. If you would like to find out more or donate, please check out their 'Just Giving' page [here](#).

Well done to Year 3 with the best attendance this week: 98.4%.

Well done to Year 1 and Year 5 for the best attendance for this year: 97.4%.

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.

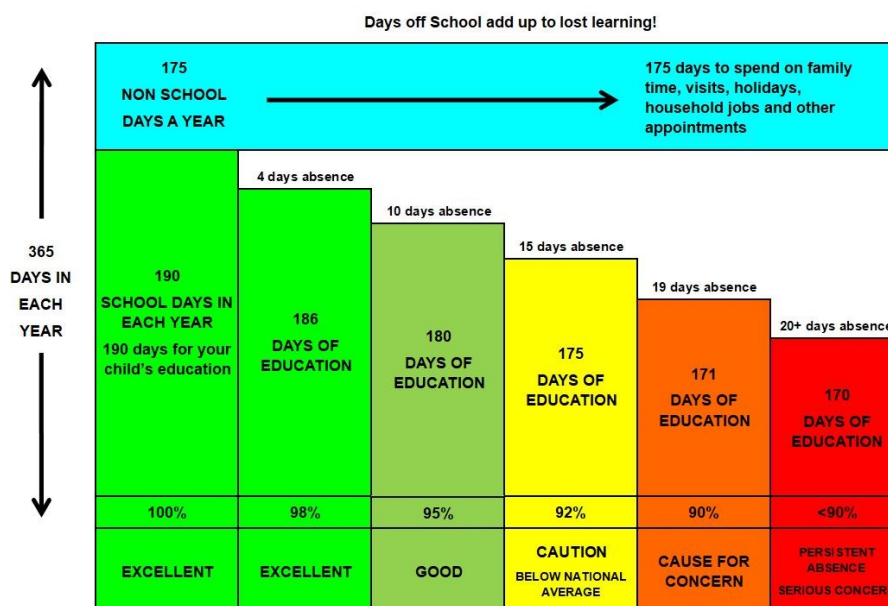


We continue to focus on attendance and punctuality so please remember that our School starts at 8.55am (9am for Nursery) and anyone arriving after this time will be marked as late.

Attendance for this week is summarised below:

Class	Attendance this week	Attendance this year	Class	Attendance this week	Attendance this year
Nursery (Hedgehogs)	86.3%	94.7%	Year 3 (Gibside)	98.4%	97.3%
Reception (Owls)	94.1%	92.9%	Year 4 (Lindisfarne)	93.2%	96.8%
Year 1 (Wallington)	97.3%	97.4%	Year 5 (Bamburgh)	95.6%	97.4%
Year 2 (Cragside)	97.5%	97%	Year 6 (Dunstanburgh)	96.6%	97.2%

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, the Hedgehogs have loved learning all about number 3! We have been making our own number block, colouring in and sorting different number representations into '3 and not 3'.



Nursery have had another busy week of playing and exploring!



PIC·COLLAGE



This week we learned about the artist, Paul Klee. We looked at one of his famous pieces, Castle and Sun.



We drew around shapes to make our own castle and sun outline, and used mosaics to add colour, just like he did!



We have learned that sometimes producing our best work takes time, patience and perseverance.



We have also had fun representing castles in other ways!



A Visit to Church with Year 1 (and Rev. Rachel)

This week we went to see Reverend Rachel to learn about how baby Jesus was seen as God on Earth. Reverend Rachel first read to us the story of the Nativity, after this we recreated the story ourselves with some woollen dolls and then we set up a nativity scene using the dolls. Following on from this, Reverend Rachel taught us how to make a Christingle orange and talked about the symbolic meaning behind each item used to make the Christingle orange. Finally, a special thank you to Frieda for coming to play some Christmas carols on the organ for us to listen and sing along to. It was a wonderful morning!



Learning

Others



PIC-COLLAGES

Everyday Materials with Year 2

Year 2 are looking at uses of everyday materials in Science. This week we went on a wood hunt around school to find as many different uses for wood as possible. These are just some of the examples that we found.



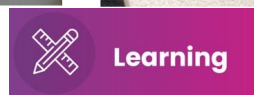
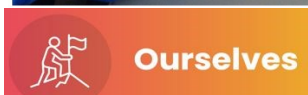
PIC•COLLAGE



Learning

Light with Year 3

This week, in Science, Year 3 have been looking at how light from the sun can be dangerous and thought about the ways that we can protect our eyes. We know that we can wear sunglasses to protect our eyes from the UV rays. We discussed that UV rays are invisible to us so we set up an experiment for us to 'see' them. We cut out shapes on black card and we have placed them onto pieces of coloured card on our windowsill and next week we will see what happens.



PIC•COLLAGE

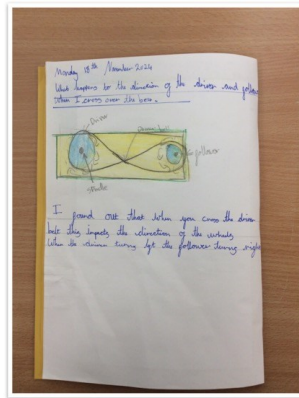
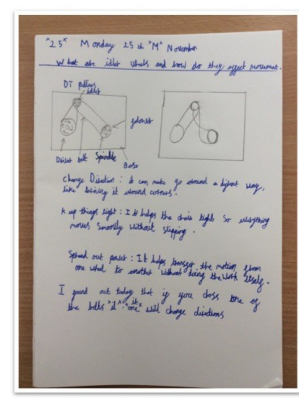
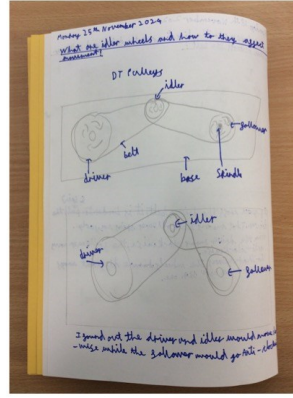
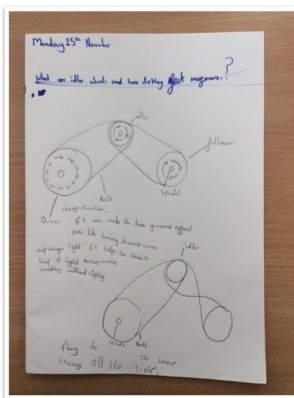
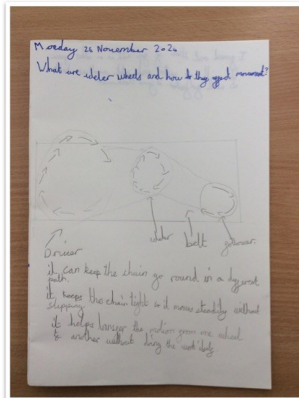


Year 4 have been finding out about where our food comes from. We used globes to locate different countries and then we considered the advantages and disadvantages of importing food.

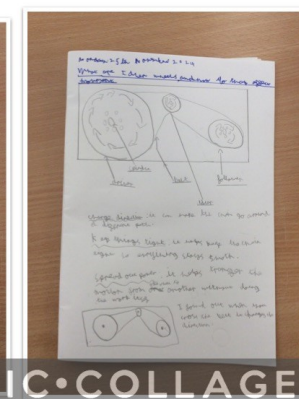
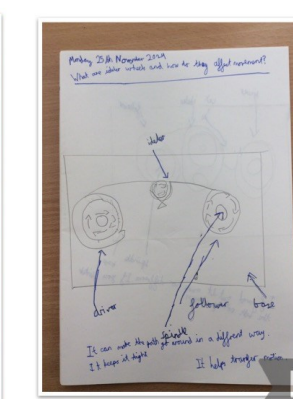
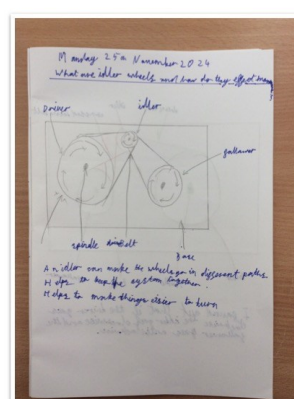
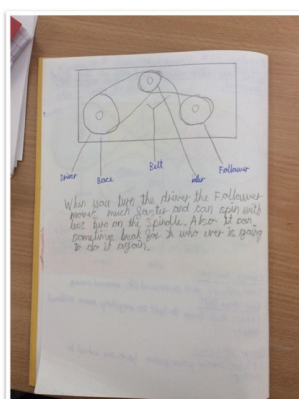
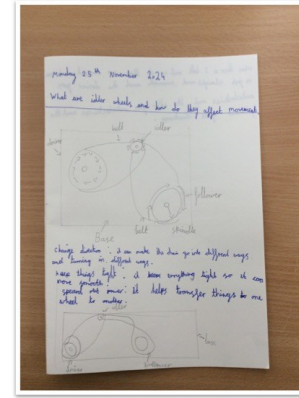


PIC•COLLAGE





This week, within our DT, year 5 have been looking at what happens when adding idler wheels to a mechanical system and it's effect.



PIC·COLLAGE



Designing, cutting,
stitching, glueing and
finally our amazing
advent calendars are
ready for the 1st
December!





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.

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



Dates for your Diary - Autumn Term



Thursday 5th December 2024	Choir Christmas Concert in School Hall at 5pm
Friday 6th December 2024	Rocksteady Concert in School Hall at 10am
Friday 6th December 2024	School Christmas Fair
Thursday 12th December 2024	Christmas Jumper Day and Christmas Dinner Day
Thursday 12th December 2024	Year 6 visit to see Ponteland High School production of 'We Will Rock You'.
Friday 13th December 2024	TRAINING DAY - SCHOOL CLOSED
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
w/c Monday 23rd December	CHRISTMAS HOLIDAYS
Monday 6th January 2025	SCHOOL REOPENS