

17th January 2025

Dear Parents / Carers,

As you can see from the class pages it has been a very busy week for the children. They are well and truly into their new units of work. It has been a real privilege to be able to spend time with them in class this week and experience their enthusiasm and excitement about their learning.

We were pleased to welcome Mrs. Blain, Deputy CEO Pele Trust (Primary), into school this week. She spent the day in school exploring how the school supports children with additional needs. This included spending time in lessons, speaking to staff and children.

We are looking forward to the start of our 4 week Family Learning course with the Northern Learning Trust which starts on Monday. I am sure that the Key Stage 1 parents and children involved will have an amazing time.

I would like to apologise in advance regarding the cancellation of the special Burns Night school lunch. Unfortunately we are having essential works carried out in the hall on that day in order to provide the best environment for the children.

I am aware that this is the season for colds, sore throats and other illnesses and that it can be difficult to get appointments to see a doctor. Therefore, I have included NHS information about the new 'Think Pharmacy First' programme which can provide advice and prescription medication if necessary without the need to see a doctor. More information is available by [clicking here](#) or by watching the [Pharmacy First animation](#).

I am sure that you have seen that TikTok has been in the news in recent weeks. With this increased profile I have included a parents guide to the app to read later in the flyer.

Friends of Heddon School had their latest meeting in school this week. If you are interested in finding out more about what they do or are able to volunteer some time please speak to Heidi.

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

Well done to Year 1 for the best attendance for this year: 97.7%.

I hope that you enjoy reading this flyer and you 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.

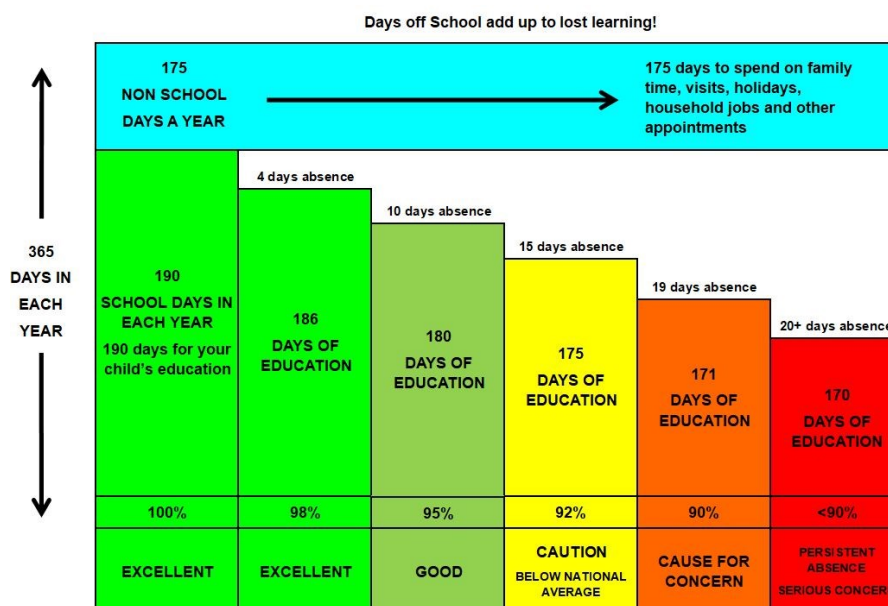


We continue to focus on attendance and punctuality so please remember that our School starts at 8.55am (9am for Nursery) and anyone arriving after this time will be marked as late.

Attendance for this week is summarised below:

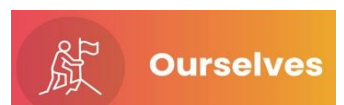
Class	Attendance this week	Attendance this year	Class	Attendance this week	Attendance this year
Nursery (Hedgehogs)	95.6%	96.2%	Year 3 (Gibside)	91.9%	94.8%
Reception (Owls)	94.4%	94.7%	Year 4 (Lindisfarne)	98.7%	96.7%
Year 1 (Wallington)	96.1%	97.7%	Year 5 (Bamburgh)	96.9%	97.1%
Year 2 (Cragside)	95.2%	96.1%	Year 6 (Dunstanburgh)	98.6%	97.6%

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



'Let all that you do be done with love'

What another brilliant week in Nursery! The Hedgehogs are really enjoying their 'Amazing Animals' topic and learning all about different animals, as well as reading the story 'Dear Zoo'. It has been another busy week of dressing up, developing our fine motor skills and sharing lots of stories!



We have had fun working together to make emergency vehicles, I wonder if you can guess what they are?

In PE we have been thinking about the characters in Paw Patrol and how they move. This week we have been thinking about Chase and the moves he might make. We have also been learning a dance routine. Mrs Below has been teaching us some fun songs using the giant scrunchie.



We have some new classroom helper roles. The children helping will change every Monday. We have a fruit monitor who lets us know what's on offer every day, a milk monitor who helps bring the milk to the snack area, a register monitor and a weather reporter.

Evelyn's mum came into tell us about how she helps people in her job as a dentist. We learnt about what is good for our teeth and what we should avoid.



## Investigating Materials with Year 1

Last week in Science we looked at the different types of materials that objects can be made out of. This week we investigated the different properties that an object can have, we had lots of fun going around the room and labelling different objects with their properties. There were lots of wonderful discussions going on and everybody did a fantastic job!



Learning

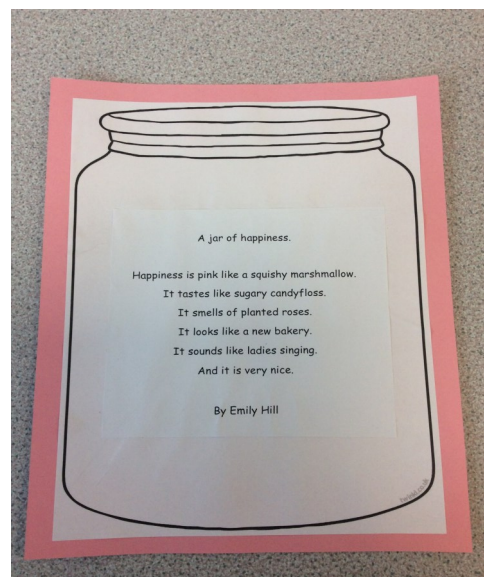
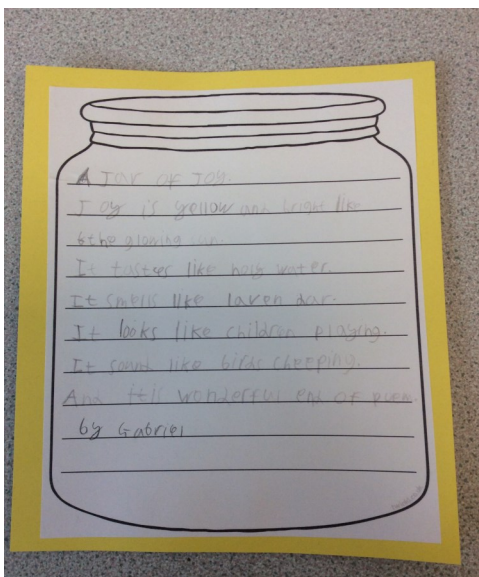
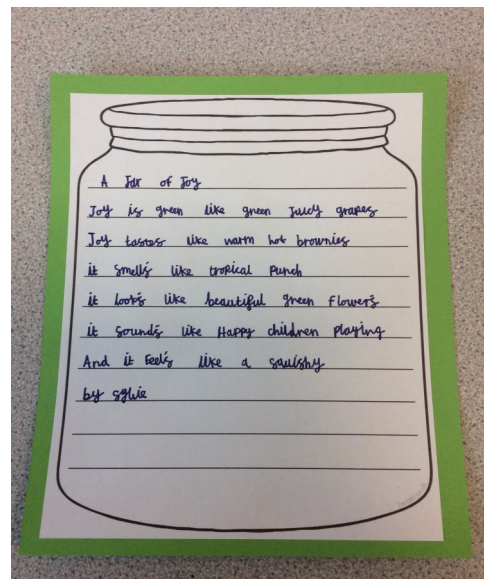
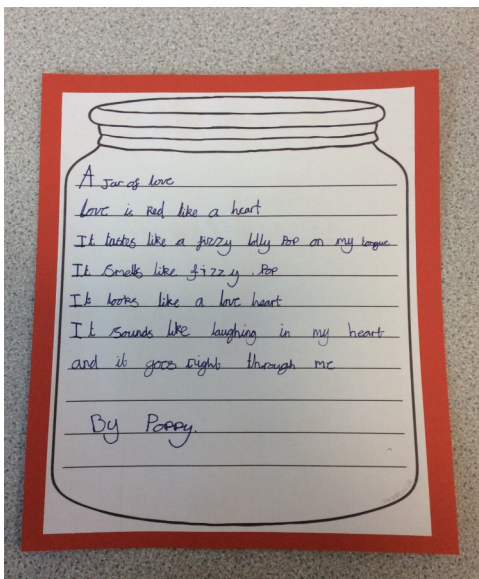
## Learning about Money with Year 2

Year 2 have been focusing on money this week in Maths. They've worked really hard to become more fluent at counting notes in different denominations - well done Year 2!



## A Jar of Fear with Year 3!

Year 3 explored the poem 'A Jar of Fear'. They thought about if we could put emotions into jars, what colour would happiness be? What would joy taste like? What would jealousy smell like? What might love sound like? What would anger look like? They then were given a template to write their own version, selecting an emotion of their choice.



## Making Circuits in Year 4!

Year 4 have been exploring electricity! We looked at electrical components and were challenged to make a circuit. We discussed the meaning of 'series circuit' and looked at some examples and non-examples. By the end of the lesson, we were so confident we could even troubleshoot unsuccessful circuits. As a bonus, Year 4 demonstrated super problem solving skills by independently investigating whether faulty components were affecting a circuit!



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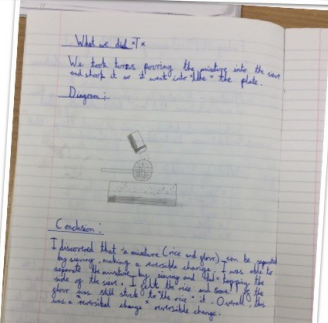
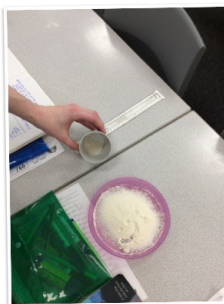
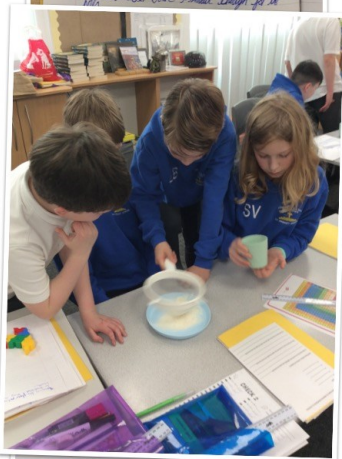
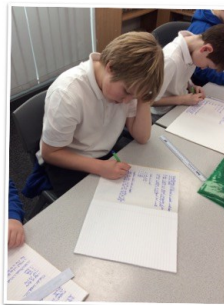
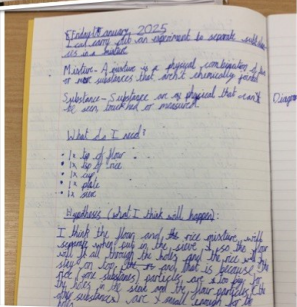
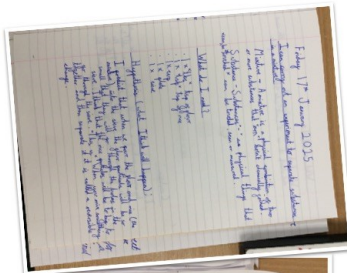


Learning



## Separating Materials with Year 5

Year 5 had an amazing time in this week's Science lesson! We conducted an exciting experiment focused on separating materials using a sieve. This lesson is part of a fascinating series exploring various methods of separating materials in mixtures.

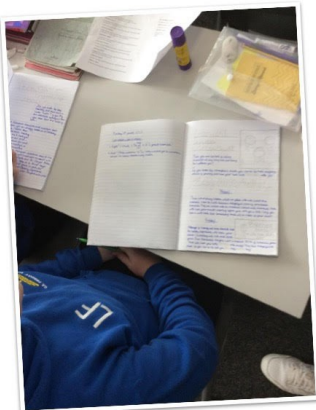
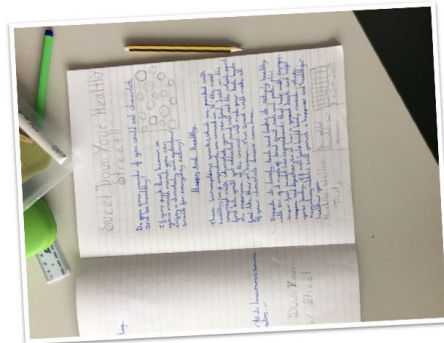
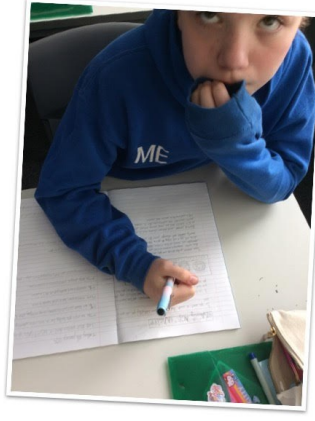
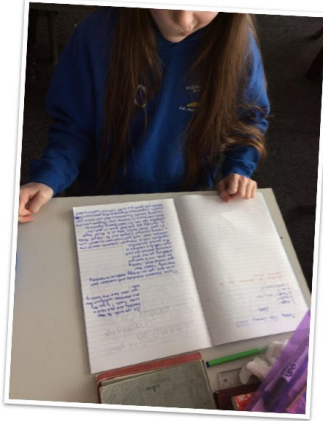
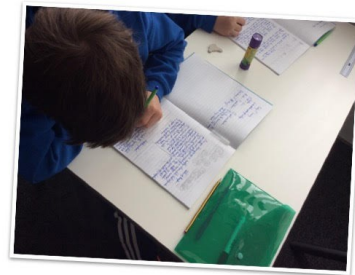
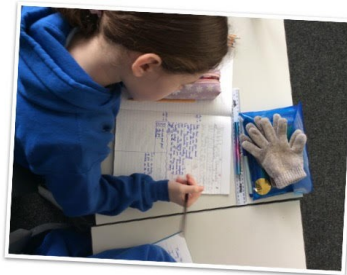


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## Persuasive Writing with Year 6

Excellent persuasive writing skills from the children in Year 6 this week. We have refined a range of persuasive techniques in class before using these skills to write two advertisements; one about a healthy chocolate snack and the other about a trip to London's Savoy Hotel. Great work!



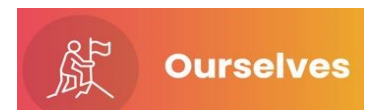
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Learning

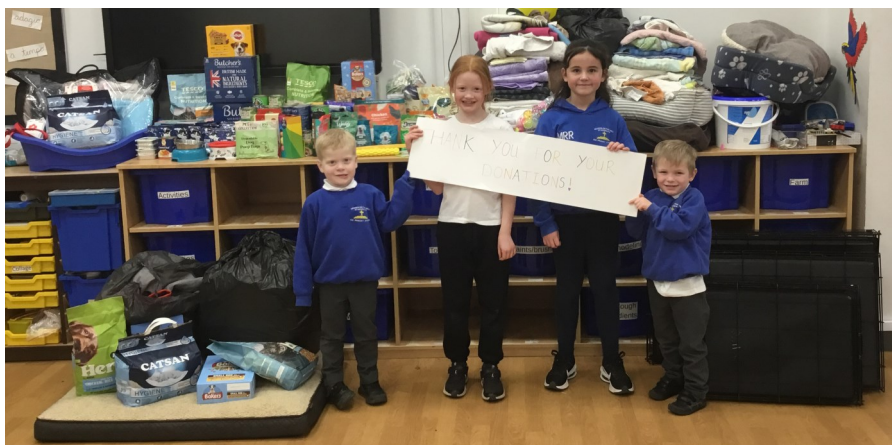
## Year 5 and Year 6 Dance Club

This week saw the start of our Dance Club for year 5 and 6 pupils. We have already started learning routines to perform at the 'Let's Dance' festival that we are hosting out our school for year 5 and 6 pupils across the Pele Trust. Everybody did a super job of starting to learn not only one dance but two! In addition to this, in their own time the students are going to be creating their own routine, one of which will be selected to be performed by those students at the Pele Trust 'Lets' Dance' festival.



## Cat and Dog Shelter Collection

Thank you to everyone who donated to our Cat and Dog Shelter collection, they were overwhelmed by your generosity. As you can see, we received so many fantastic items that will help all of the cats and dogs in their care! Thank you.



# Be Considerate to our neighbours



**We care about our neighbours, please, never park across driveways or on corners or junctions.**

As a driver you have a responsibility to park in a safe and considerate manner.

Park with care and help make the area near and around our school a safer place for everyone.



**Walking, cycling or scooting** to school contributes to the recommended daily physical exercise for you and your children.

It also helps to **reduce congestion** around school and **improves air quality**, providing benefits for everyone.



**Fewer cars at the school entrance will help make it safer for everyone**

**What you could do instead....**

- ✓ Try walking, cycling or scooting – even if its just one day a week, it can make a big difference.
- ✓ If you need to drive your child to school, consider parking away from school and walking the remainder of the way or car share with other families.



## Most pharmacies can help you with **seven common conditions** without needing a GP appointment

- **Sinusitis**  
(adults and children aged 12 years and over)
- **Sore throat**  
(adults and children aged 5 years and over)
- **Earache**  
(children and young adults aged 1 year to 17 years)
- **Infected insect bite**  
(adults and children aged 1 year and over)
- **Impetigo**  
(adults and children aged 1 year and over)
- **Shingles**  
(adults aged 18 years and over)
- **Urinary tract infection**  
(women, aged 16 to 64 years)



Ask your pharmacy for more  
information about this  
free\* NHS service

# Visit your Pharmacy First!

\*NHS prescription charge rules apply where a medicine is supplied

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 TIKTOK

## WHAT ARE THE RISKS?

Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

## AGE-INAPPROPRIATE CONTENT

While TikTok's Following feed only displays videos from familiar creators, For You is a collection based on a user's previously watched clips. Most of these videos will probably be inoffensive, but the app could potentially show something unsuitable. If children then engage with this content, more like it will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the huge number of uploads means that a small amount inevitably slips through.

## BODY IMAGE AND DANGEROUS CHALLENGES

According to Ofcom, most online harms for teens are body image related for girls (promoting unhealthy eating, body shaming and so on) and dangerous stunts for boys. Both are prevalent on TikTok. One extreme example of the latter was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. This led to two families filing lawsuits against TikTok over the tragic deaths of their children.

## IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase gifts for content creators. Coin bundles range from £2.99 to an eye-watering £99, while that may not sound appealing, the app still generated £7.9 billion in user spending in 2023. TikTok's policy is that under-18s can't make in-app purchases, but it's possible to bypass this with a fake birth date.

## CONTACT WITH STRANGERS

With more than 1.5 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-16s (or young people using a fake date of birth) are set to public by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and enables anyone to download or comment on them.

## MISINFORMATION AND RADICALISATION

Although the short videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but Ofcom reports that nearly a third of 12 to 15-year-olds use TikTok as a news source – so you should be wary of misogynistic, racist or conspiracy-themed material shaping how they see the world.

## ADDICTIVE DESIGN

With its constant stream of eye-catching videos, TikTok can be addictive to young brains. In 2024, UK children spent an average of 127 minutes per day on the app: that's twice as much as in 2020. Excessive use can interfere with young people's sleep patterns – often leading to irritability – and distract them from other, healthier activities. The instantly skippable nature of bite-size videos may also impact children's ability to maintain focus.

## Advice for Parents & Educators

### ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's, and control settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen-time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.

### BLOCK IN-APP SPENDING

If a child is using an iPhone or Android device to access TikTok, you can alter their settings to prevent them from making in-app purchases. We'd recommend enabling this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

### DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure that they don't share any identifying personal information, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's also worth talking about misinformation and propaganda, and how to identify it.

### READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

### Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



#WakeUpWednesday®

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Source: See full reference list on guide page at: <https://nationalcollege.com/guides/tiktok-2025>

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## Dates for your Diary - Spring Term



Monday 20th January 2025	Year 3 History Walk around Heddon
w/c Monday 3rd February 2025	Children's Mental Health Week
Monday 3rd February 2025	Reception visit to St. Andrew's Church
Tuesday 11th February 2025	Year 6 Visit to Nissan
Monday 17th February 2025	Let's Dance at Heddon
Friday 21st February 2025	Break the Rules Day
<b>w/c Monday 23rd February 2025</b>	<b>HALF TERM HOLIDAY</b>
<b>Monday 3rd March 2025</b>	<b>SCHOOL CLOSED FOR TRAINING DAY</b>
Friday 7th March 2025	Choir at Ryton Festival
Thursday 13th March 2025	Year 5 Careers Fair at the Metrocentre
Thursday 13th March 2025	Year 6 France Trip Parents Meeting - 4.30pm - 5.30pm at Darras Hall Primary School
Monday 17th March 2025	Individual Photographs