

24th January 2025

Dear Parents / Carers,

Storm Eowyn has brought a rather dramatic end to this week and has certainly blown away any cobwebs! It is unfortunate that we have had to cancel the visit to Newcastle University and Nursery's weekly trip to Heddon Library and their Forest School session. The safety guidance we received related to the weather, advised not leaving school during the amber warning. It is hoped that these events can be rearranged in the near future.

The inclement weather has not stopped the children in their work during the week as you can see from the class pages in this week's Flyer. I have been particularly impressed with the skills that Year 4 have shown in creating their own animations.

On Wednesday 19th February straight after school, Year 3 will be hosting a Poetry Exhibition showcasing their work from this half term. More information to follow!

Coming up soon is 'Children's Mental Health Week'. We are aware of the dangers and the negative impact of AI generated and modified images seen on social media on children's mental health and wellbeing. This affects both girls and boys at ever younger ages. Please see the information page and 'tips for parents' in supporting children to develop a positive body image later in the flyer. There is a link to further information from Internet Matters and two videos which you may find interesting.

Rev. Rachel is planning a number of exciting things at St. Andrew's Church and has asked if I can share them with you. Please see her letter later in the Flyer.

Well done to Nursery with the best attendance this week: 99%.

Well done to Year 1 for the best attendance for this year: 97.5%.

I hope that you enjoy reading this flyer and whatever you have planned this weekend you stay safe and have a relaxing time.

Mr. A. Wheatley,  
Headteacher



### Attendance Matters



**ATTEND** *today...*  
**ACHIEVE** *tomorrow...*  
**ATTENDANCE** *matters.*

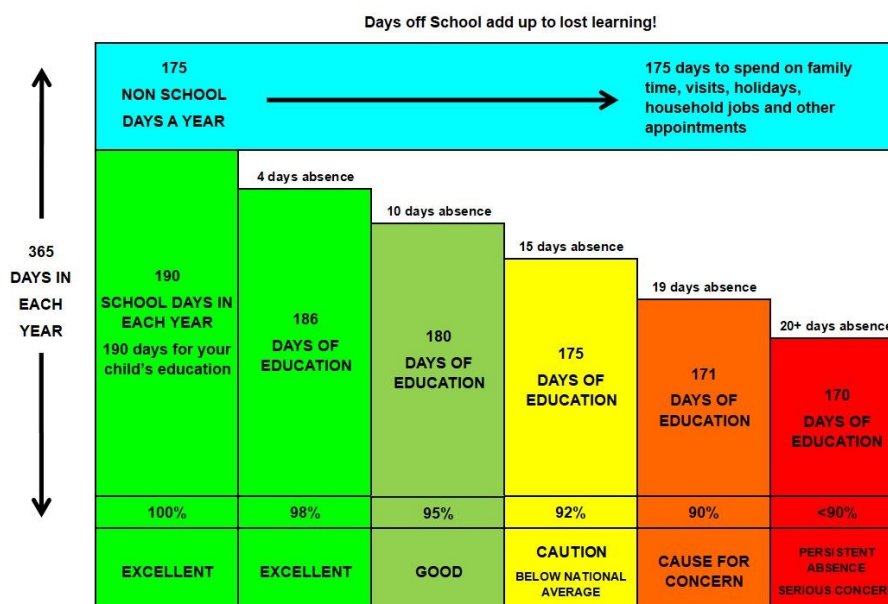


We continue to focus on attendance and punctuality so please remember that our School starts at 8.55am (9am for Nursery) and anyone arriving after this time will be marked as late.

Attendance for this week is summarised below:

Class	Attendance this week	Attendance this year	Class	Attendance this week	Attendance this year
Nursery (Hedgehogs)	99%	96.3%	Year 3 (Gibside)	95.5%	95.1%
Reception (Owls)	96.3%	94.6%	Year 4 (Lindisfarne)	95.2%	96.5%
Year 1 (Wallington)	95.5%	97.5%	Year 5 (Bamburgh)	98.5%	97.3%
Year 2 (Cragside)	95.2%	96.2%	Year 6 (Dunstanburgh)	94.5%	97.1%

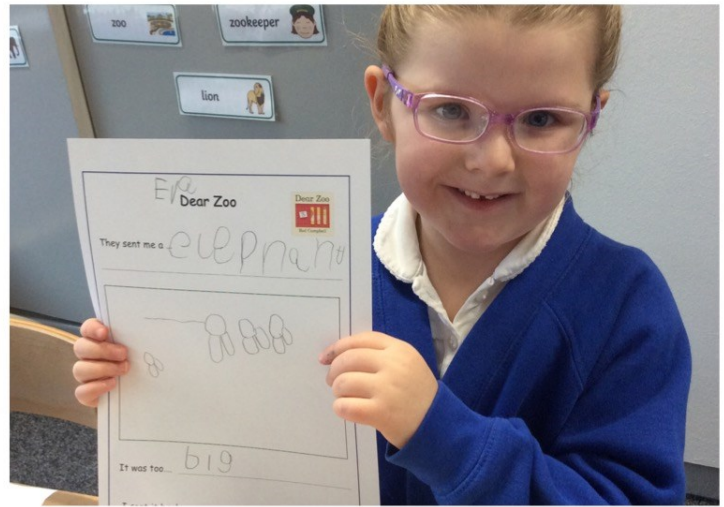
Please see the graphic below which shows the significant impact of absence over time.



'Let all that you do be done with love'

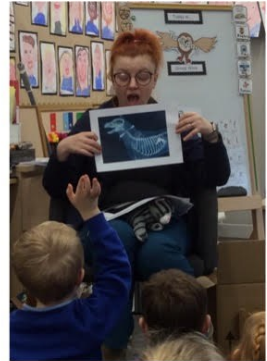
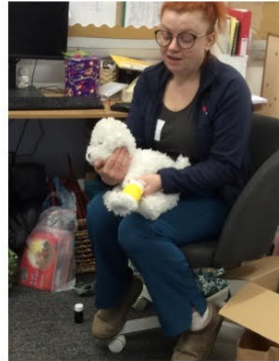
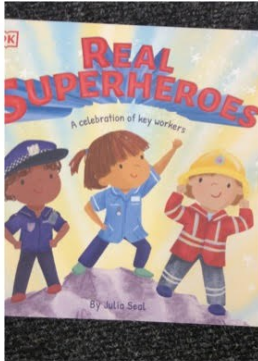
1 Corinthians 16:14

We have been continuing to learn all about animals this week. Some of our children in Nursery have been drawing their own animals from the story 'Dear Zoo'. Look at their fantastic writing!



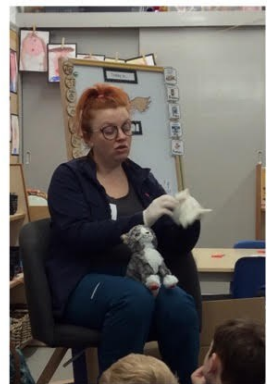
PIC • COLLAGE





In Reception this week we have been reading our new book Real Superheroes and thinking about the people who help us.

We had a visit from a veterinary nurse who came and told us all about her job and how she helps us and our animals. She told us about a dog who ate nineteen socks!



Outside we made a refuse collector's truck and collected leaves to fill it up. We helped Heidi our caretaker.

We have had a lovely week in Reception and have worked really hard. Well done everyone!



PIC • COLLAGE



## Pop Art in Year 1

We have been loving doing art so far this half-term, we have been busy practising our skills to make our pop art paintings inspired by Roy Lichtenstein. This week we were trying to mix paints to get them to the exact colour swatches that were in our books.



Learning

## Strengthening Joins with Year 2

Year 2 have been focusing on their focused practical task for Design Technology; strengthening joins. We made a 90 degree join much stronger by bolsterring it with extra card.



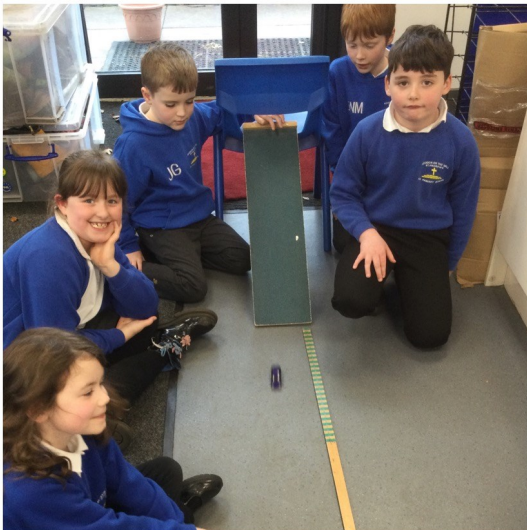
PIC•COLLAGE



Learning

## Investigating Friction with Year 3!

In Science this week Year 3 have been exploring friction as part of our forces and magnets unit. We investigated how a toy car moves on different surfaces by measuring the distance the car travelled after rolling down ramps covered in different materials. We found that the foam and wood were the best materials as they created less friction meaning that the cars travelled further. The sandpaper and the carpet created more friction causing the car to travel a shorter distance.



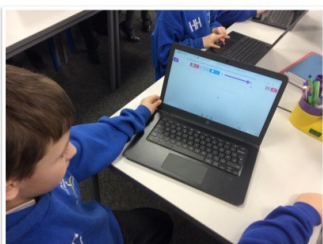
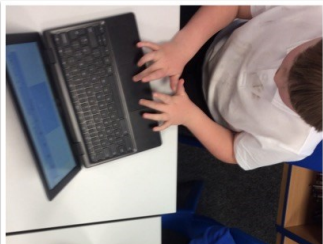
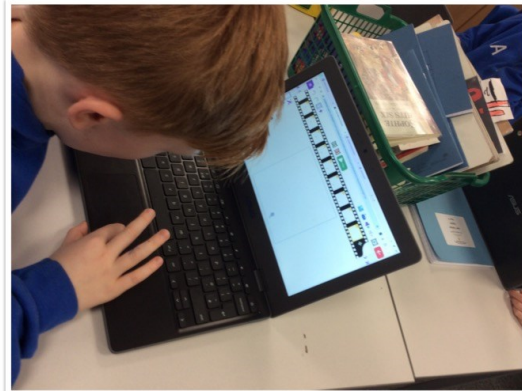
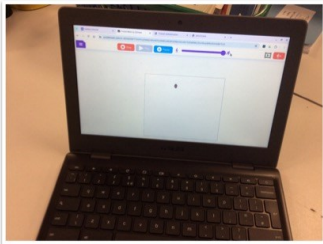
PIC•COLLAGE



Learning

## Making Animations with Year 4!

Year 4 are so whizzy at using animation software. After tracking the journey of animation from hand drawn pictures to CGI, we have been exploring how to refine our creations. This week, we have been using 'onion skinning'. This technique allowed us to look at our previous frame behind our current frame. It was interesting to see how animators historically used light boxes and rice paper to trace and, nowadays, it is available to us at the click of a button!

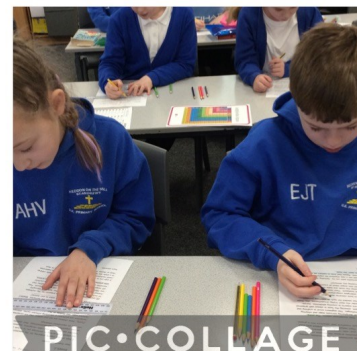
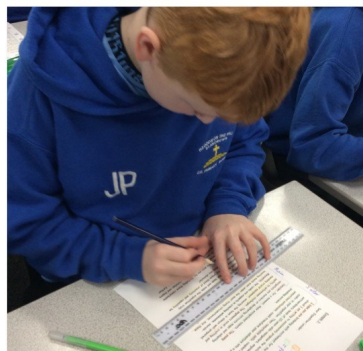
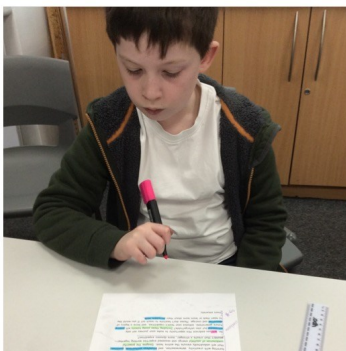
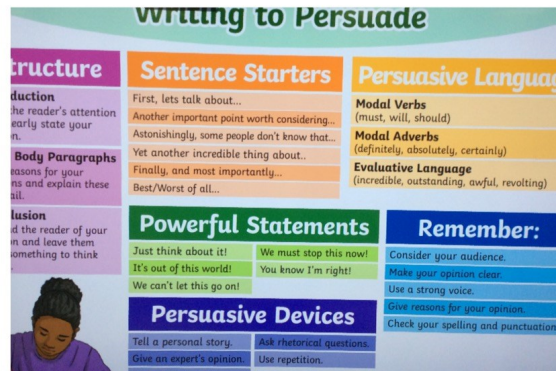
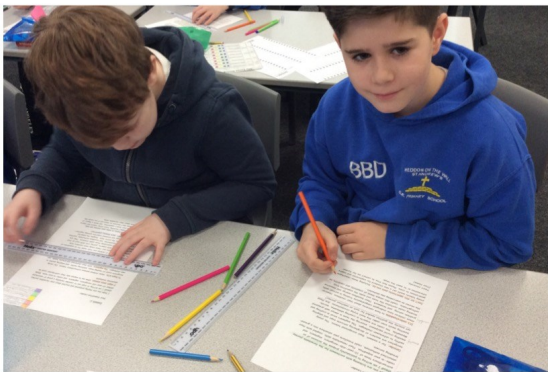
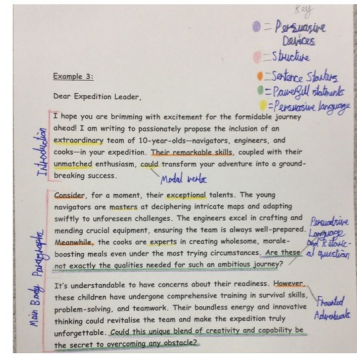
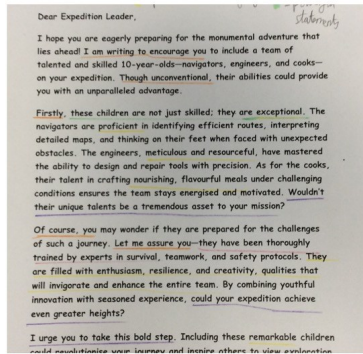
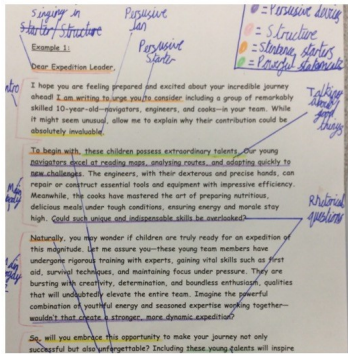


Learning



## Persuasive Writing with Year 5

This week, we began our Persuasive Writing unit, inspired by our class text *'Brightstorm'* by Vashti Hardy. Our activities have included crafting short debate speeches, analyzing persuasive techniques in a letter, and even writing our own persuasive letters. The Year 5 children have thoroughly enjoyed the challenge of convincing Harriet Culpepper, a daring sky-ship captain, to take two children on a perilous expedition.





**PSHE**  
**Inclusion, Belonging and**  
**Addressing Extremism.**



'Let all that you do be done with love'

1 Corinthians 16:14

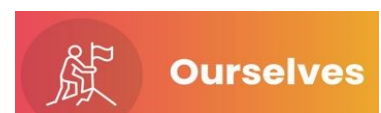
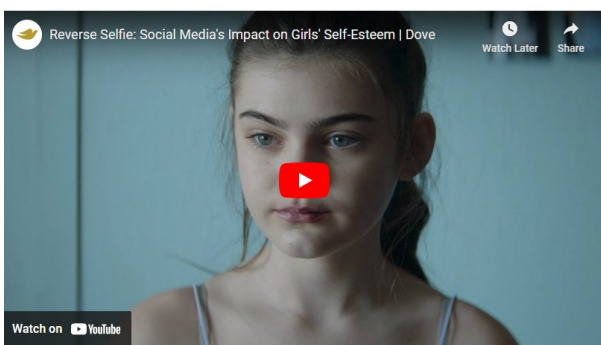


Coming up soon is Children's Mental Health week with the theme of 'Know Yourself, Grow Yourself.' A key part of this is having a positive body image especially as our children grow into young adults.

Concerns around social media influence and the negative effects of this on body image and mental health for both girls and boys have been around for years. In the age of generative AI this can only increase. Social media feeds are awash with photorealistic images and they're all the same: so-called perfect body, composition, beauty. There's nothing in the way of different body shapes, diversity in people of colour etc. Simply speaking, AI can be very biased.

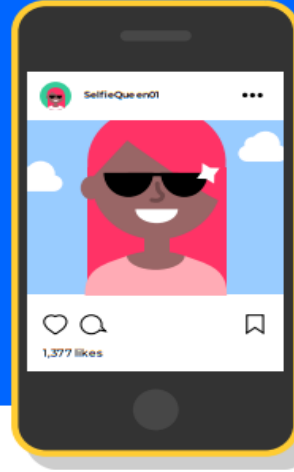
Internet Matters have some great, practical advice for parents about self-image, body image and identity which you can find [HERE](#). Please see the 'Tips for Parents' leaflet on the next page which contains some great ideas for supporting your child with developing a positive body image despite the pressures of social media. Who you are is so much more than what you look like and it is important that children do not put all of their self-esteem eggs into the beauty basket!

There are two short video links below which you might find interesting



# Selfies, self-esteem and body image

*Empowering children to develop positive body image*



internet  
matters.org



## Why is it important?

### Using selfies as a comparison tool

Seeing constant streams of perfect bodies can put unrealistic expectations on young people to look a certain way which can lead to low 'body esteem'.

### Pressure to post the perfect selfie

Wanting to be accepted by the in-crowd can put pressure on young people to share personal images simply to improve their social status.

### Link between likes' and self-esteem

Young people may put more value in how others see them so, getting a negative comment or less likes on a post can have a real negative impact on their self-esteem and mental health.

## Tips to support young people



### Help children think critically about images they see online

Explain that when we look at idealised images – it's natural to compare ourselves. The way to deal with these images is to recognise that they are more like press releases, they showcase the best possible version of a face or body.

### Encourage them to be selective about who they follow and images they see

Being bombarded by images of people with abs or a certain body type on their social feed can lead them to think that this is the norm. Making them aware of a range of body types can help them develop a balanced view of body image.

### Empower them not to put all self-esteem eggs in the beauty basket

Remind children that they are more than what they see in the mirror. Encouraging them to put value in the range of talents and skills they have can help them develop a strong sense of self and improve self-esteem.

### Talk positively about your own body image

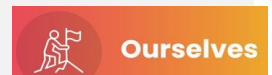
Be aware of the language that you use to talk about your own body. Children pick up on this so it's best to try and keep it positive to encourage them to stay positive about their own body image.

### Discuss what it really means to 'like' something on social media

Talk about the reasons behind why they are liking a picture; is it because others have liked it or because they've genuinely engaged with the photo? Getting them to think critically about this can help them develop a balanced view when it comes to seeking likes on social media.

### Focus on positive images online

Encourage them to celebrate what makes them unique, rather than comparing themselves to others online. Posting images that empower and inspire others can be a great tool to encourage others to do the same.



## St. Andrew's Church, Heddon-on-the-Wall

Priest in Charge : The Revd Rachel Louise Squires Scheffer



The Vicarage  
Stamfordham  
Newcastle Upon Tyne  
NE18 0QQ  
01661 886853  
07916681128  
[r.scheffer@newcastle.anglican.org](mailto:r.scheffer@newcastle.anglican.org)

22nd January 2025

Dear parents/guardians

I seem to have quite a few things I wanted to share with you all, so thought sending a letter might be the best way. Firstly, we are always delighted to have baptism services at St. Andrew's Church and if you would ever like to chat about the possibility of a baptism for yourself or your children, please do be in touch by calling or sending a WhatsApp to 07916681128. Baptisms aren't just for babies and I will always make sure the service is age appropriate and good experience for your family.

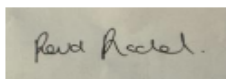
Secondly, **'Christmas is Over.... What Comes Next?'** is our first event of the new year for children and parents/carers in Heddon. It will be held at St Andrew's Church on Saturday, 1<sup>st</sup> February from 10am-12noon. This is an exciting opportunity to be involved in a design project. We've had some great ideas already and this is another chance to take part, share your creative skills at whatever level and find out about what came next. There will be stories, refreshments, singing and perhaps even some magic! This is a shared activity between the two churches in Heddon and everyone is welcome. You can just turn up on the day, but if you know in advance that you are able to come, please do send me a message.

Thirdly, we are thinking of doing a good old fashioned coach trip to the beach. Ron and I are very lucky to have our home in Bamburgh, so we know the village, church and beach well, and also have several toilets we can make available for everyone. We also have some funding which will help pay for the coach. Before we make plans for a wonderful day out, we need to get an idea how many people may be interested in coming. It will be either a Monday, Tuesday or Wednesday during the school summer holidays and children will need to be accompanied by at least one adult per family. We think the day trip will be £5 for an adult and a child and £2 for each additional child. This could be a wonderful day of fun, beach, games, activities and being together as a community, please email [r.scheffer@newcastle.anglican.org](mailto:r.scheffer@newcastle.anglican.org) or WhasApp the number above if you would be interested in hearing more about this?

Finally, we are aware that our usual Sunday worship is not at the ideal time for everyone and may be, at times, a little too traditional for some people. In 2026 we are considering starting an alternative worship time, which will include a very relaxed and short service particularly suitable for young families (although everyone will be welcome), followed by a couple of activities and refreshments. We are considering both 4.30pm on a Saturday or a Sunday and it would be once a month. If you would have a preference over Saturday or Sunday, have any thoughts or ideas or if you think you may come along as a family (even just to try it out), please do let me know, again by email or WhatsApp.

So many exciting possibilities and thank you for reading this far.

Good wishes



Revd Rachel



# CHRISTMAS IS OVER... WHAT COMES NEXT?

This is an exciting opportunity to be involved in a design project.

We've had some great ideas already and this is another chance to take part, share your creative skills at whatever level and find out about what came next.

There will be stories, refreshments, singing and perhaps even some magic!

DATE:  
**1ST FEB**

TIME:  
**10AM-NOON**

WHERE:  
**ST. ANDREW'S  
CHURCH  
HEDDON**

**FOR MORE INFO OR  
TO LET US KNOW YOU  
ARE COMING PLEASE  
WHATSAPP  
07916681128**

## Dates for your Diary - Spring Term



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
Wednesday 19th February 2025	Year 3 Poetry Exhibition from 3.15pm
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