

31st January 2025

Dear Parents / Carers,

Xīnnián kuàilè, 新年快乐 or Happy New Year! It has been another busy week in school particularly in Early Years where the children have had an amazing week learning about Chinese culture and finding out about their New Year celebrations. Year 3 have been perfecting their dance moves in PE and are keen to showcase their work via a video of them performing on our YouTube channel. To view the video please [click here](#).

The School Council have arranged a special 'break the rules' day. For further details about this the children have provided a special poster for the Flyer.

Next week is 'Children's Mental Health Week' on the theme of 'Know yourself, grow yourself'. As well as a special assembly on Tuesday the children will explore the theme across the week with a variety of activities. Please bring your dancing shoes on Friday to join the children (and staff) on the top yard at 8.45am for a special feel good 'Wake up shake up' routine which has been choreographed by Year 6 (with help from Mrs. Walker).

Please see later in the Flyer for a guide on how to support children process difficult feelings and to nurture self-esteem. We know it can be a challenge to face unpleasant feelings and even the smallest setback can seem like the worst thing in the world. The guide offers tips on how to help instil emotional resilience helping children to learn from unexpected feelings and process them in an effective manner. If you would rather listen to the guide as a podcast it is available by [clicking here](#).

Unfortunately we have been contacted by a number of residents this week regarding parking around the school at pick up and drop off times. I would request if you come to school by car that you park safely and show consideration for our neighbours.

Thank you in advance for your co-operation with this.

Well done to Year 2 with the best attendance this week: 99.2%.

Well done to Year 1 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



Attendance Matters



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

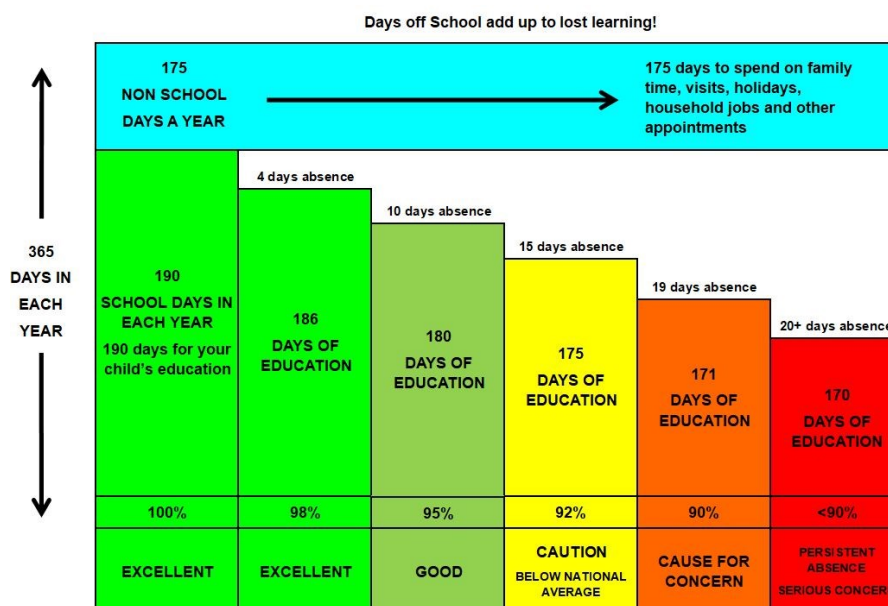


We continue to focus on attendance and punctuality so please remember that our School starts at 8.55am (9am for Nursery) and anyone arriving after this time will be marked as late.

Attendance for this week is summarised below:

Class	Attendance this week	Attendance this year	Class	Attendance this week	Attendance this year
Nursery (Hedgehogs)	92%	95.8%	Year 3 (Gibside)	97.6%	95.5%
Reception (Owls)	95.6%	94.5%	Year 4 (Lindisfarne)	97.4%	96.6%
Year 1 (Wallington)	95.5%	97.4%	Year 5 (Bamburgh)	95.4%	97.1%
Year 2 (Cragside)	99.2%	96.6%	Year 6 (Dunstanburgh)	93.8%	96.8%

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



'Let all that you do be done with love'

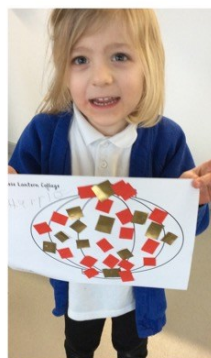
1 Corinthians 16:14



## Chinese New Year!

Reception and Nursery have had a fantastic week celebrating 'Chinese New Year' together. We have enjoyed learning about how Chinese New Year is celebrated.

This year is the year of the 'snake'; we have been making snakes, collage lanterns, blossom trees, writing Chinese numbers and making our own Chinese dragons. We also opened our 'Chinese Restaurant' where we tried lots of different Chinese food. Delicious! What a brilliant week, Owls and Hedgehogs!



PIC-COLLAGE





PIC·COLLAGE



## Thinking about Church with Year 1

This week in RE we discussed why Christians go to church. As a class we talked about how churches are friendly places that can make Christians feel closer to God. We then went around the school to identify the places that we feel are the friendliest and how they might make us feel closer to God. The children all had wonderful explanations for why each place felt the friendliest to them. When we came back to the classroom we then looked at pictures of St Andrews church and talked about which places in the church we think are the friendliest and which places make us feel closer to God.



Ourselves

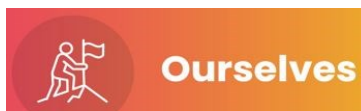
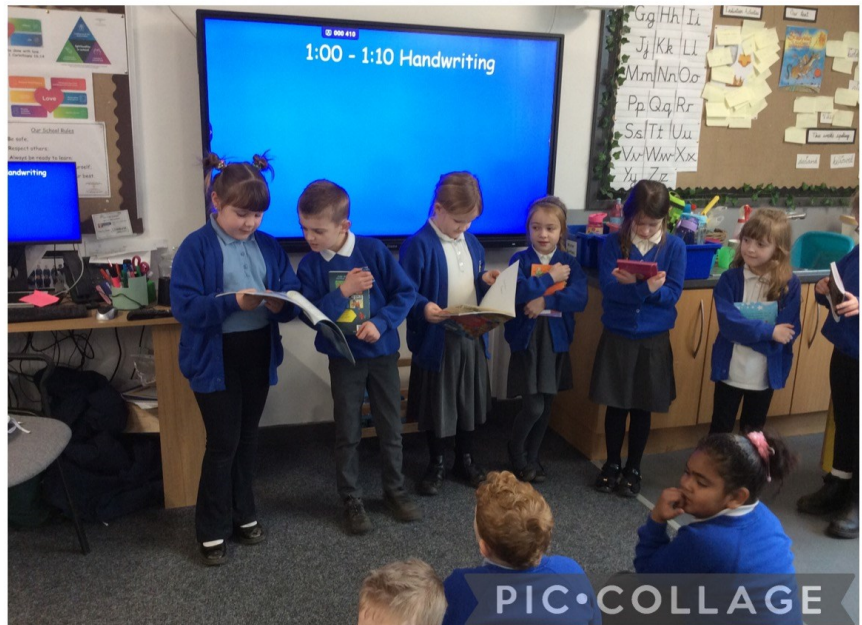


Learning

PIC•COLLAGE

## Book Talk with Year 2

Year 2 have really enjoyed Book Talk this week and listened carefully to each others' recommendations - well done Year 2!



Ourselves



Learning

'Let all that you do be done with love'

1 Corinthians 16:14

## 'Dynamite' Dancing with Year 3!

Year 3 have been working really hard in their PE lessons so far this half term. Over the last 4 weeks we have been completing a dance unit where we focused on moving like different superheroes, joining actions and movements together as well as choreographing short dances with a partner. We have also been very busy learning and rehearsing a collaborative dance to 'Dynamite'. The children are really keen to show off their dance moves! To see our amazing dancing please [click here!](#)



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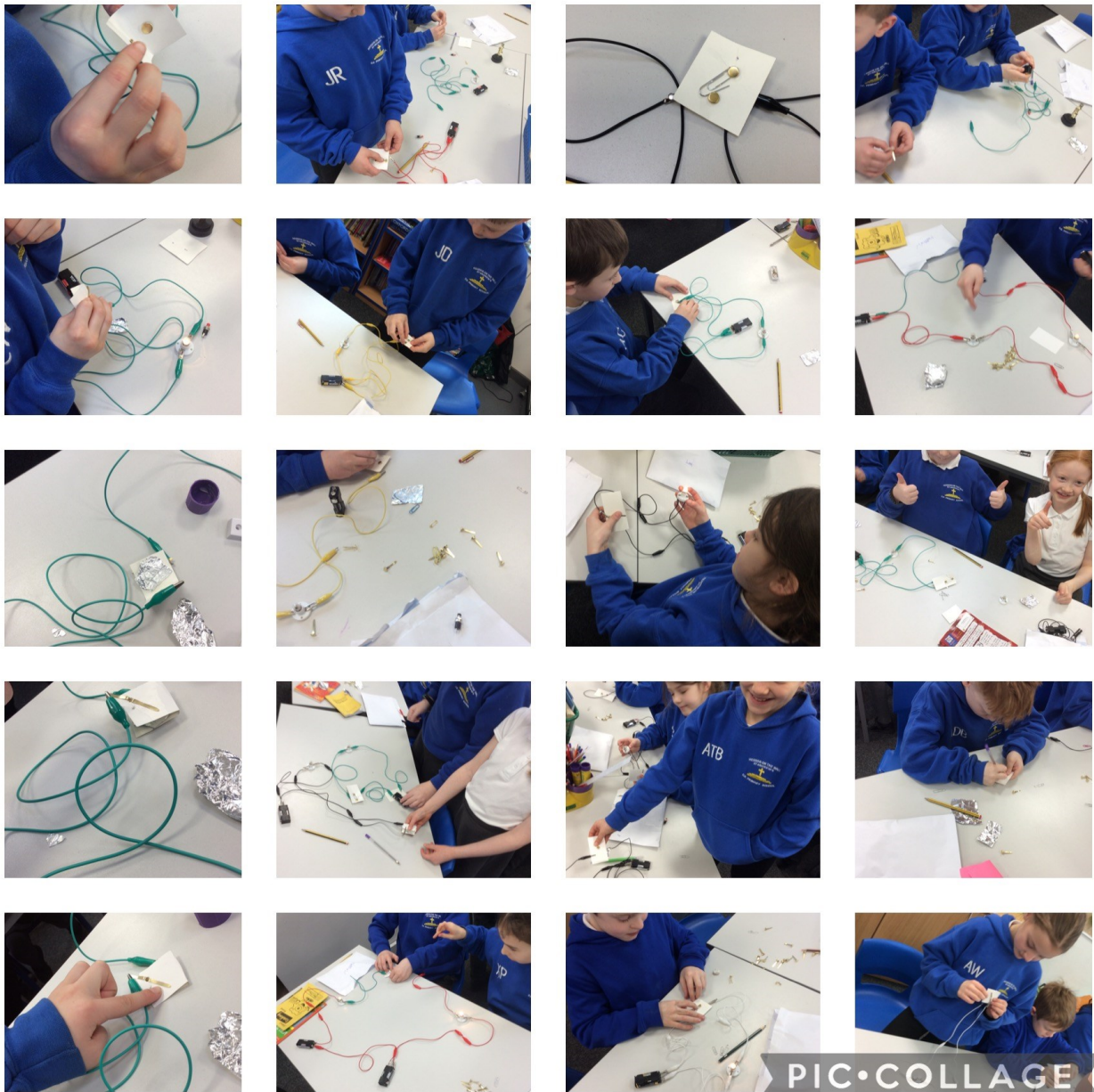
Life



Learning

## Making Electrical Switches with Year 4!

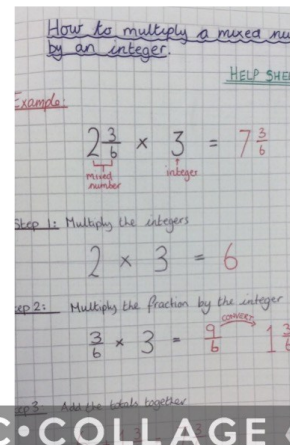
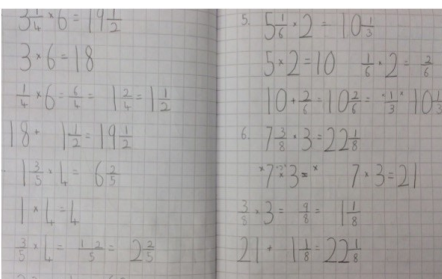
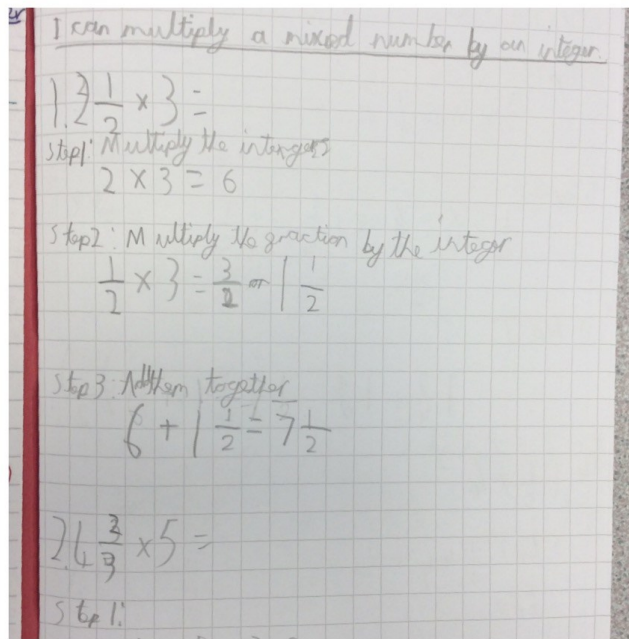
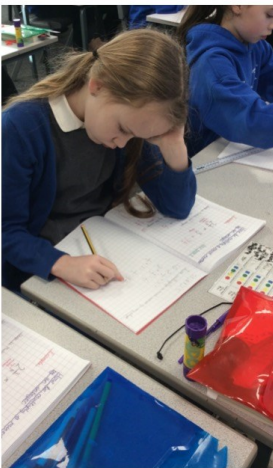
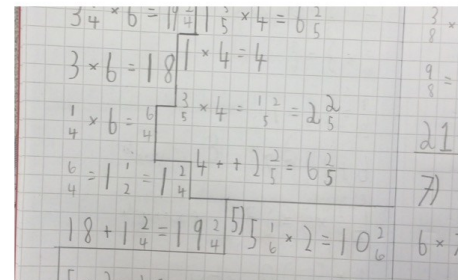
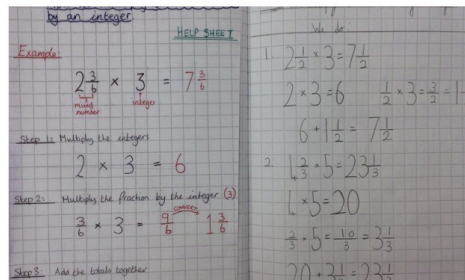
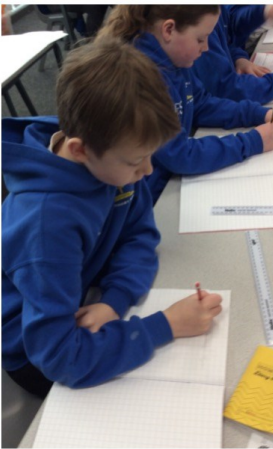
What a gorgeous afternoon Year 4 have had! They are certainly a class full of budding electrical engineers! Just look at how they have innovated their own switches.





## Multiplying Fractions with Year 5

This week, we started our new Maths topic, Fractions B. We began by successfully multiplying both unit and non-unit fractions by integers. Additionally, we've been exploring how to multiply mixed numbers by integers, which has presented an exciting challenge for the Year 5 children.



PIC·COLLAGE



Learning

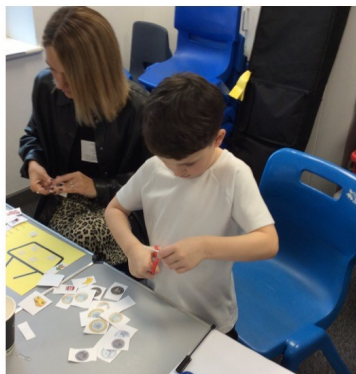
## Great Wave Zentangles with Year 4!

Year 6 finished their "Great Wave" paintings this week, after completing their zentangle patterns and watercolour background. Here are some of the finished pieces. Well done Year 6!

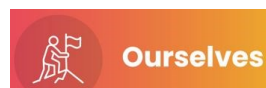


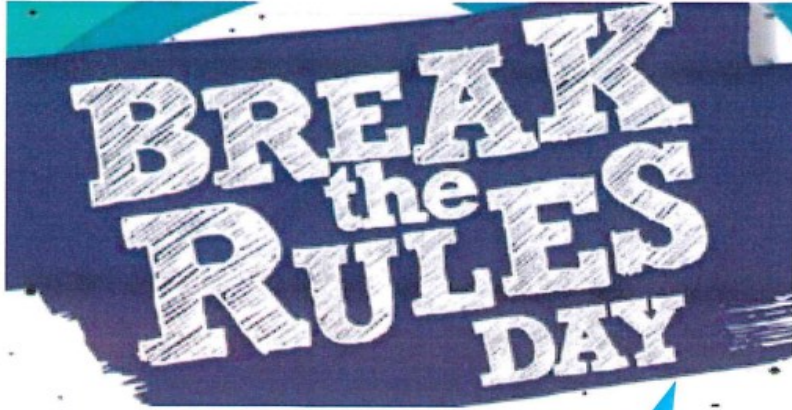
## Making Sandwiches!

Our Parent and Child Craft club had a great time on Monday afternoon working together to make some sandwiches. It was great fun to work together and the sandwiches were delicious!



PIC • COLLAGE





Non uniform or  
pyjamas

Wacky hair!

Bring a teddy!

Juice in your  
water bottle!

Bring an  
unhealthy snack  
(nut free!)

Wear slippers  
(indoors only,  
you still need  
your shoes!)

Nails painted/  
temporary  
tattoo!

50p per rule  
or £3 to  
break all of  
the rules

The money raised  
will go towards  
OPAL Play  
resources

**When?**  
Friday 21<sup>st</sup> February 2025

# Be Considerate to our neighbours



**Safer Parking**  
around our school

**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.





# 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**



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 task, 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.



The National College

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## Dates for your Diary - Spring Term 1



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
Friday 7th February 2025	Wake Up Shake Up on top yard at 8.45am (Bring your dancing shoes to join in!)
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
Wednesday 12th March 2025 - Tuesday 18th March 2025	Scholastic Book Fair



## Dates for your Diary - Spring Term 2



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
Tuesday 18th March 2025	Parents Evening
Thursday 20th March 2025	Parents Evening
Thursday 27th March 2025	Last Night at the Proms Concert for the Choir with the Ad Murum Singers - 5.30pm at the Knott Hall.
Friday 4th April 2025	Friends of Heddon School Pamper Evening (details to follow)
<b>w/c Monday 14th April 2025</b>	<b>EASTER HOLIDAYS</b>
Monday 28th April 2025	School Re-opens