

14th February 2025

Dear Parents / Carers,

It has been another busy week in school with lots of exciting things happening. This included a special visit from the Police who brought along some Police dogs to meet the children in Early Years. They also got to see the Police car, see the flashing lights and hear the siren close up! Children have also been learning about online safety as part of Safer Internet Week with some classes taking part in a special live online assembly.

Don't forget that on Wednesday 19th February straight after school, Year 3 will be hosting a Poetry Exhibition showcasing their work from this half term. This will take place in the Studio and we look forward to welcoming you. There may even be a chance for you to try your hand at writing your own poem!

This week we were visited by Mr. Balkwill, Deputy CEO at Pele Trust. He spent the morning visiting lessons as well as speaking to staff and children.

We are looking forward to welcoming children from the other Pele Trust schools to Heddon on Monday afternoon for the 'Let's Dance' Festival. I know that our children, who are involved, are really excited to participate.

I am aware that there are a number of children in school who have verrucas, Verrucas are harmless and are something most of us will have at some point in our life. If your child has a verruca please could they cover this with a waterproof plaster if they are doing dance or gymnastics in PE as this needs to be done barefoot. For swimming, NHS guidance also recommends a waterproof plaster. For further information please check out the NHS website by [clicking here](#).

Following on from Children's Mental Health week please check out our parents guide to Internet Influencers and social pressures later in the Flyer. In the guide you will find tips on avoiding potential risks such as body image, bad habits and unrealistic role models.

As a Platinum OPAL Play School we were pleased to welcome representatives from Cramlington Village Primary School today. They came to observe what we do and speak to staff and children as they embark on their own OPAL Play journey. It is a real privilege to be able to share our best practice to help and support other schools.

Well done to Year 2 with the best attendance this week, an amazing: 100%.

Well done to Year 5 for the best attendance for this year: 97.3%.

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.*

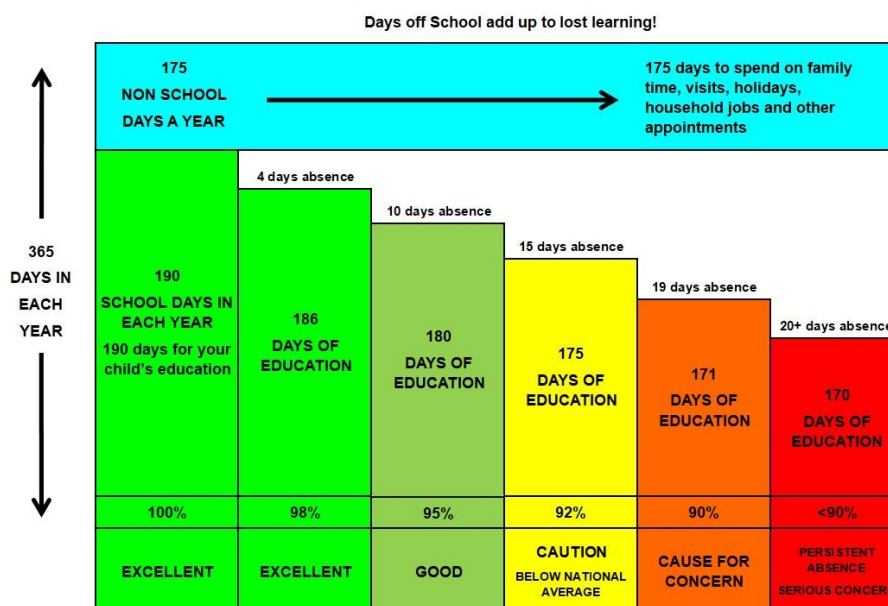


We continue to focus on attendance and punctuality so please remember that our School starts at 8.55am (9am for Nursery) and anyone arriving after this time will be marked as late.

Attendance for this week is summarised below:

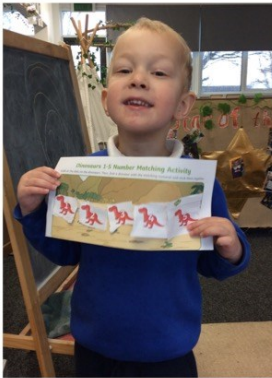
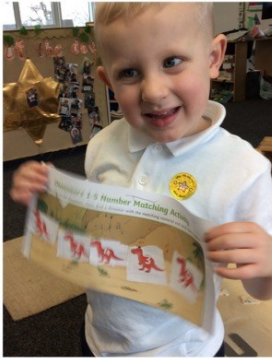
Class	Attendance this week	Attendance this year	Class	Attendance this week	Attendance this year
Nursery (Hedgehogs)	97.2%	95.7%	Year 3 (Gibside)	99.2%	95.9%
Reception (Owls)	97.8%	94.8%	Year 4 (Lindisfarne)	93.2%	96.5%
Year 1 (Wallington)	96.8%	97.1%	Year 5 (Bamburgh)	98.5%	97.3%
Year 2 (Cragside)	100%	96.9%	Year 6 (Dunstanburgh)	99.6%	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



All about Dinosaurs!

The Hedgehogs have had another fantastic week learning all about dinosaurs! This week we have been learning about how dinosaurs lived a very long time ago and there are lots of different types! The Hedgehogs are also loving gymnastics in PE. Look at their fantastic balancing!



PIC·COLLAGE

Learning about the Police in Reception

This week we have been reading the story *Burglar Bill*. In small groups we have enjoyed using our mathematical skills to make ginger biscuits like *Burglar Bill* had in the story. In the provision children could choose to paint tulips which involved colour mixing and observational skills. We talked about Valentine's day and children could make a Valentine's wreath for a loved one they chose. After our visit to church last week, we collaboratively made a 'stained glass' window. The role play has been changed to a police station and we're on the look out for *Burglar Bill* and *Burglar Betty*. On Thursday Rob came in with his police dogs *Elvis* and *Ginger* and talked to us about his job. The children asked if they had caught *Bill* and *Betty* but Rob said unfortunately not yet, they were still on the look out!



Pop Art in Year 1

In Year 1 we have been continuing our work on Roy Lichtenstein and we have been putting our skills that we have been practising into use to start making the pieces for the Pele Trust exhibition in the summer. We have been using the Ben Day Dot technique, we have been mixing colours and adding textures to create our own explosions. Our final pieces are going to look amazing!



PIC•COLLAGE



Learning

Building Castles in Year 2

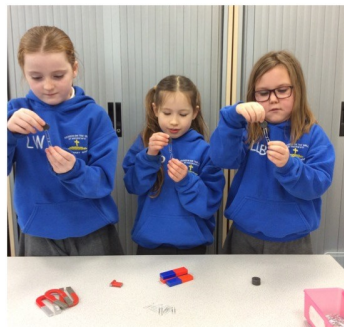
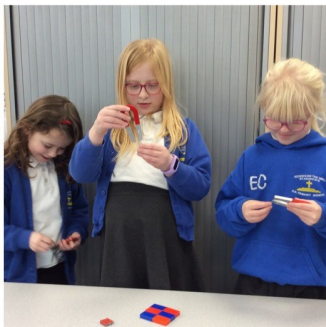
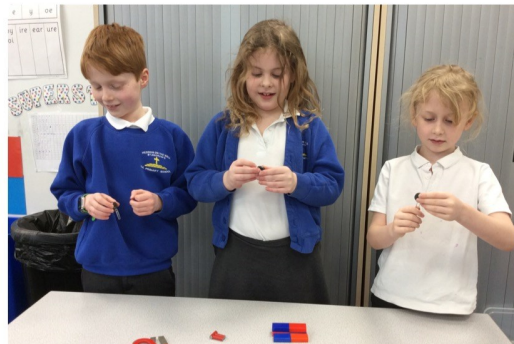
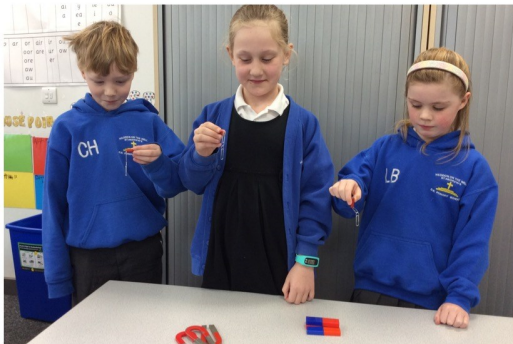
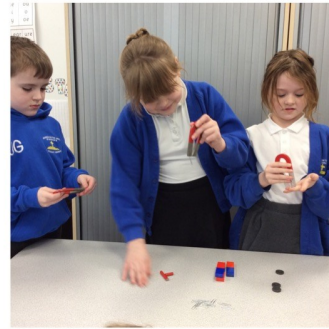
Year 2 have worked so well together to continue building their castles using strengthened joins - great teamwork Year 2!



Learning

Testing Magnets with Year 3!

This week, in Science, Year 3 have been exploring the strength of magnets. We looked at a range of different types of magnet and made a prediction which would be the strongest. We then completed a paper clip experiment to find out if our predictions were correct. To measure the strength of each magnet, we held a paper clip to a magnet so that it was attracted to it. We then held another paper clip to the first one to see if it was also attracted to the magnet, through the first paper clip. We then kept adding paper clips in a chain, until no other paper clips were attracted in the chain.



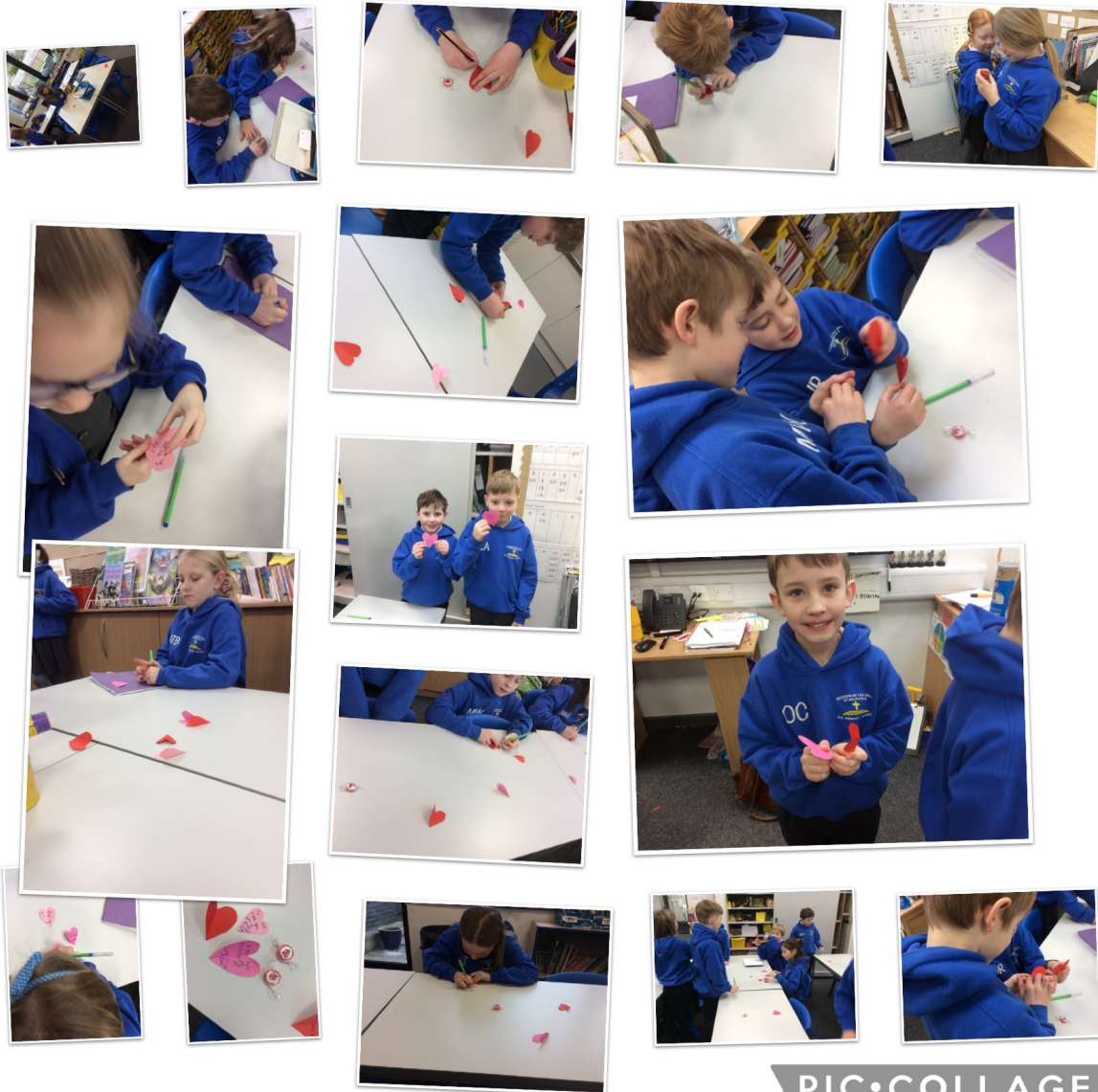
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Learning

Feeling the Love in Year 4.

Year 4 have certainly been feeling the love this Valentine's Day. What a perfect opportunity to share with our classmates the things we like and admire about them. Our tables were covered in paper hearts as we came into school. Throughout the day, we had free access to the hearts so that we could write kind words to our friends. Maddy even surprised us all with heart sweeties. A day full positive connection making and feeling good about ourselves!



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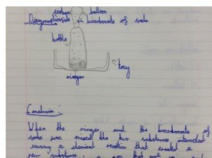
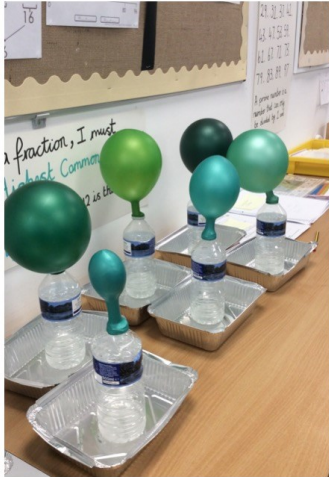
Ourselves

Others

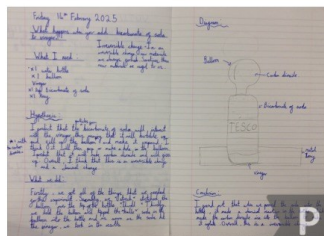
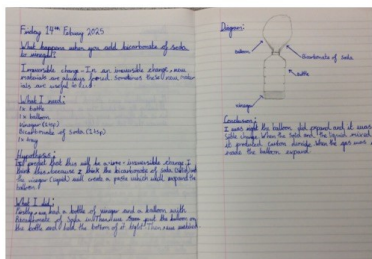
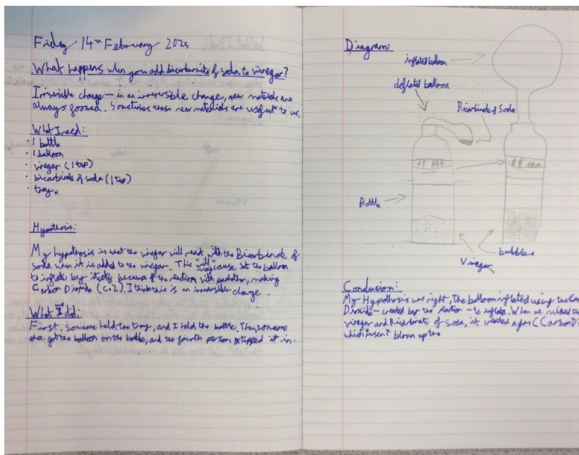


'Let all that you do be done with love'

1 Corinthians 16:14



This week in year 5, we completed an experiment to understand what happens to a mixture when a chemical change occurs and why it is an irreversible change.



PIC·COLLAGE



Visit to Nissan with Year 6

Another fantastic trip to Nissan this week with Year 6, exploring coding and the skills needed to be a successful employee within their business. The children really enjoyed their hands on activities, as well as a tour of the training factory floor. It was great to hear positive feedback from both the coach driver and Nissan staff; the driver from Roxy Coaches said we were one of the best classes he has ever had! Great work!



PIC-COLLAGE



Valentine's Day Treat!

Mrs. Champion in the school kitchen provided some special Valentine's day cup cakes and heart shaped biscuits for lunch today. These not only looked amazing but tasted amazing too!

I also have to say I have seen some truly fantastic Valentine's Day hair styles today from heart shaped plaits to some carefully constructed heart shaped loops. It is safe to say we have some creative and talented parents too!



Life



Latest Year 7 Newsletter from Ponteland High School

Please [click here](#) to read the latest Year 7 newsletter from Ponteland High School. This is great to share with your child in Year 5 and Year 6 to see what life is like at High School. It is also nice to see one of our ex-pupils, Harley, getting his picture into the letter as a student ambassador for the Anne Frank Exhibition.



BREAK the RULES DAY

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 21st February 2025



Do you have a child aged 0-19 years? Come along for a cuppa and chat and to meet other parents. No diagnosis needed!

JOIN US ON:

Tuesday 18th March 2025 1-3pm at Alwick Family Hub

On St Michaels School Site, Howling Lane, NE66 1DJ

Thursday 3rd April 2025 10am-12 at Berwick Family Hub

Ladywell Place, Tweedmouth, Berwick-upon-Tweed, TD15 2AE

Thursday 20th March 2025 10am-12 at Hexham Family Hub

On Hexham First School Site, Beaufront Avenue, NE46 1JD

Tuesday 11th March 10am-12 at Morpeth Library

Morpeth Sports and Leisure Centre, Gas House Lane, NE61 1SR

Wednesday 2nd April 2025 1-3pm at Ashington Family Hub

Alexandra Road, NE63 9EF

Thursday 10th April 2025 10am-12 at The Community Hub at Cramlington

Forum Way, Manor Walks Shopping Centre, NE23 6YB (Next to Concordia)

**If you have any questions, please contact your local Family Hub or email us at:
robyn.robinson@northumberland.gov.uk or adelle.hicks@northumberland.gov.uk**

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

Social media influencers are people who have established credibility in a specific industry and have the power to influence other people's decisions. Most commonly associated with YouTube and Instagram, 'influencers' will usually have a large number of followers and be viewed as authentic by their audience. It is for this reason that many influencers are often paid by big companies to promote their products in the hope of persuading their followers to purchase those goods.



What parents need to know about SOCIAL PRESSURES LINKED TO 'INFLUENCERS'



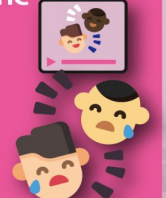
AN UNREALISTIC PERCEPTION OF BODY IMAGE

Some of the most popular social media influencers often depict themselves as having the 'perfect body' and are paid to promote items such as health supplements or swimwear, which young people believe can help them achieve the same look. What is not always realised is that these images can be edited or filtered and aren't always a true-life representation. Your child may feel like this is what they need to look like and in some cases, become obsessed with their body image, which could contribute towards a lower self-esteem or even becoming depressed if they can't achieve the same look.



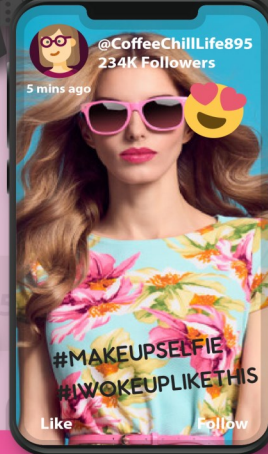
BECOMING UNREALISTIC ROLE MODELS

As children become more and more involved on social media and identify who their favourite people are to follow, they may come to see social media influencers as role models, particularly if they are attracted by the lifestyle they see online. This could lead them into developing potentially unrealistic expectations of life and in some cases, using their role models as an escape from reality, particularly if they feel like they're own life isn't very fulfilling.



ENCOURAGING BAD HABITS

Although many social media influencers will get paid to advertise brands and their products, they will also post their own material online too, usually depicting their daily life or an activity for example. This may have both desirable and undesirable consequences, with influencers able to inspire both good habits, such as healthy eating, exercise or kindness. However it may also encourage children to adopt bad habits, such as drinking, smoking, swearing or even criminal behaviour, particularly if these are seen to be endorsed by the influencer.



THE NEED TO HAVE EVERYTHING

Many social media influencers will take photos or videos of themselves wearing the latest fashion or jewellery which companies want them to promote. They may also be provided with the latest gadgets to promote or, if they are children, toys to play with in order to persuade their followers to purchase them. Many children will be keen to buy these items in order to keep up with the latest trends however if they get left behind, they could be made to feel inadequate or inferior by other children who do have them.



AUTHENTICITY OF ENDORSEMENTS

Social media influencers hold a lot of persuasion with their audience and are often looked up to by younger followers. Many children will see them as credible, authentic and trust what they see online. However, some influencers may not always believe in the product they are promoting and therefore can mislead their followers, abusing their level of confidence in them. Your child may therefore find themselves looking up to people who are disingenuous or who feign interest in activities that they themselves do not actually care about.



Safety Tips for Parents

FOLLOW WHO THEY FOLLOW

A good way to see first-hand who may be influencing your child is to create your own social media account and follow the same people they do. This will give you a strong indication of what is shaping how your child behaves, what they like and what they are taking an interest in.



TALK ABOUT ROLE MODELS

Role models can play an important part of your child's life, particularly outside of the home. Talk to your child about who they look up to and why. Remind them that not everybody online is who they seem to be and if you do have concerns that your child is being negatively influenced, work with them in finding more positive alternatives.

BUILD THEIR SELF-ESTEEM

It's important that your child is aware of how unrealistic perceptions of life can be depicted on social media and that it is easy to be deceived. Discuss with your child how images can be heavily edited, cropped or manipulated to create artificial scenarios and that often the lifestyle that people display on social media isn't always realistic or in fact the truth.



DISCUSS REALISTIC VS UNREALISTIC EXPECTATIONS

If you notice your child has suddenly taken a strong interest in the way they look, or you find they are a lot more body conscious, then it's a good idea to speak to them about why they feel that way. If they seem unhappy, try to build their self-esteem by talking to them and listening to their concerns, helping to build their confidence through praise and positivity. Remind them that looks aren't everything and not everything they see online is actually a true depiction of real life.



ENCOURAGE INDEPENDENT THINKING

Social media influencers can be quite powerful individuals who hold a lot of persuasive power so it's important to encourage your child to think independently about everything they see and engage with online. Talk to them about the dangers of blindly following others and in keeping an open mind when viewing content. Teach them to always question people's motives online, especially when they see individuals are promoting a brand or product which they are likely to have been paid to advertise but may not necessarily personally endorse.



Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



Dates for your Diary - Spring Term 1



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
w/c Monday 23rd February 2025	HALF TERM HOLIDAY
Monday 3rd March 2025	SCHOOL CLOSED FOR TRAINING DAY
Thursday 6th March 2025	World Book Day
Friday 7th March 2025	Choir at Ryton Festival
Wednesday 12th March 2025 - Tuesday 18th March 2025	Scholastic Book Fair
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
Thursday 13th March 2025	Bags2School collected.
Monday 17th March 2025	Individual Photographs

Dates for your Diary - Spring Term 2



Tuesday 18th March 2025	Parents Evening
Thursday 20th March 2025	Parents Evening
Friday 21st March 2025	Red Nose Day
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 28th March 2025	Early Years and Key Stage 1 Mothers' Day Service at St. Andrew's Church - 9.30am
Friday 28th March 2025	Key Stage 2 Mothers' Day Service at St. Andrew's Church - 10.15am
Friday 4th April 2025	Friends of Heddon School Pamper Evening (details to follow)
Friday 11th April 2025	Key Stage 2 Easter Service at St. Andrew's Church - 9.30am
w/c Monday 14th April 2025	EASTER HOLIDAYS
Monday 28th April 2025	School Re-opens
w/c Monday 12th May 2025	Key Stage 2 SATS Week