



NEWSLETTER

Friday 5th March 2021

It's almost time to say Welcome Back!

It's almost time to welcome you all back and we can't wait to have all of the children back together again. A huge well done for the commitment that you have shown supporting your children at home during these difficult circumstances.

Please ensure that you stick to your allocated drop off and collection times and keep your distance from other families.

Staff changes

There are going to be a number of staffing changes over the coming weeks. Mrs Westgarth leaves us today to embark on a new career. She has been an asset in our nursery. We wish her well, she will be a huge miss.

At the end of this term Mrs Gilmore leaves us. She is joining Wynyard Primary School. Mrs Gilmore has worked incredibly hard over the last two and a half years supporting us to improve standards in a range of areas across school. She will certainly be an asset to Wynyard and a loss to us. Mrs Bovill will continue to teach the children in Auckland class.

During the Easter break, Miss Hillery will be having major surgery and as such will be absent for the summer term. As Mrs Brannan joins us then as our new headteacher, I will teach in Lambton class as I return to my role as deputy headteacher.

Thank you

Thank you to Sainsbury's Local on Newcastle Road for their kind donation of two Amazon Fires. We appreciate their continued support and collaboration with us. As all children return on Monday, these tablets will be used to enhance learning in the classroom.

Spring Term PSHE update

There will be a big focus for the remainder of this half term on settling all of our children back into enjoying the routine and structure of being back in school and with their friends. Additional time will be spent in class on activities such as 'circle time', mindfulness, sharing feelings and recognising how they are feeling, extending attention, and listening skills and sharing positive experiences.

Children will also begin work on our Jigsaw puzzle, 'Healthy Me'. The focus for each phase is outlined on the next page.

Phase	Outcomes
<u>Nursery</u>	<p>Know the names for some parts of the body and begin to understand that being active helps us to be healthy.</p> <p>Know some of the things I need to do to be healthy.</p> <p>Know what the word 'healthy' means and that some foods are healthier than others.</p> <p>Know how to help myself to go to sleep and that sleep is good for me.</p> <p>Can wash my hands and know it is important to do this before eating and after going to the toilet.</p> <p>Know what to do if I get lost and how to say NO to strangers.</p>
<u>Reception Lambton and Lumley classes</u>	<p>Understand that exercise is needed to keep our body healthy.</p> <p>Understand how moving and resting is good for our bodies.</p> <p>Know which foods are healthy and not so healthy and can make healthy eating choices.</p> <p>Know how to help myself to go to sleep and understand why sleep is good for me.</p> <p>Can wash my hands thoroughly and understand why this is important especially before eating and after going to the toilet.</p> <p>Know what a stranger is and how to stay safe if a stranger approaches me.</p>
<u>Years 1 and 2 Aydon, Alnwick and Auckland classes</u>	<p>Understanding the difference between begin healthy and unhealthy and know some ways to keep myself healthy.</p> <p>Know how to make healthy choices.</p> <p>Know how to keep myself clean and healthy and understand how germs cause disease and illness.</p> <p>Know that household products, including medicines can be harmful if not used properly.</p> <p>Understand that medicines can help me if I feel poorly and know how to use them safely.</p> <p>Know how to keep safe when crossing the road and about people who can help me to stay safe.</p>
<u>Years 3 and 4 Barnard, Bowes and Brancepeth classes</u>	<p>Understand how exercise affects my body and know why my heart and lungs are such important organs.</p> <p>Know that the amount of calories, fat and sugar will affect my health.</p> <p>Share knowledge and attitude towards drugs.</p> <p>Identify things, people, and places that I need to keep safe from and know some strategies for keeping myself safe including who to go to for help.</p> <p>Know who to go for help and how to make a call to emergency services.</p> <p>Identify when something feels safe or unsafe.</p> <p>Understand how complex our bodies are and how important it is to take care of it.</p>
<u>Years 5 and 6 Lindisfarne, Warkworth and Bamburgh classes</u>	<p>Know the health risks of smoking and can tell you how tobacco affects the lungs, liver, and heart.</p> <p>Know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart.</p> <p>Know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency positions.</p> <p>Understand how the media, social media and celebrity culture promotes certain body types.</p> <p>Describe the different roles food can play in peoples lives and can explain how people can develop eating problems (disorders) relating to body image pressures.</p> <p>Know what makes a healthy lifestyle including healthy eating and the choices made to be healthy and happy.</p>

Systems for 8th March



Dropping/ collection times:

Group A = 8:40am/ 3:10pm, Group B = 8:50am/ 3:20pm, Group C = 9:00am/ 3:30pm & Group D = 9:15am/ 3:45pm

Please read the letters named as these groups on our website to remind you of which group your child/ren are in.

Social distancing—please continue to keep your distance from others and wear a mask while on school site unless you are exempt.

Uniform—children are to wear their school uniform when returning on the 8th March.

Items from home—please send your child to school with as little as possible. Your child needs to bring a water bottle daily, their P.E. kit and a lunch box if applicable.