



Reception Mrs. Smith



Pupil of the Week is Lilly-Ann Tucker for always trying her best in all that she does.

This week we have enjoyed learning about Chinese New Year and trying different foods. Next week we will be learning about the different planets.



Year 2 Miss Cameron



Pupil of the Week is Jacob Knowles for having a great attitude towards all aspects of school this week.

Our next Forest Friday session will be Friday 10th February.



Year 4 Miss Prosser

Pupil of the Week is Archie for his excellent work in science this week when building a circuit with a switch.

Please ensure that the children complete their homework and read regularly each week.

Nursery Miss King



Pupil of the Week is Marlia for always being kind and caring to everyone in Nursery.



Nursery have been celebrating Chinese New Year this week and did a dragon dance on the field as well as tasting Chinese food.

Year 1 Miss Crampton



Pupil of the Week is Aria Quinn for excellent work in geography using maps from an aerial view.

Year 5 Miss Hird and Miss Oliver



Pupil of the Week is Steven Harle for accessing Freckle independently at home to improve his maths work.

Year 3 Miss Gregg



Pupil of the Week is Layla Ferguson for showing great understanding when planning the shadow investigation.

Year 6 Miss Denham



Pupils of the Week

Pupil of the Week this week is Jack Ferguson for his determination in maths. Jack independently, completed additional work at home.





**Mr.
Whitelock's
Sports Stars**

Reception:

Albert Greenwood
Cody Routledge

Year 1

Roman Thompson
Aria Quinn
Fox Hindmarsh

Year 2

Charlie Austin
Elspeth Dunoo

Year 3

Maddie Mitford
Lillianne Devon

Year 4

Vern McLaren
Hemmings
Georgia Flanagan

Year 5

Chloe Wanless
Alfie Hart

Year 6

Matthew Graham
Alex Owens



Safeguarding

Fortnite Parental Controls

Fortnite Chapter 4 has just been released, which means that many children are going to be talking about this. Similarly, some children who grew bored with Chapter 3 are going to be checking out the new Chapter 4. So now is a good time for parents to revisit those parental controls to set up the game and devices appropriately to the age of the child. There is a step-by-step guide to setting up parental controls on Fortnite [HERE](#).

Inside Roblox's Criminal Underworld

As we all know, one of the fundamental principles of safeguarding is 'offenders are where the children are'. Roblox is exceptionally popular with children from Y3 upwards and as such there are always concerns. That isn't to say that Roblox is a bad/unsafe game, it's just that criminals will always be able to exploit different aspects of games and social media, often using simple social engineering tricks such as curiosity and urgency. To find out more about keeping your child safe, when using Roblox, click to read [THIS](#) article about the criminal underworld of Roblox.

Year 5 are taking part in the Durham Police and Crime Commissioner's Challenge along with Approach Too, the Mini Police and all Ferryhill primary schools. They will be learning how to keep themselves safe as well as how to help to prevent crime in their street and neighbourhood. We are hoping that the children will encourage their family and friends to join in with them and help them to gain their Bronze, Silver and Gold shields.



Dates for your diary:

- Break up for half term Friday 17th February 2023
- Return to school Monday 27th February 2023
- Break up for Easter Friday March 31st 2023
- Return to school 17th April 2023
- Break up for half term 26th May 2023
- Return to school **Tuesday** 6th June
- Break up for summer holiday Friday 21st July 2023

Academic year 2023-2024

- Return to school Tuesday 5th September 2023
- Break up for October Half-Term Thursday 26th October 2023
- Return to school Monday November 6th 2023
- Break up for Christmas Holidays Tuesday 19th December 2023
- Return to school Thursday 4th January 2024
- Break up for Spring Half-Term Friday 16th February 2024
- Return to school Monday 26th February 2024
- Break up for Easter holidays Wednesday 27th March 2024
- Return to school Monday 15th April 2024
- May Day Bank Holiday, Monday 6th May 2024 – SCHOOL CLOSED
- Break up for Summer Half-Term Thursday 23rd May 2024
- Return to school Monday 3rd June 2024
- Break up for summer holidays Tuesday 23rd July 2024

Statutory Test Dates

- Year 1 Phonic screening checks (including Year 2 resit checks) begin week commencing Monday 12 June 2023.
- Year 2 SATs will be administered during May 2023.
- Year 4 Multiplication Tests week beginning multiplication tables check within the 3-week period from Monday 5 June 2023.
- Year 6 SATs week beginning Monday 8 May to Thursday 11 May 2023.

jobs and employability fair

Wednesday, 1 February 2023 - 10am to 3pm
at Bowburn Community Centre, DH6 5AT

Looking for work? **We will help you!**

Come and chat about jobs and employability support with:

- believe housing
- EE
- Lidl
- Bishop Auckland College
- Bowburn Care Centre
- Wheels 2 Work
- County Durham Volunteering
- And more

We can provide support with applications and CVs.

Whether you are looking for your first job, thinking of returning to work after a break, or are looking to create a pathway towards training, come along and chat to us!

Or visit our website to find out more about what we can offer:

[www.believehousing.co.uk/
your-community/employability-and-learning](http://www.believehousing.co.uk/your-community/employability-and-learning)



Warm Spaces

Warm Spaces are somewhere you can go to get warm, stay warm and enjoy a little company. In some, you'll also be able to get refreshments.

With many people feeling the pressure because of increased energy costs and the rising cost of living, Warm Spaces network aims to support residents across County Durham this winter.

Warm Spaces are free and will let you stay for as long, or for as short a period as you wish (within their opening hours).

Please see link below for more information

[What Warm Spaces are, why we need them and how to find them - Durham County Council](#)

Safeguarding

For Parents - Social Networks for Children Under 13

It's a big issue and we all know about it, sadly there is very little we can do about it if parents are allowing their children to use mainstream social media apps apart from talk to and educate children about the safe and appropriate use. There is very little choice for younger children, principally this is because legally companies cannot make money out of children under 13 by harvesting personal information and using this for targeted advertising. But there are a few apps out there for those younger children. However, the challenge is that, given children primarily use social to message their friends, if their friends aren't on the app then the children won't use it. It's a real dilemma but it is worth letting parents know that there are alternatives out there, which you can find [HERE](#).

Setting up devices:

It can be difficult knowing all the different settings that are available on different devices to help protect children, this includes allowing or disallowing chat, friends, spending money, content filters and much more. On these pages you will find the details, as well as non-technical instructions, which will help you understand what is available to you and how to set up your child's devices.

Gaming consoles and devices - <https://www.internetmatters.org/parental-controls/gaming-consoles/>

Smartphones - <https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/>

Broadband and mobile networks - <https://www.internetmatters.org/parental-controls/broadband-mobile/>

Entertainment and search engines - <https://www.internetmatters.org/parental-controls/entertainment-search-engines/>

Safety/privacy settings on social media:

With many children and young people using social media it is important to understand what features are available to you to help protect your children. This is also important because for the most part, all privacy settings are default off when a new account is created, but also because some social media providers change their features quite frequently, e.g. TikTok.

Take a look at this link to see what is available to you and how to set up your child's social media. We would also advise doing this with your child so that you can discuss the features together.

<https://www.internetmatters.org/parental-controls/social-media/>

Useful new features on YouTube and YouTube Kids

YouTube is hugely popular with all age groups but historically parents haven't had a lot of control over what their children can/cannot watch. But things have changed and YouTube now gives parents a greater degree of control. It isn't perfect but it is a step in the right direction. Take a look at the page below where you will see a few short videos of newer features that can help you on YouTube and YouTube Kids.

<https://www.esafety-adviser.com/youtube-parental-restrictions/>

Gaming

Finding good games, as well as knowing what is appropriate for the age of the child isn't easy, particularly when there can be lots of peer pressure to play the more popular games which are not always appropriate. Taming Gaming is a great resource for parents to find new games for children as well as lots of advice about content, suitability etc.

<https://www.taminggaming.com/>

Wellbeing for life – cooking on a budget

Are you worried about rising energy and food costs?

Come and join us for tips and support on meal planning, shopping to a budget, actual hands-on practice and much more.

- Free
- Eat what you make
- Meet new people
- Ingredients provided

Venue

Hornden Youth and Community Centre, Eden Street, Hornden

Date

Starts Thursday 26th January 2023 running for 4 weeks

Time

10:00am – 12:00noon

To book a place please contact:

Allison Murray

07747640204

Allison.murray1@nhs.net

Booking is essential

IMPACT – free training courses

Please see attached information (below) from IMPACT on free training courses delivered by Durham Learn.



Education & Skills
Funding Agency



FREE TRAINING COURSES

for all County Durham residents aged over 19

1 DAY COURSES

Learning to Manage Stress

This course will help develop techniques on how to cope with stress. It will look at stress and its causes.

Introduction to Child and Adolescent Mental Health

This workshop explores the concept of mental health and supports you to recognise the contribution we all make to children & young people's mental health.

Tackling Destructive Thoughts

This course looks at negative thought patterns and how they can be challenged.

Improving Knowledge Around LGBT+

This course is aimed to promote understanding and awareness of LGBT+.

Managing Disruptive Behaviours

This course will look into the different behaviours and possible links to mental health. It will show how those behaviours can be viewed differently

Improving Knowledge Around Suicide

This course will develop a basic awareness of how to work safely to support people who experience thoughts of suicide.

Understanding Loss and Grief

This course will touch on techniques to help those who have suffered loss and grief.

Improving Well-being

This course will help you to improve your well-being and support others around you.

2 OR 3 DAY COURSES

CHAMP

Change, Heal And be Mentally Prepared - This three-day workshop looks at mental health through stress awareness, anxiety, and depression.

Managing Depression

This three-day course will support you to understand yourself and what will help you to keep connected.

Supporting Mental Health with Long Covid

This 7 hour course will look into how mental health has changed through living with long Covid.

Building Family Resilience

Exploring resilience and the ability to bounce back from adversity, giving families the confidence to overcome difficulties.

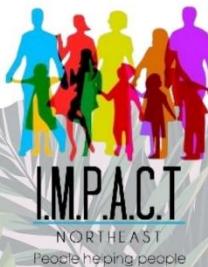
Understanding Children with Autism, PDA, or ADHD

This three-day course will look at Autism, PDA, and ADHD in great detail and how it effects children.

If you would like to know more or want to register on to a course, then please get in touch and we will be happy to help.

Tel 0191 367 0105

email: sarah@impactnortheast.co.uk



Special Educational Needs and Disabilities (SEND) Updates

Upcoming Events and Information

Most upcoming events are being advertised on social media [Durham SEND Information, Advice, Support Service | Facebook](#) This is the link to the page and there is also an Autism Hub group [Durham SENDIASS Autism Hub | Facebook](#) which promotes not just the Autism Hub events, but also other events going on across the county.

There is a mailing list for parents/carers to join. To become part of the mailing list, email: ann.connor@durham.gov.uk and ask to be added to the mailing list. You will then get any information emailed directly to you.

Durham Area Disability & Leisure Group – February – April Newsletter

Please message Miss Gregg on Class Dojo for our February- April newsletter and our weekly clubs' newsletter.

Please send us the following information when requesting places. (We can't book you in without this information)

Name of child / young person
Age of all children
Disability Type
Postcode
Name of Activity
Number of Children places
Number of Adult Places (If adults are taking part or just watching)

Thrive Walk Durham – time to talk, time to walk

Stamp It Out are delivering a series of walks 'Time To Talk Time To Walk' which will be launched on Time To Talk Day 2nd February. Funded by the Sport England Together Fund which has been coordinated by County Durham Sport, these walks look to engage communities that may still be experiencing social isolation following COVID and/or impacted by the cost of living crisis.

The walks will promote the physical benefits that exercise has on your mental health, bring communities together to have positive conversations about mental health, and signpost individuals to local support services. The walks are free to access, more information in the poster and link below to book onto the walks.

Please note the booking

system <https://outlook.office365.com/owa/calendar/WaystoWellbeing1@DurhamCountyCouncil.onmicrosoft.com/bookings/> only allows for bookings to be made 8 days in advance of the date of the walk and bookings close 24hours before the stated walk date and time (***people can still turn up on the day – however booking is encouraged**).

**TIME TO TALK
TIME TO WALK**

3 WALKS FOR 6 WEEKS!

Click the link to book a place
www.durham.gov.uk/walkdurham

Come join us!
Anyone can come along to enjoy our short walks and meet new people.
You are welcome to join us for all of the walks but you can also choose which ones you would like to attend.
These walks promote positive mental well-being and encourage you to get out and be active.
At the end of the walk you'll have access to refreshments and a chance to find out about local health and wellbeing services.

| WOLSINGHAM | MURTON | STANLEY |
|----------------------------------|--|-------------------------------|
| MEET 10:30AM AT ST ANNE'S CENTRE | MEET AT 1:30PM AT THE DANCING BETTY PUB | MEET 3:30PM AT THE PACT HOUSE |
| DL13 3AT | DALTON PARK | DH9 4JE |
| EVERY THURSDAY | SR79HU | EVERY WEDNESDAY |
| 2ND FEBRUARY - 9TH MARCH | EVERY MONDAY 13TH FEBRUARY - 20TH MARCH | 1ST MARCH - 5TH APRIL |

For enquiries or more information contact:
chris.affleck@investinginchildren.net or 0191 307 7030

Child and Adolescent Mental Health service (CAMHS)

Please find attached information for free awareness training delivered by the Child and Adolescent Mental Health service (CAMHS) in county Durham and Darlington.



Understanding emotionally based School avoidance This is an awareness session to increase understanding of what anxiety based school avoidance is, identify potential triggers and look at available support and strategies. This session is suitable for parents/carers of all school aged children but may be of limited value to parents of children with more complex needs. Wednesday 11th January 2023 09:30am-11:30am or

Wednesday 8th March 2023 09:30am-11:30am (both sessions will be the same)

Anxiety (Two groups) this session looks at what anxiety is, what the triggers might be, how to identify it and how we can support our children and young people.

Tuesday 7th February 2023 09:30am-11:30am— Ages 5-11 years or

Tuesday 21st March 2023 09:30am-11:30am—Ages 5-11 years

Tuesday 14th February 2023 09:30-11:30am—Over 11 years or

Wednesday 19th April 2023 09:30am-11:30am—Over 11 years

Emotional Wellbeing What is it and how can we improve it for ourselves and our children? This session explores the link with mental health and looks at how we can manage our own well-being as well as that of our children and young people. Wednesday 1st February 2023 09:30am-11:30am

To book places please email tevv.countydurhamcamhstraining@nhs.net

Please state which session/s you would like to attend and give your name,

The sessions are aimed at parents of school aged children but parents of younger/older children are very welcome. The sessions will be led by a CAMHS trainer and will run on Microsoft TEAMS



NHS
Tees, Esk and Wear Valleys
NHS Foundation Trust



DURHAM
www.mctdurham.co.uk
c/o Durham SENDIASS
0191 5873 541



www.darlingtonpcf.co.uk



www.rollercoasterfamilysupport.co.uk
Tel: 07377213952



www.dccarers.org
Tel: 0300 0051213