



Reception Mrs. Smith



Pupil of the Week is Freya Tantam for always being a kind and thoughtful friend.

Year 2 Miss Cameron



Pupil of the Week is Isla Wanless for always having a positive attitude towards learning and always looking for ways to improve her work.



Year 4 Miss Prosser

Pupil of the Week is Robyn Steel for her excellent description of Mount Vesuvius erupting in English.

Nursery Miss King



Pupil of the Week is Jaxx Iddon for fantastic behaviour and attitude during dough disco.

Year 1 Miss Crampton



Pupil of the Week is Logan Smith for brilliant work in maths this week when finding 1 more and 1 less than a number to 20.

Year 5 Miss Hird and Miss Oliver



Pupil of the Week is Faith Knowles for increased confidence and trying so hard.

Year 3 Miss Gregg



Pupil of the Week is Catalina Melnic for overcoming her fear of swimming.

Year 6 Miss Denham



Pupils of the Week

Pupil of the Week this week is Amelia Metcalfe for her interesting report, in English, when inventing a new, fictional animal.





**Mr.
Whitelock's
Sports Stars**

Reception:
Spencer Spearman
Freya Tantom

Year 1
Emily Taylor
Kamran Khan

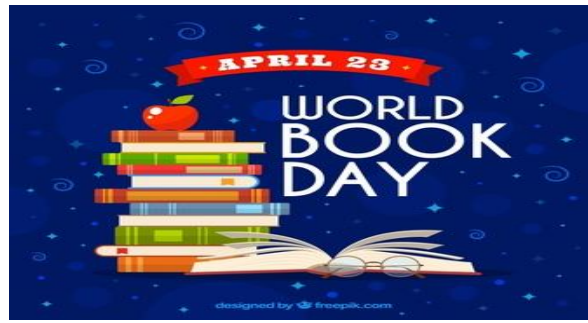
Year 2
Aiden Wells
Charlie Austin

Year 3
Kayden-Lee Metcalfe
Tianna Jones

Year 4
Vern McLaren -
Hemmings
Shane Dunoo

Year 5
Billie-Rae Littlewood
Max Taylor

Year 6
Nathan Lynn
Amelia Metcalfe



World Book Day 2023

We will be celebrating World Book Day on March 2nd. Children are encouraged to bring their favourite book to school. As usual, dressing up is optional. Any donations of outgrown dressing up costumes are welcome. Please leave them at the school office. Thank you.

Charlie Dyce been nominated for the County Durham Environment Awards 2023 Under 18's volunteer of the year award, for his litter picking to keep his community clean.

‘This will be a hilarious, relaxed session. An ideal arty session for creative kids.’

Half Term Event

West Cornforth Library

Tuesday 21st February 2023

10:30-11:30

**Learn how to draw your favourite cartoon characters
with top illustrator/author**

Liz Million

Liz Million Home Books Artwork Murals Colouring Visits About Me Say Hello

Welcome to My Web Site
I'm an illustrator and author of children's books.

Books
I write and illustrate books for children, it's my dream job! You can see examples of my work.

Colouring
If you want to have some fun you can print out some of my illustrations and you can colour them in at home.

Visits
I am a very enthusiastic speaker and the kids all have a fab time watching me draw and listening to my stories.

www.lizmillion.com

Coming soon.....

THE VEG INVASION ...HAS RETURNED!

Are you ready to join the fight?

Eat Them To Defeat Them, the multi award-winning campaign to encourage children to eat vegetables has returned to TV, schools and homes across the UK.

[Check out the TV advert](#)

Starts 20th February

Check out the website

EatThemToDefeatThem.com

FAMILIES

We're here to help you to get your kids to eat more vegetables. With the support of a huge TV advertising campaign in schools, and the best hacks, tips and advice from the UK top experts, we'll help you get even the fussiest eaters to enjoy more veg.

► **PREPARE FOR VICTORY!**



<https://eatthemtodefearthem.com>

School News

School Dinners

Dear Parent or Carer,

With the continual challenges we are facing in terms of inflation and energy and to ensure a sustainable and nutritious meal is provided to the Children, it has been necessary to agree a price increase in relation to the Primary School meal.

From Monday 27th February (following the half-term break) a school meal will cost £2.41 per day. From September 2023 meals will increase to £2.50 per day with this rate fixed until April 2024. The meals are freshly produced on site by a catering supplier Chartwell's and offer a 3-choice menu per day. Each meal is developed to ensure the right amount of protein, carbohydrates, fruit, and vegetables is available while avoiding confectionary and artificially sweetened drinks, with limits on the fat, salt, and sugar content in each meal.

The good news is if your child or children attend an infant school or infant class from Reception to Year 2 (KS1) then school meals will be free to them under the government Universal Infant Free School Meal Scheme.

Don't forget that if your child has a medical dietary requirement (supported by a Medical Practitioner) then this can be provided for.

This is an unprecedented period of financial challenge across a range of Industry sectors and services, the education team has worked hard with the current provider to agree a pricing mechanism to ensure a high quality and sustainable meal service is provided for Children within Durham Schools.

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 17th 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.



The bread and butter thing.

Introducing The Bread and Butter Thing



- * **Save over £20 a week on your shopping**
- * **New hub opening: 2pm, Monday 20th February**
At West Cornforth Community Association
Station Road, West Cornforth, Ferryhill, DL17 9LA



The Bread and Butter Thing offers weekly groceries at a fraction of high street prices. We're opening our new Cornforth Hub on Monday 20th February.

For £7.50 we offer roughly £35 worth of food each week including fresh fruit and veg, chilled food for the fridge and cupboard staples such as pasta and cereal. We get our supplies from the stuff that you hear about in the news going to waste: it comes from supermarkets, factories and farms.

The food changes daily meaning your bags will change from week to week. Most members tell us that they collect food from TBBT and then 'top up' from the supermarket once they have seen what we provide.

As the bags vary from day to day, some weeks the savings will be greater than others. However, you will always be paying much less than in the shops and have new foods to try. Very occasionally, if food supplies that day are low, we will not have enough for the 3 bags. In this case, we will lower the price. We want you to feel we are making a difference to your weekly food bills.

Why not give us a try? There is no commitment and its free to join. If you want an order just reply to the weekly text you receive on the day you get it. It's really easy to signup to TBBT...


Step 1 - Text [07860 063304](tel:07860063304) with your full name, postcode, and the name of the hub you will be collecting from: CORNFORTH

**Step 2 - Select the size of order you want to receive: Family - £7.50 (this is our top seller).
We also offer Individual - £4, or Large Family - £15.
There is a Vegetarian option available too.**

Step 3 - We'll send you a text every Saturday to see if you want an order. Just reply "YES" by 10:00AM the next day. We'll deliver your order to the Cornforth Hub on Monday at 2pm.

**Step 4 - Collect and pay for your goods from West Cornforth Community Association
(Don't forget - someone can collect on your behalf if you can't make it
and we also accept Healthy Start Vouchers).**

Everyone who signs up before 26 May 2023 will get their first order free.



**No joining
criteria**



**Cash or
card on
collection**



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.



IMPACT
NORTHEAST
People helping people

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

Durham
LEARN
anytime, anywhere

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)

Fun and Food

February Fun and Food activities are now being loaded onto our Fun and Food landing page at www.durham.gov.uk/funandfood, we will be uploading more activities daily so keep visiting to see what's new.

Warm Homes – Newsletter

Please find attached our new Warm Homes Newsletter (Issue 5) which I hope will be of interest to you. [Warm Homes Newsletter Issue 5 \(durham.gov.uk\)](#)

I have also attached our Top 20 Energy Saving Tips Leaflet and information on Carbon Monoxide Awareness.

Contact – understanding sensory processing online workshops

Do you care for a child with additional needs?

Free understanding sensory processing online workshops

A chance to understand sensory processing and how it impacts on how we feel, behave and learn.

Explore strategies to support your family.

- Learn more about sensory processing and sensory integration
- Reflect on your child's sensory needs, and your own, and how these might change over time
- Consider the impact of sensory needs on other family members/care givers and in different environments
- Identify new approaches to supporting the challenges and opportunities of sensory issues
- Explore how you can obtain further help and guidance if you need it

Thursday February 16th

12:30 – 2:30pm

<https://www.eventbrite.co.uk/e/understanding-sensory-processing-workshop-space-tickets-381159025907>.

Tuesday February 28th

12:30 – 2:30pm

<https://www.eventbrite.co.uk/e/understanding-sensory-processing-workshop-space-tickets-381163138207>.

Tuesday March 28th

12:30 – 2:30pm

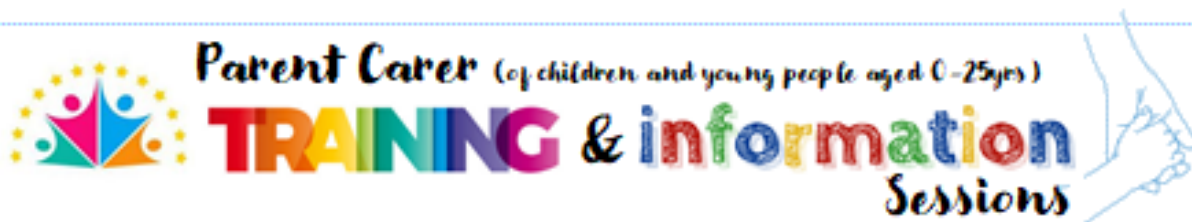
<https://www.eventbrite.co.uk/e/understanding-sensory-processing-workshop-space-tickets-381171924487>

All workshops will be held on Zoom.

For more information email: space@contact.org.uk

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.nctdurham.co.uk
c/o Durham SENDIASS
0191 5873 541



Together for Better
Darlington Parent Carer Forum

www.darlingtonpcf.co.uk



www.rollercoasterfamilysupport.co.uk

Tel: 07377213952



Durham County
carers support

www.dccarers.org
Tel: 0300 0051213