



### Reception Mrs. Smith



Pupil of the Week is Hugo Snowball for trying really hard to form all letters correctly.

We have come to the end of our space topic and after half term we will be learning about pirates. Reception will have PE on a Thursday, after half term.

### Year 2 Miss Cameron



Pupil of the Week is Noah Kays for always contributing in every lesson with thoughtful questions and answers.

Our next Forest Friday session will return after half term on Friday 3<sup>rd</sup> March. Our PE day is a Tuesday, please ensure the children bring their PE kits to school that day. Thank you.



### Year 4 Miss Prosser

Pupil of the Week is Lucas-James for trying hard to improve his writing using a variety of adjectives.

Y4 swim on a Wednesday and will need their swimming kits.

Year 4 PE is on a Friday.

### Nursery Miss King



Pupil of the Week is Yuvan Vasantam for always creating beautiful pictures.

### Year 1 Miss Crampton



Pupil of the Week is Benjamin Dennison for retelling the story 'Dinosaurs and all that Rubbish' in great detail.

PE day is a Thursday.

### Year 5 Miss Hird and Miss Oliver



Pupil of the Week is Max Taylor for trying extremely hard with online tasks.

Year 5 PE is on a Monday.

### Year 3 Miss Gregg

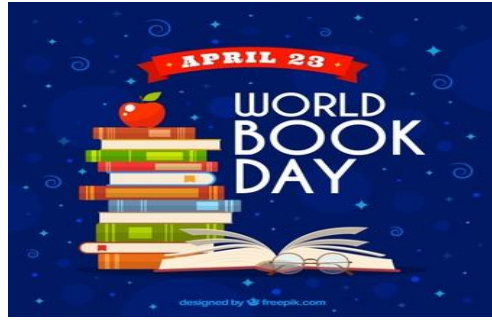


Pupil of the Week is Louisa King for showing great independence in maths lessons.

### Year 6 Miss Denham



Pupils of the Week this week is Matthew Graham for always being reliable, supportive and kind to others.



Mr.  
**Whitelock's  
Sports Stars**

Reception:

Year 1

Year 2

Year 3

Year 4

Year 5

Year 6



## 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.

### School Uniform

Back to 'normal' after February half term.

**Children wear their school uniform every day and get changed for P.E.**

P.E kit should include: white or blue tshirt and black or navy shorts, jogging bottoms or leggings. PE shoes or trainers must be worn.

Thank you

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

## Half Term Event

**West Cornforth Library**

**Tuesday 21<sup>st</sup> 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](http://www.lizmillion.com)

# School lunch menus from April 2023

## Lunch Menu Week 1

Spring/Summer 2023 Week Commencing: 17/04, 08/05, 05/06, 26/06, 17/07, 04/09, 25/09, 16/10

**NORTH EATS.**  
So much more than school food



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pork Sausages with Creamed Potato and Gravy	Minced Beef and Vegetables with Creamed Potato	Roast Turkey and Yorkshire Pudding with New Potatoes and Gravy ♥	Chicken Korma with Wholegrain Rice 🌿	Breaded Fish Fingers with Chipped Potatoes
Macaroni Cheese V	Homemade Cheese and Tomato Pizza with Oven Baked Jacket Wedges 🌿 V	Vegetable Pastry Roll with New Potatoes and Gravy V	Chinese Vegetarian Rice V	Vegetarian Dippers with Chipped Potatoes V
Jacket Potato with Salmon Mayonnaise 🐟	Sandwich Selection	Jacket Potato with a Selection of Fillings	Cheese Melt Baguette V	Jacket Potato with a Selection of Fillings
Freshly Prepared Salad Served Daily ♥				
Green Beans Carrots ♥	Sweetcorn Baked Beans ♥	Carrots Cabbage ♥	Peas Sweetcorn ♥	Baked Beans Peas ♥
Orange Drizzle Cake with Custard	Hot Chocolate Sponge with Chocolate Custard	Strawberry Jelly and Fruit 🍏	Flapjack with Fruit 🍏	Chocolate Ice Cream

Available Daily  
WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT AND FRESH FRUIT

🌿 Vegetarian 🐟 Oily fish 🌿 Wholegrain 🍏 Fruity ♥ Nutritionist's choice

## Lunch Menu Week 2

Spring/Summer 2023 Week Commencing: 24/04, 15/05, 12/06, 03/07, 11/09, 02/10, 23/10

**NORTH EATS.**  
So much more than school food



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegetarian Meatball's in Tomato Sauce with Wholemeal Pasta 🌿 V	Chinese Chicken and Vegetable Rice 🌿	Roast Turkey with Roast Potatoes and Gravy	Beef Lasagne with Garlic and Herb Bread ♥ 🌿	Breaded Fish Fingers with Chipped Potatoes
Cauliflower Macaroni Cheese with Crusty Bread ♥ V	Pizza Wheel with Potato Wedges 🌿 V	Tomato Pasta with Garlic and Herb Bread 🌿 V	Sweet Chilli Vegetable Noodles V	Vegetarian Sausage in a Bun with Chipped Potatoes V
Jacket Potato with a Selection of Fillings	Sandwich Selection	Jacket Potato with a Selection of Fillings	Cheese and Tomato Melt V	Jacket Potato with a Selection of Fillings
Freshly Prepared Salad Served Daily ♥				
Peas Carrots ♥	Baked Beans Sweetcorn ♥	Cabbage Carrots ♥	Sweetcorn Green Beans ♥	Baked Beans Peas ♥
Oat Chocolate Cookie with Fruit 🍏	Vanilla Cake with Custard	Chocolate and Banana Marble Cake with Custard	Flapjack with Fruit 🍏	Chocolate and Orange Muffin


















Available Daily

# Lunch Menu Week 3






Spring/Summer 2023 Week Commencing: 01/05, 22/05, 19/06, 10/07, 18/09, 09/10

**NORTH EATS.**  
So much more than school food



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegetarian Bolognese with Wholemeal Pasta 	Cottage Pie 	Roast Pork in a Bun with Gravy and Oven Baked Potato Wedges	Butter Chicken Curry with Wholegrain Rice 	Southern Fried Chicken with Chipped Potatoes
Cheese and Tomato Pizza with Oven Baked Potato Wedges 	Mexican Vegetarian Tortilla Pie with Wholegrain Rice  	Cheesy Ploughman's Picnic Plate with Oven Baked Potato Wedges 	Tomato Pasta Bake with Garlic Dough Balls 	Tomato Veggie Burger with Chipped Potatoes 
Jacket Potato with a Selection of Fillings	Sandwich Selection	Jacket Potato with a Selection of Fillings	Sandwich Selection	Jacket Potato with a Selection of Fillings
Freshly Prepared Salad Served Daily 				
Carrot Sticks Baked Beans 	Cabbage Peas 	Coleslaw Carrots 	Sweetcorn Green Beans 	Peas Baked Beans 
Feathered Jam Sponge with Custard	Flapjack with Fruit 	Pineapple Upside Down Cake with Custard	Chocolate Brownie with Fruit 	Frozen Mango Yoghurt

Available Daily  
WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT AND FRESH FRUIT

 Vegetarian  Oily fish  Wholegrain  Fruity  Nutritionist's choice

## FERRYHILL FRUIT N VEG

<h3>FRUIT BASKET</h3> <ul style="list-style-type: none"> <li>• STRAWBERRIES • RED OR GREEN GRAPES</li> <li>• PEARS • ORANGES • SEASONALS</li> <li>• PLUMS • BANANAS • BLUEBERRIES</li> <li>• RED APPLES • GREEN APPLES</li> </ul>  <p><b>£13</b></p>	<h3>DELIVERY AREAS AND CHARGES</h3> <p>WEEK ORDERS   MONDAY - SATURDAY</p> <p>FERRYHILL - £1.00   HULTON - £2.00</p> <p>2000 NEWCASTLE - £2.00   SPENNYMUGGS - £2.00</p> <p>TOWNS - £1.00   DENBY HULLERAM - £2.00</p> <p>WEST COOPERTON - £2.00   GUNDOG - £2.00</p> <p>WILSON - £2.00   SPANWICK - £2.00   WIMBOR - £2.00</p> <p>WELLS - £2.00   NEWTON BYLAPPE - £2.00</p> <p>WILKINSONS HILL - £2.00   FRODOSS - £2.00</p> <p>WORSWICK - £2.00   FRODOSS - £2.00</p> <p>OTHER AREAS AVAILABLE PLEASE ASK WHEN ORDERING</p>	<h3>PENSIONER BASKET</h3> <ul style="list-style-type: none"> <li>• BABY POTATOES • JACKET POTATO</li> <li>• 1/2 SWEDE • WHITE ONION</li> <li>• LEEK • CARROTS • PARSNIP</li> <li>• MUSHROOMS • 1/4 CABBAGE</li> <li>• 1/4 BROCCOLI • 5 BANANAS</li> <li>• PUMPKIN GARDY TOMATOES</li> <li>• PEAS • RED APPLE</li> <li>• GREEN APPLE • PLUM</li> <li>• SEASONALS</li> </ul>  <p><b>£6</b></p>
<h3>VEG BASKET</h3> <ul style="list-style-type: none"> <li>• 1.5KG POTATOES • CAULIFLOWER</li> <li>• SWEDE • LEEK • CARROTS</li> <li>• LARGE ONION • PARSNIP</li> <li>• SAVOY OR WHITE CABBAGE</li> <li>• MUSHROOMS • BROCCOLI</li> </ul>  <p><b>£11</b></p>	<h3>SALAD BASKET</h3> <ul style="list-style-type: none"> <li>• MIXED OR BUN LETTUCE • CARROTS</li> <li>• BANANAS • WHITE ONION</li> <li>• RED ONION • SMALL WHITE POTATOES</li> <li>• YONG THAIWATERS • PLUM THAIWATERS</li> <li>• SMOKY TOMATOES • GREEN AND RED PEPPERS</li> <li>• SPINACH SHIRAZ • BUTTERBEES</li> </ul>  <p><b>£12</b></p>	<h3>EGGS</h3> <p>DOUBLE YOLK EGGS - £1.75 FOR 6</p> <p>LARGE EGGS - £1.50 FOR 6</p> <p>TRAY OF 30 EGGS - £7</p> 



## FERRYHILL FRUIT N VEG

**OPENING HOURS**

**MONDAY - 9:00 - 14:45**

**TUESDAY - 9:00 - 14:45**

**WEDNESDAY - 9:00 - 14:45**

**THURSDAY - 9:00 - 16:30**

**FRIDAY - 9:00 - 16:30**

**SATURDAY - 9:00 - 13:00**

**SUNDAY - CLOSED**

**6 MARKET ST FERRYHILL DL17 8JN**

T: 07895 192673 E: [ferryhillfruitnveg@gmail.com](mailto:ferryhillfruitnveg@gmail.com)

## Dates for your diary:

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

### Academic year 2023-2024

- Return to school Tuesday 5<sup>th</sup> September 2023
- Break up for October Half-Term Thursday 26<sup>th</sup> October 2023
- Return to school Monday November 6<sup>th</sup> 2023
- Break up for Christmas Holidays Tuesday 19<sup>th</sup> December 2023
- Return to school Thursday 4<sup>th</sup> January 2024
- Break up for Spring Half-Term Friday 17<sup>th</sup> February 2024
- Return to school Monday 26<sup>th</sup> February 2024
- Break up for Easter holidays Wednesday 27<sup>th</sup> March 2024
- Return to school Monday 15<sup>th</sup> April 2024
- May Day Bank Holiday, Monday 6<sup>th</sup> May 2024 – SCHOOL CLOSED
- Break up for Summer Half-Term Thursday 23<sup>rd</sup> May 2024
- Return to school Monday 3<sup>rd</sup> June 2024
- Break up for summer holidays Tuesday 23<sup>rd</sup> 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](mailto: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](mailto:ann.connor@durham.gov.uk) and ask to be added to the mailing list. You will then get any information emailed directly to you.

### Gametime – Shildon

The Culture County presents:

“GAMETIME: SHILDON”

Free family-friendly fun this Feb half-term.

Family races, arts and crafts, rave workout, dance, street games, quidditch and more!

All ages and all fitness levels catered for.

GAMETIME is a pilot event from The Culture County, bringing together sport, art, wellbeing, culture, for everyone in County Durham.

Ticket numbers are limited so do please book in advance.

All children must be accompanied by a parent/carer/adult for the whole duration of the event.

Hosted by Events of The North, Families on Track, Durham County Council, Durham University, Culture Durham Partnership.

A free lunch bag will provided (simple but wholesome) but let us know if you have dietary requirements.

Please let us know if you have access requirements.

Email [durham2025@durham.gov.uk](mailto:durham2025@durham.gov.uk) with any queries.

When:

Wednesday 22<sup>nd</sup> February 2023

11:00 – 2:00pm

Location:

Shildon Sunnydale Leisure Centre

Middridge Lane

Shildon

DL4 2EP

Link to booking online:

[GAMETIME: SHILDON Tickets, Wed 22 Feb 2023 at 11:00 | Eventbrite](#)

### 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](http://www.durham.gov.uk/funandfood), we will be uploading more activities daily so keep visiting to see what's new.



## 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 16<sup>th</sup>

12:30 – 2:30pm

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

Tuesday February 28<sup>th</sup>

12:30 – 2:30pm

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

Tuesday March 28<sup>th</sup>

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](mailto:space@contact.org.uk)

## Investing in Children – we need your help

Respect Young Peoples Service specialise in working with young people who use harmful behaviours towards their parents/carers and in their own partner relationships. Respect and Investing In Children (IIC) are hoping to work with young people and families as part of a new project. We are developing new resources for children and young people to teach them about healthy relationships with family, friends and partners, as well as awareness raising information for parents and carers that may be experiencing CAPVA (Child and Adolescent to Parent Violence and Abuse).

The aim is to help any young people who use abusive behaviour to identify it earlier and get young people and families the help they need. As part of the development of the parent/carer resource we would also like for you to review and comment on some ideas for a video resource. This purpose of this resource is to give a message to parent/carers and children that they can access help and support.

We need your help! If you would like to be part of a reference group to help develop these resources then we're inviting you to an introductory meeting on:

Monday 20th February 6:30-7:30pm on Zoom.

For more information or to confirm you'd like to be involved in this group please contact: [chris.affleck@investinginchildren.net](mailto:chris.affleck@investinginchildren.net) text 0745305896 or call 0191 3077030.

All parents/ carers will be able to claim an involvement fee for attending these meetings

## 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.



Parent Carer (of children and young people aged 0-25yrs)

# TRAINING & information Sessions



**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 [teww.countydurhamcamhstraining@nhs.net](mailto:teww.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



Tees, Esk and Wear Valleys  
NHS Foundation Trust

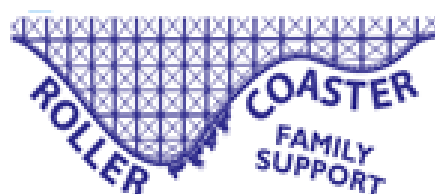


DURHAM  
[www.mctdurham.co.uk](http://www.mctdurham.co.uk)  
c/o Durham SENDSASS  
0191 5873 541



**Together for Better**  
Darlington Parent Carer Forum

[www.darlingtonpcf.co.uk](http://www.darlingtonpcf.co.uk)



[www.rollercoasterfamilysupport.co.uk](http://www.rollercoasterfamilysupport.co.uk)

Tel: 0737 72 13952



Durham County  
carers support

[www.dccarers.org](http://www.dccarers.org)

Tel: 0300 0051213