



Reception Mrs. Smith

★ Pupil of the Week is Albion Gibson-Buckley for trying hard to listen and follow instructions.

This week in Reception we have been learning about the dwarf planet Pluto. Next week we will be reading 'The Smeds and the Smoos' by Julia Donaldson.

Please can all Reception children have wellies in school next Friday for our Fresh Air Friday session.

Year 2 Miss Cameron

★ Pupil of the Week is Olivia Stephenson-Brough for always having a positive attitude to learning.

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

★
Year 4 Miss Prosser

Pupil of the Week is Kelsey Whitelock for an excellent week and scoring 25/25 in our times table test.

Nursery Miss King



Pupil of the Week is Serenity McLaren-Hemmings for being so kind to our Nursery visitors this week.

Year 1 Miss Crampton



Pupil of the Week is Teddy Wilson for always having a mature attitude towards everything he does.

Year 5 Miss Hird and Miss Oliver



Pupil of the Week is Izzie Snowdon for her resilience when completing long multiplication questions.

Year 3 Miss Gregg



Pupil of the Week is Abigail Teasdale for working independently in maths.

Swimming will start again next Wednesday – information has been sent on Class Dojo.

Year 6 Miss Denham



Pupils of the Week

Pupil of the Week this week is Faith Parkin- for representing the school in a really professional manner, alongside her exceptional efforts in the football tournament.





**Mr.
Whitelock's
Sports Stars**

Reception:

Fletcher Hindmarch
Isla-Mae Weir

Year 1

Logan Smith
Zoe Lucas

Year 2

George Irwin
Pheobe Barker

Year 3

Alex Taylor
Tianna Jones

Year 4

Rossi Parkin
Shane Dunoo

Year 5

Ruby Conquest
Izzie Snowdon

Year 6

Alex Owens
Faith Parkin



School News

After seven years in post, Mrs Hodgson is leaving us at the end of the academic year. The governing body are currently advertising for a new headteacher.

Dress to Express!

Next week it is Children's mental health week and on Friday 10th we will be taking part in a 'Dress to Express' day where children can wear an outfit that they love or that shows their personality.

Free Adult Learning

Flexible, distance learning with Bishop Auckland College.



For further details on these free distance learning courses, contact Anna Hewison

Mobile: 07530 534298

Email: anna.hewison@bacoll.ac.uk

Free Flexible Learning Courses

Awarding Body	Course Title
NCFE	Certificate in Equality & Diversity L2
NCFE CACHE	Certificate in Common Health Conditions L2
NCFE CACHE	Certificate in Principles of Dementia Care L2
NCFE CACHE	Certificate in Awareness of Mental Health Problems L2
NCFE CACHE	Certificate in Understanding the Care and Management of Diabetes L2
NCFE CACHE	Certificate in the Principles of the Prevention and Control of Infection L2
NCFE CACHE	Certificate in Understanding the Safe Handling of Medication in Health and Social Care L2
NCFE CACHE	Certificate in Principles of End of Life Care L2
NCFE CACHE	Certificate in Principles of Working with Individuals with Learning Disabilities L2
NCFE CACHE	Certificate in Understanding Autism L2
NCFE CACHE	Certificate in Understanding Dignity and Safeguarding in Adult Health and Social Care L2
NCFE CACHE	Certificate in Understanding Nutrition and Health L2
NCFE CACHE	Certificate in Falls Prevention Awareness L2
NCFE CACHE	Certificate in Understanding Behaviour that Challenges L2
NCFE CACHE	Certificate in Understanding Safeguarding and Prevent Duty L2
NCFE CACHE	Certificate in Understanding Children and Young People's Mental Health L2
NCFE CACHE	Certificate in Understanding Common Childhood illnesses L2
NCFE CACHE	Certificate in Understanding Mental Health First Aid and Mental Health Advocacy L2
NCFE CACHE	Award in an Introduction to Neuroscience in Early Years L2
NCFE CACHE	Certificate in Understanding Adverse Childhood Experiences L2
NCFE CACHE	Certificate in Understanding Domestic Abuse L2
NCFE CACHE	Certificate in Principles of Care Planning L2
NCFE CACHE	Certificate in Understanding Climate Change and Environmental Awareness L2
NCFE CACHE	Certificate in Preparing to Work in Adult Social Care L2 COMING SOON
NCFE CACHE	Certificate in Understanding Cancer Support L2 COMING SOON
NCFE CACHE	Certificate in Understanding Personal Care Needs L2

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.

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

Horden Youth and Community Centre, Eden Street, Horden

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.



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)

Aspire – newsletter

Please see below like to Aspire newsletter
[Aspire Weekly Newsletter \(mailchi.mp\)](#)

Rollercoaster – February 2023 dates

Please see attached diary dates for Rollercoaster February delivery.



ROLLERCOASTER
PARENT CARER SUPPORT

Rollercoaster February 2023 Diary dates

For families supporting a child or young person (up to 25 years) with emotional or mental health difficulties

Parent Carer Support Group:  Wednesday 1st February 2023  10am-12
Support, information, advice on a range of topics around mental health with a parent peer supporter & CAMHS Nurse. Box 6, Durham County Cricket Ground Chester le Street DH3 3SH

Virtual Parent Carer Support Group:  Wednesday 8th February  6pm-7.30pm
Support, information, advice on a range of topics around mental health with a parent peer supporter, SEND IASS & CAMHS Nurse. Held on Zoom

Parent Carer Support Group:  Wednesday 15th February  6pm-8pm
Support, information, advice on a range of topics around mental health with a parent peer supporter & CAMHS Nurse. The Acley Centre, Carer's Way, Newton Aycliffe DL5 4PE

Mental Health Drop In:  Friday 24th February  1pm-2pm
Book a 30 minute 1:1 with a CAMHS Nurse or SEND IASS advisor held online via Zoom

 Closed Facebook group - Rollercoaster closed Facebook Group is a safe space for parents to access support from other parents at any time <https://www.facebook.com/groups/1601632260084760>

  07377 213952  support@rollercoasterfs.co.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.mctdurham.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