



Reception Mrs. Smith



Pupil of the Week is Cole Dinsley for knowing all of the phase 2 and 3 sounds and using them in his writing.



Nursery Miss King



Pupil of the Week is Ruby for having a fantastic first week in Nursery and working super hard answering questions in all sessions.



Year 1 Miss Crampton



Pupil of the Week is Andrius Sidagis for making good progress with his reading.

Year 2 Miss Cameron



Pupil of the Week is Emma Foster for always completing every piece of homework set.

Forest Friday will continue after the May half term (Friday 9th June) due to the run up to SATs. All children can attend SATs booster club on a Thursday after this half term, starting Thursday 20th April.

Year 5 Miss Hird and Miss Oliver



Pupil of the Week is Keegan Taylor for his sensible attitude to work in Miss Hird's classroom this week.

Year 3 Miss Gregg



Pupil of the Week is Luna Blackett for creating an amazing advert in English this week.



Year 4 Miss Prosser

Pupil of the Week is Aaleyah for always having a smile on her face and making great progress with her writing.

Year 6 Miss Denham



Pupil of the Week is Amelia Casson for excellent online safety work.

Safeguarding Online Safety

Video Games and Reading

As much as people talk about the negatives of gaming, games playing can be hugely beneficial in many ways such as teamwork, problem solving, critical thinking and so much more, including reading. This is particularly true for those children who are reluctant to read or who are struggling. Andy Robertson from Ask About Games has put together a great little selection of games which you can find [HERE Great Video Games That Get Children Excited About Reading \(askaboutgames.com\)](https://askaboutgames.com). Alternatively, scan this QR code to view the website:



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about TIKTOK

AGE RESTRICTION 13+
(certain features are restricted to over-18s only)

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-16 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.

18 CENSORED

DANGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the "blackout" trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

CONTACT WITH STRANGERS

With around 1.1 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-18s (or youngsters using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app, it also lets their videos be suggested to others and enables anyone to comment on them or download them.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £4.99 to an eye-watering £99; TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.

ADDICTIVE NATURE

Like all social networking platforms, TikTok can be addictive. Figures show that young people are investing increasing amounts of time in it. In the UK, children with TikTok spend an average of 102 minutes per day on the app, versus 53 minutes on YouTube. This compulsive repeated use can interfere with their sleep patterns – leading to irritability – and distract them from other activities.

TIKTOK NOW

Introduced in late 2022, the 'TikTok Now' feature lets users post a daily video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This distraction can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

Advice for Parents & Carers

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (reducing the chances of a child seeing inappropriate content); set screen time limits; and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.

MAKE ACCOUNTS PRIVATE

Although under-18s will have their TikTok accounts set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.

LIMIT IN-APP SPENDING

If your child is using an iPhone or Android device to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.

DISCUSS THE DANGERS

If your child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.

READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs: increased irritability and a lack of concentration are potential red flags, as are failing to complete homework or regularly not eating meals.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.

NOS National Online Safety
#WakeUpWednesday

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 23.11.2021

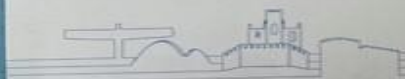
Worried your child is poorly?

Remember - Check THE LITTLE ORANGE BOOK.

It's **FREE** and full of expert advice to help your children when they're poorly.

If you need to speak to a healthcare professional, remember you can:

- See your pharmacist
- Contact your GP
- Call NHS 111
- Visit www.nhs.uk



Does your child have a high temperature?

A change in a child's temperature may be a sign they are poorly. A normal temperature in babies and children is about 36.4°C, but this can vary slightly. A high temperature or fever is usually considered to be a temperature of 38°C or above.

If you think your baby has a high temperature, it's best to check their temperature with a thermometer. This can help you work out whether you need to get medical advice.

How do I take my child's temperature?

To take your child's temperature:

1. Hold them comfortably on your knee and put the thermometer in their armpit – always use the thermometer in the armpit with children under 5 years.
2. Gently, but firmly, hold their arm against their body to keep the thermometer in place for however long it says in the manufacturer's instructions – usually about 15 seconds. Some digital thermometers beep when they're ready.
3. The display on the thermometer will then show your child's temperature.

You can usually look after your baby or child at home when they have a high temperature. Make sure you give them plenty of drinks, to avoid dehydration.

Always contact a GP or call NHS 111 if your child has other signs of illness, such as a rash, as well as a high temperature.

For further guidance on taking your child's temperature, scan the QR code or go to:

www.nhs.uk/conditions/baby/health/how-to-take-your-babys-temperature



Dates for your diary:

- 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.

Progress Meetings for Parents

Monday 17th April

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.

SEND Review Meetings

SEND review meetings will take place on Wednesday 29th March and Friday 31st March. There is an online form to book an appointment, please message Miss Gregg for the link. **Appointment times have all been sent out via Class Dojo. If you completed the form, and haven't received an appointment, please contact the school office.**

SEND Coffee Morning

We will be holding another SEND coffee morning on Wednesday 26th April at 9:00am. This will be a chance to speak to the SENCO and other professionals. This is a great opportunity, so make sure to get the date in your diary. More information to follow!

Easter Activities – Fun and Food

Easter 2023

Week 1

Short Breaks Solutions are working in partnership with Fun & Food to develop inclusive opportunities for your children and young people with special educational needs and/or disabilities.

Booking is essential. Please email- Shortbreakssolutions@durham.gov.uk
Places are limited and open to school aged children & young people only.

Activity	Date	Time	Location	Details
The Bounce House	Monday 3rd April	10:00am- 12:00pm	Spennymoor	Free Bounce
Sport Works	Tuesday 4th April	10:00am- 2:00pm	Peterlee	Fun & Friendship Multi-games & Crafts
Haystax	Wednesday 5th April	10:30am-12:00pm	Lanchester	Nature Crafts
Infinite Air	Thursday 6th April	3:30-4:30pm	Durham	Free Bounce
The Fish Tank	Friday 7th April	3:15- 6:15pm	Newton Aycliffe	Swim & Soft play

Easter 2023

Week 2

Short Breaks Solutions are working in partnership with Fun & Food to develop inclusive opportunities for your children and young people with special educational needs and/or disabilities.

Booking is essential. Please email- Shortbreakssolutions@durham.gov.uk
Places are limited and open to school aged children & young people only.

Activity	Date	Time	Location	Details
The Bounce House	Tuesday 11th April	10:00am- 12:00pm	Spennymoor	Free Bounce
Creative Kitchen	Tuesday 11th April	2:00pm- 4:30pm	Consett	Family Cooking & Crafts
Haystax	Thursday 13th April	12:30am -2:00pm	Lanchester	Nature Crafts
Sport Works	Friday 14th April	10:00am- 2:00pm	Peterlee	Fun & Friendship Multi-games & Crafts

FUN & FOOD
Holiday activities with healthy food

Durham Neurodevelopment Family Support Hub

Durham Neurodevelopmental Family Support Hub

The Hub is organised by the Durham SENDIASS team, in Easington Village.

At The Hub, we offer advice support and signposting to services across County Durham and also nationally. The Hub offers drop-in sessions, face-to-face support, as well as virtual links.

The Hub is well-resourced with books, leaflets and equipment. Many of the leaflets are available to take away. Some items are available for loan including 'story sacks'.

A range of books are available provide guidance on talking to children about situations they may find difficult.

The information leaflets offer valuable advice and guidance on a range of topics. We also work in partnership with other local agencies.



Find us at:

Lee House, Lee Terrace,
Easington, Peterlee SR8 3AB



Durham Neurodevelopmental Family Support Hub

If you live in County Durham, the SENDIASS Neurodevelopmental Family Support Hub is here for you. The team support children and young people, aged 0-25 years, and their families.

We can support you at any point of your Neurodevelopmental journey. We are here to listen to your concerns and offer advice and support.



County Durham and Darlington NHS Foundation Trust

Our Family Support Service can provide support in various ways:

Access to a Neurodevelopmental Family Support Officer who has a range of specialist knowledge and skills to offer can be offered. Our officers can provide specific and accurate information, advice, and support to families.

A Neurodevelopmental Family Support Officers will work closely with the families to establish the needs of the family and address any gaps in information, to seek a solution and create an outcome-focussed plan for the family. Advice can include:

- Support and information about the assessment and diagnostic process
- Support around understanding a diagnosis/explaining diagnosis to child or young person
- Introduction to services within a family's local community
- Signposting to other services
- Support around understanding a child's behaviour
- Support about understanding a child's sensory needs
- Creating visuals/social stories
- Understanding emotional regulations, including strategies to support this
- Information about Parent Learning Opportunities

What can I expect?

Please call or email SENDIASS to make a **referral** into this service. You will speak to one of our team members who will ask you some basic information and questions about your family and what support you feel you would benefit from. They will then offer you a **telephone appointment** with one of our team. This will allow you the opportunity to have a 1:1 chat about your family, what is working well and what you would like support with.

Parent / Carer support:

We provide a range of parent/carer support sessions, in addition to learning workshops, drop-ins, multi agency drops-in and parent/carer peer support sessions, teen support and sibling groups.

Learning Opportunities:

We aim to provide parents with learning opportunities around topics such as; Navigating the Neuro Pathway and Support, Adjusting to a Diagnosis, Girls and Autism, Zones of Emotional Regulation, Using Visuals, Understanding Your Child's Behaviour, Understanding Sensory Processing, Support with Transition.

Find us on Facebook to view this information



Supporting Children and Young People:

Children, young people, and their families are often offered to attend activities and events hosted alongside partner agencies and local charities. These are advertised through our website, through information sent to schools and on social media.



Getting in touch:

The service is for families pre, during and post diagnosis for children and/or young people aged 0-25 if they:

- Have concerns their child or young person may have Autism, sensory processing, ADHD, FASD or who display characteristics
- Are undergoing a Neurodevelopment Assessment or are on a waiting list to be considered for assessment
- Have a diagnosis of Autism/ADHD/FASD

Tel: 0191 5873541

Email: SENDIASS@durham.gov.uk

www.durhamsendiass.info

Please message Miss Gregg on Class Dojo for information about upcoming events and group sessions.

Family Hubs – The Parent Carer Panel

Are you interested in being part of our Family Hubs Parent Carer Panel?

The Parent Carer Panel (PCP) will work together with local services to co-design Family Hub services to make sure families get what they want and need.

We are recruiting 16 PCP members to join monthly meetings and play a key role in helping to develop the Family Hubs. This is a paid role offering involvement fees or vouchers for your time.

Family Hubs will provide a 'one stop shop' for support about being a parent or carer from pregnancy, through a child's early years until they reach the age of 19 (or 25 for young people with special educational needs and disabilities).

For more information email FamilyHubs@durham.gov.uk and we will send you more details about the role and how you can apply. **Applications to be received by 26th March 2023.**

Wellbeing for Life – coffee and chat

Join Wellbeing for Life for coffee and a chat. There will be a quiz, puzzles and games.

Linford Court
Bishop Auckland
Starting Tuesday 28th March
10:30 – 11:30am

If you would like any further details please get in touch with Nikki Williams

Nicola.williams42@nhs.net
07342710886

Durham County Carers Support – Family Activity Day

Do you care for an adult or a child with Autism and/or a learning disability?

We have teamed up with Inclusion North for an activity day at Alan Shearer Centre, on the 14th April 2023.

The ASC is a specialist recreational and social facility for people with complex physical and learning disabilities and sensory impairments. It has many different sensory activities to stimulate both children and adults with complex needs and is open to Carers and their immediate families.

The centre is fully accessible including changing facilities and we will provide a packed lunch.

The centre is suitable for disabled people of all ages and caters to a wide spectrum of need. , DCCS are not responsible for any children/cared for person's and they must be supervised by a parent/Carer at all times. There is a £3 refundable deposit for each place.

Book here: <https://forms.office.com/pages/responsepage.aspx...>

SENDIASS – Bee Me Club

Group sessions for teens with Neurodiversity to come together. Come along and learn about the importance of bee-ing you!

4:30 – 5:30pm

Monday 24th April
Monday 15th May
Monday 12th June
Monday 26th June

Seaham One Point Hub
Strangford Road
Seaham
SR7 8QE