



## Newsletter 5<sup>th</sup> May 2023

### Reception Mrs. Smith

Pupil of the Week Wynter Kells for always showing enthusiasm and putting up her hand to answer questions.

We are very excited in Reception because one of our caterpillars has started to form a chrysalis!



### Year 2 Miss Cameron

Pupil of the Week is Pupil of the week is Ihnat Sniezhkov for settling into Class 2.

Forest Friday will continue after the May half term (Friday 9<sup>th</sup> June) Just a reminder Booster club runs on a Thursday 3pm-4pm this half term. All children from Class 2 are welcome.

Our PE day is Tuesday. Please make sure your child comes into school with their PE clothes in a bag.

### Nursery Miss King



Pupil of the week is Beau for having brilliant listening ears this week.



### Year 1 Miss Crampton



Pupil of the Week is Ella Miles for progressing onto accelerated reader and being enthusiastic about reading.

The Phonics Screening Check will take place week beginning Monday 12<sup>th</sup> June. Please can you practice as much as you can with your children using the phonics packs sent home.



### Year 3 Miss Gregg

Pupil of the Week is Layla Ferguson for having a fantastic week and working independently.

From the week beginning 15<sup>th</sup> May, Year 3 will have their P.E session on a Thursday instead of a Monday. Their first P.E session on a Thursday will be Thursday 18<sup>th</sup> May.



### Year 4 Miss Prosser

Pupil of the Week is PoW is for Shannon for always trying her best and making class four smile every day.

Please ensure that the children bring their swimming kits on a Wednesday. Please bring the children's reading books and records in every day. The children can change their books at break and lunchtimes.

### Year 5 Miss Hird and Miss Oliver



Pupil of the Week is Alfie Hart for always asking the most amazing questions about everything.



### Year 6 Miss Denham



Pupil of the Week is Aidan for his digital skills, using photo editing, when processing and presenting geographical data.



## School News

The Statutory Assessment Tests (SATs) start next week. Our year six children have worked extremely hard (both at home and school) to prepare for them.

Good luck year six children. Remember you can only do your best!



**Swimming** is cancelled for both years 3 and year 4 Wednesday 10<sup>th</sup> May. Lessons are back to normal the following week.



### Sports Stars

#### Reception

Freya Tantam

Spencer Spearman

#### Year 1

Teddy Wilson

Aria Cain

#### Year 2

Jacob Knowles

Ihnat Sniezhkov

#### Year 3

Taylor Scaife

Abigail Teasdale

#### Year 4

Jack Austin

Aaleyah Clarke

Maddison Hart

#### Year 6

Faith Parkin

Nathan Lynn

### Dates for your diary:

- 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 Tuesday 9 May to Friday 12 May 2023.

## Miss Denham's guide to supporting your child in preparation for the SATs...

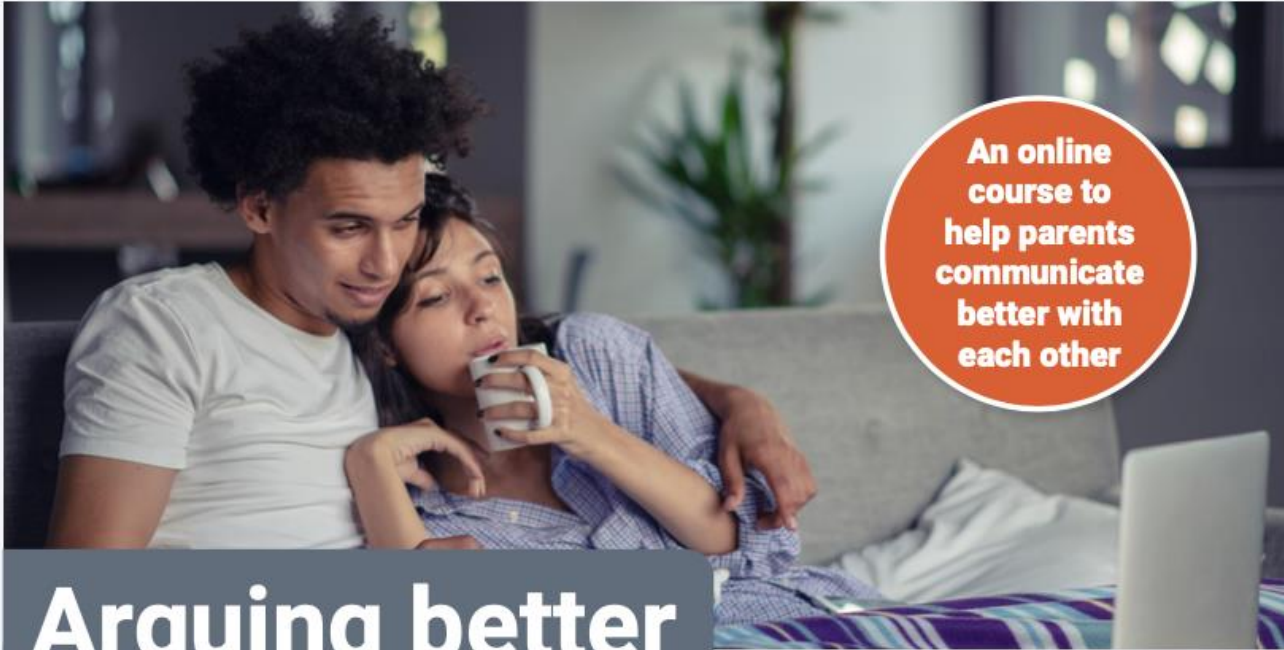
Firstly, a positive attitude goes a long way. Give them as much encouragement and support as you can (but we don't need to tell you that)!

- Talk to your child's class teacher if you have any concerns rather than worry your child.
- Encourage your child to talk to their teacher or a trusted adult (including yourself) about their anxieties. Don't forget that a small amount of anxiety is normal and not harmful.
- Give your child a quiet, distraction free space to complete homework or study.
- Give your child time to go outside and reduce screen time.
- Ensure your child is eating and drinking well and getting a good amount of sleep.
- Plan something nice and fun for the weekends before and after SATs. This will help them to relax before the SATs and give them something to look forward to after.
- Create a revision timetable that works for you and your child. For some families, 10 to 20 minute activities over a few days works best. For others, a longer study session one day a week might be better.
- Keep revision light. Going over key skills (times tables, real world mental maths as you are shopping or cooking) is a good way to keep revision light.
- If you're looking to support your child further with maths at home, there are lots of good websites with free Year 6 revision resources.

See Class Dojo for recommended websites



Please use this link <http://durham.opo.org.uk> to register with an email address and your name so that you are able to access the online courses below.



# Arguing better

Disagreements are a normal part of life, and most couples argue from time to time. The way you approach these conversations can make a big difference to you, your partner, and your children.

*Arguing better* is a free online course to help you manage difficult conversations, avoid conflict, and improve things for your whole family.

## You will learn:

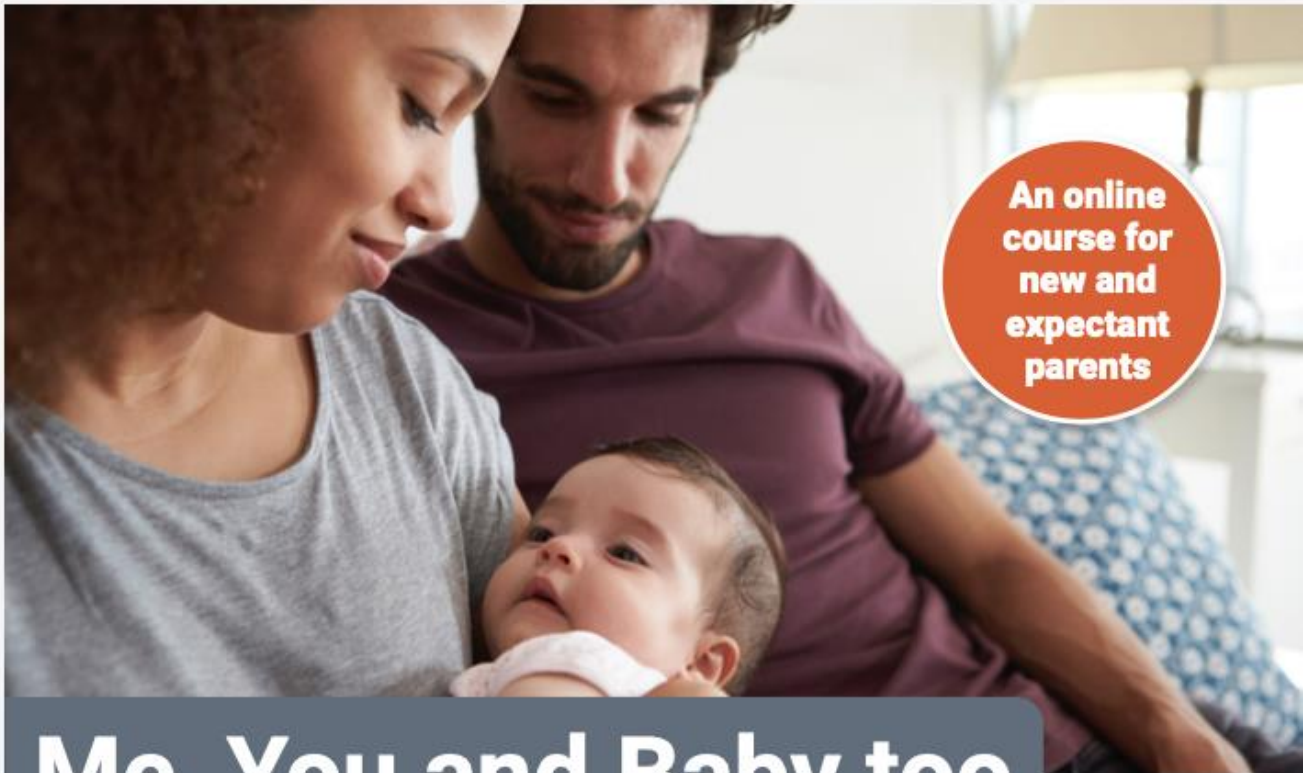
- Where stress comes from and how it can affect you.
- Ways to recognise stress and talk about it.
- How to support each other through difficult times.
- What causes arguments and how to stop them.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address  
[www.oneplusone.org.uk/parent-resources-for-england](http://www.oneplusone.org.uk/parent-resources-for-england)  
or scan the QR code

- *Arguing better* is designed for parents who want to learn healthy ways to deal with stress and conflict.
- The course is online so you can go through it at your own pace.
- You can do it all in one go or save your progress and come back to it later.
- The course will take about 40 minutes to complete, so it's best to give yourself enough time and space to reflect.



An online course for new and expectant parents

# Me, You and Baby too

Having a baby can be an exciting time but it's also one of the biggest changes you and your partner are likely to go through. You'll both be tired and stressed, and you may argue more.

*Me, You and Baby Too* is a free online course that can help you navigate these changes and keep moving forward together.

### You will learn:

- What your baby picks up, even before they are born.
- Why stress should be a shared burden.
- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.

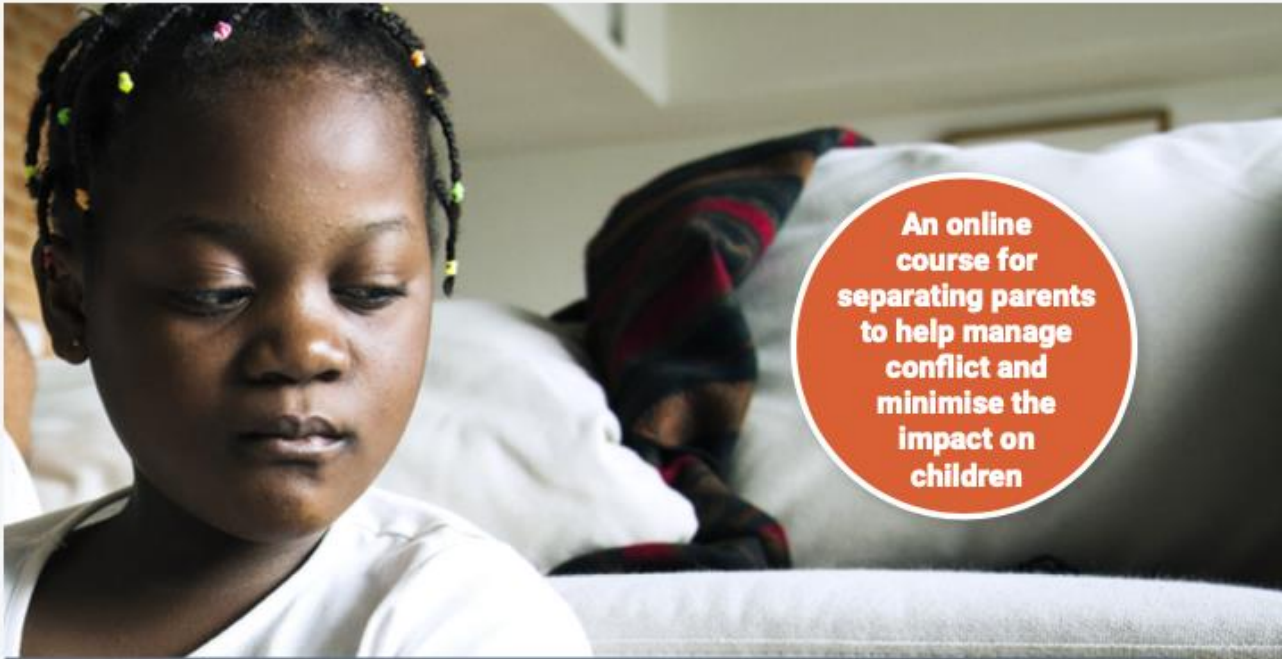
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An online course for separating parents to help manage conflict and minimise the impact on children

# Getting it right for children

When parents are separating or separated, children can often get caught in the middle.

*Getting it right for children* is a free online course designed to help you parent co-operatively. It can help you to develop positive communication skills, so that you can sort out disagreements and find solutions together.

#### You will learn:

- How to stay calm and listen as well as talk.
- Why it's helpful to see things from a different point of view.
- What to do to stop a discussion from turning into an argument.
- Skills for finding solutions and making compromises.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address  
[www.oneplusone.org.uk/parent-resources-for-england](http://www.oneplusone.org.uk/parent-resources-for-england)  
or scan the QR code

- *Getting it right for children* is designed for separating or separated parents who want to reduce conflict and communicate better with their child's other parent.
- The course is online so you can go through it at your own pace.
- You can do it all in one go but it's often best to spread it over a few weeks to give yourself time to reflect and practise the skills.

 **oneplusone**

## 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.

### Information for Families on Literacy Difficulties

MCT and SEND and Inclusion have put together a document which outlines support for literacy difficulties and describes the approach in SEND and Inclusion.

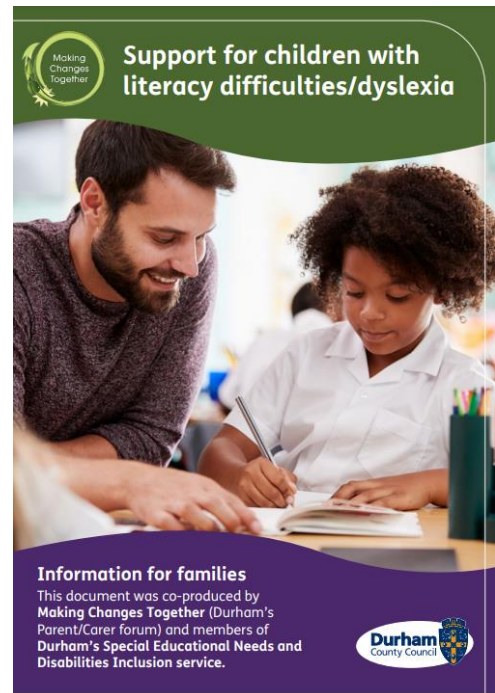
**If you would like a printed copy or a copy sent via Class Dojo, please contact Miss Gregg.**

### MCT Conference

**Please contact Miss Gregg via Class Dojo if you would be interested in attending the conference. We have secured funding for a minibus, so you will not have to pay to get to the event. Places are limited and filling up fast.**

**If you are interested in attending, please sign up as soon as possible.**

**BOOKING LINK: <https://www.eventbrite.co.uk/e/making-changes-together-durham-parentcarer-conference-day-tickets-619285829587>**



For parents/ carers of children and young people with additional needs / disabilities in County Durham.



### "MCT DURHAM PCF XXIX"



The 29<sup>th</sup> friendly and informative parent carer conference organised by *Parents*.

To help inform and support you with the latest changes in Education, Health, and Social Care. **YOUR** opinion matters!

**Tuesday 13<sup>th</sup> June 2023.**

**10am-2.30pm.**

**Ramside Hall Hotel, Carrville, Durham. DH1 1TD**

**Information Stands and Registration from 9.30am.**

All places must be booked in advance via Eventbrite.

Booking link here <https://www.eventbrite.com/e/619285829587>

Or find it on our website news section or via our Facebook page - "MCT Durham PCF - Durham parent carer page".

This conference is free. Refreshments and dinner are included, places are limited and will be allocated on a first come, first served basis.





**UPCOMING**

# PARENT CARER TRAINING & information

The Sleep Charity  
(online – 60 minutes)

This session will focus on sleep difficulties experienced by children with additional needs and how to help

22nd May 11am or 7pm

*limited spaces*

Click the link below to book or request a catch-up link (if you cannot attend the specific date/time):







**UPCOMING**

# PARENT CARER TRAINING & information

## Calming An Angry Child with Inspire Training (Online – 60 minutes)

Why children might be angry. Assisting parents and carers in de-escalating aggressive behaviours. The impact of aggressive behaviour on parents and the importance of self-care

**10th May 1pm**

*limited spaces*

Click the link below to book or request a catch-up link (if you cannot attend the specific date/time):



# Short Break Offer

For families of children and young people with special educational needs and/or disabilities



## The Local Offer

Visit the Local Offer for information on groups that provide activities for children and young people with SEND. The Local Offer also has information on groups that provide direct support to parents. You will need to contact the groups to find what they have on offer at the moment.

[www.countydurhamfamilies.info/localoffer](http://www.countydurhamfamilies.info/localoffer)

## FUN & FOOD

Do you find the school holidays a struggle? Finding fun things for your kids to do that don't cost the earth and paying for all that extra food or childcare.

Fun and Food provides FREE holiday activities with healthy snacks and meals for children and young people. Activities are provided by schools, voluntary and community sector groups, sport and leisure services and our family centres.

You can find out what is available in your area at [www.durham.gov.uk/funandfood](http://www.durham.gov.uk/funandfood)



## Parent/carer online support

Durham County Carers Support are hosting a variety of online support, training and activity sessions for carers. For more information please contact 0300 005 1213 or visit [www.dccarers.org](http://www.dccarers.org)

Making Changes Together Parents Forum (MCT) are running Zoom coffee events. For more information please contact [info@mctdurham.co.uk](mailto:info@mctdurham.co.uk) or visit [www.mctdurham.co.uk](http://www.mctdurham.co.uk)



## Short Breaks Solutions

If you are struggling to find suitable activities for your children to give you a short break from your caring role, our Short Breaks Solutions service will work with you to find options that suit your family's needs. Short Breaks Solutions can refer you to some tailored opportunities for children and young people with SEND that will benefit them and their families outside of their education.



To access any of the activities please contact Short Breaks Solutions:

Email: [shortbreakssolutions@durham.gov.uk](mailto:shortbreakssolutions@durham.gov.uk)

Telephone: 03000 260 270



Place2be Website

<https://parentingsmart.place2be.org.uk/>



**Parenting  
Smart**

**Parenting advice from our  
child mental health experts**

Practical tips to support children's wellbeing and behaviour