



Dear Parents/Carers,

It's great to see that Spring looks to be on the way! We've had some wonderful sunny lunchtimes this week which always makes social times enjoyable. Let's hope it continues next week as our Bikeability programme begins on Monday! All those who have signed up to take part need to make sure that their bike and helmet are in school on Monday morning, ready for session one. It is possible to store bikes in school until the end of the programme to save them being transported each day.

We've received an overwhelming amount of support regarding the vandalism we found on Monday morning and would like to say a big 'thank you' to the whole community – it really makes a difference! The matter is in hand and is being dealt with by the police. The governing body are looking into the installation of CCTV in the hope of preventing this happening again.

Let's hope this weather continues and we all enjoy a bright, 'Spring' weekend!

Lindsay Hamilton

### Attendance this week:

93%

Thank you! We really appreciate all your efforts in getting to school on time, ready to start our day promptly.

### Did you know...?

Attendance	Description	Approx. days lost per year	Approx. weeks lost per year
98 – 100%	Excellent	0 to 4	Less than 1
95 – 98%	Good	5 to 9	1 to 2
93 – 95%	Satisfactory	10 to 13	2 to 3
90 – 93%	Unsatisfactory	14 to 19	4 to 6
>90%	Persistent Absence	More than 19	More than 4

**The government expects your child's attendance to be 95% or better.  
Schools are held to account for your child's attendance.  
Please remember holidays in term time will be unauthorised.**



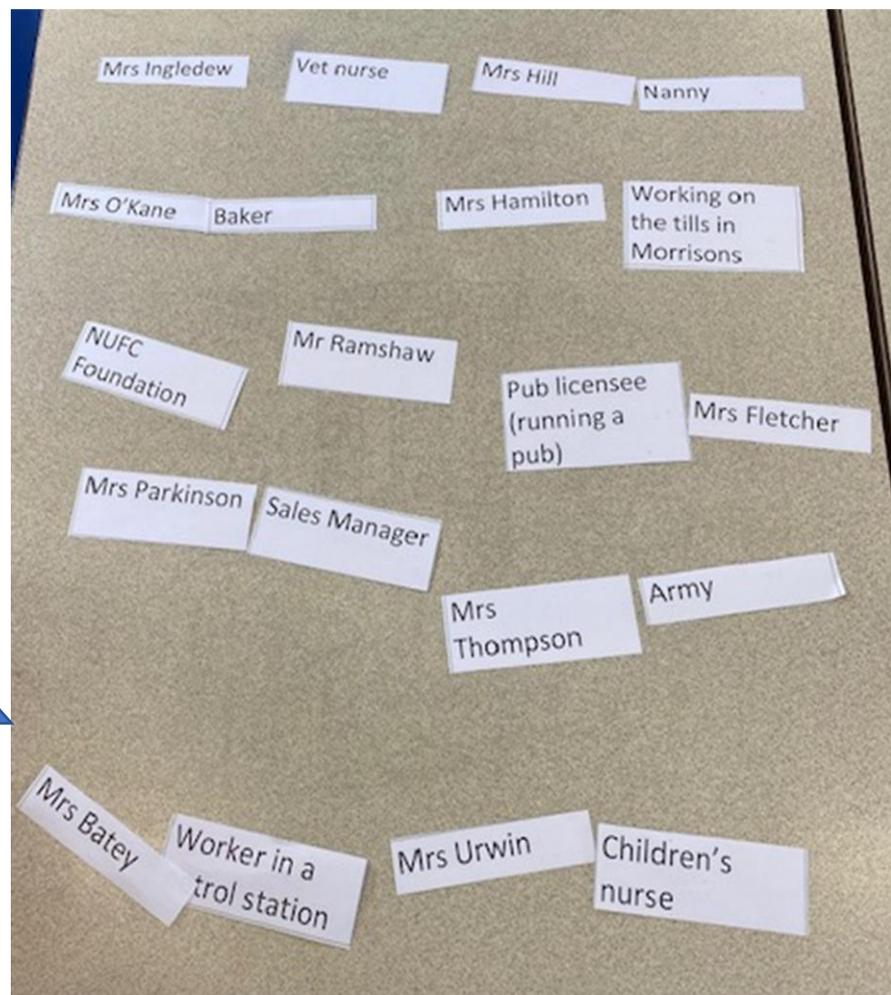
## Y8 Careers

Y8 have thought about challenging career 'stereotypes' by investigating different job roles. To get them started, we asked them to match members of staff to their previous job roles. Well done to Erin, Grace and Bobby who were the first team to get them all correct!



As you can imagine, some of their guesses had Mrs Parkinson very amused, like Mrs Hamilton in the army (she wouldn't last five minutes!), or, Mr Ramshaw as a baker (call the fire brigade)!

Well done to Erin, Grace and Bobby who managed to match the correct previous jobs to each member of staff!



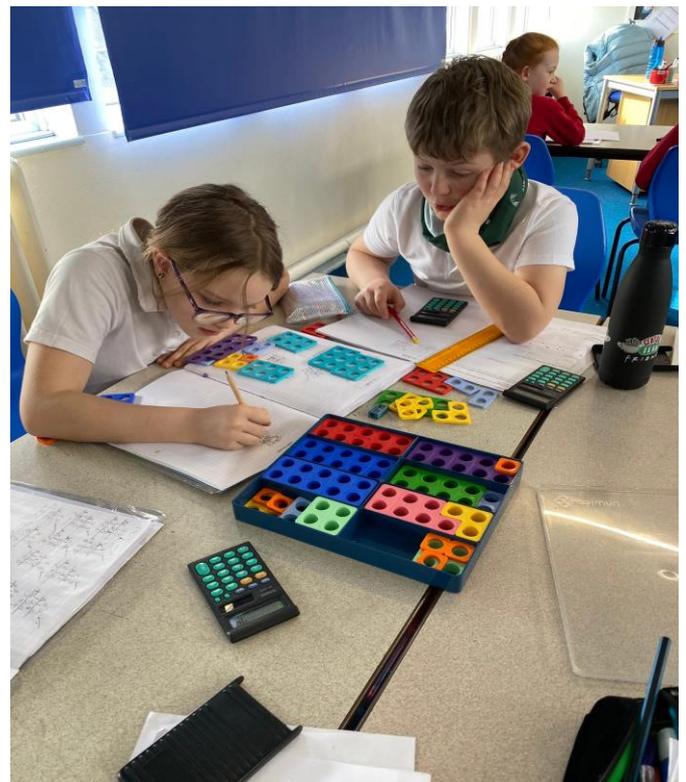


## Fabulous Year Five!

In science this week, Year 5 have been learning how to separate different substances from mixtures. They successfully managed to use sieving and filtration to separate gravel and sand from water. Well done!



Year 5 have made wonderful progress with their multiplication skills and can now confidently multiply two-digits by four-digits! They have been honing their calculator skills to check their answers too as well as solving word problems.





## STEM Workshops

Today, we welcomed Sally Wilkinson from the Marine Society and Sea Cadets into school who delivered a STEM workshop to KS3. The pupils were asked to design their own boats using limited amounts of materials, with prizes given to the best designs and most effective in staying afloat.



The key message of sustainability and the future of our planet was delivered brilliantly and left the pupils with much food for thought.



## Positive Mental Health

As our dedicated Thrive practitioner, Mrs Fletcher is always looking for ways to boost and support positive mental health. This week, she came across some useful tips for parents in supporting their children to build positive mental health habits.

# 10 WAYS PARENTS CAN SUPPORT THEIR CHILDREN TO BUILD POSITIVE MENTAL HEALTH HABITS



**01**  
Encourage your child to openly talk about their feelings and thoughts



**02**  
When your child is worrying help them to effectively problem solve



**03**  
Support them to connect and build positive relationships with others



**04**  
Encourage them to look after their physical health (Sleep, food, exercise)



**05**  
Help them to stay focused on the present moment using mindfulness



**06**  
Highlight the importance of looking after both physical and mental health



**07**  
Be a mental health role model. Demonstrate positive behaviours



**08**  
Praise, encourage, motivate and regular support your child to build their self esteem



**09**  
Work together to learn some coping skills such as deep breathing



**10**  
As your child grows up encourage and support autonomy



 @BELIEVEPHC





## Dates for your diary

Monday 21 <sup>st</sup> March	Bikeability Week
Thursday 24 <sup>th</sup> March	Northumbria Police – Hate Crime – KS3
Monday 28 <sup>th</sup> March	<b>Wellbeing Week – PE kit every day</b> (Y5 – Y8)
Monday 28 <sup>th</sup> March	Spring Term Progress Report posted home
Monday 4 <sup>th</sup> April	Book Fair – in school all week
Tuesday 5 <sup>th</sup> April	Parents' Evening (4pm – 7pm)
Thursday 7 <sup>th</sup> April	Parents' Evening (4pm – 7pm)
Friday 8 <sup>th</sup> April	School closes for Easter holidays
Monday 25 <sup>th</sup> April	School opens for the summer term