



Dear Parents/Carers,

I hope you all had a lovely Easter break. Pupils have returned refreshed from their holidays and have embraced their first week back with great enthusiasm. It's been lovely to welcome two new members of staff: Mrs Robinson and Mrs Davis. Both have thoroughly enjoyed their first week with us and have commented on how hard-working and welcoming our children are. This half-term is going to be very busy in school and already we're hurtling towards our SATs exams! We're incredibly proud of our Y6 pupils who are showing great resilience, working very hard in lessons and at home, showing determination to do their very best. The final week of this half-term sees our first residential, since the pandemic, leave school with all of our KS2 children attending which is great! Can I remind you that there is a meeting for parents on Thursday 5th May at 6pm in school to discuss any queries regarding the visit.

Transition work begins over the next few weeks for our Y8 pupils as we prepare them for the next stage of their educational journey. Mr Ramshaw is liaising with both Haydon Bridge and Queen Elizabeth High to secure visits and opportunities so that transition is as smooth and informative as possible. More details will follow shortly.

Have a lovely extended weekend, and hopefully enjoy an extra lie-in on Monday! We look forward to seeing everyone again on Tuesday.

Lindsay Hamilton

Attendance this week:


94%

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

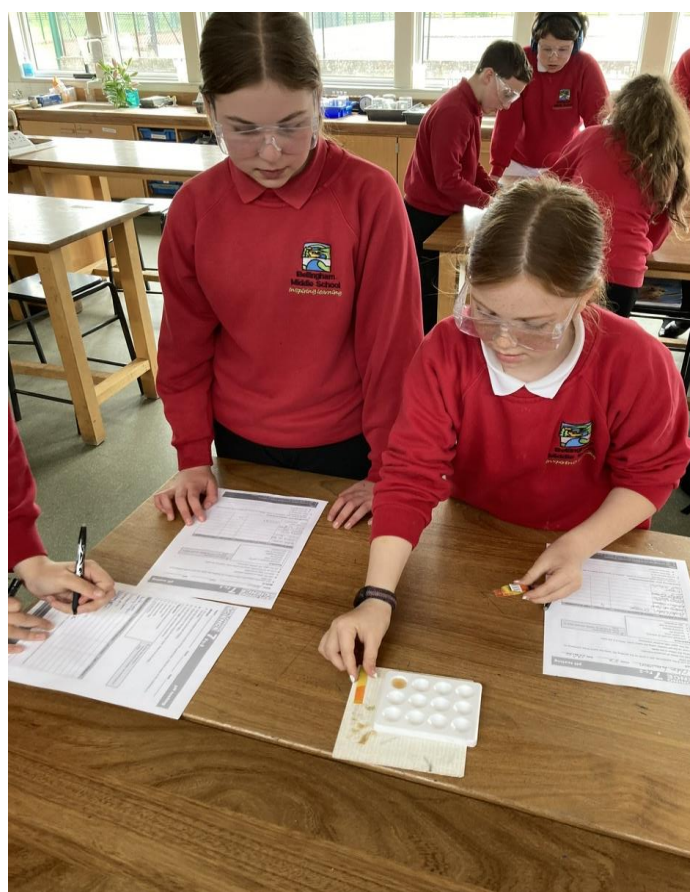
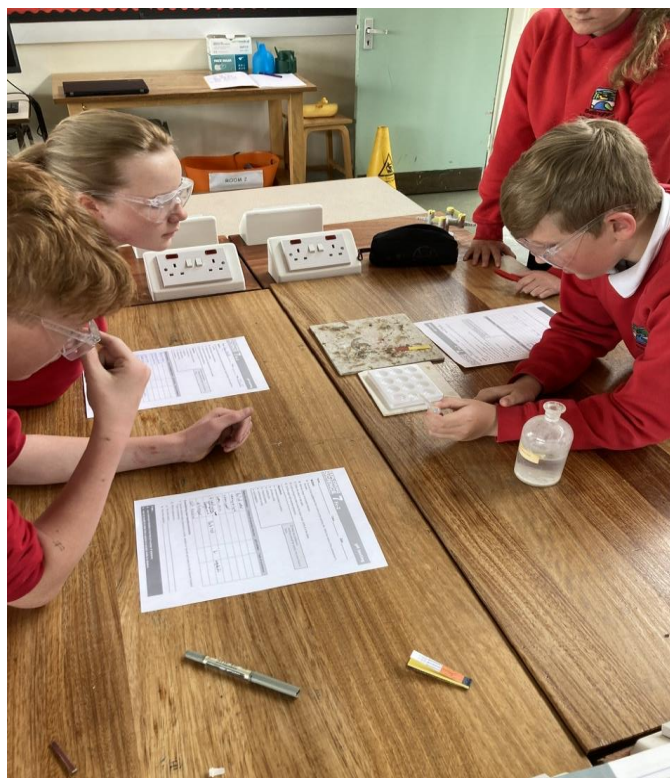


The government expects your child's attendance to be 95% or better.
Schools are held to account for your child's attendance.
Please remember holidays in term time will be unauthorised.



Y7 Science

Year 7 have got off to a flying start in Science this term and have been investigating the properties of various substances, using Universal Indicator to discover whether they were acidic, alkaline or neutral. Mr Ramshaw can definitely see some budding scientists amongst this group! Well done, Y7!





Bravo Bikeability!

It was great to see all of our Bikeability groups celebrate success this week as they were awarded with their certificates and badges! The resilience of each group was clear to see, especially as they faced the ever-changing weather, going from sunshine to snow and hail! Well done, everyone, especially our fabulous Mrs Fletcher who accompanied EVERY group on their adventures around Bellingham!



During the week beginning 9th May, Y6 are warmly invited to our free, 'SATs Breakfast Club' each day from 8:15am onwards in our dining hall. No matter what time they arrive, whether walking or on buses, they can make their way straight into school via the main glass doors and down to the dining hall where a nutritious, hearty breakfast, amongst friends, will await them. Hopefully, this opportunity will alleviate any anxieties and ensure they're 'well-fuelled' for their day!



As the weather is getting warmer, it's a good idea for pupils to bring a water bottle to school each day. They do have opportunities to refill it throughout the day in our school dining hall.



As it can seem a long time until lunchtime, snacks at morning break seem to be very popular. We do provide toast for all each day, but pupils are also welcome to bring in their own healthy snacks, such as fruit or cereal bars. Chocolate or sugary snacks at this time of the day are actually proven to lower levels of concentration as the day goes on. We ask for your support in sending healthy snacks into school. Thank you.



If you or your child have had new symptoms for a month or more and think you might have had Covid-19, support is available.

After a Coronavirus infection, many people make a full recovery. For some, the illness can last longer. This is known as Long Covid.

You can have Long Covid after a mild or even symptom-free initial illness. Symptoms can affect any part of the body, can come and go, or new ones can appear weeks or months later.



Common Long Covid Symptoms



ADULTS

- Extreme tiredness
- Shortness of breath
- Chest pain or tightness
- Memory or concentration problems
- Difficulty sleeping
- Fast heart rate or palpitations
- Joint or muscle pain
- Upset stomach or pain
- Changes to smell or taste
- Headaches or dizziness
- Anxiety or depression

Source: NHS



CHILDREN

- Extreme tiredness
- Dizziness
- Rashes
- Brain fog
- Headaches
- Chest pain
- Stomach pain or upset
- Sore throat
- Mood changes
- Joint or muscle pain or swelling
- Sickness or nausea

Source:

Centers for Disease Control and Prevention

**For information and support visit
LongCovid.org or LongCovidKids.org**



Seek medical help if you are worried.

Long Covid Support registered company limited by guarantee (England and Wales) 13422248

Long Covid Kids and Friends registered charity (England and Wales) 1196170

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Published: November 2021



Dates for your diary

Monday 2 nd May	Bank Holiday Monday – school closed
Thursday 5 th May	KS2 Shropshire Residential Meeting – 6pm
Monday 9 th May	SATs – Y6 – Spelling & Grammar papers
Tuesday 10 th May	SATs – Y6 – Reading paper
Wednesday 11 th May	SATs – Y6 – Maths papers 1 and 2
Thursday 12 th May	SATs – Y6 – Maths paper 3
Friday 13 th May	Road safety workshop – KS3
Monday 16 th May	Y7 Poetry Day – The Sill
Tuesday 17 th May	Newcastle University STEM workshops – Y6, Y7, Y8
Wednesday 18 th May	Y8 Poetry Day – The Sill
Tuesday 24 th May	KS2 residential visit leaves – 7am
Friday 27 th May	KS2 residential visit returns – 6pm
Friday 27 th May	School closes for half term
Monday 6 th June	School opens
Wednesday 8 th June	Safety Works Visit, Newcastle, Y5 & Y6
Wednesday 8 th June	Newcastle University Science workshop – Y7 & Y8
Thursday 9 th June	Safety Works Visit, Newcastle, Y7 & Y8
Friday 10 th June	Athletics, Wentworth Centre, Hexham