

Friday Flyer

15 March 2024

Headteacher Update

Happy Friday everyone! Thankfully this week has been super quiet and I have almost become bored... you must be joking! What a fabulous week in school with so much going on every single day.

Firstly, I would like to thank all of our wonderful parents and carers who came into school for parents evening. It provides the staff and most importantly children, the opportunity to show off all of their fabulous work in their books and gain further praise and recognition from the teachers - well deserved!



On Monday we had a small group of children take part in a bowling challenge in Cramlington. Other Trust school children took part in the event so it was a great opportunity to try and meet new people whilst taking part in a fun challenge. Looking at the pictures I am a little disappointed I was not invited - no doubt I would have lost!

Also this week we have had the mock SATs for our Year 6 because in May they will sit formal tests in Maths and English before leaving Belsay. Mr McLeod and I were very impressed with their hard work and resilience during these practice papers and know it will set them up nicely for May.

This is also British Science Week and Thursday was a special day as we had a Zoo workshop in school, delivered by Northumberland College at Kirkley Hall. All classes had the opportunity to take part in the workshop which really was a great experience. In addition to this the classes took part in a Farming Live Video Call and over the week have completed science based around the key word of 'Change'. I would like to thank Miss Dixon for pulling all of this together and providing another memorable experience for our children.

On top of all the fun, I guarantee there has been an awful lot of hard work taking place and we have had visitors in school from our Pele Trust. They have been looking at our curriculum and also all the amazing opportunities we provide over the year for the children. I can confirm that they were astonished with how hard our children constantly push themselves to achieve excellence and just how vast our curricular offer is, given that we are a small school - well done Team, we are getting better week on week!

Today is Red Nose Day, with an Australian Twist, as we say goodbye to two boys who are travelling to the other side of the world. I will confirm the total amount of sponsorship

raised next week but in true Belsay style everyone became fully immersed in the events of the day. As I write this I am sitting in a dry office, in dry clothing but I have heard rumours that this may not be the case later this afternoon as part of the fund raising activities today involves wooden stocks - not sure who could be placed in them?

Despite the copious amounts of activities this week there is always time for our celebration assembly and Hot Chocolate winners. With standards improving in school all the time the winners are becoming increasingly hard to choose but well done to all our nominations for this week.

As this week draws to a close, I hope you have a lovely weekend and some rest because next week we will aim to be better than this week - the skies the limit!

Craig Shaw

Value of the Month - Curiosity

Language of the Month - Italian

Book fair

The book fair will be arriving in school next week. Every child should have received a £1 book token that can be used at the fair. We also have spare vouchers in school as well if you have misplaced it. although these are limited so please try and bring your own. You are welcome to pay using cash, [gift vouchers](#) (these can be purchased by clicking on the word 'gift vouchers') or [online](#) (please click on the word 'online' to pay). We ask that if children are paying by cash that they bring in the correct money where possible please.

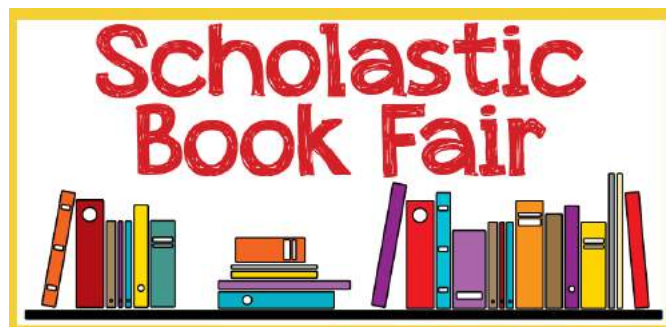
The book fair will be open at the following times:

Tuesday 19th March- 8.30-8.50am & 3.15-3.45pm

Wednesday 20th March- 8.30-8.50am & 3.15-3.45pm

Thursday 21st March- 8.30-8.50am & 3.15-3.45pm

Friday 22nd March- 8.30-8.50am **last chance to purchase a book!**



Thank you as always for your continued support, if you have any questions please ask Miss Houghton.



Keeping children safe online...

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have balanced and safe technology conversations with children about online safety, mental health and wellbeing, and diverse digital citizenship challenges. Annually delivered by WakeUpWednesday, these guides have become a vital part of our curriculum. For further guides, facts and tips, please visit www.wakeupwednesday.com.

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

- MINDFUL TECH USE**

Encourage a balanced approach to screen time. While games, Netflix, TikTok and so on can be a helpful means of stress relief, it's important to ensure that use isn't taking over. When devices are kept in a room away from the bed, they're less likely to be used late at night, and a person can sleep more peacefully.
- EFFECTIVE SLEEP PRACTICES**

Offer practical advice on relaxing routines that help to prepare the mind and body for sleep. Children could read a book or listen to music before bed, or try a guided meditation. Encourage them to avoid caffeine and sugary drinks in the evening.
- HYDRATION HABITS**

Encourage the importance of staying hydrated. While it's important to drink water, it's also important to avoid drinking too much water before bed, as this can lead to waking up to use the toilet. Encourage children to drink water throughout the day, but to avoid drinking too much water in the evening.
- CONSISTENT BEDTIME SCHEDULE**

Establish a consistent bedtime routine. This could include reading a book, listening to music, or taking a warm bath. Encourage children to go to bed at the same time every night, even on weekends.
- OPTIMAL SLEEP ENVIRONMENT**

Ensure the bedroom is comfortable and conducive to sleep. This includes having a comfortable bed, a cool room, and a dark environment. Encourage children to avoid using electronic devices in the bedroom.
- RELAXING EVENING ACTIVITIES**

Encourage children to engage in relaxing activities in the evening. This could include reading a book, listening to music, or taking a warm bath. Encourage children to avoid engaging in stimulating activities, such as playing video games or watching action movies, in the evening.
- PRIORITISING ADEQUATE SLEEP**

Emphasise the importance of sleep in overall health and wellbeing. Encourage children to prioritise sleep over other activities, such as homework or extracurriculars. Encourage children to get enough sleep each night.
- NUTRITIONAL BALANCE**

Highlight the importance of a healthy diet. Encourage children to eat a balanced diet that includes fruits, vegetables, and whole grains. Encourage children to avoid eating sugary or fatty foods before bed.
- PARENTAL SUPPORT**

Encourage parents to support their children's sleep. This could include establishing a bedtime routine, providing a comfortable sleep environment, and being supportive of their child's need for sleep.
- MILITARY SLEEP METHOD**

Look up 'the military sleep method'. It's a technique for falling asleep quickly, which involves focusing on breathing and relaxing the body. Encourage children to try this technique if they have trouble falling asleep.

Meet Our Expert

WakeUpWednesday is delivered by The National College's only specialist postgraduate mental health qualifications. Working in the local community, we aim to provide support and guidance to children and young people. The guide has been written by Dr. Sarah Jones, a specialist in child and adolescent mental health, and is supported by The National College's specialist mental health team.

@wake_up_weds /www.thenationalcollege @wake.up.wednesday @wake.up.weds

Check out the guide on our website. Availability is subject to change. Current as of the date of release: 15.03.2023



Using second hand devices safely

Parents will often hand down out of contract devices to their children. This is great, it can save a lot of money, but there needs to be consideration before handing older devices to children. You can find lots of useful information, things to consider and guides to second-hand devices from Internet Matters [HERE](#).



U10s (Y4 and Y5) BASKETBALL SESSION

5pm Thursdays, Ponteland Community Primary school Sports Hall

Open to boys and girls of all abilities.

Please register at nest.newcastle-eagles.com to book a free trial session

Coach will confirm the date of the trial

We cannot accept walk ups.

For further information contact Coach Chris Applewhite

chris@eaglescommunityfoundation.com





Class	Attendance
Willow	94.87
Maple	93.72
Alder	98.77
Oak	93.55

Please refer to the graphic below which shows the significant impact of absence over time.

Attendance	Description
98 -100%	Excellent
95-97.9%	Good
92-94.9%	Caution (below national)
90- 91.9%	Cause for concern
89.9 or below	Persistent Absence Serious Concern

Did you know?

Poor attendance suggests to colleges, universities and employers that these pupils are unreliable.

The NHS has recently published a really useful document to refer to when your child has a suspected illness and you are not sure if they could come to school. It can be found [here](#).

Dates for the diary...

Dates will be added to this document as the term progresses.

Spring Term 2024		
Monday 18th March	All Week	Scholastic Book fair in the school hall
Monday 18th March	All Week	Made in the North East week. All classes will take part in a school trip.
Tuesday 19th March	9am	Willow Class Trip to West Shaftoe Farm
Wednesday 20th March	9am	Oak Class Trip to Discovery Museum
Thursday 21st March	9am	Maple Class Trip to The Baltic
Thursday 21st March	9am	Alder Class Trip - Transport
Wednesday 27th March	PM	Oak Class Shakespeare Production
Thursday 28th March		School Closes for Easter Holidays
Monday 15th April	8.45am	School reopens after the Easter Holidays
All dates may be subject to change		

Remember you can track our key school events through our website by clicking on the News and Events tab and then School Calendar.

Parking...

Please may I politely ask that we don't park on the road at the entrance to Belsay Bridge. This is a private road and the residents have asked that we could please not park here.

Your support on this would be very much appreciated.





The week in Willow Class

It was lovely to see so many of you at parents evening this week and be able to share all of the progress your child has made since starting school. Thank you to everyone who was able to attend.

This week we have taken part in a farming live workshop. We looked at how farmers can feed several lambs at once and we even got a chance to see a tractor being fixed, this was a great way to prepare us for our Made In The North East week. We are very excited to attend our trip on Tuesday and we can't wait to see all of the animals on the farm. We are also very much looking forward to having lunch at the farm as well. We hope the animals don't eat our lunch!



On Monday we looked at the story The Very Hungry Caterpillar by Eric Carle. We then completed our writing on the life cycle of a caterpillar. Just as we were finished Miss Whitehouse arrived with a special parcel. Inside were 5 tiny caterpillars, we were very shocked at how small they were. We are looking forward to seeing them grow into beautiful butterflies. We have already noticed they are getting longer each day. Our knowledge of the life cycle of a caterpillar will help us to know what is going to happen next. Here are some amazing pieces of writing that we have completed this week:



Just a reminder children will need to wrap up warm on Tuesday when we visit the farm. Children have their waterproofs and wellies in school already. Thank you for all of the support, have a lovely weekend.

Miss Houghton



This week in Maple Class

Maple Class had an amazing time in school celebrating British Science Week! On Thursday, we took part in NFU's live online farming session and learnt the importance of Science within farming and the job role of a farmer. Farmer Fiona taught us the process of growing crops and why tractors are used, we even helped her to fix one! We discussed the differences between sheep and cows and watched a lamb being bottle fed.

On Thursday, we had a visit from Northumberland College Zoo! We were joined by Sarah the Zoo Keeper, Bilbo the bearded dragon, Nala the royal python and a giant African land snail. We learnt interesting facts about the creatures, their diet and their habitats.

In our Science lesson, Miss McNickle taught us how animals adapt to their environment and discussed the features that animals have developed in different habitats that enable them to survive. We made moths and placed them in different places around the school yard whilst the teachers acted as bat predators and had to catch the ones they saw. We discovered that the moths who survived had eye-like patterns on their wings to warn off predators and were colours that camouflaged their bodies into their surroundings.



Great fun was had by all, learning lots and making memories. We're looking forward to Science Week 2025 already!

Miss Dixon and Miss McNickle

This week in Alder Class

As always an extremely busy week but nevertheless a very fun and productive week. This week we have celebrating Science week, Red Nose day and also continuing our usual work around Fairtrade.

We started the week with our English work and began looking at persuasive writing in preparation for next week when we write a persuasive letter to a company encouraging them to sell Fairtrade products. We started by looking at the features of persuasive writing and then began collecting evidence as part of our plan. We worked as partners to research statistics and facts using the Fairtrade website and talked about the importance of ensuring we are using facts and not opinions. We found this a little bit tricky at first navigating the website but we showed lots of resilience and were able to find lots of evidence. We then began planning our persuasive letter by thinking about the reason for our writing and linking the correct evidence to our point.

Thursday was an extremely busy but exciting day as we had two amazing workshops. We were lucky enough to take part in an Online Farming workshop with NFU where we completed a number of tasks around farm safety. We were extra lucky as we were able to watch a calf being born live on the session which wasn't planned but was amazing to see and be part of. We then had a visit in the afternoon where we enjoyed the Kirkley zoo workshop. We were able to see a bearded dragon, an African snail and finally a python. Thankfully we had an expert keeping things under control!

For the rest of the week we have been working on a project all about Ford Castle. We had to mind map in groups all the activities we participated in at Ford Castle before creating a presentation to share with the class. It was great to look back at all the amazing memories we made as well and share our highlights with the class.





As always I am extremely proud of the children this week as it has been very busy and we are tired from our trip last week but we have shown lots of positivity and resilience to produce amazing work.

Next week we will be celebrating Made In The North East week and we also have our trip on Thursday which is very exciting!

Miss Cruse



This week in Oak Class

I am very quickly learning that I could begin this flyer every week with the phrase "WOW! What a week!" and this week is absolutely no exception. Even before we mention the great time that we had yesterday with our Zoo and Farm workshops for British Science week, there has been so much more to get our teeth into!

Our Romeo and Juliet play continues to go from strength to strength and we can't wait to share it with you all on the 27th. I realise there are a few problems with getting tickets, but I have sent out an SOS to the other schools in the trust, hoping that they can spare us a few! I will keep you all in the loop of course.

Our Year 5 have been instrumental in demonstrating how confident they are in their fractions learning by using concrete resources to prove and justify their strategies but it has also been great for them to spend some time with Mr. A and Miss Cook for the majority of the week. They have produced some fantastic work, telling us all about their time away at Ford Castle last week (has it really been a week already!?) and had a lovely morning showing off their Commando Joes skills and getting nice and muddy.

Finally, we cannot end the week without giving a HUGE well done to all of our Year 6 pupils who have shown grit, determination and a magnificent attitude to plough through their mock SATs papers. We are so proud of their performance and this week has been yet another indicator of how lucky we are to have this fantastic set of children as our Year 6 group.

As always everybody, have an amazing weekend. Let's get ready to do it all again for Made in the North East Week, next week 😊



Mr. McLeod

Belsay School



Easter Activity Camp

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If you are Eligible for free school meals they have 40 free places available, to enquire about this please contact Chris on 07741488604.



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