

# Friday Flyer

31st March 2023

## Head of School Update

This has been a really busy week in school as we approach the end of our Spring Term. On Monday night our Shakespeare Cast did us proud at The Schools Shakespeare Festival at Northern Stage. Their performance of The Tempest was simply fabulous. They mastered the ambitious language and commanded the stage with a new found confidence. All of our parents, grandparents and friends who attended loved it. Special thanks to Mr Harvey and Mr Atkinson for their direction of the production.



Across school this week it has been Made In The North East Week. Each year group has researched and explored a different aspect of North East history and heritage. They have also enjoyed getting out and about on visits to different parts of our local area. Our year group entries below showcase the high quality work that has been undertaken across school .

I hope over the Easter holidays you get an opportunity to enjoy getting out and about in the North East and spending valuable time with your families. This inspiring drone footage that I shared in assembly made us all feel very lucky to be from such a beautiful part of the country. Maybe this will inspire a day out enjoying our beautiful coastline! [THE GREAT NORTH EAST - A cinematic drone film of North East England \(4K\)](#)

Finally, I would like to thank the PTA and Belsay Trust who have funded a new PE t-shirt for all of our children. The t shirts have been given to the children today and will be worn in PE and at sporting events after the holidays.

Whatever you are doing this Easter, have fun and enjoy the break. I look forward to welcoming you back on Monday 17 April.

Best wishes

Mrs Blain

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 issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

## WHAT ARE THE RISKS?

### LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

### PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

### BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

### DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

### DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

### ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

## Advice for Parents & Carers

### LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

### PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same; you should both feel less triggered and more in control.

### KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

### TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

### LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

### BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

## Meet Our Expert

Dr Corbie Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communication. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



Sources: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-anxiety/>  
<https://www.hns.gov.uk/people/population-and-community/for-men-and-justice/bullying-child-protection-by-bullying-uk-and-by-dcs/parenting-march-2020>



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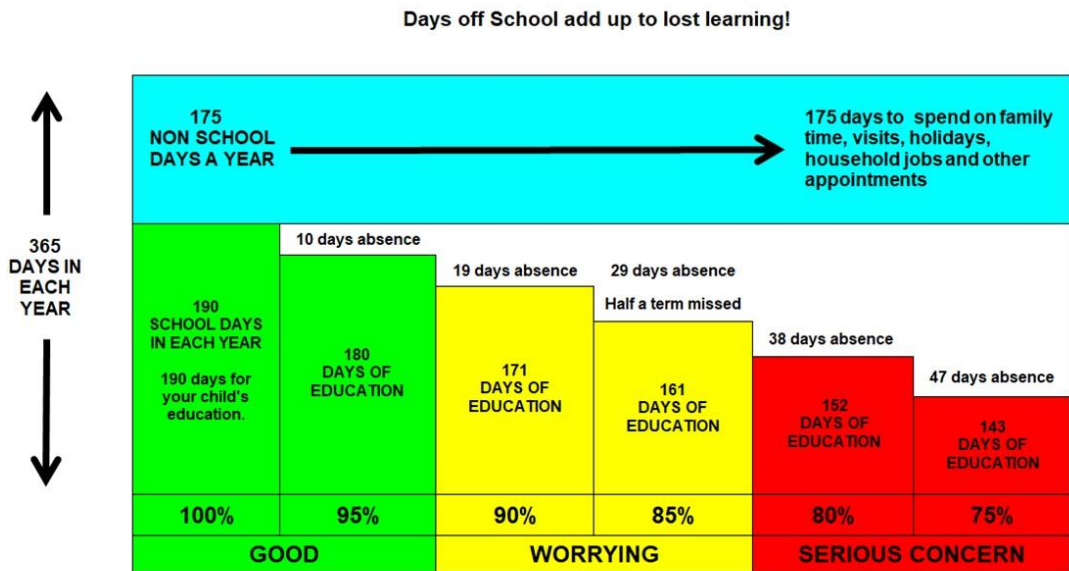
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Class	Attendance
Reception	90.91
Y1/2	98.69
Y3/4	95.56
Y5/6	93.43

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



**Upcoming events:**

Friday 31 March	End of term
Monday 17 April	Summer term begins
Monday 1 May	Bank Holiday
Monday 8 May	Bank Holiday (King's Coronation)
Tuesday 9 May - Friday 12 May	Y6 Sats
Friday 26 May	End of summer 1
Monday 5 June	Summer 2 begins
Week beginning 12 June	Year 1 phonics screening
Week beginning 16 June	Y6 France trip

All dates may be subject to change.

## The week in Reception

This week we have thought all about farming as part of our Made in the North East week. It has been lovely to see the children so confident to talk about this together. Henry talked to everyone about the different machinery that we might find on the farm. Isobel talked to everyone about the different animals and how to take care of lambs. The children have really enjoyed our visits to the farms and seeing the different animals. On Thursday we visited La Luna farm. We had the opportunity to see lots of horses, sheep, pigs and even hold the ducks. They were very friendly and we really were the best class in the whole school again!



When we returned from the farm, we were able to make butter. A big thank you to the Martin family who were able to make this happen. This was a memory that they had from when they were at school and it was lovely to try and recreate this memory with our children. Hopefully in years to come our children will remember doing this just like the Martins did.



Have a lovely half term break! I am sure you will all be very busy with your family, I can't wait to hear all about it.

Miss Houghton

## The week in Key Stage 1

Year 1 and 2 have been learning about Inventions as part of Made in the North East week and enjoyed studying and discussing significant local inventors of the past. We researched Lord Armstrong and were fascinated to learn that his Cragside home was the first house in the world to be powered by hydroelectricity. It was brilliant to visit the magnificent Victorian house and see how modern and impressive it was of its time. It was interesting to learn about the inventions within the home and learn about all the different rooms. We were dazzled by Lord Armstrong's gallery and home laboratory! We also visited Archimedes Screw and learnt of its importance in generating hydroelectricity.

Later in the week, we studied the works of George Stephenson and the Stephenson Rocket, we drew sketches of this amazing invention and noted key facts. We also researched the invention of Greggs and were excited to discover how the business developed by John Greggs originally aimed to deliver eggs and yeast to local families of Newcastle by bike before it was a bakery. We discussed and admired the work that Greggs do for the community through local fundraising events and breakfast clubs.



Well done for all your hard work this term KS1, have a wonderful Easter holiday!

Miss Dixon

## The week in Year 3 and 4

This week in Year 3 and 4 we have been learning all about castles. We started the week by thinking about castles in the North East and what our local castle was. We were able to tell each other lots about Belsay Castle and also began creating our own powerpoint presentation about it and its history. We then focused on different features of castles and how this evolved overtime which supported us in designing our own caste before creating it ensuring it had all the features we learnt about. We had so much fun getting creative using recyclable materials to design our castles as allowed us to think outside of the box and use our perseverance we have worked on this half term. We also designed our own Coat of Arms that represents us and used all our knowledge of the different symbols and colours and the meaning to keep them unique and personalised to us.

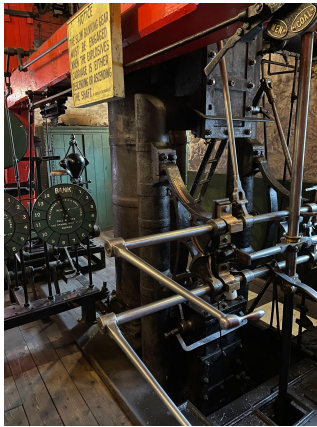
Well done on an amazing half term Year 3 and 4, I have been so impressed with your hard work, determination and especially the kindness we have shown throughout the last few weeks. Enjoy your well deserved break.



Miss Cruse

## The week in Year 5 and 6

We have really enjoyed 'Made in the North East Week', culminating in the most amazing trip to Beamish Museum on Thursday. The highlights of the trip were singing Geordie songs on the bus, visiting the wonderful mine and learning all about the lives of the men and boys - who went underground - from the volunteers, Tim and Tony and of course, the sweet shop!



### **The Tempest**

A number of children from Years 4, 5 and 6 have been taking part in Drama Club for over two months rehearsing *The Tempest* and we performed it this week at Northern Stage. They were magnificent! This project allows children (some who wouldn't normally be drawn to the stage) to showcase their talent and express themselves in a unique way. The hard work paid off and Mr Arkinson and I are so very proud of them all - thank you for taking on the challenge and making it a night to remember.



## Forest School



In forest school this week, the children that were remaining in school decided which of the shelters they preferred, from those they've been building over the past few weeks and had a great time using their shelter skills.

Mr Harvey and Miss Thomas

# "Northumberland"



## recipes



In celebration of Refugee Week 2023, we are proud to launch our multilingual, community e-cookbook.

### Get involved!

In a Word document or an email, send us your favourite international **recipe in any language** by **Friday, 19th May 2023**. Make sure there's an **English translation** too! Finally, top it off with some **pictures**.

### What next?

Your recipe will join many others to create a multilingual e-cookbook. This will be shared [online](#).

Email: [eal@northumberland.gov.uk](mailto:eal@northumberland.gov.uk)





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