

# Friday Flyer

Friday 10th January 2025

## Headteacher Update

January is a time when lots of us think about our resolutions, goals and intentions for the year ahead and, in school, it's the month where we focus on how we can make an effort and truly do the best we can. While effort is our value for January, I noticed over the autumn term just how many children were being recognised in our celebration assemblies for their effort every single week and hopefully this will continue for the next two terms.



January is also a time when we return to routine after all the fun, magic and excitement of the Christmas period. Mine is probably not the only family who had much later bedtimes and watched a lot more films than usual and so the return to school can feel somewhat jarring for children. I've included below a guide around supporting children to return to routine in case it is of any use to parents and carers.

We have so much to look forward to in the spring term, from learning about our global theme of sustainable development in Reception and adopting a polar bear, to thinking about social justice in Year 1 and organising a tea party for the children's grandparents as well as the local elderly community. As part of our history curriculum, Year 2 will learn about how inventions changed society and they will see this first hand when they visit Cragside, while Year 3 will explore why there are so many castles in the North East and what life was like for those who lived in them. Looking at geography, Year 4 will learn about extreme weather events and the impact they have on the environment. Year 5 will study what is possibly my favourite book in our entire curriculum: Wonder. Reading this book has become something of a rite of passage in school and every year the Y5 children come to the end of it with a greater capacity for empathy. For Year 6, this is their final term prior to SATs and while they are working hard to prepare for the tests, the curriculum does not narrow and they continue to experience the same broad and engaging lessons as always. I remember from last year that an aspect of the spring curriculum which the Y6s were particularly passionate about was their unit on oceans and water, linked to the core text A Long Walk to Water, and their project with the local water charity GrifAid. So much to look forward to in the curriculum but also beyond with a brand new yoga club starting on Wednesday mornings from next week, OPAL developments along with the opportunity for parents and carers to join in the fun on the yard, plus next week Diversity Council will be leading our assemblies.

I hope everyone has a great weekend,  
Claire Johnson



## Safeguarding Update

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 informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

# 10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

### 1 START SMALL AND EARLY

Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

### 2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

### 3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

### 4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

### 5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

### 6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

### 7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

### 8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

### 9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

### 10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

## Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-return-to-routine>



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### Attendance for this week is summarised below

Nursery (Acorn)	93.1%	Year 3 (Pine)	94.0%
Reception (Chestnut)	95.0%	Year 4 (Alder)	92.3%
Reception (Pinecone)	100%	Year 4 ( Yew)	99.3%
Year 1 (Holly)	98.0%	Year 5 (Oak)	99.0%
Year 1 (Ash)	92.0%	Year 5 (Beech)	97.9%
Year 2 (Sycamore)	93.3%	Year 6 (Elm)	98.0%
Year 2 (Willow)	100%	Year 6 (Birch)	92.3%
Year 3 (Maple )	97.1%	Whole school Cumulative from Sept	96.0%

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

#### Absence Procedures

If your child is ill, please keep them at home until they are well enough to return to school. **Please notify us by phone call or email before 9.15am** if your child is to be absent, and continue to inform us on a daily basis if they continue to be ill.

We have a continual focus on attendance and punctuality and this is of the utmost importance in your child's education. Please remember that our school gate closes at 8.55am as this is when our lessons begin. Anyone arriving after this time is classed as late and will miss valuable learning opportunities which take place immediately after registration, such as phonics.

#### What does the Government say about school attendance?

*"If children aren't in school, it doesn't matter how effective or well-supported teaching and learning is, we will not see better outcomes for young people. That holds back our society, widens social and economic divides and leaves us all worse off."* Catherine McKinnell

## This week in Nursery

2025 has brought nursery new friends! We now have 52 nursery children, meeting 11 new starters this week. As part of our New Year promises we have said we are going to get better at being kind, tidying up and trying new foods. To practise one of these promises we made some strawberry and banana yogurt drinks, all managing to have a taste! A great start to 2025!



PIC•COLLAGE

## This week in Reception

What a great start to 2025! The children returned with great enthusiasm and we talked about the new year, our school value of Effort and set ourselves a goal, to try really hard even when it is tricky. The children certainly demonstrated this in their PE sessions with Mr Drane this week where they embraced the new topic of gymnastics. We have also been super scientists when exploring the ice, thinking of ways to melt it and we have even dyed our ice green.



## This week in Year 1

What a wonderful first week back to school Year 1 have had! We have started reading our new core text for the first Spring term, Up. Our new Global Curriculum theme is Social Justice, and we are focusing on care in the community; particularly caring for the elderly and lonely people in our community. We will be discussing ways that we can help those vulnerable people around us, from volunteering to simple gestures. The children watched the movie together in parts, whilst stopping to read from the core textbook. This further embedded their understanding as we were able to discuss the feelings expressed and consider the reasons behind it.



In history we have started looking at the 1960's and some key events from that time, whilst debating which event we thought to be the most significant and why.

In maths we have had a refresh of the number 10 and looked at 'spotting the 10' within a larger quantity and counting on. This will be a great skill throughout maths as the children will be able to subitise greater and varying numbers.

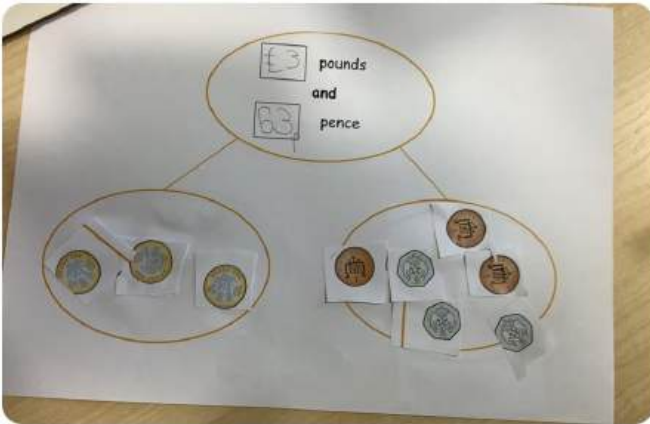
We have also had a lovely first visit back to the woods spotting signs of winter and discussing lots of different ways to stay safe whilst we are outside in this season.

Rainbow Challenges have also made a reappearance this week and the children were thrilled to practise lots of their learning from the week!



## This week in Year 2

Year 2 has been learning about money this week. We've learnt the value of the coins and notes and used this to help us calculate amounts in pounds and pence. We've also used coins to help us when trying to make specific amounts. We've loved the challenge of adding different coin and note values!



## This week in Year 3

As part of this term's global theme - Sustainable Development - we will be reading our new core text 'The One and Only Ivan'. The story will support our learning about the treatment of animals and their habitats, and their rights to freedom. We will also focus on how humans have impacted the world, endangered species and the use of energy and materials.

Later this month, we'll be writing a non-chronological report about gorillas and so, this week, we have enjoyed working collaboratively to explore different non-chronological reports and identify / recap the features of this genre of text. We look forward to reading more of this book as a class!

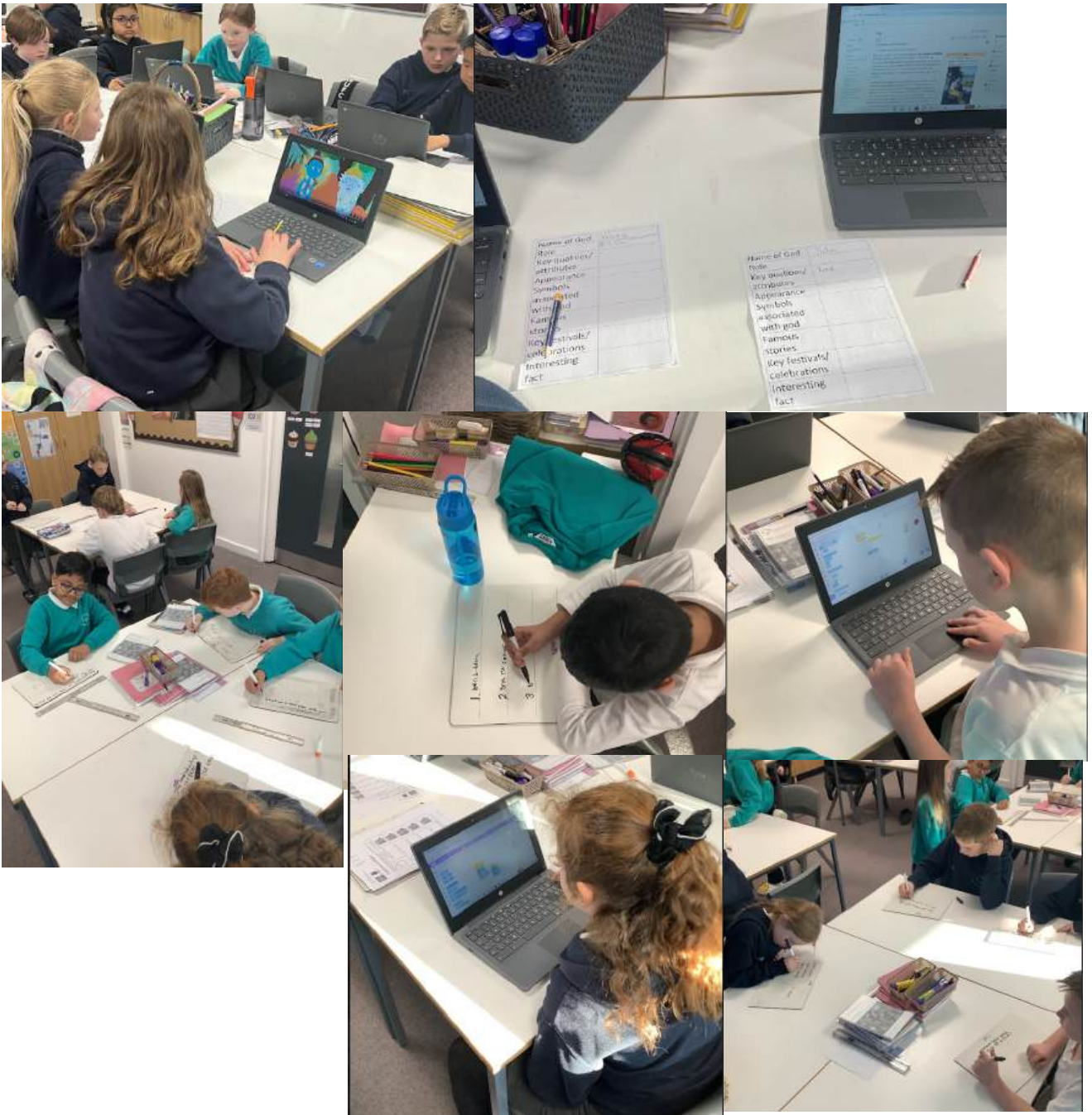


Miss Choudhury and Miss Mears



## This week in Year 4

This week we have started learning about Hinduism! We had some experts in our year group who have been able to tell us about different deities and the stories about them. We used the chromebooks to research Hinduism and the different deities, and we were really interested to find out about the symbolism and stories around these. Earlier in the week, we began our new unit in computing which is all about programming and writing blocks of code. We started by considering the instructions a robot might need to pick up pencils from the floor, wrote our own Scratch and Logo code, and then moved on to programming some Scratch sprites to draw a triangle. It wasn't as complicated as it sounds! Overall, it has been a brilliant start to the Spring term.



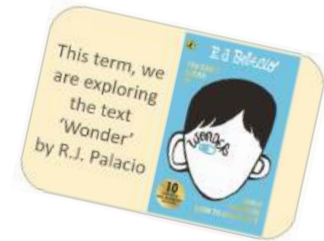
## This week in Year 5

### Happy New Year 5

It was great to be back in school and the children are really looking forward to the coming term... particularly next week!

We started the week by thinking of the change of the new year. We decided to use the year to help us by,

- 2 : Recalling two achievements from the last year
- 0 : Thinking of something we want to stop in the coming year
- 2 : Naming two people we want to celebrate with
- 5 : Listing 5 things to improve in the new year.



What a great return and to the new term.



## This week in Year 6

As a start to our new science topic, Evolution and Inheritance, we have been learning about what makes us all different. We discussed Human DNA, our genes and how the Chromosomes we inherit from our parents combine to make us unique. To give the children an idea of the number of variations possible we did the 'Haribo challenge'. In pairs, the children had to take two different Haribo and see how many combinations they could make. We soon learned that, with relatively few options, we were able to make lots of combinations, which accounts for the wide variety of genetically inherited characteristics that we can see all around us. It was a great way to introduce the topic and gave the children a brilliant insight into a complex and interesting area of human biology. And the tidying up of the sweets was also a bonus!



Miss Allan and Mr Orme

## Dates for your diary in 2025



15th - 17th January 2025	Year 5 Trip to Robinwood
21st January 2025	Year 6 SATs Information Meeting at 16.30
Wc 24th February 2025	Half Term
Monday 3rd March 2025	Teacher Training Day
Tuesday 4th March 2025	School resumes
14th April 2025	Easter Break
28th April 2025	School resumes
Monday 5th May 2025	Early May Bank Holiday
12th May - 15th May 2025	KS2 SATS Week
Wc 26th May 2025	Half Term
2nd June 2025	School resumes
23rd - 27th June 2025	Year 6 France Trip
18th July 2025	Last School Day. Close at 1.30pm

## Opal Needs You!

The children thoroughly enjoy exploring the different zones of OPAL and it has really enhanced our playtime experience. If you are having a Christmas clear out, we would love to take some of your old equipment off your hands.

If you have any of the following items, please bring them to the school office after the Christmas break:

- Wellies
- Waterproofs
- Barbies/dolls
- Toy trucks/cars
- Dressing up items
- Shop items: till, fruit and veg baskets etc
- Metal pots and pans
- Children's gardening tools

Thank You!

## Upcoming PTA Meetings

Day	Date	Time	Location	Rough Agenda
Fri	17/01/25	19.00	The Station House	PTA social night - all welcome
Wed	05/02/25	17.30	The Hive	Planning upcoming events
Wed	05/03/25	17.30	The Hive	Planning Easter events
Thur	03/04/25	17.30	The Hive	Confirming details of easter events
Wed	07/05/25	17.30	The Hive	Planning summer events



# Got an itch? Tummy trouble? Tickly cough?

**NHS**



**Head to your  
local pharmacy.**

Did you know?  
Pharmacists across  
the North East and  
North Cumbria can  
offer advice and FREE  
treatment for a wide  
range of common  
conditions\* – just like  
having a prescription  
from your GP!

**Please ask your  
pharmacy team  
for more details  
and eligibility.**

**UTI's** non pregnant women 16–64 years

**Shingles** 18 years+

**Impetigo** 1 year+

**Sore throat** 5 years+

**Sinusitis** 12 years+

**Infected insect bites** 1 year+

**Earache** 1 to 17 years

Additional conditions can be treated, without the need to visit a GP.  
Ask a member of your pharmacy team about the minor ailments scheme.

## Step 1

**Go to your local community pharmacy (chemist)  
about your illness and they will offer advice.**

## Step 2

**If needed, you will be offered treatment and  
if you qualify, this will be given free of charge.**

## Step 3

**A suitable medicine may be offered to you.\***

\*You qualify for free treatment if you do not pay for your prescriptions.



**Find further information at:  
[www.thinkpharmacyfirst.health](http://www.thinkpharmacyfirst.health)**





Ponteland Primary School is committed to keeping all children safe. Our staff regularly participate in safeguarding training and are fully aware of how to keep our pupils safe and what signs to look out for. Our pupils know they can share any concerns and we have robust policies and procedures in place which underpin safeguarding. It is our paramount priority to keep all children healthy and safe.

**Our Designated Safeguarding Leads are:**



Mrs Johnson (Head Teacher)  
Lead DSL



Mrs Wright (Family & Behaviour  
Support Adviser) Deputy DSL



Miss Dinning (Deputy Head Teacher)  
Deputy DSL

## Calling all amazing parents! Join the Ponteland Primary School PTA and make a real difference in your child's education! 🎉

Are you passionate about supporting your child's school and creating a nurturing learning environment? The Ponteland PTA is seeking enthusiastic parents like you to join our incredible team! 🌟

By becoming a member of the Parent-Teacher Association, you'll have the opportunity to contribute to your child's school experience in a meaningful way. With your help, we raise essential funds that go beyond the school's budget, allowing us to provide valuable resources and enhance educational opportunities. 📖 ✨

We understand that time is precious, and every contribution matters. Whether you can spare just one hour or offer more of your valuable time, your involvement will make a tremendous impact. From organising fundraisers and social events to collaborating on exciting projects, there's a role for everyone. 💪 🤝  
Here are just a few reasons why joining the PTA is a rewarding experience:

- 1 Active involvement:** Be an active participant in your child's education journey by collaborating with dedicated teachers, staff, and other passionate parents.
- 2 Making a difference:** Together, we can support the school's growth and help provide additional resources that benefit every child's learning experience. In June 2023, the PTA were able to donate a fantastic £10,000 towards the 2 new climbing frames that have been installed in the playground. More recently, we have been able to fund new football kits. And we love to hear new ideas to keep our fundraising activities fresh and interesting for everyone.
- 3 Building connections:** Forge new friendships with like-minded parents who share your commitment to education and community.
- 4 Fun and rewarding activities:** Get involved in exciting events, from school fairs and fundraisers to special projects that bring joy to the entire school community. We have the followings events coming up that you could be involved with:  
Providing refreshments at various events, for example, end of year assemblies  
Pre-loved uniform (an ongoing initiative to recycle usable uniform to assist with the school's sustainability ethos)  
Halloween Disco
- 5 Role modelling:** Show your child the importance of giving back and making a positive impact by actively participating in their school life.

Join us today and be part of an amazing community dedicated to empowering our children's futures! Together, we can create an extraordinary learning environment that nurtures growth and inspires success.



To express your interest or learn more about the PTA, please reach out to [✉️ pontelandpta@gmail.com](mailto:pontelandpta@gmail.com) or pass your details to school. We can't wait to welcome you!! #PontelandPTA #ParentPower

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Visit [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk)



- 1 Visit [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk)
- 2 Sign up and search for Ponteland Primary School PTA
- 3 Your favourite brands donate between 0.5-15% to us whenever you shop with them, with no charge to you

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JOHN  
LEWIS



Viking

ASOS



Uber Eats



# PRE-LOVED SCHOOL UNIFORM



**Do you have school uniform in good condition that your child no longer wears but could be worn by someone else in the school community?**

Please donate your pre-loved, wearable uniform via the donation basket in reception.

## Looking for uniform?

All items washed and ready to wear. Please contact [pontprimaryuniform@gmail.com](mailto:pontprimaryuniform@gmail.com) to let us know what you're looking for, including sizes!

Voluntary contributions to the PTA welcomed.

Money box at reception or bank transfer:

**Ponteland Primary School Parent Teacher Association**

**20-59-61**

**20669059**



