

# Leadgate Primary School – Friday Newsletter

*Caring, Sharing, Learning Together*

## Friday 10th February 2023

**60** St Paul thought to have been shipwrecked at Malta

**1879** Henry Morton Stanley departs for the Congo. He is famous for his exploration of Central Africa and his search for missionary and explorer David Livingstone, whom he later claimed to have greeted with the now-famous line: "Dr. Livingstone, I presume?". He is mainly known for his search for the sources of the Nile and Congo rivers

**1916** Military conscription begins in Britain



## Whole School Attendance Weekly Attendance figures

Reception = 99 %

Year 1 = 93.2 %

★ Year 2 = 97.4 % ★

Year 3 = 91.5 %

Year 4 = 96.1 %

Year 5 = 97.2 %

★ Year 6 = 100 % ★



### Congratulations

Well Done Year 2 for the best attendance in Lower School and Year 6 for the best attendance in Upper School across the whole week.

## Policy Consultation

Our new uniform and behaviour policy – currently on the school website for parent consultation - will close at the end of next week. After this it will go to the governing body for ratification. Thank you for taking the time to read and if you have any queries or suggestions / comments please don't hesitate to pass them on before we go to governors.

## Safeguarding Note

Parents dropping off bags / packed lunches etc – can you please ensure these are dropped off at Reception with admin staff and not passed through the fences to children as this presents a potential safeguarding issue



## Mini First Aiders

On Wednesday, Year 5 children took part in a half day Mini First Aider course. They learnt about all types of injuries and resuscitation. Deborah said they were absolutely brilliant and the best class she has taught and we should all feel very proud and much safer thanks to all their hard work! Her follow up email said 'I just want to say how wonderful the kids were, really well behaved and so engaged, can I take them to the next school I am teaching?'

They all should feel very proud of themselves!



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## School Dates

### School Holiday Dates

The next school Holiday is February Half Term and the School closes on Friday 17<sup>th</sup> February and reopens on Monday 27<sup>th</sup> February.

### School dates confirmed so far :

27<sup>th</sup> Jan – Year 4 Outreach Vikings Visit in school  
27<sup>th</sup> Jan – Author Kylie Dixon – returns to judge competition  
1<sup>st</sup> Feb – Strike Closures  
6<sup>th</sup> Feb – Year 4 Captain Chemistry  
6<sup>th</sup> – 10<sup>th</sup> Feb – Mental Health Week  
14<sup>th</sup> Feb – Lower School Non Curriculum Day – Aboriginal Creative Day  
17<sup>th</sup> Feb – Upper School Non Curriculum Day - 'Adventure along the Equator'  
With : Japan – Japanese Artist  
Australia - Hula Activities  
India - Yoga / Meditation  
South America -Animal encounter - Rainforest  
**17<sup>th</sup> Feb – Year 1 Library Visit**  
17<sup>th</sup> Feb – School closes for Half Term Holiday  
**28<sup>th</sup> Feb – STRIKE DAY**  
2<sup>nd</sup> March – Word Book Day  
15<sup>th</sup> March – Golf Day sessions – EYFS and Keystage 1  
17<sup>th</sup> March – Golf Day Sessions – Keystage 2  
27<sup>th</sup> and 28<sup>th</sup> March – Parents evenings  
28<sup>th</sup> March – Dragon visit to Lower School!  
31<sup>st</sup> March – School closes for Easter Holiday

### Non Curriculum Day



Next week we will be holding our Spring Term Non-Curriculum Day

Tuesday 14<sup>th</sup> February  
Lower School Day – Aboriginal Art Theme day

Children from Nursery, Reception, Year 1 and Year 2 will enjoy a wonderful day exploring Aboriginal art, Dance, Storytelling and Geography Workshops

Friday 17<sup>th</sup> February  
Upper School Day – Adventure along the Equator

During the day children at Upper school will divide into their house teams and also get an opportunity to work with children from other classes and across the age ranges – lots of team building and sharing

Japan – Ancient Japanese art

Hoops Hall Line up

South America - Exotic Animal Encounter (Rainforests)

Ancient India - Yoga



### **SEND Coffee Afternoon**

Come and Join Us  
Wednesday 8<sup>th</sup> March  
2pm – 3pm



A friendly Chat with a Cuppa at Lower School  
Does your child have special education Needs?  
Would you like support?  
Could you offer support to others?  
Share with others in similar situations in a friendly, supportive environment.  
**All welcome**



## Children's Mental Health Week

6<sup>th</sup> – 12<sup>th</sup> February

Children's Mental Health Week took place this week and the theme was Let's Connect.

**Let's Connect** is about making meaningful connections. Human beings thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely – which can have a negative impact on our mental health.

As parents and carers, you play an important role in your child's mental health. For free resources to help families check out :

[Families - Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](https://childrensmentalhealthweek.org.uk)

In school we had held events within classrooms to remind children of the importance of their own mental health and activities to support them.

As adults it is also important to look after your own mental health and there are groups and resources out there for you too

Why not take a look at:

[Mental health support for adults - Durham County Council](#)

## School Governors



I am please to announce the appointment of a new governing body member to our school governors.

Mrs Armstrong has been appointed as a parent governor and will act as an additional voice on the school governors bringing the perspective of parents into all school decisions.

We all welcome Mrs Armstrong onto the school Governing body and look forward to her joining our efforts to continually improve the school for all out children.

## Year 3 Swimming



After half term our Year 3 class will start their swimming lessons on a Thursday morning. With half term quickly approaching please ensure you dig out those swimming costumes and towels and maybe even get in a quick session at the local pool to ensure they get over those swimming nerves before lessons start.

## School Meals Price Increase

I have received an email from County Hall this week notifying that School meals will be subject to a price increase after half term. From Monday 27th February a school meal will cost £2.41 per day.

A further increase to £2.50 will start from September 2023





# E-Safety Update / Information

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.

## 10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage ...

### THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains; the 'feel-good' chemical that makes us happy or excited. Those emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

### ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

### SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

### TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fail or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance; striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

### REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

### A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

### PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

### THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

### TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity; it's like listening to a favourite song that always makes you feel happy or confident.

### ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

### Meet Our Expert

Daniel Upscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.



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