

31st January - 4th February

Star of the Week

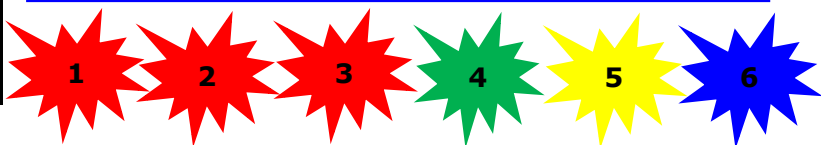
Year 1	Imogen
Year 2	Reuben
Year 3	Matthew C
Year 4	Helena
Year 5	Nikan
Year 6	Victoria



Head Teachers
Award
Alex T



House Point Winners



Remember to check out our Facebook page

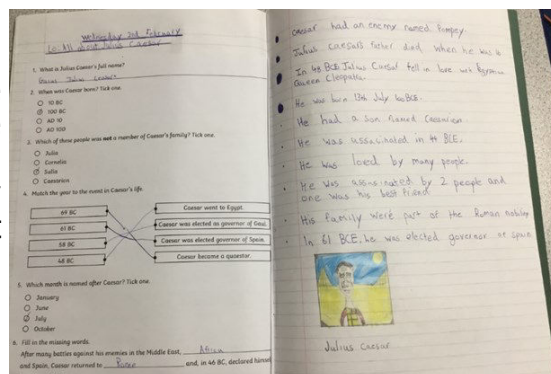
YEAR 4 AND THE ROMANS

Year 4 have begun their research into The Romans. They have already looked at how the Romans began with the myth of Romulus and Remus. We have examined this myth as historians would to find if there is any truth to the claims. Year 4 have also begun to look at the life and achievements of Julius Caesar. Who was he? Why was he so important and what effect has Julius Caesar had on our world today? They will look at primary sources from the time and use archaeological evidence to make up their own minds about Julius Caesar.



In future weeks, Year 4 will look at the invasions of Britain by Emperor Claudius in 43AD. We will look at The Romans impact on Britain, its people and its culture by looking at local sites such as Arbeia and Segudunum.

Year 4 will also look at the reach of the Roman Empire by 117 AD and how the Romans changed the political even physical landscape of the regions they conquered. Year 4 will also look at Roman art and architecture by designing their own Roman pattern and mosaics in Art and Design and Technology.



Football: The girls football squad from year 4 took part in a festival at the Beacon of Light this week. The girls had an enjoyable morning competing against St Benet's and Grange Park. There were no shortage of goals scored from them either. Ava and Onyx in particular, scoring loads of goals. It was a fantastic fun event and the girls were an absolute credit to the school.



Gymnastics: Our young gymnasts from KS1 took part in a cluster event at Monkwearmouth this week. Our team of eight competed in a variety of floor and vault exercises against neighbouring schools. We were extremely successful indeed. We won all four individual events and the overall team competition. All of the children demonstrated superb skills and have obviously benefitted greatly from their curriculum PE work before Christmas.



Dress to express: Children can come to school on Friday 11th February in outfits that allow them to express their individuality. Please note the outfits must be appropriate for school including sensible footwear as children will be taking part in physical activities.

Mental Health Week: Next week we will be celebrating Children's Mental Health week in school. The theme for this year is 'Growing Together.' Children will be taking part in all kinds of activities including learning about The Five Ways to Wellbeing, random acts of kindness, understanding the importance of and how to support their own and others mental and physical health, relationships and a few more surprises along the way! Be sure to look out for our Facebook posts and see all the fun activities we get up to next week.



INSET Days 2021/2022:
INSET days for the coming year:

Monday 20th June 2022

**Additional day:
Friday 1st July for the
Queen's jubilee**

COVID: Please follow the guidelines below regarding Covid testing

- If you don't have symptoms, take lateral flow tests regularly
- If you have symptoms, take a PCR test

More on testing: nhs.uk/get-tested

The Safeguarding designated people are;
Mr Williamson,
Mrs Pearson and Mrs Burdon. The Anti-Bullying Coordinators for the school



Safeguarding Governor
—Mrs Roberts.



Mental Health and Well-Being Champion - Miss Baker.



NO COVID-19 SYMPTOMS?

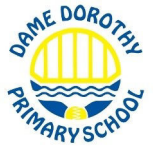
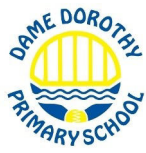


TAKE A LATERAL FLOW TEST REGULARLY.

GOT COVID-19 SYMPTOMS?



TAKE A PCR TEST.

**Dear Parents/Carers,**

Prior to our disruptions with Covid, we asked our parents and carers for their views on how we promote and support positive mental health and wellbeing. We took on board your comments and suggestions and this is how we have used them to help make improvements to our school offer. Please have a look at what you said and what we did in response. Our next parent questionnaire will be available from next week and we appreciate all of your feedback to help us support our school community. Thank you.

You Said...

- Is there the possibility of moving wellbeing events online that have been hampered due to Covid-19?

We Did...

- Daily/weekly wellbeing challenges were posted on Facebook available during home learning.
- Events such as Children's Mental Health Week were moved online and celebrated in school for children of key workers.
- Children were given wellbeing and mental health activities and resources as part of their home learning pack.
- Local and National mental health and wellbeing support for children and families shared via Facebook during home learning.

You Said...

- How can children support other children and their siblings?

We Did...

- This is incorporated into PSHCE Curriculum.
- Wellbeing Warriors will be introduced during children's Mental Health Week 2022. Children with the support of staff will support other children with any wellbeing needs.
- Worry boxes available around school and will be picked up by our Mental Health Lead. (Miss Baker)

You Said...

- Teachers should all receive in-depth mental health training as well as increasing skills around meeting diversifying needs.

We Did...

- All teachers have received iCAMHs training, RSE subject knowledge training from Together for Children.
- A new, up to date PSHCE curriculum and policy has been introduced in line with government requirements for relationships and sex education.
- Mental health lead to complete Mental Health Lead course via Leeds university and cascade information to staff.
- Mental Health lead cascade information from cluster meetings and external training (such as bereavement training, anxiety training, mental health first aid) to staff in inset days and staff meetings.

You Said...

- Provide parents with information about organisations or telephone numbers for mental health and wellbeing support.

We Did...

- Local and National mental health and wellbeing support for children and families shared via Facebook and available in school reception and links on the school website.



You Said...

Suggestions from parents for future wellbeing events:

- Bullying
- Resilience
- Mindfulness
- Personal hygiene
- Hidden disabilities/Diversity
- Anxiety
- Sport activities
- Random acts of kindness
- Friendships and relationships

We Did...

- To be taught during PSHCE lessons/other curriculum subjects such as science, P.E. and whole school events such as Anti-bullying week, Children's Mental Health week, World Kindness day, Safer Internet day etc.