



Newsletter 9th January



★ Stars of the Week ★

Year 1	Arthur
Year 2	Sonny
Year 3	Cody
Year 4	Evie
Year 5	Dara
Year 6	Emilie

Head Teacher's Award

★ **Reuben** ★

House Point Winners



WELCOME BACK!

A warm welcome back and a Happy New Year to you all from staff and governors at Dame Dorothy. I hope you have had a lovely Christmas and enjoyed the burst of cold winter weather as well.

As always, the coming year promises to be a busy one with lots of exciting trips and events taking place.

Please keep a look out on the school app and Facebook for upcoming events.

A reminder that good attendance and punctuality is vital to your child's development. Our breakfast club is open every weekday to support parents and is free of charge.

Happy New Year.

SWIMMING – YEAR 4

On our return after the break, it is the turn of year 4 to go swimming at the Aquatic Centre. They will need to bring a bag with a towel and swimming costume/shorts. A contribution of £10 is payable via the Arbor app and school subsidises the remaining cost.

YEAR 5 MOBIE ENVIRONMENTAL BUILDING COMPETITION FINAL!

We are incredibly proud of our Year 5 pupils who recently attended the MOBIE Final at Beamish Museum, showcasing their innovative ideas for the future housing development of Horden. Eight of our talented children progressed to the final and were invited to present their work to an impressive panel, including George Clarke, Gerry Ruffles, Kim McGuinness, and other influential figures from across the North East.

Despite some nerves, the children delivered outstanding presentations, explaining their environmentally friendly housing designs. Their plans featured solar panels, green walls, drone delivery systems, courtyard layouts, recycling units, and so much more! What made this achievement even more remarkable was that their presentations were filmed during the event.

Whilst our eight finalists worked together, MOBIE kindly funded an amazing experience for the rest of the class, giving them time to explore Beamish and take part in a STEM session. Everyone was so excited! After the presentations, the whole class reunited to visit the World War II farm, linking perfectly to our history topic. The children loved experiencing what life was like as an evacuee—it was a real step back in time!

Then came the moment we had all been waiting for... the results!

We are thrilled to announce that our team won part of the grand prize! Our eight talented children impressed the judges with their creative ideas, confident oracy skills, impressive knowledge, and unwavering commitment to their project. Out of more than 200 participants, they stood out so much that they earned the grand prize — an exclusive sleepover at Beamish Museum!

Mrs Champion's cheers of excitement could be heard echoing across the entire museum as the winners were announced. It was a moment none of us will forget. Letters will be sent out shortly to the eight children involved, once dates and final details have been confirmed.

A huge well done to the team, who stayed after school twice a week, gave up their lunchtimes, and worked brilliantly together throughout the project. Their dedication and teamwork truly paid off.



DINKY DOTS RETURNS

Happy New Year, Dinky Dots friends!

Just a short note to let you know we'll be back on Thursday 15th January at 1pm
We can't wait to see all your lovely faces again for lots of fun and creativity!

Please spread the word and invite new friends along to come and enjoy the fun too.



PACKED LUNCH

A balanced packed lunch helps children stay focused, active, and ready to learn throughout the school day. We encourage lunches that include:

- A starchy main item such as wholegrain bread, wraps, rice, or pasta
- Fresh fruit and vegetables
- A source of protein such as lean meat, eggs, yogurt, cheese, or beans

Please avoid including foods that are high in sugar, salt, or unhealthy fats, such as sweets, chocolate bars, cakes, crisps, fizzy drinks, and energy drinks. These can affect children's concentration and overall wellbeing.

We also ask parents to be mindful of food safety and school policies, including any nut-free requirements.

- Healthy Packed Lunch -

- What to Include -

A Visual Guide for Parents

Main item

- Whole Grain Sandwich
- Wrap
- Pasta Salad
- or Leftovers



Fruits

- Fresh Fruit
- or Dried Fruit



Veggies

- Cut-Up Vegetables with Dip



Protein

- Yogurt or Cheese
- Hard-Boiled Eggs
- Lean Meat



Healthy Snack

- Cheese
- Crackers
- Trail Mix



Drink

- Water
- or Milk



* Keep it Balanced & Fun! *



⊘ What Shouldn't Be in a Packed Lunch

Foods to Avoid – A Guide for Parents

⊘ Sugary Foods & Drinks

- Sweets, chocolate bars
- Cakes, donuts, pastries
- Fizzy drinks, energy drinks
- Fruit drinks or juices with added sugar



Cause energy crashes, tooth decay, and make it harder for children to concentrate

⊘ Ultra-Processed & Salty Snacks



High in salt and unhealthy fats, low in nutrients

⊘ Processed Meats



Often high in salt and preservatives, best kept as occasional foods

⊘ Large Portions of Treat Foods



- Oversized muffins
- Family-size snack packs
- Multiple treats in one lunch

Even "healthier" treats can add too much sugar and fat if portions are large

⊘ Caffeinated Drinks

- Energy drinks
- Iced coffees



⊘ Foods That Don't Keep Safe

- Foods that spoil quickly without refrigeration
- Meals that must be eaten hot



Better Rule of Thumb: If a food is...

- ✓ High Sugar
- ✓ Highly Processed
- ✓ Unsafe for School Rules
- ✓ High to process
- ✓ Low in nutrients
- ✓ Low in nutrients

ATTENDANCE

Attendance is so important for children to get the most from their education and the aim should always be 100%.

This week's attendance winners with **100%** are **Year 3**.

Children with **5** late arrivals will miss out on prizes and awards even if they are at **98%**.

School starts at 8am with our free breakfast club, open to anyone in Reception – Year 6 classes but must enter before 8:30am, classroom doors open from 8:45 - 8:55. Any children arriving after this time should enter via the school office, where a late mark will be given.

DIARY DATES

- 15th Jan - Dinky Dots returns
- 2-6th Feb - Mental Health Week
- 10th Feb - Safer Internet Day
- 13th Feb - Y5 Visit to Centre for life
- 23-27th Feb - Half Term – School re-opens on Monday 2nd Mar