



Dates for your diary

Fri 28th May	Last day of term – school closes at 4.30pm
Mon 31st May – Fri 4th June	School closed – Half term holiday
Mon 7th June	School reopens for children

School Uniform

Please can I remind parents of expectations around uniform and PE kit. I have noticed in the last few weeks that an increased amount of children are not wearing the required uniform.

School Uniform:

- Black/Grey skirt, trousers or shorts
- White polo shirt
- Navy sweatshirt or cardigan
- Black shoes
- No Jewellery

PE Kit:

- Black shorts
- Plain white T-shirt
- Shoes (trainers and plimsolls)
- Black sweatshirt and jogging bottoms (for outside use)



Fundraising

Due to the very challenging past 18 months, we have been unable to hold many of the fundraising events we currently have in school e.g. fayres, discos, PTA events etc.

Therefore, (if plans go ahead for June 21st) we are planning a big fundraising event to end the school year...

On **Sunday 11th July**, we are going to hold a sponsored Coastal Walk from Seaham to school. The whole school community is welcome to take part including parents, grandparents, pets etc. It will be a lovely way of getting together and seeing each other after such a difficult time. Further details (time etc.) will be provided after half term and sponsorship forms will be sent out. We hope to see as many of you there as possible!

School Photographs

We hope you all thought the class photographs were lovely this year 😊 We have them all displayed in our school entrance and they look fantastic! If you would like to order a copy, please ensure your orders are back in school by the morning of **Tuesday 25th May**. Thank you.

Mr Appleby's Special Book

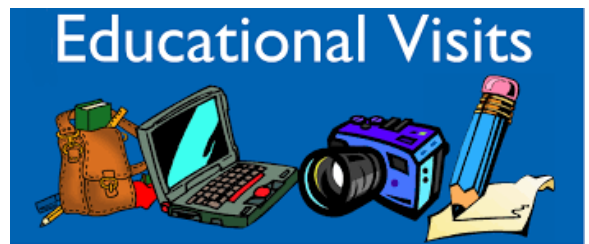
I have decided that going forward; children who are chosen for my Special Book will be celebrated on the Newsletter so that our school community can see how special they are and the reasons for their entry.

Attendance week commencing 10th May 2021

Ms. Lilley's Class – ELM	95.8
Miss Defty's Class – OAK	100
Miss O'Neil's Class – MAPLE	97.3
Mr. Churchill's Class – SYCAMORE	95.9
Mrs. Appleby's Class - WILLOW	93.1

Star Pupils week commencing 10th May 2021

Ms. Lilley's Class – ELM	Austin F
Miss Defty's Class – OAK	Sydney-Elizabeth W
Miss O'Neil's Class – MAPLE	Alfie H
Mr. Churchill's Class – SYCAMORE	Grace W
Mrs. Appleby's Class - WILLOW	Harry H
Pupils Pupil	Olivia H / Bertie F-L
Mr. Appleby's Special Book	Alice S
Staff Member of the week	Mr Churchill



Trips (subject to ongoing guidance)

With restrictions easing, we have been keen to arrange some Educational Visits. We are happy to announce the following have been arranged for our wonderful children:

WILLOW CLASS are having a 3-day experience in various locations across County Durham, which includes kayaking, canoeing and bushcraft. This has been organised through Adventure Access based in Seaham. **Year 6 will also be having an overnight camp! (Details to follow).**

SYCAMORE CLASS have an overnight stay booked at Beamish which includes sleeping in the Masonic Hall, two days in the Museum, fish and chips for tea (Mr. Churchill insisted on this!), walk and entertainment including singing around the fire and hot chocolate!

MAPLE CLASS are going to visit Wynyard Hall Planetarium where they will star gaze and look at planets just like Buzz Aldrin (TBC).

OAK CLASS are taking a trip to the seaside (Seaham Harbour Beach). We have organised OASES- Outdoor And Sustainability Educational Specialists, to run two workshops The Lighthouse Keepers Lunch and Art Inspired by Andy Goldsworthy.

ELM CLASS will be visiting the House of Objects to further their learning about recycling and will be creating an art masterpiece with recyclable materials.

COVID UPDATE

The most up to date guidance from the DFE is still advising schools to have consistent, small groups. Therefore, children will remain in class bubbles and will continue to have staggered start and finish times. This will be reviewed again on 21st June. Please can I also ask that parents continue to wear face coverings when on school premises – thank you for your continued support with this.



Friday 14th May

Alice Smith

Alice you really are such a special girl. Since joining our school in September 2018, you have been an absolute delight. Your behaviour is outstanding, you set an excellent example to your class and the rest of the school. You also have such beautiful manners and always say 'Good Morning' when you come into school.

On Monday, I was looking at some English books with teachers. When I looked at yours, I was amazed! The quality and quantity of your writing blew me away Alice. You have made fantastic progress this year - we are very proud of you.

Alice you truly are such a thoughtful and caring girl. The care you show towards other children is a pleasure to see. Anyone who has you as a friend in their life can count themselves very lucky.

Your confidence is growing day by day Alice and you are a shining light in our lovely school - thank you. 😊

Mr Appleby  Parent Comment:



Dealing with uncertainty

Tips to share with your neighbours and loved ones in support of Mental Health Awareness Week, 10th - 16th May.

The impact and experience of the Covid-19 outbreak has been different for everyone, as has how we have reacted, but there's no doubt it's been a really difficult time for us all.

There are plenty of things you can do and more help and support is available if you are, or someone you know is, struggling with your mental health. [Every Mind Matters website](#) pages on stress, anxiety, sleep and low mood have lots more tips and specific advice.

With the restrictions beginning to lift, there's lots of reasons for hope and optimism, but many of us are still dealing with a lot of change.

With **Mental Health Awareness Week running from the 10th - 16th May** we are highlighting some tips for dealing with uncertainty:

- **Take stock of how you feel:** Put time aside to examine your current situation and consider how you really feel, perhaps talking it through with someone you trust
- **Focus on the short term:** The further we look into the future, the easier it is to get overwhelmed by long-term uncertainty. Instead, try to focus on the day-to-day, and think about what's in your power to do right now
- **Acknowledge what's working:** Even when it might feel like everything is up in the air or going wrong, there will be some things,

however small, that do not change. It could be a close relationship, our favourite meal or a song that means something to us

- **Reframe your thoughts:** In changeable times like this, it can be easy to get caught up in negative thoughts, feelings and actions. For most people, at this time, feeling uneasy is an understandable response to the uncertainty present in everyday life. It can be helpful to step back, examine the evidence for your thoughts and explore other ways of looking at the situation
- **Find a new rhythm:** Routine and structure can be a powerful way to regain consistency and reduce uncertainty. Make time to de-stress and wind down each day – build in positive activities like exercise, relaxation, hobbies, speaking to friends or spending time with those close to you, and think about a positive sleep routine

Get a free [NHS Every Mind Matters action plan](#) and start feeling better on the inside

Did you know...

You can gift your neighbour an Every Mind Matters Conversation Starter Postcard as part of Mental Health Week or as part of Neighbourhood Watch Week
[Download a postcard here](#)



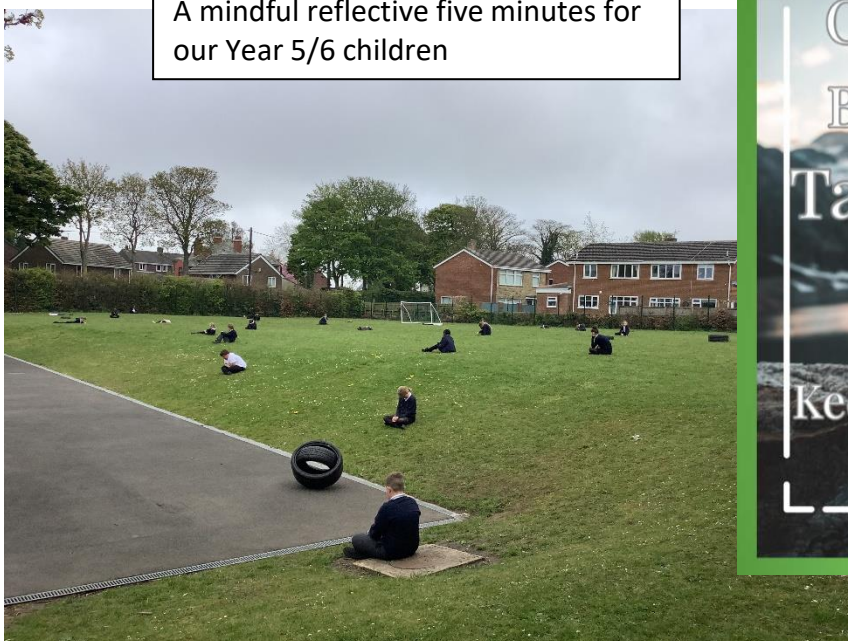


Mental Health Awareness Week 10-16th May



Year 1 enjoyed learning about keeping our minds, body and world healthy 😊

A mindful reflective five minutes for our Year 5/6 children



FOCUS

This year the focus on mental health is nature. Can you think of what make's you feel better when your outside?