



Easington Church of England Primary School

Newsletter Friday 7th February 2025

May we give them the roots to grow and the wings to fly



Diary Dates

Tues 11 th Feb	Safer Internet Day children will complete activities in school
Thurs 13 th Feb	Mr Nelthorpe's Class Collective Worship for parents – 9:15am
Thurs 13 th Feb	Year 1 multi-skills Festival 10am-12noon
Fri 14 th Feb NEW DATE	Family Friday 9-9.30am – Safer Internet Week – How do we stay safe online? NEW DATE
Fri 14 th Feb	Valentine's Day Lunch (children come into school wearing red or non-uniform)
Wed 19 th Feb	Church whole school - families welcome 9.30am
Thurs 20 th Feb	Gymnastics Festival (Year 1) and Key Steps Gymnastics Competition
Fri 21 st Feb	Celebration Worship for parents – 2:30pm
Fri 21 st Feb	Non-uniform day (no charge)
Fri 21st Feb	School closes for half-term break
Mon 3rd Mar	School re-opens
Tues 4 th Mar	Normal school lunch with Pancake Day dessert
Tues 4 th Mar	Year 6 SATS Information Evening for parents 5pm-5.30pm
Wed 5 th Mar	Church whole school families welcome 9.30am – ASH WEDNESDAY
Wed 5 th Mar	Year 5 to Shotton Hall to see Sister Act Performance
Fri 7 th Mar	World Book Day Celebrations (Zog – EYFS/KS1) (Lord of the Rings KS2)
Fri 7 th Mar	Word Book Day Lunch for children in school. Special Menu
Tues 11 th Mar	Aspiration afternoon - more info will follow
Fri 14 th March NEW DATE	Family Friday 9-9.30am – International Women's Day NEW DATE due to World Book Day
Tues 18 th Mar	Year 1 Phonics Information Evening for parents 5pm-5.30pm
Thurs 20 th Mar	Year 3/4 Basketball Festival 10am – 12 noon
Thurs 20 th Mar	Year 5/6 Basketball Competition 1pm-3pm
Fri 21 st Mar	Red Nose Day – non uniform – donations toward Comic Relief
Fri 21 st Mar	Red Nose Day Lunch for children in school. Special Menu
Mon 24th Mar	Parental Consultations NEW EVENT
Tues 25th Mar	Parental Consultations NEW EVENT
Tues 25 th Mar	Go-Well Frisbee Activity Day
Thurs 27 th Mar	School Sports Partnership Wellbeing Festival (Years 2-6)
Thurs 27 th Mar	Football Team Competition - Wellfield
Fri 28 th Mar	Celebration worship 2.30pm parents and families welcome, followed by
Fri 28 th Mar	Spring Coffee afternoon 3.30pm – more info to follow
Tues 1 st Apr	Someone Special lunch – more info to follow
Thurs 3 rd Apr	Football Team Competition – venue to be confirmed
Fri 4 th Apr	Family Friday 9-9.30am – World Health Day – Healthy Mind Health Body
Tues 8 th Apr	Easter Discos – Year R/1/2 4.45-5.45pm Year 3/4/5/6 6-7pm
Wed 9 th Apr	Easter Lunch for children in school. Special Menu
Wed 9 th Apr	Whole school to Church 2:30pm Holy Week/Easter Service families welcome
Thurs 10 th Apr	Non-uniform day (in aid of School Fund)
Thurs 10 th Apr	School Sports Partnership Dance Festival
Thurs 10th Apr	School closes for Easter break
Fri 11th Apr	PD Day
Mon 28th Apr	School re-opens

Stars of the week Friday 7th February 2025

Ms. Lilley's Class – ELM	Fraser W
Miss Defty's Class – OAK	Willow W
Mr Churchill's Class – MAPLE	Ben B
Mrs Appleby's Class - WILLOW	Henry H
Mr Nelthorpe's Class– SYCAMORE	Ellie-Mae W
Miss O'Neil's Class - PINE	Kimberly T
Pupils' Pupil	Macy A / Tommy S
Staff member of the week	Mr Fry

Attendance week commencing 3rd February 2025

EYFS	97.24
Year 1	98.33
Year 2	95.91
Year 3	100
Year 4	98
Year 5	93.18
Year 6	94.5

Change of date – FAMILY FRIDAY

A reminder that Family Friday will take place on Friday 14th February and on this day, children can come into school in red/non uniform for Valentines Day. We will also be having our special Valentines Day Lunch for the children.

Swimming Festival

Well done to all our swimmers who attended the Swimming Festival at Peterlee on Thursday. The children all had a fantastic time and competed against children from other local schools. As always, they showed fantastic effort and determination and represented our school beautifully.

Flying High Week

For Children's Mental Health Week this year, we really wanted to raise the profile of how important this is. Children have been off timetable on afternoons all week to look at various areas linked to emotional wellbeing and equality. The children have completed lots of fantastic activities and had in-depth discussions based on the following:

- Resilience
- Equality and fairness
- Protected characteristics
- Courageous Advocacy
- Keeping safe (including online)
- British Values





World Book Day - Friday the 7th of March

Dear school community,

I am writing with some exciting news about World Book Day, which is on Friday the 7th of March.

Normally, we ask children to dress up as their favourite book character and we have some competitions around school. Following the success of last year's workshop, we will be welcoming back Bigfoot Arts Education Northeast & Yorkshire (bigfootartseducation.co.uk) to our school, to run a Zog workshop (Julia Donaldson) for EYFS and KS1 and a Lord of The Rings workshop (JRR Tolkien) for KS2. Throughout the day the whole school will be taking part in bespoke workshop activities linked to these stories.

This will take place on Friday the 7th of March in order to maximise our time and resources whilst this amazing workshop is taking place.

Bigfoot Arts Education have made a personalised workshop for each class in our school. These will allow children to begin exploring these stories through the medium of drama. To bring some authenticity to the day, the staff and children can dress up as Zog or Lord of The Rings characters! Here are some ideas to get you started:

- I. <https://www.motherofgrom.com/post/homemade-zog-the-dragon-costume-how-to-make-guide>
- II. <https://www.teach-me-mommy.com/diy-zog-costume/>
- III. <https://fabeveryday.com/2022/09/diy-lord-of-the-rings-the-rings-of-power-family-costumes-galadriel-elrond-durin-the-stranger.html>
- IV. <https://discover.hubpages.com/holidays/5-ideas-for-a-lord-of-the-rings-halloween-costume>

If children would like to wear a costume related to another book, or simply come in non-uniform, that is completely fine. It would be great for children to get into the collective school spirit to really make the most of the workshops.

We truly believe that this experience will be enriching, inspiring and wonderful for the children. We hope you are just as excited as we are!

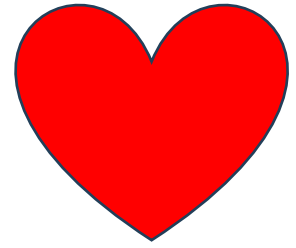
Warmest regards,

Miss O'Neil and all the staff at Easington Church of England Primary School





A reminder that our Valentines Day Menu will be served to children on **Friday 14th February**. Those children who usually have a packed lunch, and wish to join in with this menu, just need to let their teacher know at the morning register. There is no need to book for this meal. The lunch will then be added to ParentPay. This will be charged at £2.81 for children in Years 3/4/5/6. Children in years R/1/2 are eligible for a free of charge meal under the universal Free School Meal scheme.



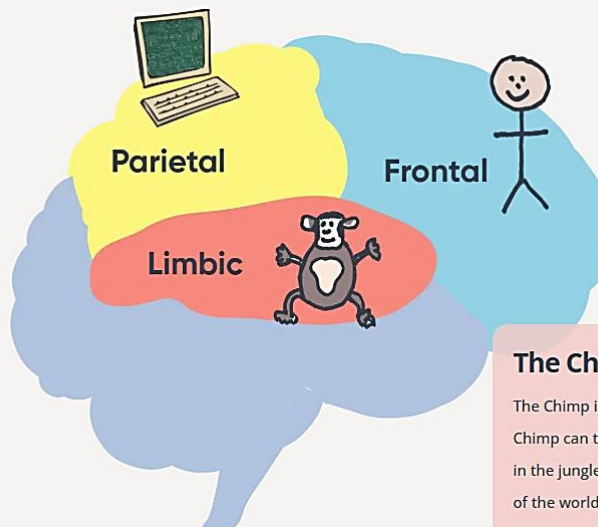
On Wednesday, we were visited by Tim from Chimp Management. What a fantastic afternoon it was for our KS2 children. Tim ran workshops with each class and spoke about the 'The Chimp Model' and the workings of the human brain and how this affects all of our behaviour. The sessions were very insightful for both children and staff and gave us a lot to think about. We are all now confident in recognising and embracing the chimp and realising it is part of us! **Lots of information can be found on the Chimp Management Website <https://chimpmanagement.com/>**

The Chimp Model is an incredibly powerful mind management model that can help you become a happy, confident, healthier, and more successful person.

*The Model offers a simplified way of understanding our two thinking brains and how we can learn to use them to the best of our ability. A mind management model is not pure scientific fact or a hypothesis. It is just a simple representation to aid understanding and help us to use the science. It may also help us to make sense of how we have been in the past, how we are now, and how we can manage ourselves better in the future. In our mind management model, the **inner Chimp** is the emotional team within the brain that thinks and acts for us without our permission. The logical team is the real person, it is you; rational, compassionate and humane, and is the **Human** within. The memory banks for reference are the **Computer**.*

The Computer System

The Computer is a reference source for both the Human and Chimp. It stores their beliefs about what is right and important in the world. The Computer also stores memories, providing advice from past experience. Whilst it does not think for itself, the Computer can be programmed to take action in certain circumstances, making it the fastest system in the brain.



The Human System

The Human is the conscious thinking system in the brain – it is you. Only you can decide how you would like to be in life and how you would like to live your life. The human's basis for thinking therefore is facts and logic, which can take time to piece together.

The Chimp System

The Chimp is a primitive system in the brain which you do not control. The Chimp can think for itself and works with drives and instincts for surviving in the jungle. The Chimp's basis for thinking is its feelings and impressions of the world; it is emotionally driven, impulsive, and quick to react.

DO YOU SOMETIMES WORRY ABOUT HOW YOU ARE FEELING?

If so, read on!



Here are some brilliant tips from children just like you*. These children have also had ups and downs with their mental health and want to pass on some ideas that have helped them:

- Ask for help – from a teacher, parent, brother, sister, or other family member. Keep telling until someone listens to you.
- Remember you are not alone – everyone goes through tough times. Be kind to yourself – everyone is perfect in their own way.
- Stay calm – take some breaths or find somewhere to sit quietly for 2 minutes.
- Go outside and get some exercise to make yourself feel stronger.
- Spend time with your family and friends (or pets).
- It's okay to not always be okay.
- Think of your favourite thing and write it down.
- Keep a diary to track all your emotions.
- Stay positive and focus on things that make you happy. If you can't think of anything, maybe a friend can help you.
- Remember you are enough, and you are the only you.
- If you are being bullied, maybe the bully is being bullied or has something going on at home and they're taking it out on someone else. Tell an adult or trusted friend.



DO YOU SOMETIMES FEEL A BIT WORRIED ABOUT HOW SOMEONE ELSE IS FEELING?

If so, read on!

Things you can say to help support someone else:



*With thanks to the pupils at Seascope Primary School and Ark Globe Primary School.

BEANO





Upcoming Special Lunches in School

Valentine's Day

Menu
 Fish Finger Wrap
 Vegetarian Cheeseburger
 Tuna Melt

Chipped Potatoes
 Baked Beans
 Garden Peas

Melting Moments
 with Fruit

Friday 14th February

World Book Day **Friday 7th March**

MAINS
 Toad in the Hole
 (Yorkshire Pudding with Mashed Potato, Pork Sausages or Veggie Sausages and Onion Gravy)

SIDES
 Wiggly Worm Beans and Carrots

DESSERT
 Queen of Hearts
 Jelly Custard Crumble Pot

*Menus may be subject to change

RED NOSE DAY

MENU
 Beef Burger
 Macaroni Cheese
 Pizza Panini
 Jacket Potato & Beans

Chips
 Baked Beans
 Peas

Chocolate Ice cream

Fresh Bread, Salad Bar, Fruit and Yoghurt Also Available

FRIDAY 21st MARCH

Chartwells schools

Easter

Wednesday 9th April

Menu
 Roast Chicken
 or
 Roast Quorn

Roast Potatoes
 Carrots and Broccoli
 Stuffing and Gravy

Chocolate Cookie
 Crumble Cupcake
 Fruit
 Yoghurt

Chartwells
So much more than fantastic food