

Achievement Assembly

Our achievement assembly this week celebrated children who have shown "determination" this week. Well done to the following children:

Reception: Holly **Year 1:** Ellie **Year 2:** Alex

Year 3: Sofia **Year 4:** Maisie **Year 5:** Lily **Year 6:** Kailum

Celebrating Attendance

Whole school attendance is currently at 95%

Well done to Year 6 for best attendance this week at 100%

Our raffle has restarted. Our next draw will take place the Friday before May half.

Dates for Diary

- Thurs 28th March - Break up for Easter return Mon 15th April
- Wed 17th April - Reception trip to Safety works PM
- Tuesday 30th April & Wednesday 1st May - Matilda Performances (more info to follow)
- Tuesday 30th April - Breakfast Club special breakfast: Toasted Waffles with fruit toppings
- Wed 1st May - Year 1 trip to Gibside
- Tuesday 21st May - Breakfast Club special breakfast: Toasted muffins or pancakes
- Tuesday 18th June - Health and Sports Week - Keep fit Breakfast!
- Thurs 20th June: Lunch menu change: National Picnic Day
- Wed 26th June: Y3 trip Adventure Sunderland
- Fri 5th July - PM school summer fayre
- Thurs 11th July: Lunch menu change: End of year celebration

Reader of the Week Award

Celebrating our school's passion for reading! A huge congratulations to this week's school reading award winners. We are delighted to introduce this week's star readers who will receive a certificate:

Reception

Tommy and Zohaib

Year 1

Esme and Freddie

Year 2

Kieran and Jaxon

Year 3

Robert and Lydia

Year 4

Jessica and Charlotte

Year 5

Molly and Ava

Year 6

Lily and Joseph



Easter Winners

Win your height in Easter eggs:

Reception/KS1 - Heidi Reception

KS2 - Lily Year 5

Four Easter egg bundles courtesy of CLG Travel went to:

Y2 - Oscar and Georgie

Y5 - Sammy and Lily

Well done everyone, especially year 2 and year 5, with two prizes won in each class.





Portobello Primary School
Weekly Newsletter
28th March 2024



Easter Egg Decorating Competition

We had 22 entries to our Easter Egg decoration competition with all children winning an Easter Egg. Well done to everyone! Our class winners are:

Reception - Theo

Year 1 - Freddie

Year 2 - Jaxon

Year 3 - Charlie

Year 5 - Jack

Year 6 - Olivia

Right of the week - Article 30

Article 30 - Children have the right to use their own language, culture and religion - even if these are not shared by most people in the country where they live.



eSchools APP

Please ensure you download the free App to stay in touch with what's going on in school. No back up texts will be sent out as of Monday 15th April. Please stay in the loop!

<https://academy.eschools.co.uk/parents-app/>

Spring Sing

Year 3 had a wonderful time at the Glasshouse this week, performing songs they have practiced in school. Some lovely singing, well done.

What's on over Easter?

Check out the links below for Easter activities and ideas for the whole family!

<https://newcastlegetahead.com/events/seasonal/easter>

[Easter Bunny - Museums Northumberland](#)

<https://www.northeastfamilyadventures.com/post/what-s-on-for-families-this-easter-holiday-in-the-north-east>

<https://www.thisisdurham.com/whats-on/family-events/easter-events>

<https://www.livingnorth.com/article/what-do-long-easter-weekend>

Family First interactive magazine

https://issuu.com/sevenstarmedia/docs/ff_spring2024_digital210324

Included a list of places where children eat free too.



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or "teenage angst" – or to assume that they'll simply "get over" whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here; you could consider regular trips to a coffee shop or a café, or just a weekly walk.

9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday

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