

Achievement Assembly

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

Reception: Iqra **Year 1:** Fabian **Year 2:** Ben

Year 3: Frankie **Year 4:** Will **Year 5:** Billy **Year 6:** Sam

Celebrating Attendance

Whole school attendance is currently at 94.8%

Well done to Year Groups, Reception, Year 3, and Year 6 for best attendance this week at 98%

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

Dates for Diary

Mon 18th March - Easter Film night tickets to be paid for by midday.

Fri 22nd Mar - Special Breakfast club for Tuesday 26th to be booked onto, via School Gateway by midday.

- Tues 19th Mar - KS2 Dance club performing PM at the Glasshouse International Centre for Music
- Tues 19th Mar - Tiny Forest planting day in school - non-school uniform/mucky clothes required
- Tues 19th Mar - Y5 Greek day
- Wed 20th Mar - please send in an unwanted piece of clothing/cloth for bunting
- Wed 20th Mar - Easter Film night - whole school/pick up 5.10pm (order by midday 18th)
- Tues 26th Mar - Y3 at the Glasshouse for the Spring Sing
- Tues 26th Mar - Breakfast Club special easter breakfast
- Thurs 28th March - Lunch menu change see below: no other option available
- Thurs 28th March - Break up for Easter return Mon 15th April
- Tuesday 30th April & Wednesday 1st May - Matilda Performances (more info to follow)
- Fri 5th July - PM school summer fayre

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

Jack and Theo

Year 1

Alex and Daniel

Year 2

Esmee and Kieran

Year 3

Lucy and Harley

Year 4

CJ and Lucas

Year 5

Billy and Freddie

Year 6

Kailum and Sam



Comic Relief 2024

Well done to everyone coming in with "wacky hair" today, we have seen some amazing creations!

Donations can be made online on behalf of our school via the ParentPay link: [Comic Relief 2024 \(parentpay.com\)](https://parentpay.com)





Portobello Primary School
Weekly Newsletter
15th March 2024



Tiny Forest planting day on Tuesday 19th March - 600 saplings to be planted.

We are in the process of having a tiny forest created at the top of our school field nearest our KS1 yard area. This is being created by an organisation called Earthwatch. For further information please check out the link and website: [Tiny Forest | Super Tiny. Super Powerful. \(earthwatch.org.uk\)](https://www.earthwatch.org.uk)

Our Rights Respecting Club and School Council have been involved in our Tiny Forest creation and we would like to welcome their parents/carers along with our Governors to come and assist in the planting of the 600 saplings which we need to complete in one day.

Whole school will need to wear wellies/mucky boots, weather appropriate jacket. Bring a change of shoes or boots too, in case they get muddy!

British Science Week

We have had a fantastic time celebrating British Science Week. We have enjoyed lots of interesting workshops, visitors and live lessons as well as taking part in our own Science investigations. Our children have shown wonderful curiosity and asked fantastic questions to find out more. We have lots of amazing young scientists in our school! #BSW2024

World Oral Health Day 2024 - Wednesday 20th March.

Activated in 2013, World Oral Health Day is an initiative of the World Dental Federation (FDI) and aims to empower people with the knowledge, tools, and confidence to secure good oral health.

This campaign is an opportunity to champion better oral health and for individuals to take personal action. The day encourages the world to unite and reduce the burden of oral diseases and health conditions. The FDI declare that most oral health conditions are largely preventable and can be treated in the early stages.

For 2024-2026, the campaign theme is "A Happy Mouth Is..." and involves Toothie the Beaver, FDI's beloved mascot. This year, "A Happy Mouth is ... A Happy Body" focuses on prioritizing oral health which leads to better overall health.

Please find below a series of useful resources and information for you to use:

[World Oral Health Day Website](#)

[World Oral Health Day - Brush and Boogie Movement](#)

Breakfast Club

Themed breakfasts up until the summer term, if you would like to make a booking, please do so online via Schoolcomms. (Usual breakfast club items will be served too!)

Please ensure you book the specific date too!

- Tuesday 26th March - Easter Breakfast - Pain au chocolat. Book by midday Friday 22nd March
- Tuesday 30th April - Waffles with fruit toppings
- Tuesday 21st May - Toasted muffins or pancakes
- Tuesday 18th June - Health and Sports Week - Keep fit Breakfast!

Right of the week - Article 23

Our RRC have chosen Article 23. They thought about the experiments they did during Science Week and how children with disabilities should also be able to join in with experiments.

Every child with a disability should enjoy the best possible life in society. Governments should remove all obstacles for children with disabilities to become independent and to participate actively in the community.



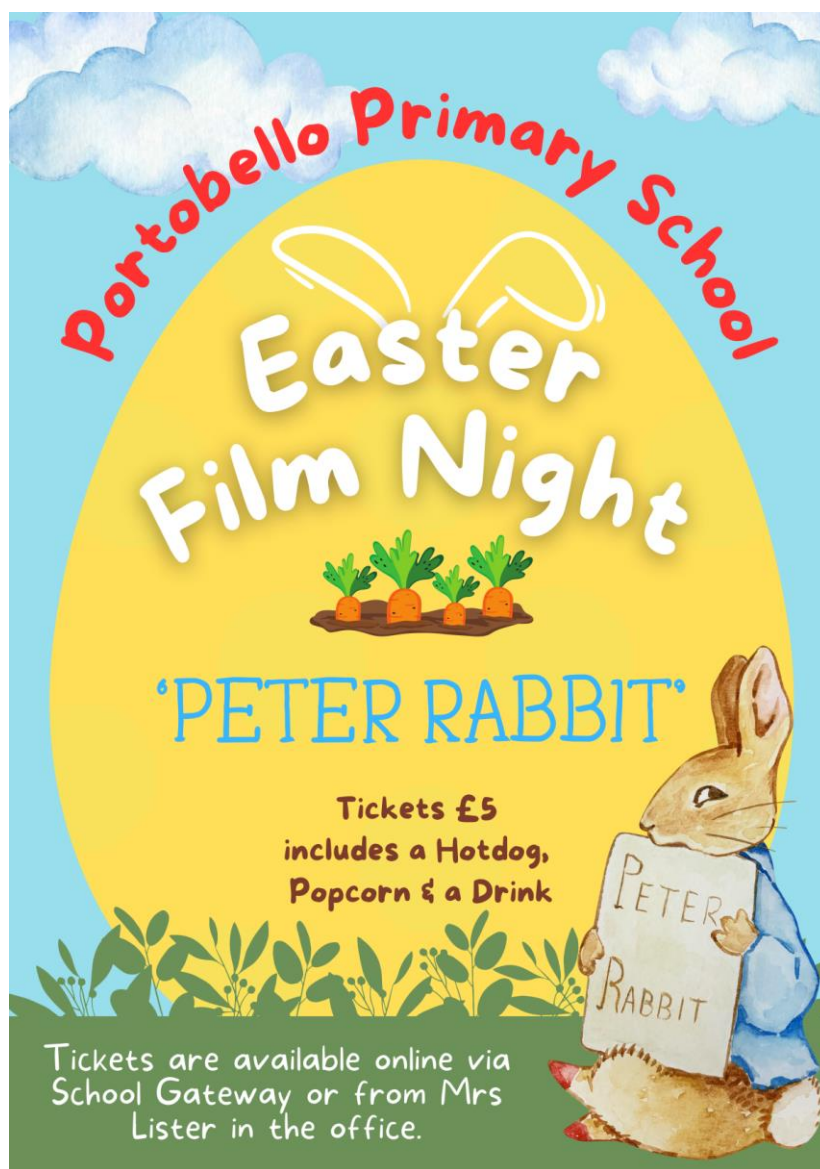
Get quick and reliable NHS advice about your children's health? Healthier Together is a locally developed NHS resource, providing clear and reliable healthcare advice for parents and carers all in one place on a regional website and app. Healthier Together uses a simple 'traffic light' system based on the symptoms of common childhood illnesses and other conditions, and advises where and how to seek help if required. **Download the Healthier Together app from your app store now!** Designed to reduce anxiety and worry for parents and carers and help you access the right NHS services: <https://www.nenc-healthierttogether.nhs.uk/resources/download-healthier-together-mobile-application>



Sports News

Well done to our Year 3 and 4 Hockey teams who took part in the event this week. They did incredibly well in their group and were very unlucky not to make it through to the quarter finals. #TeamPortobello

Film night must be paid for by midday Monday 18th March.



TICKETS 50P EACH

EASTER EGG DRAW

DRAW DATE TUES
26TH MARCH

SCHOOL COUNCIL SELLING
TICKETS FROM 18TH
MARCH

Win your height in Easter Eggs
Four Easter Eggs bundles up
for grabs!





EASTER

**JUMBO FISH FINGER IN A SOFT
FINGER ROLL**

OR

**VEGGIE FINGERS IN A SOFT
FINGER ROLL**

SERVED WITH

**CHIPS
PEAS OR SALAD**

**CHOCOLATE CORNFLAKE CRISPY
NEST**

HOMEMADE EASTER BISCUITS

THURSDAY 28TH MARCH

**GATESHEAD
SCHOOL
CATERING**

The poster features a large yellow Easter egg in the center, surrounded by white daisies and a white rabbit on the left. A red dashed line with a heart at the end winds around the egg. The text is in bold, colorful fonts. The Gateshead School Catering logo is in the bottom right corner.

This will replace the chicken wrap option on the usual menu, no other food options will be available.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here –

WHAT IS DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

REACH OUT FOR SUPPORT

- If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- Follow people on socials who have the same values and morals as you.
- You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

MAKE POSITIVE LIFESTYLE CHOICES

- Make time for the people and things that make you happy.
- Monitor your screen time and stick to your limits.
- On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- Spread some positivity: post good reviews, leave encouraging comments and share good news.

PUT SAFETY FIRST

- If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

KEEP YOUR HEALTH IN MIND

- Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

GET THINGS CLEAR IN YOUR HEAD

- Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- Think about how it makes you feel when someone sends you a positive or funny message online.
- What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cayley Argente is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.

NOS National Online Safety
#WakeUpWednesday

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