



Achievement Assembly

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

Reception: Isobella **Year 1:** William R **Year 2:** Alfred
Year 3: Aishah **Year 4:** CJ **Year 5:** Alisa **Year 6:** Whole class

Celebrating Attendance

Whole school attendance is currently at 95%.

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

Remember our raffle draw will take place the Friday before May half term - there are currently still over 100 children in a chance!

Dates for Diary

- Tuesday 21st May - Breakfast Club special: Toasted muffins, waffles, or pancakes
- **Monday 3rd June - Occasional day - school closed.**
- 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 (burger & fries & ice cream cone)

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	Year 1	Year 2	
Michael & Theo	Ellen & William	Lila & Millie	
Year 3	Year 4	Year 5	Year 6
Leighton & Sofia	Leah & Olivia	Harry & Iona	Jack & Oliver



Year 6 SATS message of well done??

Congratulations and well done to our wonderful Year 6 who have been taking their end of Key Stage 2 assessments this week. They have put in an enormous amount of time and effort, shown resilience and resourcefulness as well as determination. We are all sure they will have done themselves proud!

Home Learning

After half term we are going paperless with our home learning! This will help with our budget and benefit the environment: we will therefore not be printing out and sending home any home learning.

All home learning tasks will continue to be set on e-schools - children can complete on paper and a photograph be sent in or complete in the digital typed boxes. Alternatively, some tasks might be internet games or practical activities.

If children cannot access the internet at home, do not worry! Time will be provided during a lunchtime club!

Get quick and reliable NHS advice about your children's health?

Not sure if your child should be attending their childcare setting if they are unwell? It can be hard to know what to do for the best. Follow Healthier Together's simple guide for common conditions and illnesses: <https://www.nenc-healthierttogether.nhs.uk/parents-carers/tips-guides-and-resources-parents-and-caregivers/child-unwell-ok-go-nursery-school>

You can 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-healthiertgether.nhs.uk/resources/download-healthier-together-mobile-application>

Right of the week - Article

Article 8 - Identity - Children have the right to their own identity - an official record of who they are which includes their name, nationality, and family relations. No one should take this away from them, but if this happens, governments must help children to quickly get their identity back.



Sport

A HUGE well done to our Year 4/5 Girls football team who won all of their games in the event this week, kept a clean sheet and came away as champions! Fantastic achievement, well done everyone.
 #TeamPortobello

Breakfast Club Tuesday 21st May

Please book online using Schoolcomms/ParentPay by Monday 20th.



An exciting opportunity for any pupils who are on the SEND register, from Durham County FA.

'Comets' is a recreational, pan-disability football programme for disabled children aged between 5 and 11. Pan-disability is the largest format of disability football, which sees players with a broad range of impairments and health conditions play together. To see a little more about Comets, check out this YouTube video - <https://youtu.be/XDrYmK62Dts> The sessions will take place at Rutherford AFC, who will be starting a new session on Sunday 19th May. For more information you can contact Andrea Fyall (Football Development Officer) andrea.fyall@durhamfa.com

Uniform reminder

We request that the children wear the following uniform daily:

- red jumper or cardigan
- blue polo shirt or shirt
- grey shorts, trousers, skirt, or dress
- plain black leggings
- blue summer dress
- black school shoes or plain black trainers with black laces
- hair bobble for long hair
- any waterproof/weatherproof coat

For the summer term please ensure your child has a sun hat and sun cream is popped on before school too. Suncream can be sent into school if your child can apply it themselves. All containers need to have a sticker with your child's name on too.

National Picnic Week will be celebrated Thursday 20th June.
No other food option is available.



Durham Cricket Club -Schools discount

The code allows for £10 adult tickets and juniors to go for free.

To book tickets, just go to the ticket portal here: <https://tickets.durhamcricket.co.uk/content>
and use code SCHOOLS24.

The fixtures can be found below:

Friday May 31st at 6:30pm (Women's Northern Diamond v Southern Stars on beforehand at 2:30pm)

Wednesday June 12th at 6:30pm

Sunday June 16th at 6:30pm

Friday June 21st at 6:30pm

Wednesday June 26th Women's International v NZ 2:30pm

Friday July 5th at 6:30pm

Friday July 12th at 6:30pm

Sunday July 14th at 6:30pm



A box will be in place from Monday 20th May for summer school fayre donations.

For example: Raffle prizes are welcome for example: unused gifts.
For the bottle tombola: alcoholic and non-alcoholic bottles, bottles containing bubble bath or olive oil, shampoo or other household bottled items.
Unused games, packs of cards, unopened jars, or packets/boxes of sweets and chocolate items too.



PORTOBELLO NEEDS YOU

Portobello's fundraising committee are preparing for the return of our Summer Fayre and we need your help!

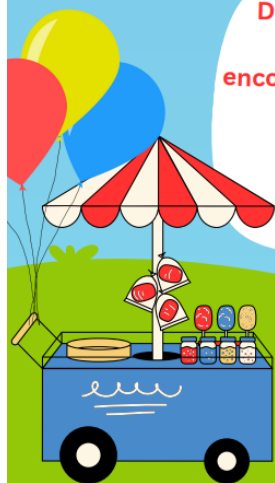
Are you able to spare a few hours of your time?
We are looking for volunteers to help facilitate the smooth running of future fundraising events.
Please contact Mrs Lister for further information.

We are looking for donations for the Summer Fayre Raffle and Tombola stall.
If you have any suitable items such as unused gifts, bottles, chocolates etc that you are able to donate, they would be gratefully received.
Donations can be dropped off year round at any time in the donation box in the main entrance.

Do you or anyone you know have any skills we can encompass in our Summer Fayre?

- Face painting
- Circus Skills
- Balloon Artists
- Hair braiding etc

Do you know of any local businesses that are able to donate towards our fundraising?
Please contact Mrs Lister.



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.

What Parents & Educators Need to Know about SCHOOL AVOIDANCE

Emotionally Based School Avoidance is a term used to refer to reduced attendance or non-attendance at school by a child or young person. It's often rooted in emotional, mental health or wellbeing issues. The rate of children who miss school more than 10% of the time in England has more than doubled since before the pandemic: rising from 10.9% in 2018-19, to 22.3% in 2022-23.

UNDERSTANDING SCHOOL AVOIDANCE

IMPACT OF SCHOOL AVOIDANCE

REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include complaining of a tummy ache, headache, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity which is making them anxious – increasing their desire to stay at home.

Advice for Parents & Educators

WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

MANAGING OVERWHELMING FEELINGS

While there may be times you feel frustrated or angry, try to stay calm; acknowledge the child's worries, listen and discuss a range of coping strategies together to help them face the discomfort and overwhelming feelings. These could include mindfulness, deep breathing or going for a walk and practice the strategies in less overwhelming situations first.

FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and limited time on screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

REDUCE STIMULATING ACTIVITIES AT HOME

If a child is avoiding school, reduce their access to more stimulating activities (such as watching television, playing games and spending time with friends) during school hours, where possible. This reduces the potential for the child having rewarding experiences at home, which could be interpreted as a positive aspect of avoiding school.

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.



The National College®

Source: See full reference list on guide page at: nationalcollege.com/guides/school-avoidance

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