

****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!

Personal Mobiles and Smartwatches

We recognise that mobile phones/smartwatches are part of everyday life for many children and that they can play an important role in helping children to feel safe and secure. However, we also recognise that they can prove a distraction in school and that many have software which potentially puts children and young people at risk online.

Therefore:

- Children are not permitted to have mobile phones at school unless they are in Year 5 or Year 6 and have been given permission to walk home alone. These phones will be collected by the class teacher locked away and given out at the end of the day (the phone is left at the owner's own risk).
- Smart watches should not be brought to school; they may be valuable and could be lost or stolen. Recently we have seen a rise in the number of smartwatches being worn in school.

These devices can regularly connect to local 3G and 4G networks with some having software which enables recording facilities. Any smartwatches accidentally brought into school will be taken away from children and locked in the Year 5 safe until the end of the day. Thank you for your continued cooperation.

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

Healthier Together: Explore child safety advice for parents and carers from Healthier Together, including keeping your child safe from accidents around the home, water safety, and safe sleeping: <https://www.nenc-healthiertogether.nhs.uk/parents/carers/keeping-your-child-safe>



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.

Easyfundraising

Thank you to everyone for raising donations for Portobello Primary School with #easyfundraising! If you haven't signed up yet, it's easy and completely FREE. 8,100 brands will donate to us when you use easyfundraising to do your everyday online shopping - at no extra cost to you! Every donation you raise makes a difference to us so please sign up & share today.

<https://join.easyfundraising.org.uk/portobelloprisch/N7TLL/at/TSX8RX7z/DM1329437/facebook/>

Our Summer Fayre Donation box is now at the main entrance.

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.

Looking for Half term inspiration?

Check out the link:

[Your guide to everything going on in Newcastle city centre | Get into Newcastle](#)

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 HEALTHY FRIENDSHIPS

Navigating the complexities of childhood and adolescent friendships can be challenging – but with the right guidance, children and young people can cultivate meaningful, supportive relationships, some of which may last for many years. These top tips provide a comprehensive approach to fostering healthy friendships among children and young people. It's important to remember, however, that each child is different, and will require an individual approach to relationship support.

- 1 GRANT FRIENDSHIP OPPORTUNITIES**
 Encouraging children and young people to join extracurricular activities can foster healthy friendships by providing shared interests and common ground. Engaging in these pastimes offers a platform for interaction, sometimes alleviating the social pressure of knowing what to say, and helps children develop meaningful connections.
- 2 LEAD BY EXAMPLE**
 The children and young people in our lives see how we behave, the connections that we've made and the interactions between us and others. When we model healthy friendships, we set an example and help youngsters to understand what healthy friendships look like and how to navigate them.
- 3 HELP THEM LOVE THEMSELVES**
 Healthy friendships aren't just about dynamics with other people. They're about our relationship with ourselves. For overall wellbeing, it's important for a child to have the space to build their self-esteem and a positive self-image, as these factors can have a notable influence on the friendships they form throughout life.
- 4 MONITOR SCREEN TIME**
 Too much screen time can affect some children's wellbeing in general, but it can specifically impact friendships if it results in fewer positive social interactions. In some cases, reducing screen time and encouraging children and young people to find ways to interact face-to-face can have positive results. It's also important to remember that young people can make positive friendships online, but they will require support to do this safely.
- 5 TEACH PROBLEM-SOLVING**
 Inevitably, friendships can run into problems. However, this is also an opportunity to support children and young people to work through any difficulties that may arise. It can be tempting to intervene and try to fix these issues for those involved, but helping them consider ways of resolving conflict or managing difficult situations for themselves can help them create stronger friendships.
- 6 EMPOWER THE CHILD**
 When we give children and young people the confidence to choose their friends, navigate interpersonal boundaries and consider how they want to interact with the different people around them, we empower them to take control of the friendships they have. When young people feel in control of these things, they're more likely to make positive choices and remain aware of the signs of a negative relationship.
- 7 TEACH EMPATHY**
 'Healthy friendships' doesn't always mean 'perfect'. Sometimes, disagreements can happen. When we teach children and young people to have empathy, we help them to see both sides of a relationship, to be mindful of the challenges a friend might be facing or whatever else might be going on. This can help children and young people to build stronger friendships.
- 8 BE OPEN TO QUESTIONS**
 Talking to young people about their friendships, who they spend time with and who they interact with, can open the door to questions if they have concerns. Initially, these queries may be straightforward, but if we are receptive to discussion from the outset, young people are more likely to come to us for help when they are older as well.
- 9 UNDERSTAND BOUNDARIES**
 One of the keys to a healthy friendship is honouring boundaries. This can include anything from respecting personal space and belongings to acceptable language and behaviour. Understanding the importance of setting these limits and upholding those set by others can help children stay safe. If young people figure out their boundaries and feel comfortable enforcing them, they're more likely to call someone out if they go too far.
- 10 SPOT THE SIGNS**
 We can't always supervise young people; sometimes, we need to step back and give them some space. However, it's important to consider any indicators that they may be struggling in their friendships. Are they becoming increasingly irritable? Does their behaviour alter when they've been with their friends? Are they becoming withdrawn or reluctant to take part in certain activities? These could all be signs that they're finding things difficult, and we should remain alert to such changes.

Meet Our Expert
 Becky Dawson is an experienced educator who has worked in primary and secondary schools for 20 years. She is a facilitator, consultant and coach working with young people and the adults who work with them, with a focus on developing understanding and skills around mental health, wellbeing and safeguarding.

#WakeUpWednesday The National College

X @wake_up_weds f /www.thenationalcollege @wake.up.wednesday @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 22.05.2024



Mixed Teams

- **Tots**
Ages 4 - 6 years
Training Monday 5- 6
All abilities welcome

PLAYER RECRUITMENT

Season 23/24

Boys Teams

- **U9's** Moving to **U10's**
Division 1
High level
Current school year 3/4
Training Mon & Wed 6.15 -7.15
Looking for experienced players.

- **U10's** Moving to **U11's**
Division 5 & Division 7/8
Mid/high level
Current school year 4/5
Training Thursdays 6.15 -7.15
All abilities welcome

- **U11's** Moving to **U12's**
North East jr league
Mid level
Current school year 6
Training Tues & Thurs 6-7
Looking for experienced players.

Girls Teams

- **U10's / U11's**
New teams
All abilities
Current school year 4/5
Training Wednesday 6.15 - 7.15
All abilities welcome.

- **U12's** staying at **U12's**
Established team
Mid/high level
Current school year 6
Training Mon & Thurs 6.15 -7.15
Looking for experienced players.

- **U12's** Moving to **U13's**
Premier league
Mid/high level
current school year 7
Training Mon & Wed 6.15 -7.15
Looking for experienced players.

Our football club are looking for players to strengthen our existing teams and to join new teams.

Playing in the RFYL & North East junior league on Saturdays.

Secure maintained camp ground,
focusing on player development, and fun,
dbcs checked volunteers
1st aid trained
F.A qualified coaches.



 WrekentonNouCampYFC

For more information

 Ron 07508 993571

Wrekenton Nou Camp YFC Camp ground Springwell road Ne9 7xw



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING MAY HALF TERM 2024

moneysavingcentral.co.uk/kids-eat-free



LAS IGUANAS

Join 'My Las Iguanas' via the App & Niños eat free with every adult main

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

PUREZZA

Children under the age of 10 get free pizza at Purezza with every adult meal purchased

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

YO! SUSHI

From Monday 27th May to Friday 31st May 2024, kids eat free all day at YO! Sushi (minimum adult spend £10).

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

BILLS

Two kids can eat free ALL DAY (Weekdays) from Monday 27th May to Friday 31st May 2024, with one adult main dish.

DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

IKEA

Kids get a meal from 95p daily from 11am

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.

Copyright of MONEY SAVING CENTRAL