

# Preston Grange Primary School

Newsletter – January 12th 2026



Happy New Year to all of our families! Well the first week back has flown by and the children have settled back into the school routine really well. We're pleased to welcome new starters into our Nursery, and we'd like to extend a warm welcome to all of our new families and children.

## **Cover in the office**

Miss Hogarth is on maternity leave and currently Miss Robertson is covering the maternity leave. Please note that going forwards until the end of Summer term, there is no cover in the office to answer calls on a Tuesday afternoon or a Friday morning.

If you need to contact school on either of these times, please use the office inbox email: [office@pgps.co.uk](mailto:office@pgps.co.uk).

## **Thrive whole class sessions**

Thrive whole-class sessions are short, planned sessions delivered to *all pupils* to support emotional development, regulation, relationships, and resilience.

🧠 Whole-class Thrive sessions aim to:

- Build emotional literacy
- Support self-regulation
- Strengthen relationships and belonging
- Develop secure foundations for learning
- Normalise talking about feelings
- Please see the year group dates when your child's class will have their whole class Thrive session.

Mrs Spowart is the Thrive Lead in our school, and delivers whole class Thrive sessions across school as well as small group Thrive sessions. This term, the focus is on emotions, identifying these and focuses on the children understanding their emotions and feelings.

## **Connect Mental Health Team**

As the year begins there is lots of growth happening for Connect MHST and some new areas of work that they are really keen to have your support with. Have you or your child had support from Connect? Would you like to help Connect to shape the service this year?

If yes, Connect are really keen to have more parents & carers supporting the Voices group, if you can, please join them at one of the dates below. If you would like to find out more or have a further chat, let them know and they can arrange a telephone call.

## 'Parent and Carer Voices'

Do you care about children and young people's mental health and wellbeing?

Would you like to connect with other parents and carers who are passionate about shaping local services?

We'd love to invite you to join us for an in-person session of our Parent and Carer Voices Group.



- Recruitment & Selection update
- Parent Peer Support Role and training
- Exploring what's working & what's more difficult for Parents & carers
- Any other business - do you want to add/discuss anything

Please let the Connect Team know if you can attend by email at [connectmhst@northtyneside.gov.uk](mailto:connectmhst@northtyneside.gov.uk) and which session you can make so that they can make sure they have lots of biscuits!

## School lunches

Please note that the new school lunch menu for Spring term is now published and available to book on the Appetite app.

## Active North Tyneside

Please find some opportunities & activities for families from Active North Tyneside.

**No Limits!**  
**POOL SESSIONS**

North Tyneside Council

Thursday at Waves 6.20-7.20PM

Friday at Tynemouth Pool 4-5PM

Saturday at The Lakeside Centre 11AM-12PM

Saturday at Hadrian Leisure Centre 2-3PM

**FREE FOR KIDS ALL AGES**

No Limits pool sessions are available in term time only. A valid easecard is required. Children and young people must behave in accordance with our Customer Charter. Pool admission policy applies.

North Tyneside Council

**Stay and Play**

**FREE for children aged 1-7**

Children can have fun in the soft play and take part in arts and crafts, while parents and carers get healthy eating and physical activity tips from our staff.

The Parks Sports Centre Tuesday 3.45-4.30pm

Children must be accompanied by an adult. Available in term time only. A valid easecard is required. Children and young people must behave in accordance with our Customer Charter.

[www.activenorthtyneside.org.uk](http://www.activenorthtyneside.org.uk) | 0191 643 7171

**Active North Tyneside** | **@active\_NT**

North Tyneside Council

**Family Splash**

**FREE for children and young people under 16**

Bring your family along to enjoy a free weekly toys and floats swimming session!\*

- Introduce kids to the water
- Improve their water confidence
- Encourage being physically active
- Have fun as a family!

Hadrian Leisure Centre Sunday, 12-1pm

Just turn up, no booking necessary. Available in term time only. A valid easecard is required.

\*pool admission policy applies.

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**Active North Tyneside** | **@active\_NT**

Monday 26<sup>th</sup> January 6pm - 7pm  
Shiremoor Family Hub  
9 Bridge Terrace  
Shiremoor  
NE27 0TA

**Wednesday 28<sup>th</sup> January 9am - 10am**

Howdon Family Hub  
11a Howdon Lane  
Howdon  
Wallsend

## Agenda so far

- Check in
- Update on Connect

**Stay and Play**

**FREE** for children aged 1-7

Children can have fun in the soft play and take part in arts and crafts, while parents and carers get healthy eating and physical activity tips from our staff.

**The Lakeside Centre**  
Monday 3.45-4.30pm

Children must be accompanied by an adult. Available in term time only. A valid easecard is required. Children and young people must behave in accordance with our Customer Charter.

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f Active North Tyneside X @active\_NT

**No Limits!**

**FREE** FOR KIDS AGED 8-13 YEARS

Monday at The Lakeside Centre 4-5.30PM	Tuesday at The Parks Sports Centre 4.30-6PM	Wednesday at Hadrian Leisure Centre 5.15-6.30PM
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Activities include:

- Badminton
- Table tennis
- Dodgeball
- Basketball
- Trampolining\*
- Football

[www.activenorthtyneside.org.uk](http://www.activenorthtyneside.org.uk) | 0191 643 7171  
f Active North Tyneside X @active\_NT

## Valentines Disco

Our Incredible 8 (eight children from Year 6) have met with Mrs Smith, our Business Manager to start planning a Valentine Disco which will be on Friday 13th February. The Incredible 8 are sending a letter to parents nearer the time with information about the disco.

## Term dates for the academic year 2026/7

At the end of this week, you will receive a copy of the term dates for next academic year. There will also be a copy uploaded onto the school website by the end of the week.

### Dates for your diary

Mon 12/1 - Thrive whole class session Reception class  
 Tues 13/1 - Girls friendly football match @JSCHS after school  
 Wed 14/1 - Parliament outreach assembly for Key Stage 2 classes  
 Wed 14/1 - Year 5 debating workshop  
 Thurs 15/1 - Littleton League football round 3 @JSCHS 4-5.15pm  
 Thurs 15/1 - Friends Resilience (Connect Team) with Y3  
 Wed 21/1 - Basketball competition @JSCHS 3.45-5.15pm  
 Mon 26/1 - Dance Festival practice for Y2 PM  
 Thurs 29/1 - Friends Resilience (Connect Team) with Y3  
 Mon 2/2 - Dance Festival practice for Y2 PM  
 Thurs 5/2 - Friends Resilience (Connect Team) with Y3  
 Thurs 5/2 - Y5/6 Hockey @JSCHS 3.45-5.15pm  
 Mon 9/2 - Children's Mental Health Week all this week  
 Mon 9/2 - Dance Festival practice for Y2 PM  
 Tues 10/2 - Year 5 Thrive whole class session  
 Thurs 12/2 - Friends Resilience (Connect Team) with Y3  
 Fri 13/2 - Valentine disco (PM)  
 Fri 13/2 - Break up fro February half term

**Children return to school on Monday 23rd February 2026**

Tracey Taylor  
 Headteacher