

Preston Grange Primary School

Newsletter – January 14th 2025



RRSA (Rights Respecting School Award)

You may remember that we are committed to Unicef's RRSA (promoting the rights of the child) and we achieved bronze level in

2021. We are now working towards silver level this academic year.

The Unicef RRSA is based on principles of equality, dignity, respect, non-discrimination and participation. The award seeks to put the convention at the heart of a school's ethos and culture. RRSA is a community where children's rights are learned, taught, practised, respected, protected and promoted.

As part of achieving silver level, we have to appoint student ambassadors to help drive the work being done in school and we asked interested Key Stage 2 children to apply to for these positions. We are thrilled with the applications from the older children. The selected ambassadors will work with staff to further promote children's rights, outlined within Unicef's rights of a child. If you are interested to read more, please visit the following website for further information on the award we are working towards: <https://www.unicef.org.uk/rights-respecting-schools/>



Children's Mental Health Week

Children's Mental Health Week runs from 3rd – 9th February and this year we will focus on the theme 'Know Yourself, Grow Yourself', which is all about learning to embrace self-awareness.

Our PSHE lessons during this week will focus on special resources from Place2Be and the children will be using the well-known characters from the Inside Out 2 movie to discover how getting to embrace who they are can help them build resilience as well as learn about the importance of expressing their emotions.

In addition, KS2 children will take part in The Great Big Live Assembly on Tuesday 4th February as part of a national celebration of Children's Mental Health week. All classes will be showcasing their PSHE lessons through X (Twitter) to keep you updated with their learning.



Dance Festival

Our Year 4 children will be performing in the North Tyneside Dance Festival at The Parks in the week leading up to half term. More information about date, times and tickets for families will be sent out in due course.

Non-uniform day

This Friday (17th), children in Newcastle castle are invited to come into school in non-uniform due to them being the winning castle last half term.

Healthy4Life

The Healthy4Life team is recruiting for their upcoming Healthy4Life clubs starting on **Wednesday 29 January** at The Parks Sport Centre (ages 8-14 years old) and **Thursday 30 January** at The Parks Sport Centre (ages 4-9 years old).

Healthy4Life is a family focussed after school programme which aims to help children and parents/carers make positive changes to their lifestyle to maintain a healthy weight. The free 10 week course covers topics such as:

- what is a balanced diet
- portion sizes
- learning about sugar and fat
- understanding food labels
- trying new foods
- five ways to wellbeing
- opportunities to prepare meals
- how to reduce screen time

Children also take part in sport and activity sessions to help them figure out what they enjoy doing to be physically active. **A family can sign up to the programme by visiting the website here: www.activenorthtyneside.org.uk/healthy-4-life** Please note BMI criteria applies.

Parents evening

The next parent appointments will be on Tuesday March 11th. The booking system will be set up after half term and a text sent out to families.

Training days

Please see the calendar dates and revised teacher training days for 2024/5 and 2025/6 which your child should come home with tonight. Please note that the date of Friday 21st February 2025 will no longer be a teacher training day; instead, the training day will be moved to Friday 11th April.

Parent helpers

We appreciate the volunteers who accompany school visits and swimming etc, and are grateful for the time that they give up for school. We are always looking for regular volunteers, so if you are interested in helping, please see Miss Hogarth in the office as we require an enhanced DBS to be done specifically for our school.



Basketball coaching

This tea Reception will be receiving basketball training from Jack at Newcastle Eagles. They absolutely loved their first session last week!

Heights and weights

Heights & weights for Reception and Year 6 takes place on 6th March (PM) Please opt out by contacting the office if you don't wish your child to be measured, or contact the school nursing team directly if you wish to opt your child out, thank you. This is an NHS service, and not school who arrange for this to be done, we merely inform parents that it will be happening and ask if you wish to opt out. Thank you for your support.

Medical or health conditions

If your child has **any** health condition or dietary requirement, this must be shared with school, as we require a form to be completed in line with our Managing Medicines Policy. School maintains a medical list of children with medical or health conditions, and this helps us to best support your child in school. Please contact Miss Hogarth in the office if you wish to update school as to any medical condition.

A reminder that it is a parent's responsibility to provide and maintain the inhalers in school within date. If your child uses an inhaler, Miss Hogarth will check each term when the inhaler is due to expire and inform you of this date. We'd be grateful if parents could collect and replace the old inhaler into school promptly. Thank you for your support with this matter.

Attendance

At the end of this week there will be an update to parents on attendance, and some further guidance sent out to all families.

Phone numbers

If you need to update any contact details (address or mobile number), please see Miss Hogarth in the office so that we always have your up to date details and emergency contact numbers.

Catering

A reminder that if you have any questions or concerns regarding school lunches, Hutchison's are completely separate to school. Please contact them directly, thank you.



SATs meeting Year 6

On Wednesday 12th February, Mr Russell-Thompson would like to meet with all Year 6 parents at 3.30pm to share some information about the upcoming statutory assessments for the end of Key Stage 2. Please see the separate letter being sent home.

Cake Sale

The Fantastic Five (from Y5) will be selling cakes for the next four Fridays, to raise funds for Unicef. Cakes will be £1 each and on sale at break times. We are really proud of the girls who have been working with Mrs Gibson and will be baking the cakes each Thursday, to make their fundraising idea come to life!



Parent/carer virtual monthly support session - Managing & Regulating your child's emotions



Connect MHST invites Parents and carers supporting children and young people with social, emotional, and mental health needs to a virtual support Session.

The monthly session is held on Zoom on the last Wednesday of the month at 6pm.

January's support session topic will be Managing and Regulating your child's emotions will be on Wednesday 29th January 2025 at 6pm

The virtual session is a place for parents and carers to get information and support from Connect on wellbeing topics identified by parents, share their experiences if they chose to, help and support each other and get information and advice to support them.

Please scan the QR Code to register your interest and to receive the Zoom invite.



Dates for your diary

Week beginning Mon 10th Jan - After school clubs start

Tues 14th January- Year 3 visit Rising Sun Country Park all day

Thurs 16th Jan - Littleton football league @JSCHS round 3 after school

Fri 17th January- Non-uniform day for Newcastle castle only

Wed 22nd Jan - Primary basketball competition after school @JSCHS

Wed 29th January- Chinese New Year celebrations in Early Years

Mon 3rd Feb all week - Children's Mental Health week

Thurs 6th Feb - Y5 & 6 hockey after school

Fri 14th Feb - Valentine disco (more info to follow)

Fri 21st Feb - Hoops 4 Health (Y5) @Newcastle Eagles Vertu Motors Arena all day

Fri 21st Feb - Break up for half term

(FEBRUARY HALF TERM HOLIDAY)

Mon 3rd March – children return to school

Tracey Taylor
Headteacher

January 14th 2025