



# Fellgate Primary School

Volume 12, Friday 3rd December 2021

Dear Children, Parents, Carers and Governors,

Did you know that it is **National Anger Awareness Week**? This week we have discussed the emotion anger. We have compared anger to a bottle of pop. Anger starts as a few bubbles, but if the emotion is not dealt with, it builds and builds until finally it explodes. We discussed how important it is to recognise the emotion and deal with it. We have many strategies we can use to help us: taking 5 deep breaths, taking some time out and doing physical exercise. We can also talk to a trusted adult or friend about our feelings and emotions. Well done to our stars of the week who have become much better at recognising their emotions and using strategies to help them control and manage their behaviour.

**Covid update** - This week we have had further guidance from the Government re safety measures. Staff are encouraged to wear face masks in communal areas in school. Parents and Carers there is no need to wear face coverings when dropping off or collecting children. PCR tests continue to be recommended for all adults and pupils if they are a close contact of a positive case. If the test is negative, pupils can return to school, however they must stay at home if they go on to develop symptoms and be retested. A close contact means some one who you share a house with. Assemblies, Governor and staff meetings will be held virtually. We can now go ahead with Educational visits and residential visits but each visit will be carefully considered before it is agreed. However if case numbers were to rise again we would need to put further measures in place. We have decided to record our Christmas performances and share them with you on Class Dojo. As a school community we want to keep everyone safe so that all can enjoy the Christmas break.

**Key 2 Life Foodbank.** We would like to support Key 2 Life Foodbank this Christmas. They are a fairly new foodbank and have supported many of our families during lockdown. They have put out an appeal for chocolate or selection boxes. Any donations would be gratefully received, please send to the school office.

## Upcoming dates—more dates to follow

Monday 6th December: Individual photographs

Friday 10th December: Pantomime Visit

Thursday 16th December: Christmas Party Day

Friday 17th December: Last day, non uniform day

**Have a great weekend everyone and stay safe! Mrs Tones**

## Get up! Get in ! Get on!

Total –93%

Lemons-93%	Oranges – 90%	Cherries-89%	Apples-80%	Blueberries— 100%	Plums-93%
Acorns-92%	Hawthorns- 100%	Chestnuts- 91%	Willows-91%	Sycamores- 94%	Oaks-96%

Together Everyone Achieves More

Contact us **Tel: 0191 489 4801** Email: [info@fellate.s-tyneside.sch.uk](mailto:info@fellate.s-tyneside.sch.uk) [www.fellgateprimary.sch.uk](http://www.fellgateprimary.sch.uk)



## Our Fellgate Stars of the Week are ...

**Lemons: Aria C** for showing great communication skills when making requests to make her needs known

**Oranges: Jude C** for fantastic phonics work, identifying his letter sounds. Well done Jude!

**Cherries: Joseph H** for having a great understanding of characters' feelings in our class stories and for explaining why they are feeling that way

**Apples: Sonny C** for fantastic use of his PECS book to communicate this week

**Blueberries: Max M** for using what he's learned about emotions to draw a fantastic picture chart at home

**Plums: Aidan L** for having more awareness of his behaviour this week

**Acorns: Elias L** for always being patient and understanding to others

**Hawthorns: Jayden S** is always taking care of his friends when they are feeling sad and upset

**Chestnuts: Sophie G** for fantastic ideas during PSHE for about how to react to pressurised situations and for being able to share her feelings.

**Willows: Charlie C** for always looking out for and recognising those in his class who may be feeling upset

**Sycamores: Ewere C** for controlling her emotions and managing her anger

**Oaks: Leo R** for working hard to manage his emotions and being positive about his learning

### Our Vision

At Fellgate Primary School, through an ethos of respect, challenge and resilience, we aspire to create an inclusive, safe, vibrant, happy school where each member of the school community - children, parents, carers, staff and governors - feels valued and are encouraged to be the best they can be.

We celebrate individuality, striving for everyone to reach their full potential and "shine" in everything they do.

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