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## Mrs Tones' message of the week

This week school has completed KS2 Sats with our Year 6 pupils. We were all really proud of how well our Year 6 pupils responded to the tests. They all showed amazing resilience during the tests, working steadily and consistently and using their time efficiently. Our amazing pupils respected and supported one another. Year 6 pre SATS breakfast club was a fun place to be with dancing and laughing before the test. Thanks to our staff who have also worked tirelessly to prepare our pupils to sit the tests and thanks to all our parents for ensuring our pupils were in early each day! But a special mention to Mrs Holman who has provided a banquet of breakfast feasts each day!

Have a great weekend everyone and we look forward to seeing you on

Monday next week!

Mrs Tones

## Value of the half term "Unique"

We all have different strengths and abilities and are special in our own way. It's good to be me!

## 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.

# ATTENDANCE

12th May 2023

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Rowans- 98%

Hollies - 100%

Maples - 100%

Cherries- 94%

Birches- 87%

Pines- 100%

Acorns- 85%

Hawthorns- 93%

Willows- 99%

Chestnuts- 99%

Blossoms- 95%

Sycamores- 100%

Oaks- 96%

**Get up! Get in! Get on!**

12th May 2023

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**Rowans:** Isaac. He has demonstrated his social interaction skills by requesting to join in with the maths games and taking turns with his friends during these games. It has been really lovely to see. Well done Isaac!

**Hollies:** Leo R for his amazing ICT skills during integration. Well done!

**Maples:** Caleb N-E for being really inventive and creative which he has shown through his craft this week. Well done Caleb!

**Cherries:** Rex Y for having an all round great week, helping his peers in maths and writing a fantastic diary entry in English.

**Birches:** Birches star of the week is Joseph H for playing really well with his friends outside this week.

**Pines:** Jasmine K- for great reading and writing both in school and at home and fantastic maths work this week using number bonds!

**Acorns:** Amaia C for amazing behaviour and a fabulous attitude all week.

**Hawthorns:** Junior J for just being an overall superstar this week. Keep up the great work!

**Willows:** Esmaiee M for always offering a helping hand in and out of the classroom.

**Chestnuts:** Harper B for having a successful week especially when completing an amazing story in English, Well Done!

**Blossoms:** Jack P for always having a fantastic attitude to everything he does, and for taking such pride in his work.

**Sycamores & Oaks:** Are all our stars of the week. They have had a fantastic attitude this week when completing their SATs. They have shown amazing resilience and have kept smiling throughout. They should be very proud of themselves, we couldn't be prouder of them!



# LAST WEEK AT FELLGATE

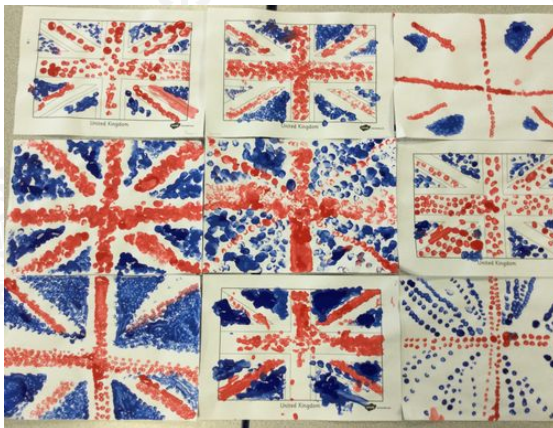
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## Celebrating the Coronation of HRH King Charles III

Last week at Fellgate we celebrated the Coronation of His Majesty King Charles III. Each class was tasked with learning and researching about different elements of the Coronation. Everyone had a fantastic time learning about the history of the Coronation of British monarchs.

On Friday we held a street party to celebrate the Coronation of HRH King Charles III. All of the Pupils, Parents/Carers and Staff thoroughly enjoyed the party. A huge thank you to everyone who donated food to our buffet. We had lots of leftover food after the party which we have chosen to donate to local food banks. We can't wait to welcome you back into school very soon!



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## Chestnuts Day Out

Chestnuts had a fantastic day at The Great North Museum(Hancock) in Newcastle.

They have learned lots about Ancient Egypt and were wowed by the real artefacts, especially the mummified bodies on display! We will follow up this learning over the next few weeks in class.

Their behaviour was perfect! We even received an email to school from a Metro passenger, saying how polite and well-behaved the children had been whilst travelling. Everyone at school feels very proud! Well Done Chestnuts!



## Mindfulness Club

This week in Mindfulness Club we started our session with some gentle yoga, we then moved onto using playdough and threading buttons to relax ourselves. We all left feeling very calm and relaxed, and it's a great way to improve our mental health and wellbeing.



## Ninja Warrior

This week our Ninja Warriors have continued to increase their confidence. They have been using their Climbing skills on the apparatus. Children have also been challenging themselves with the hurdles, they had to jump so high to make it over. And as always everyone had lots of fun!



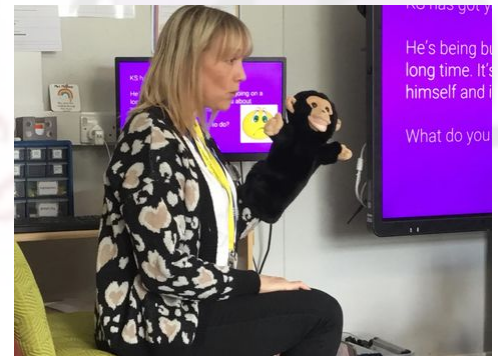
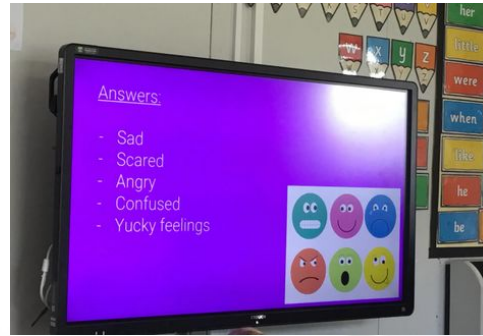
## Sensory Club

This week in sensory club we have had another fun filled session exploring the soft play room and using all the equipment. Everyone has had lots of fun!



## Kidsafe

Each Thursday afternoon, Amanda and KS the monkey visit Acorns for our KidSafe sessions. This week we talked about our 'trusted adults' and what to do if we get 'yucky feelings'. We always end our sessions with a hug or high-five from KS!



## Important people in school

This week Hollies class have been talking about important people in school and what they do. We decided to visit Helen T in her office in Souter building. We asked her lots of questions about her job and how she helps people around school. Helen T told us that her job is Family Support Officer and that she helps people around school. Helen then showed us her Emotions Monsters Hollies class loved playing with these. We then headed back to class and used our art skills to sketch one of our important people in school. We have all had lots of fun learning about all the different people in school.





## What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthral young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK – and knowing what to do about content that upsets them.

- ### 1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.
- ### 2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.
- ### 3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.
- ### 4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.
- ### 5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.
- ### 6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.
- ### 7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.
- ### 8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.
- ### 9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.
- ### 10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

### Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.

**National Online Safety**  
#WakeUpWednesday

<https://www.nos.org.uk/>

# UPCOMING EVENTS & KEY INFORMATION

12th May 2023

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## Dates for your diary

Thursday 25th May -  
Bus Induction Y6

Monday 29th May -  
Bank Holiday

Friday 7th July -  
Strawberry Tea/  
Summer Fair

Thursday 13th - 14th  
July - Y6 Transition  
days

## What's Happening at Fellgate

### Breakfast Club

Main School: 07:45am - 08:40am

Base 8:30am - 09:00am

### After School Clubs

Tuesday - Sensory, Dance, Creative

Wednesday - Football, Ninja Warrior

Thursday - Construction, Mindfulness, Recorder

Friday - Board game/Movie

### Parent and Toddler group

Every Thursday

9:00am - 11:00am

# CONGRATULATIONS YEAR 6

SATS are over. Everyone at Fellgate is  
incredibly proud of you.