

Community Catch-Up

On the 18th October, Duke's held the first Community Catch-Up event of the school year.

It was a huge success, with lots of families in attendance and most left with either prizes from the bingo, quiz and raffle or with donations of clothes and toiletries. There were lots of happy children who also left with toys that had kindly been donated too,

Keep an eye on the website for the next event where there will be free food & drinks, raffle, quiz, bingo and more donations to take away.









YOU ARE INVITED TO

CHRISTMAS CONCERT 2023

Wednesday 13th December 2023 06.00 PM DUKE'S SECONDARY SCHOOL

MAIN HALL

Tickets £2 from the Creative Arts

Department

Refreshments provided by The Fundraising Committee





Our Christmas Fayre will be held on Saturday 2nd December, from 10am -2pm.

There will be a range of stalls featuring crafts, gifts and food...and more!

If you, or someone you know, would like to book a stall, please email admin@dukes.ncea.org.uk



Well done to the Year 9 football team, who managed a last gasp 3-2 win at local rivals Blyth earlier this month!



Wed 1st November, Woodhorn

Museum

11am-3pm



The popular and interactive flying displays take place at 12 noon and 2pm (weather dependent).

Ridgeside Falconry will also be on hand to answer your questions about the birds of prey alongside their static display from 11am – 3pm.

If you are visiting for the Birds of Prey Display you can also enjoy our annual Pumpkin Trail (all day) and make and decorate your own Spooky Spider Decoration (12noon-3pm).

The Birds of Prey display is included as part of your Annual Pass admission. If you don't already have one, you can buy your Annual Pass online ahead of your visit or when you arrive at the museum. The Annual Pass prices are only £7 for adults, £6 for concessions and children (16 or under) come in FREE!

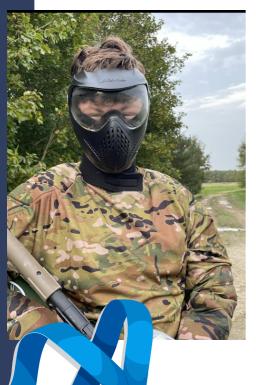


CCF News

In October, the cadets completed the Black Rat Challenge in North Yorkshire.

All of the cadets were a credit to Duke's, and everyone received a medal.

Well done!





English News

On the 13th September the English Department celebrated Roald Dahl Day with a wide range of activities.

Part of the celebrations were two competitions: to create a book cover for a favourite Roald Dahl story, and to write a book review of a Roald Dahl book.

The two winners were:

Anna Wilson, Year 9 for writing a brilliant review, and **Scarlet Wills,** Year 9, for creating a beautiful book cover. Well done!



There is still time to enter the Halloween writing competition, and keep an eye on Google Classroom for details of another in the run up to Christmas!

OFFERS FOR HALF-TERM...

KIDS EAT OUT FOR LESS GUIDE OCTOBER HALF TERM 2023





Free Kids Meal At Tesco Cafe This October Half Term When You Buy Anything In The Cafe & Show Your Clubcard. Monday Friday Only. England 23/10/23–03/11/23. Northern Ireland And Wales 30/10/23–03/11/23



Kids Eat For £1' Café Meal Deal Has Been Extended Until The End Of The Year With No Minimum Spend. + Free Ella's Baby Food Pouches For Children Under 18 Months Old With Any Purchase

M&S CAFÉ

23rd–27th October In England And Northern Ireland, And 30th October – 3rd November In Wales And Roi, Kids Can Enjoy A £4 Kids' Munch Menu At M&S Every Time You Spend £5 Or More In M&S Café



Kids Eat Free All Day, Everyday At Morrisons Cafe! One Kid's Meal With Any Adult Meal Over £4.50



You Can Get A Kid's Main Meal For £1 All Day, Monday To Friday When You Buy An Adult Sizzling Meal.



Little Ones Can Enjoy Kids Pasta With Tomato Sauce And A Soft Drink For 95p Or Any Other Kids Meal For £1.50. Available Daily From 11am At Ikea Restaurants.



Download The TGI Stripe Rewards App For Free Kids Meal When An Adults Meal Is Purchased.



All Day & Everyday, Free Kids Mini Meal Deal When You Spend £4 In The Cafe



Until The 3rd November, Kids Eat Free All Day In Our Restaurants When Dining With A Full-paying Adult (Minimum £10 Spend)



For O2 Customers Free Kids Mini Monster Meal At Pizza Hut Restaurants (RRP From £7.99) Each Week Until 05/11/2023.





Download The Harvester & Toby
Carvery Apps To Stay Up To Date With
Latest Offers. Including Kids Eat For £1
With Adult Mains Purchased!



Up To Two Kids Can Eat Free All Day From Monday 23rd October – Friday 3rd November (Excluding Saturday & Sunday), If One Adult Orders Any Main.





Two Kids Under 16 Eat For Free With Every Adult Breakfast Purchased At Brewers Farye Or Beefeater!



Enjoy A Free Child's Hot Meal Or Pick N
Mix Lunch Box Including A Drink With Any
Adult Main Course Purchase.



Kids Eat For £1 With The Purchase Of Every Adult Main, Monday-Thursday! Enjoy Three Courses & A Drink!



Free Kids Breakfast For Up To 2 Children Aged 15 Or Under For Every Full Paying Adult.



When An Adult Orders A Full Premier Inn Breakfast Or A Meal Deal, Up To Two Under 16s Eat Breakfast For Free!



Kids' Meals For Just £1 And Larger Meals For Only £1.50 With Every Full Paying Adult Every Monday.

INFORMATION CORRECT AT TIME OF POSTING (20/11/2023)

PLEASE VISIT INDIVIDUAL WEBSITE OF RESTAURANT/RETAILER FOR FULL TERMS & CONDITIONS

DO YOU KNOW THE SIGNS OF TYPE 1 DIABETES?









We call them the 4Ts. If you or your child are weeing more often, constantly thirsty, more tired than usual, or losing weight for no reason, it could be a symptom of type 1 diabetes. If left undiagnosed, type 1 diabetes can be fatal. If you're experiencing any of the 4Ts, ask your doctor for a test immediately.



Scan the QR code or visit diabetes.org.uk/the4Ts

DIABETES UK

KNOW DIABETES, FIGHT DIABETES,

O Diabetes UK 2022, Product code: 102036EINT

KNOW THE '4 T'S' OF TYPE 1 DIABETES - IT COULD SAVE A CHILD'S LIFE

It's really important to be able to spot the most common symptoms of type 1 diabetes early.

Unfortunately, we know that too many people – mostly children and young people – are not diagnosed until they are in diabetic ketoacidosis (DKA), a life-threatening condition that requires urgent medical attention.

Early action is important and it's good to know the '4 T's' of type 1 diabetes:

TOILET - GOING TO THE TOILET A LOT.

THIRSTY - BEING VERY THIRSTY AND UNABLE TO QUENCH THE THIRST.

TIRED - FEELING MORE TIRED THAN USUAL.

THINNER - LOSING WEIGHT OR LOOKING THINNER THAN USUAL.

If you notice these signs and symptoms, you should contact your doctor straight away.



IF YOU WOULD LIKE SUPPORT...

Join our 'Friends of the North' Diabetes UK Facebook group where you can find peer support and the latest information from Diabetes UK, locally and nationally: <u>Diabetes UK chat: Your</u> Friends in the North | Facebook

Or use your mobile phone to scan the QR code:

Contact us:

North of England team: 01925 653281

Diabetes UK Helpline: 0345 123 2399 (Mon-Fri, 9am-6pm)

FOR MORE INFORMATION...

If you would like copies of the poster or the A5 leaflets, please contact north@diabetes.org.uk.

For more information about Diabetes UK visit www.diabetes.org.uk/The4Ts

We have resources to help you support pupils who have type 1 diabetes. Find out more about how we can support schools and our resources to help <u>Diabetes in schools resources</u> <u>Diabetes UK</u>



Local offers for Half-Term

OLD ASH DENE

MANAGER: MR DARREN PICKIN

Wansbeck Business Park, Ashington, NE63 8QW

OUR FOOD AND DRINKS OFFERS



Kids Eat For £1*

Available Monday - Friday during October half term. *T&C's apply.





Kick start the half term holidays with our kids eat for £1 offer.

(Running until 3rd November via the app. Monday - Friday)







22nd November: Year 11 Parent's Evening

2nd December: Duke's Christmas Fayre 10am - 2pm



EXAM

13th December: Duke's Christmas Concert from 6pm. Tickets £2

22nd January: Y11 Mock Exam period begins

What Parents & Carers Need to Know about

FIVE NIGHTS AT FREDDY'S

PEGI 12

WHAT ARE THE RISKS? Five Nights at Freddy's is a series of indie point-and-click horror games whose word-of-mouth success and widespread spin-off content on YouTube have helped each of the nine instalments so far to sell almost five million copies on Steam (the PC gaming platform) alone. Set in various deserted locations at night, with creepy animatronic characters suddenly coming to life, the games are rated PEGI 12 for disturbing/violent content, mild profanity and horror themes.

FRIGHTENING THEMES

Five Nights at Freddy's (FNaF for short) doesn't feature bloodshed like many horror games – but it does build tension and use jump scares, which may be too intense for young players. The sinister animatronic characters and the sensation of being trapped and defenceless could be particularly unsettling, as could the inclusion of disturbing elements such as murder or possession by evil spirits.

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AGE-INAPPROPRIATE CONTENT

As a result of FNaF's popularity, a sizeable YouTube community based on fan-made content has developed around the game. While the majority of this material is still child friendly, there are a number of channels which are geared more towards mature audiences: they contain adult and disturbing themes, for example, and (in some cases)

STRESSFUL SITUATIONS

Due to FNaF's suspenseful atmosphere, it can be extremely stressful for players. Constantly checking that one's surroundings are safe is a crucial part of the gameplay and could create residual stress or even obsessive-compulsive behaviours. Several media reports have suggested that some younger children have experienced severe nightmares or sleep anxiety after playing games from the series.



FNaF doesn't foreground in-game purchasing as strongly as many other well-known games, but some titles in the series do offer additional content that promises to enhance the experience. Five Nights at Freddy's: Help Wanted, for instance, is complemented by a Halloween-themed expansion pack called 'Curse of Dreadbear' (costing £8.99), which unlocks new levels and mini-games.



PLAYING IN



Many parents will be relieved to learn that Five Nights at Freddy's is a single-player game which doesn't include any online chat functionally. Conversely, however, this could also make playing FNaF quite an isolating experience – especially if your child is spending a lot of time investigating the game's spooky, shadowy environments alone in their room, for example.

Advice for Parents & Carers

USE PARENTAL CONTROLS

Five Nights at Freddy's doesn't have conventional parental controls. However, if you're concerned about the potential impacts of the game's themes and content, you can simply choose not to let your child play it. If they use an Androld or IOS device for garming, you can adjust Apple and Google's built-in parental controls to restrict your child's access to certain content.

TRY IT YOURSELF

Every child is different, of course, so it could be worth playing Five Nights at Freddy's yourself for a while to gauge how your young gamer might cope with the series' more frightening and disturbing aspects. If they're old enough, you could spend some time playing it tagether – alter all, it usually only takes between two and ten minutes to complete a level.

LIMIT SPENDING

Unlike many popular titles, Five Night's at Freddy's doesn't bombard players with tempting in-game purchase offers. It's worth noting, however, that some instalments in the series do provide the option for players to spend real-world money. With that in mind, it's important to either keep a close eye on your child's expenditure or limit their access to digital payment options.

SPOT THE SIGNS

If you're concerned that your child might be spending too much time on Five Night's at Freddy's, or you're worried that the game's scary themes are taking a toll, watch out for warning signs. Young people may start to prioritise gaming over everyday essentials like schoolwork or sleep; irritability or a lack of concentration could also indicate that their gaming sessions are going on too long.

TALK ABOUT THE RISKS

Before you allow your child to play Five Nights at Freddy's, it's wise to have a conversation about the game so that they're aware of the potential risks. Ensure that your child understands that the series is purposely designed to be tense and unsettling, and that they should stop or take a break if the intensity of the gameplay is making them feel uncomfortable or putting them on edge.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirier, Carly is now a freelance technology journalist, editor and consultant.





National Online Safety°

#WakeUpWednesday



f /NationalOnlineSafety



