

DUKE'S JOURNAL



October 2023



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

GOAL!



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!

Great Job!



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

EXTREME
COUPONING
AND BARGAINS UK

TESCO

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

ASDA

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

Morrisons
Since 1899

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

SIZZLING
PUB+GRILL

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

IKEA

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.

FRIDAYS

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

Dunelm PAUSA

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

YD! 活

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

Pizza Hut

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

Harvester TOBY CARVERY

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

Bill's

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.

Beefeater **Brewers fayre**

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

dobbies
garden centres

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

BELLA ITALIA

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

Travelodge

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

Premier Inn

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

HUNGRY HORSE

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

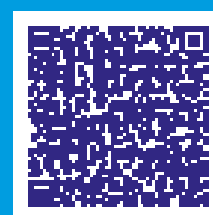
INFORMATION CORRECT AT TIME OF POSTING (20/11/2023)

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.

© 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: [Diabetes UK chat: Your 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 [Diabetes in schools resources | Diabetes UK](#)

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

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.



 **Toby Carvery**  28 m · 

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

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



**SAVE
THE DATE**

22nd November: Year 11 Parent's Evening



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



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



**22nd January: Y11 Mock Exam period
begins**



