

Shilbottle Primary Newsletter

Week 19 – 31 January 2020



Guess how many sweets in the jar is a hospice fundraiser as part of our most recent hospice appeal ...

20p a go

Monday – Wednesday
Every playtime

After School



from 6 Jan

Monday	Ceilidh Band	Y2 – Y6
Tuesday	Football Foundation [U11 squad & friends]	Y5 – Y6
Wednesday		
Thursday		
Friday	Gymnastics / Apparatus	Y4 – Y6



SWIMMING IS ON



Tuesday, 11th February

Year 2 / Year 3 / Year 4

The pool is ready and waiting...

STAR OF THE WEEK

RECEPTION: Bobby

YEAR 1: Alicia K

YEAR 2: Phoenix P

YEAR 3: Ethan G

YEAR 4: Rowan S, Oskar T, Liam S

YEAR 5: Issy M

YEAR 6: Sian G



Year3/4 & 6 Residentials

Could you please make sure that all payments for the residential trips to Dukeshouse Wood and London are all up to date by Thursday 13th February.

BEST PRESENTATION & HANDWRITING

RECEPTION: Francesca S

YEAR 1: Lydia B

YEAR 2: Charlotte M

YEAR 3: Dylan S

YEAR 4: Christopher B

YEAR 5: Finley M

YEAR 6: Gina S



HEAD TEACHER AWARD



Thomas P

Evan J



ATTENDANCE WINNERS THIS WEEK

Year 6

Remember ... Keep checking our School Website Facebook & Facebook Pages ☺

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SPORTS HALL ATHLETICS
06 – 02 – 20
Lindisfarne Sports Hall



On Thursday morning 20 pupils from Year 5 and 6 caught the service bus to Alnwick for an athletics competition. Although we do not know the final results we could ask no more of our pupils – everyone gave 110% and behaved impeccably 😊



Warburtons – Healthy Sandwiches – Year 1, Year 2, Year 3 & Year 4



On Thursday morning four classes were lucky enough to have a visitor from Warburtons. She explained to them about the different food groups and how to eat healthily BEFORE they made their own healthy sandwiches ... there were some very adventurous filling combinations!





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SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



#WakeUpWednesday



1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.



Are you sure?

6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.



3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.



8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.



4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.



5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.



Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



Sources of Information and Support

Your GP
 Young Minds <https://youngminds.org.uk/v>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themix.org.uk/mental-health>



Fun, Respect & Friendship – Every child matters to us

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Dates at a glance [so far...]

Tues 11 Feb	SWIMMING	Y2 – Y4	
Thurs 13 Feb	Festival of Light @ St Michael's	10 pupils from Y5	All day
Thurs 13 Feb	Judo sessions	Whole School	All day
Thurs 13 Feb	SATS Boosters	Year 6	After school
Fri 14 Feb	STAFF TRAINING – SCHOOL CLOSED		
15 Feb – 23 Feb	FEBRUARY ½ TERM		
Thurs 27 Feb	SATS Boosters	Year 6	After school
Thurs 27 Feb	Fractions Workshop	Y5 – Y6 Parents	17:30 – 18:15
Thurs 5 Mar	World Book Day	Whole School	All day
Thurs 5 Mar	SATS Boosters	Year 6	After school
Thurs 12 Mar	Life Centre	Year 2	8:45 – 3:30
Thurs 12 Mar	Life Centre	Year 5	8:45 – 3:30
Thurs 12 Mar	School Games Qualifier – Netball	U11 team	12:45 – 3:15
Thurs 12 Mar	SATS Boosters	Year 6	After school
Fri 13 Mar	Sports Relief	Whole School	All day
Thurs 19 Mar	SATS Boosters	Year 6	After school
Wed 25 Mar	League Football v St Paul's [away]	U11 team	3:30 – 4:30
Thurs 26 Mar	SATS Boosters	Year 6	After school
Wed 1 Apr	League Football v Longhoughton [away]	U11 team	3:30 – 4:30
1 Apr – 3 Apr	Residential	Year 3 / Year 4	All day
Wed 1 Apr	DCHS treasure hunt		4:00 – 5:30
Thurs 2 Apr	Quicksticks Festival @ DCHS	Year 3 – Year 6	3:30 – 5:00
Thurs 2 Apr	SATS Boosters	Year 6	After school
4 Apr – 19 Apr	EASTER HOLIDAY ☺		
Wed 29 Apr	School Games Quadkids qualifier	U9 [Y4 – Y3 team]	9:30 – 12:00
Wed 29 Apr	School Games Quadkids qualifier	U11 [Y5 – Y6 team]	12:45 – 3:00
Fri 8 May	BANK HOLIDAY for VE day	Whole School	All day
11 – 14 May	KS2 SATS	Year 6	9:00 – 12:00
23 - 31 May	MAY ½ TERM		
Mon 1 June	STAFF TRAINING – SCHOOL CLOSED		
3 – 5 June	London residential	Year 6	All day
Thurs 18 June	Kirkley Hall Zoo	Year 1	All day
Fri 19 June	Maths Challenge @ DCHS	Year 6	All day
Tues 23 June	Musical Roots @ Alnwick Garden	Year 3 / Year 4 / Ceilidh	All day
Thurs 25 June	Northumberland School Games Day		All day
Fri 26 June	Sports Day & School Fair	Whole School	1:00 – 3:00
Tues 30 June	Coquet Shorebase @ Druridge	Year 5	All day
Wed 1 July	Northumberland County Zoo	Reception	All day
Fri 3 July	Maths Day @ DCHS	Year 5	TBC
Fri 17 July	End of Term	Whole School	2:00
18 July	SUMMER HOLIDAY ☺		

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What's on in the wider community...

Alnmouth Golf Club	Alnmouth Golf Club - juniors
Alnmouth Juniors FC	Thursday night training
Alnwick Academy of Dance	Alnwick Academy of Dance
Alnwick Bears RLFC	www.alnwickbears.co.uk
Alnwick Highland Dancers	Wednesday 7:00 – 8:00, Lindisfarne Middle School Hall Reception upwards
Alnwick Junior Harriers	Tuesday & Thursday 6 – 7 pm @ Lindisfarne Sports Centre contact Alison Hutchings on: ah.juniorharriers@gmail.com
Alnwick Town Juniors FC	http://www.alnwicktownjuniors.co.uk/
Amble Junior Netball	Thursday evenings [6:30 – 7:30pm] for Y3 upwards at James Calvert Spence College [JCSC] Amble. Y2 are welcome but parents need to stay. £1.50 per week.
Alnwick Mini & Juniors Rugby [Year 1 upwards]	Every Sunday 10:30 – 12 noon ☺ Year 1 – Year 3 = tag rugby; Year 4 upwards = contact rugby.
Beavers, Cubs & Scouts	Wednesday evenings, Felton or Alnwick info@northumberlandscouts.org.uk
Coquet Shorebase	https://www.coquetshorebase.org.uk/ windsurfing, kayaking, sailing and more
Cricket	Juniors [Y3 – Y8] Alnmouth, Alnwick, Warkworth Cricket Clubs
Dansformation	Dansformation Thursday 4:00 – 6:00 p.m. @ Alnwick Playhouse
FC Amble Juniors	FC Amble Juniors
Felton Juniors FC	Felton juniors
Judo Alnwick	Alnwick Judo https://www.getintomartialarts.com Monday, 4:00 – 4:45 pm
Karate	Monday and Friday evenings @ Willowburn
Longhoughton Rangers FC	Longhoughton Rangers Football Club
Morpeth Junior Hockey	Morpeth Juniors Hockey Club Sunday 9:30 – 11:00
Rainbows, Brownies and Guides	Register your interest at https://enquiryym.girlguiding.org.uk/ Monday evenings during term time at Warkworth Primary School.

CAN YOU THINK OF ANY OTHER CLUBS WE COULD ADD?

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