



Portobello Primary School
Weekly Newsletter
25th October 2024



Achievement Assembly

Our achievement assembly this week celebrated children who have been "determined" this week. Well done to the following children:

Reception: Theo **Year 1:** Thomas **Year 2:** Jenson
Year 3: Holly **Year 4:** Alfie **Year 5:** Heidi **Year 6:** Hollie

Celebrating Attendance

Whole school attendance is currently at 96.5%.

Well done to Year 2 & Year 6 for best attendance this week at 100%!

Dates for Diary

- Fri 25th Oct - break up for Half term 28th to 1st Nov
- Tues 5th Nov - Reception parents/carers meeting re Autumn term learning
- Thur 14th Nov to Wed 20th Nov - Scholastic Book Fair 3.20pm - 3.50pm
- Fri 15th Nov - Children in Need
- Tues 19th Nov- Parent Consultations (available to book online via eschools from 6th Nov)
- Wed 20th Nov - Parent Consultations (available to book online via eschools from 6th Nov)
- Mon 9th Dec - Y2 A Christmas Journey at Birtley Methodist PM
- Tues 3rd Dec - Whole school Xmas film night
- Fri 6th Dec - Flu vaccination - whole school
- Fri 6th Dec - 2pm School Fayre (more details to follow)
- Thurs 19th Dec - Y1 to Y6 Panto Trip AM
- Break up for Xmas Friday 20th December!

Goodbye to Mrs Lockhart

As you are all aware, today we say farewell to Mrs Lockhart after 16 years of service. We all joined together for a special award assembly where children shared memories and cards and we sang her favourite song to her. We wish her the very best for everything she does in the future and are so grateful for her dedication to the families and community of Portobello... which always came with a smile.

Welcome to Mrs Walker

We would like to offer a warm welcome to Mrs Walker who joins our teaching team after half term! Mrs Walker has already spent several weeks with Reception and is very excited to become their class teacher. If you would like to meet Mrs Walker and find out more about what Reception class will be learning in Autumn 2, please come along to our informal meeting on Tuesday 5th November at 3.20pm.

Reminders

Health and Safety If you are sending your child into school with grapes these must be already cut in half.

Breakfast Club Breakfast club commences from 7:45am

Rights Respecting

Article 31 - Rest, Play, Culture, Arts - Every child has the right to rest, relax, play and to take part in cultural and creative activities.

Rugby Mascots

Best of luck to our children, William, Lily, Freddie & Iona, who have been selected to be a mascot for the Scotland v Ireland RL match on Sunday @ Gateshead International Stadium.





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Upcoming events

Xmas Film Night Tuesday 3rd Dec (whole school) - Please pay by 3.30pm Wednesday 27th November. Please give consent via google form: <https://forms.gle/RqRmG9aY2vyVhqb6>

Peter Pan Panto (Y1 to Y6) Consent can be given via Google form: flexible payment available can be paid in instalments of £5 if required: <https://forms.gle/CQPyRvKFB7rejuCh6Panto>

You do not need to print out the letters and send slips into school - please consent and add any comments if necessary to the google forms. Thank you

Children in Need

Children in Need donations payment link: you can make donations online.

<https://app.parentpay.com/ParentPayShop/Foc/Default.aspx?shopid=15324>

School Photo orders

Have you ordered your school photos yet? A polite reminder that the closing date for free delivery back to school is Monday 28th October 2024. Order through the Tempest website using your unique link or visit www.tempest-orders.co.uk If you need any assistance in ordering your photos, feel free to contact Tempest on 01736 751555 (option 3).

Parent Power Event Monday 21st October

[Thank you for coming to our event - press here](#)

Firework Displays

Organised fireworks displays: Play it safe this bonfire night and attend an [organised display in Gateshead](#) (click on link for more information)

Easyfundraising

Enter, if you dare, #easyfundraising's Haunted House and we could win a £100 or £200 donation! There are no tricks, just treats! Click the haunted gravestone on their competition page every day to give us an entry into the prize draw! Sign up and play for free today:

<https://join.easyfundraising.org.uk/portobelloprisch/N7TLL/c2s/XJBswP43/CE978/fa-cebook/>



Halloween Disco



We hope everyone who attended had a great time, it was great to see so many in fancy dress costumes, everyone enjoyed some classic disco tunes and party games were played too, Thanks to our DJ with the mostess, Mrs Lockhart, our Fundraising Committee Parents/Carers who helped, Mrs Allan, Ms Morrell & Mrs Reilly, who created the Halloween sweetie mix up bags and who helped supervise at the disco, as well as staff who stayed behind too, these events cannot go ahead without everyone's time and support.



BIG AWARD
awarded by the Education
Endowment Foundation





Monday 4th November- Friday 8th November: the school Council will be selling Remembrance Day merchandise each morning in the hall. Once in school children will be able to pop along from 8:45-9:15 to purchase items. All money raised will go to The Poppy Appeal.



Birtley Community Aquatic Centre

Durham Road, Birtley, Chester-le-Street DH3 2PA

Website: www.birtleycommunitypool.org.uk

Dear parent or guardian

Fun activities at the Pool for children in the October half term next week

We have **changed our pool timetable for the half term week**, when there are no school or public swimming lessons, and this is shown on the next page.

We will be running two fun sessions, with the **inflatable obstacle course and the waterslide, on Tuesday, Wednesday and Friday**, as well as the two regular weekend sessions on **Saturday and Sunday afternoons**.

Each weekday will also have waterslide only sessions.



The **inflatable obstacle course is open to adults and children aged 8+ who can swim 25m**. Children aged 4-8 may also participate with close adult supervision. Two participants can use the obstacle course together.

The **water slide is available for all ages**, children under 5 must be accompanied by an adult.

Fun session prices are as follows:

- Adults and children 16+: £5.00
- Children 3-15: £4.50
- Children under 3: £1.00

Please share this with your children, we hope you can come with them to a session next week, or they can come by themselves if they are old enough.

10 Top Tips for Parents and Educators SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday

The National College

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