

Portobello Primary School Weekly Newsletter 31st January 2025





Achievement Assembly

Our achievement assembly celebrated children who have used their "imagination" so well this week. Well done to the following children:

Reception: Tilly-Grace Year 1: Heidi Year 2: Ethan

Year 3: Bobby Year 4: Jacob Year 5: Lucas Year 6: VEXIQ Team

Celebrating Attendance

Whole school attendance is currently at 95.6%

Well done to Year 2 for best attendance this week at 97%!

Date for Diary

- Fri 7th Feb Non uniform day for Children's Mental Health Week £1 donation
- February half term 24^{th} to 28^{th}
- Thur 6th March World Book Day plus special lunch (menu also on website calendar)
- Mon 24th March Easter celebration @ Birtley Methodist Church
- Mon 31st March Reception class trip to Hall Hill Farm
- Thur 10th April Easter Celebration special lunch (menu on website calendar)
- Friday 11th April Break up for Easter Returning Mon 28th April

Breakfast Club Drop Offs

Can all parents/carers of children in Reception through to Year 4 please ensure children are brought into the school building to be checked into breakfast club each morning.

Children in Year 5 and Year 6 can be dropped off at the main gates, should you be confident your child will go directly to breakfast club and be checked in via Mrs Bradford or Mrs Johnson?

Rights Respecting

Article 38 - Protection in war - Children have the right to be protected during war. No child under 15 can join the army or take part in war. Linked to International Holocaust Remembrance Day.





🕎 🗑 VEX IQ All-Stars Triumph at Northeast Regional Championships! 🝥 🥒

A huge congratulations to our incredible VEX IQ All-Stars robotics team, who have won the Northeast Regional Championships this week!

Competing against 27 other schools, our talented Year 6 team brought home two prestigious trophies one for the highest score and another for being crowned the overall winner!

Their hard work, teamwork, and problem-solving skills have earned them an invitation to the UK Nationals, where they can represent our school on an even bigger stage.

We are immensely proud of their achievement.

Well done, All-Stars! 🚀 🖓 🤩

Check out our video and the moment our team won:

North East Champions.mp4















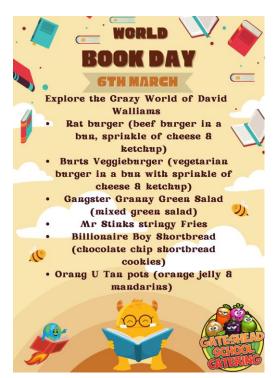


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Children's mental health week

Non uniform day Fri 7^{th} Feb - theme is "know yourself, grow yourself" children can express themselves in any kind of clothing they would like to wear to school. Fancy dress, sportswear, wacky clothing (no heels, no jewellery). Donation of £1 which will be donated to Place2Be an organisation who supports children's mental health.



No other food options available

Update on NHS 111 mental health option

As you may be aware since April last year anyone in our region experiencing a mental health crisis can now access 24/7 support by calling NHS 111 and selecting the mental health option.

The service is still provided by our mental health trusts but means that there is now one nationally recognised number to call, rather than a range of freephone numbers. Our trusts are Tees, Esk and Wear Valleys NHS Foundation Trust (TEWV) and Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW).

Since the introduction of the NHS 111 select mental health option service, the existing freephone crisis numbers for both trusts have remained active during the transition period.

As the NHS 111 service is now launched and established, Tees Esk and Wear Valleys NHS Foundation Trust will begin the pre-closure of their 0800 line.

From last week their 0800 will number no longer answer calls and people will hear a message on the line advising them to call NHS 111 and select the mental health option for crisis support.

CNTW's freephone numbers are still in operation and will be phased out at a later date,

To find out more about what happens when someone calls <u>NHS 111 and select the mental health</u> option, visit the <u>Trust's website</u>.



















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At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes.

For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

NAME THE EMOTION

Encourage children to identify and name thei emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.

2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.

MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.

4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel ir similar situations.

5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might thin or feel this way. Role –playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.

Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a wee for Minds Ahead, an organisation that supports schools in improving



Wake Up Wednesday

The National College

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ENCOURAGE JOURNALING

TEACH PROBLEM-SOLVING

8 CREATE A SAFE SPACE

9) USE VISUAL AIDS 🐠

CELEBRATE EMOTIONAL GROWTH

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