



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 24th to 28th
- **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](#)



BIG AWARD
awarded by the Education Endowment Foundation



Children's mental health week

Non uniform day Fri 7th 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 [NHS 111 and select the mental health option](#), visit the Trust's website.

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.

1 NAME THE EMOTION

Encourage children to identify and name their 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.

3 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 in similar situations.

5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think 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.

6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.

7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.

8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.

9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.

10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.

Meet Our Expert

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



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