



### Achievement Assembly

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

**Reception:** Tilly-Grace    **Year 1:** Zara    **Year 2:** Fabian  
**Year 3:** Harry    **Year 4:** Elijah    **Year 5:** Jack    **Year 6:** Ayaan

### Celebrating Attendance

Whole school attendance is currently at 95.6%  
Well done to Year 4 for best attendance this week at 100%!

### Date for Diary

- Fri 21<sup>st</sup> March - Comic Relief Red Nose Day celebrations (non-uniform)
- Mon 24<sup>th</sup> March - Y5 Easter celebration workshop @ Birtley Methodist Church
- Thur 27<sup>th</sup> March - Whole School Easter Disco (with party games, 4pm to 5.15pm)
- Mon 31<sup>st</sup> March - Reception class trip to Hall Hill Farm
- Thur 10<sup>th</sup> April - Easter Celebration special lunch (menu on website calendar)
- Friday 11<sup>th</sup> April - Break up for Easter - Returning Mon 28<sup>th</sup> April
- Thur 8<sup>th</sup> May - Reception class trip to Safetyworks
- Mon 2<sup>nd</sup> June - Inset day
- Mon 1<sup>st</sup> Sept - Inset day

### Welcome Baby Chipchase

We are excited to share some very special news with you, Mr Chipchase and his wife have welcomed a baby boy into their family this week and have now become a family of four, eldest son Robin is delighted to be big brother to baby Finn. Congratulations Mr and Mrs Chipchase!

### Rights Respecting

Article 24: I have the right to be as healthy as possible.

### British Science week 2025

We have had a lovely week celebrating British Science week. A huge thank you to our visitors from Northern Gas, Nissan, Newcastle University, JN Bentley, Gateshead Health, NHS Paramedics and Thomas Swan and Co. for their interesting workshops. All the children have been amazing and have engaged in our fun activities! #BSW2025



### Nutrition and Hydration Week, Monday 17<sup>th</sup>-23<sup>rd</sup> March

Nutrition and Hydration Week has taken place every March since 2012. Its purpose is to bring people together to create energy, focus and fun to highlight and educate people on the value of food and drink in maintaining health and wellbeing.

### Nutrition

**The Eatwell Guide** shows how much of what we eat overall should come from each food group to achieve a healthy balanced diet. You don't need to achieve this with every meal but should try to get the balance right over the day or week.

### Hydration

Our bodies need water for a wide variety of functions including regulating body temperature, being physically active and brain function - so it's important to ensure we are drinking the right amount of water to stay healthy.

It's crucial that we know how much fluid we need to stay healthy, what drinks are the best for hydration and why/when our fluid intake requirements may change. The Eatwell Guide recommends that people should aim to drink **6 to 8 cups or glasses of fluid a day**. For further information please visit below:

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

### Parent consultations Reception to Year 5

These will be taking place Monday 17<sup>th</sup> and Tuesday 18<sup>th</sup> March - these will be a mix of telephone appointments and face to face in school.

Appointment times are 5 minutes per pupil. Teachers will provide a general overview of your child's progress at this time.

If you have anything outside of the general parent evening appointment you wish to discuss, please request a further meeting outside of this time to ensure appointments run as close as possible to the booked appointment time you have chosen.

Booking is now available; this will close Monday 17<sup>th</sup> March at 9.30am.

Check out our website re: How to book an appointment vis your eSchools app.

[https://www.portobelloprimaryschool.co.uk/eschools\\_help\\_](https://www.portobelloprimaryschool.co.uk/eschools_help_)

### Comic Relief Red Nose Day 40<sup>th</sup> Anniversary

Suggested donation £1 for non-uniform day plus 50p singing entry, for children taking part in our Red Nose Day Karaoke Event, details of which were emailed on Tuesday, entries have now closed.

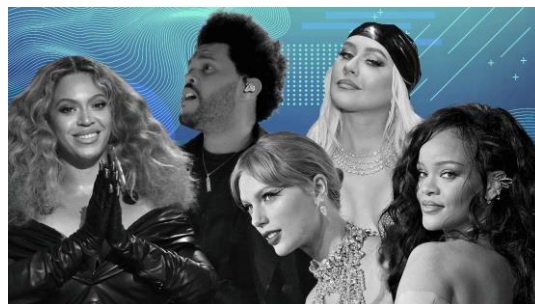
We are also inviting the whole school to come in dressed up. wearing fashion items from the 80's to present day (you don't need to buy anything special) for 80's think big hair or hair gel, fluorescent colours, bangles and bows, leg warmers and fingerless gloves, punk or hippie vibes or shoulder pads and oversized jackets/shirts with a thin tie?



For 90's fashion think grunge, band t-shirts, flannel shirts, beanie hats, baggy trousers/jeans/dungarees/floral dresses with boots/hip hop attire with an oversized t-shirt or a minimalist look, think smart and sheik; and not forgetting tracksuits and sports clothing, think Spice Girls, Sporty Spice loved a tracksuit, whilst Scary Spice donned leopard prints? Or why not try a Take That look, with a t-shirt and jeans?



We are sure an individual look can be created from within your child's wardrobe, with maybe a little help from your own, Thank you School Council





Portobello Primary School  
Weekly Newsletter  
14<sup>th</sup> March 2025



September Back to school uniform orders

School Uniform cut-off date for back to school is midnight 20th July 2025 (For Home Delivery) and Midnight 15th June (FREE to School Delivery). Emblematic will do their utmost to get your order delivered before the start of term, subject to supplier stock availability. Orders after this date are not guaranteed and can take over 28 Days due to supply and demand over the summertime.

[https://www.portobelloprimaryschool.co.uk/how\\_to\\_order\\_school\\_uniform](https://www.portobelloprimaryschool.co.uk/how_to_order_school_uniform)



Hop on over for our

# EASTER

Disco / party  
games

Join us on  
**THURSDAY 27TH MARCH**  
**4PM - 5.15PM**  
for some egg-citing fun!

JUICE AND SWEETS INCLUDED IN TICKET PRICE OF £4

PLEASE PAY ONLINE



BIG AWARD  
awarded by the Education  
Authority





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](https://nationalcollege.com).

## What Parents & Educators Need to Know about

# ROBLOX

AGE RESTRICTION  
PEGI  
7

Roblox is one of the most popular video games among children. In 2020, the game's developers claimed that more than half of the USA's children had played it. As a 'sandbox' title, the game lets players create their own gaming experiences with Roblox Studio to build custom levels, which can then be shared online.

### WHAT ARE THE RISKS?

#### ONLINE PLAY RISKS

Because Roblox connects random players across the world, it can put younger players into an environment with anonymous users who could use the platform for nefarious reasons. For example, some role-play games are used for online dates and mature role play, which could expose youngsters to inappropriate messages in the public chat box.

#### MATURE CONTENT

Content is difficult to moderate throughout Roblox, due to the number of games available. This is particularly notable on smaller games and experiences, but in summary, some of the games and experiences offered on the platform contain age-inappropriate content that could easily be seen by young players.

#### IN-GAME SPENDING

The majority of games within Roblox have extensive monetisation options, usually through season passes or microtransactions. Purchases can range in value from a few pennies up to much larger sums of money. While some games offer a lot of content via purchases, others can offer very little for real world money, causing younger players to end up out of pocket.

#### ANONYMOUS PLAYERS

The anonymity of users can leave players vulnerable to bullying, harassment, and predatory behaviour. Without the right parental controls or monitoring, users can connect with each other via personal messages or friend requests, and it is very difficult to know who's behind a username in this vast online world.

#### RISK OF ADDICTION

Roblox games can feature rewarding or satisfying mechanics that keep players coming back – or persuade them to stay logged-in for much longer. Like most games, they focus on interactivity, with constant rewards via in-game unlocks and currencies, which can sometimes lead to an addictive need to remain online for long periods of time.

#### SCAMS

Many of the games on Roblox feature collectible items, pets, or characters. These objects, while digital, are worth a lot of real money on certain online markets. Scammers will attempt to trade with younger users in the hopes of getting rare items that can be sold for real money, manipulating the child into handing them over, usually via misleading information.

## Advice for Parents & Educators

#### MONITOR THE CONTENT

While Roblox does implement plenty of moderation tools and parental controls, it's up to parents and guardians to monitor the types of games a child or impressionable player is experiencing. If a youngster wants to play Roblox, be sure to check out which specific games they want to play within it, and get a good idea of their content.

#### TAKE ADVANTAGE OF TOOLS

Use the parental controls within the game itself and teach youngsters how to report and block other players. Knowing the powers within their reach will make Roblox a safer, happier experience. You can set age ranges for who's allowed to contact you, close public chat boxes, block spending, and even make your Roblox profile completely private. All these options are helpful in cutting off bad actors from engaging with children.

#### PLAY TOGETHER

Consider playing Roblox with the children in your care. There are few more effective ways to see how monetisation works, gauge whether the game could lead to addictive behaviours, or even witness how interaction between players works, than sitting down and trying the game for yourself. This should help you figure out whether it's suitable for particular children.

#### TEACH ONLINE BEHAVIOURS

Have an open conversation about the risks of online play and how to spend money wisely. By being honest and giving tips on how a younger user can protect themselves, you can empower them to not only take care of themselves, but others too. Any user can be reported to Roblox moderators by other players for behaving inappropriately. With this knowledge, younger players can be aware of what to look for and help prevent it.

### Meet Our Expert

Dan Lipscombe is a videogame journalist and author of over 20 books on gaming, including books on Minecraft, Fortnite, Roblox, and more. For 15 years he has been writing about his passion for gaming. When he's not playing games, he's talking about them at GAMINGbible.



The National College®

@wake\_up\_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 12.03.2025