

# Shilbottle Primary Newsletter

Week 18 – 24 January 2020



**Twenty-Five Alive!**

How will you grow yours?  
£25... 25 days...

**We're taking part ... raffle and guess the sweets ☺**

Watch out for a ParentMail letter from the School Council explaining the events planned in a little more detail and check back here too ☺



**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



**NO SWIMMING**



**Tuesday, 28<sup>th</sup> January**

**Year 2 / Year 3 / Year 4**

The pool is closed for staff training.

## STAR OF THE WEEK

RECEPTION: Scarlett M

YEAR 1: Amelia G

YEAR 2: Hamish M

YEAR 3: Flynn D

YEAR 4: Cameron H

YEAR 5: Connor W

YEAR 6: Owen R



On Monday the Dogs Trust came to school – we learnt about how to look after our dog and the importance of cleaning up after them too!

## BEST PRESENTATION &

### HANDWRITING

RECEPTION: Amelia M

YEAR 1: Thomas P

YEAR 2: Corey Mck

YEAR 3: Ethan C

YEAR 4: Layla P

YEAR 5: Isabella M

YEAR 6: Skye G



## HEAD TEACHER AWARD



Layla P, Jacob O,  
Michael G, Ethan G



**ATTENDANCE WINNERS THIS WEEK**

Y5

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

[www.shilbottle.northumberland.sch.uk](http://www.shilbottle.northumberland.sch.uk)



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## SOCIAL MEDIA & Mental Health

### What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

### Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?

**NOS**  
National Online Safety®  
#WakeUpWednesday

### 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.



### 1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

### 2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.



### 3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.



### 4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.



### 5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.



### HELPFUL APPS:

- Hub of Hope
- Mindshift
- Smiling Mind

### OTHER SERVICES:

- Childline (0800 111 11)
- Bullying UK (0808 8002222)
- Young Minds (0808 802 5544)



Sources: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/mental-health-and-wellbeing/2015-10-26>, <https://www.rph.org.uk/uploads/assets/uploaded/62be370a-a35f-4719-ad68c2ec7a74c2a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505/5-warning-signs-mental-health-risk>



**Fun, Respect & Friendship – Every child matters to us**

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## Dates at a glance [so far...]

Tues 28 Jan	NO Swimming	Y2 – Y4	
Thurs 6 Feb	Warburtons Healthy Sandwiches	Y1 – Y4	9:00 – 12:00
Thurs 6 Feb	Sportshall Athletics	U11 team	8:45 – 12:15
Thurs 6 Feb	Decimals and Percentages Workshop	Y5 – Y6	17:30 – 18:15
Fri 7 Feb	U11 Girls Football @ Newcastle	U11 squad of 8	12:00 – 4:00
Fri 14 Feb	<b>STAFF TRAINING – SCHOOL CLOSED</b>		
<b>15 Feb – 23 Feb</b>	<b>FEBRUARY ½ TERM</b>		
Thurs 27 Feb	Fractions Workshop	Y5 – Y6	17:30 – 18:15
Thurs 5 Mar	World Book Day	Whole School	All day
Thurs 12 Mar	Life Centre	Year 2	8:45 – 3:30
Thurs 12 Mar	Life Centre	Year 5	8:45 – 3:30
Fri 13 Mar	Sports Relief	Whole School	All day
Wed 25 Mar	League Football v St Paul's [away]	U11 team	3:30 – 4:30
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
<b>4 Apr – 19 Apr</b>	<b>EASTER HOLIDAY ☺</b>		
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
<b>23 - 31 May</b>	<b>MAY ½ TERM</b>		
Mon 1 June	<b>STAFF TRAINING – SCHOOL CLOSED</b>		
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
Thurs 25 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
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
<b>18 July</b>	<b>SUMMER HOLIDAY ☺</b>		

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## What's on in the wider community...

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

**CAN YOU THINK OF ANY OTHER CLUBS WE COULD ADD?**

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