



Fun, Respect & Friendship – Every child matters to us

# Shilbottle Primary Newsletter

Week 30 – 17 May 2019

## CEILIDH BAND



Monday saw

**Ceilidh Band** have 27 pupils from 5 school join together at Shilbottle Primary to make music and meet new friends 😊 **ALL** pupils from Year 2 upwards are welcome to come along every Monday night 3:15 – 4:15 and join in.

The **NEXT CEILIDH BAND** after school club is **Monday, 20 MAY** 😊 See you there ...

## After School Clubs for Summer 1



Monday	Karate – all year groups
Monday	Ensemble – Y2, Y3, Y4, Y5, Y6
Tuesday	Strike & Field – all year groups
Wed	Let's create – all year groups
Thursday	Rugby – Y3, Y4, Y5, Y6
Friday	Rounders – all year groups

## STAR OF THE WEEK



RECEPTION: Julian S

YEAR 1: Hamish M

YEAR 2: Morgan H

YEAR 3: Ebony B

YEAR 4: Kenzie A

YEAR 5: Hannah P

YEAR 6: ALL of Year 6



We shared this with the children in assembly recently and some of them were very surprised! Every time they quiz on their reading

book the computer counts how many words they have read.

Since September 2018 we have...

**Over 2 million words:** Nancy M

**Over 1 million words:** Josh J, Luke C, Charlotte H

**Over 900,000 words:** Jessica B

**Over 800,000 words:** Cassie M

**Over 700,000 words:** Finlay Mc, Ella W

**Over 600,000 words:** Millie P

**Over 500,000 words:** Sian G, Evelyn P, Adam D, Gina S, Euan R, Hannah P

and **several pupils very close to 500,000 words** read this school year – how many more word millionaires will we have by July (there's a celebration planned for all who read over one million words this school year)

## PRESENTATION AWARD

RECEPTION: Anna S

YEAR 1: Lucas P

YEAR 2: Maia R

YEAR 3: Jacob J

YEAR 4: Lily P

YEAR 5: Ella W

YEAR 6: ALL of Year 6



## HEAD TEACHER AWARD



KS1 – Year 2



KS2 – Year 6



## ATTENDANCE WINNERS THIS WEEK

Y4

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

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



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**Pirates @ Beach School** This week, our Reception pupils were joined by Friendly Frogs and Mudlarks to become pirates. They went to Alnmouth beach, where the weather was so much kinder than the previous week! They explored the directions on a compass and discovered that for us East it towards the sea..., made maps for the treasure they had buried – some great map reading skills ☺ played walk the plank, tug of war and other pirate games, had a pirate picnic watching the golfers, used their imagination to make pirate ships as the tide came in and climbed the rigging at the park ☺



## School Games Qualifying Finals Day @ Wooler, 22 May 2019

Next week three school teams will represent the Alnwick Partnership at the School Games Qualifying Finals Day. They will be competing in rugby [Y3/4 team], netball [Y5/6 team] and tennis [Y4 team] against schools from the Berwick Partnership. The winning schools on the day will represent North Northumberland at the School Games Day on 27 June 2019 at Cramlington.

**GOOD LUCK to all of our teams ☺**



## Friendly Frogs Pre School Nursery

Do you have a child or know someone who does [aged 2 – 4 years] who is ready for Pre-School Nursery? A small number of spaces are available so ... call in and have a look!

### Children younger than 2?

Have you put their name on the Friendly Frogs waiting list to secure their place?



## Friendly Frogs May ½ term Holiday Club

Please email us at [info@friendlyfrogs.co.uk](mailto:info@friendlyfrogs.co.uk) to book your spaces ☺ there is limited availability.

Monday: **BANK HOLIDAY**  
 Tuesday: Fairy Gardens  
 Wednesday: Science & Messy Play  
 Thursday: Cookery  
 Friday: Talent Day

### **Hours/Prices**

8:30 a.m. – 5:30 p.m. **£18.00**  
 8:30 a.m. – 1:00 p.m. **£10.00**  
 1:00 p.m. – 5:30 p.m. **£10.00**

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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 1111)
- 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/youthliving/articles/monitoring-national-wellbeing/2015-10-20>, <https://www.rph.org.uk/uploads/assets/uploads/02bc276a-435f-4719-ad66c7ec7a7Ac2a.pdf>, <https://www.psychologytoday.com/uk/blog/cutting-edge-leadership/2015/05/5-warning-signs-mental-health-risk>



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

Mon 20 May	School Games – Personal Best	Year 3	10:00 – 12:00
Wed 22 May	Finals Day v Berwick @ Wooler	School teams	10:00 – 12:00
Thurs 23 May	U11 Girls Football v Swarland [A]	U11 team	3:30 – 5:00
Thurs 23 May	Parent Meeting about London	Year 6 parents	4:30
Fri 24 May	U11 Football Finals	U11 team	1:00 – 3:00
<b>25 May – 2 June</b>	<b>½ TERM HOLIDAY ☺</b>		
<b>28 May – 31 May</b>	<b>Friendly Frogs Holiday Club [8:30 – 5:30]</b>		
Tues 4 June	NSPCC assembly	Whole School	1:00 – 2:00
Wed 5 June	Beach School @ Boulmer	Reception	All day
5 – 7 June	London Residential	Year 6	All day
Mon 10 June	U11 Cricket Festival	Y6 team	10:00 – 2:00
Mon 10 June	DT & Science @ DCHS	Year 6 [not at cricket]	9:30 – 12:30
Tues 11 June	Phonics screening	Year 1	9:00 – 12:00
Thurs 13 June	NSPCC workshops	Year 5 / Year 6	1:00 – 3:00
Fri 14 June	PTA Father's Day Stall	Whole School	9:00 – 2:00
Mon 17 June	School Games – Personal Best	Year 4	10:00 – 12:00
Wed 19 June	Author Visit – Jen Campbell	Whole School	9:00 – 3:00
Thurs 20 June	Anne Frank Workshop @ DCHS	Year 5 / Year 6	1:00 – 3:00
Tues 25 June	Musical Roots @ Alnwick Garden	Year 3 & Ceilidh band	afternoon
Tues 25 June	Rounders Competition @ Hipsburn	KS2	3:30 – 5:00
Wed 26 June	Maths @ DCHS	Year 5	9:00 – 2:30
Thurs 27 June	School Games Day @ Cramlington	TBC	9:00 – 3:00
Fri 28 June	Sports Day	Whole School	1:00 start
Fri 28 June	PTA School Fayre [after Sports Day]	Whole School	1:45 – 3:30
Mon 1 Jul	Y6 Sport Transition Festival @ DCHS	Year 6	9:00 – 12:00
Tues 2 Jul	NSPCC assembly	Whole School	9:00 – 10:00
Wed 3 July	Coquet Shorebase Watersports	Year 5	All day
Wed 3 July	Druridge Bay – Beach / Country Park	Reception	All day
Thurs 4 July	Transition Day for DCHS	Year 6	All day
Thurs 4 July	Move Up Day for school	Reception – Year 5	All day
Thurs 9 July	Maths @ DCHS	Year 6	9:00 – 2:00
Wed 17 July	Transition Beach School @ Alnmouth	Year 6	All day
Fri 19 July	End of Term – Summer Holidays ☺	Whole School	2:00
<b>20 July – 1 Sept</b>	<b>SUMMER HOLIDAY ☺</b>		
Mon 2 Sept	<b>STAFF TRAINING – SCHOOL CLOSED</b>		

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

<b>All Stars Cricket</b>	<a href="https://www.ecb.co.uk/play/all-stars/register-interest-for-2018">https://www.ecb.co.uk/play/all-stars/register-interest-for-2018</a> Alnmouth CC, Alnwick CC or Warkworth CC
<b>Alnmouth Golf Club</b>	<a href="#">Alnmouth Golf Club - juniors</a>
<b>Alnmouth Juniors FC</b>	Thursday night training
<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>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="https://www.getintomartialarts.com">Alnwick Judo 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>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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