



Shilbottle Primary Newsletter

Week 35 – 28 June 2019



Our whole school move up day is on Thursday, 4 July... Year 6 will be visiting the high school while all of the other children will spend the whole day in their new class getting to know their new teacher 😊 **Our current Year 3 parents please remember to collect from the other side of school at 3:15 p.m.**



After School Clubs for Summer 2

Monday	No Karate this week ☹️
Monday	Ensemble – Y2, Y3, Y4, Y5, Y6
Tuesday	Football Family Learning
Wednesday	Normal After school club
Thursday	Cricket – Y2, Y3, Y4, Y5, Y6
Friday	Football – all year groups



Swimming will begin for **Year 2** on **Tuesday, 2 July** – please make sure you have your costume / trunks, a towel and a plastic bag to put the wet clothes in! You might want to pack a pair of goggles too 😊 Let's see who's the first to a mile...!



A **MASSIVE** thank you to everyone who supported the sports day and summer fayre, whether in person, through donations or both!

The children will find out next week who the winning team was from sports day – we'll let you know too just in case they forget to mention it 😊

STAR OF THE WEEK



RECEPTION: Mollie S

YEAR 1: Michael G

YEAR 2: Morgan H

YEAR 3: All of Year 3 for Musical roots

YEAR 4: Euan R

YEAR 5: Maddison B

YEAR 6: Libby T

HEAD TEACHER AWARD



KS1 – Luke B



KS2 – Freya T

PRESENTATION AWARD



RECEPTION: Amelia G

YEAR 1: Phoenix P

YEAR 2: Dylan S

YEAR 3: Joseph E

YEAR 4: Jack R

YEAR 5: Maddison B

YEAR 6: Eleanor W

Please check the school calendar VERY carefully ... there are a lot of classes out for sporting events and school trips from next week 😊



ATTENDANCE WINNERS THIS WEEK

Y3

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

www.shilbottle.northumberland.sch.uk



Fun, Respect & Friendship – Every child matters to us

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On Thursday, a group of Year 5 mathematicians spent the afternoon at DCHS with other Year 5 pupils ☺ they took part in a range of activities. Activities ranged from rubic cubes to opening safes by solving mathematical word problems. The DCHS staff were very impressed by the children's mathematical abilities, and their ability to work as part of a team. The event was a huge success with schools from all around the Alnwick partnership taking part. It was really nice for the children to mix with children from other schools who will make up their cohort when they eventually attend DCHS – Well done Children!

On Tuesday, 20 pupils from KS2 joined other schools for Mrs Burroughs' Rounders Festival – everyone represented school superbly and despite the horrible weather enjoyed themselves ☺ Our yellow team came second to Hipsburn Primary but everyone showed true team spirit!

On Thursday, 9 pupils from Year 4 represented North Northumberland (& Shilbottle Primary) at the Northumberland School Games in Cramlington. We had 8 playing tennis and one joining the North Northumberland Athletics team. They joined 1,500 pupils from all over Northumberland in a day of sport and started their day with a daily mile parade! Although they were not overall winners **ALL** of our pupils fought hard, played some extremely competitive matches and should be very proud ☺ Kenzie represented Shilbottle in the sprint, distance and throwing along with other children from Berwick Partnership.



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 SUMMER Holiday Club

Following the success of our May ½ term and Easter Holiday clubs we are VERY pleased to announce that we will be running a SUMMER holiday club at Friendly Frogs. Please email us at info@friendlyfrogs.co.uk to register your interest or book your spaces ☺ and don't forget to tell your friends – all welcome!

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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WHAT TRUSTED ADULTS NEED TO KNOW ABOUT: SOCIAL MEDIA & MENTAL HEALTH

Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.

POSITIVE IMPACTS

EASY ACCESS TO SUPPORT AND HELP

Due to delays in young people getting help for their mental health, such as experiencing low mood, or suffering from anxiety, they may sometimes reach out to access support from others online. Sharing problems or issues with friends, peers and broader social networks can be met with positive reaction, with nearly 7 in 10 teens reporting to receive support on social media during tough or challenging times. Where there are moderated communities which offer support and guidance, children can be provided with a great source of support.

SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS

There is evidence to suggest that strong adolescent friendships can be enhanced by social media interaction, allowing children to create stronger bonds with people they already know. Online relationships can actually make children more relationship-oriented, thoughtful, and empathic. By sharing comments on pictures, videos and posts, it can create long-term friendships as they can continually keep in touch, even with a distance between them.

A SENSE OF BELONGING

Support can be found in various places online; sometimes this is known as "finding your tribe". Online platforms and groups can provide a wonderful sense of belonging for children. They can find peers with similar interests and circumstances which can sometimes be difficult to find in real-life. As a result, this can create stronger connections and help to build confidence.

NEGATIVE IMPACTS

SELF-ESTEEM & BODY IMAGE

There are 10 million new photographs uploaded to Facebook alone every hour, providing an almost endless potential for young people to be drawn into appearance-based comparisons whilst online. No one is the same as how they portray themselves online as we tend to only show the best part of ourselves. The pressure to fit-in and conform is huge, which can become a driving force for children to replicate what they see from friends, celebrities and sponsored adverts. This pressure may contribute to anxiety, low mood and a feeling of inadequacy. As a result, it can lead to a feeling of low satisfaction with their own lives.

HARMFUL ADVICE

The online world provides the opportunity for anybody to upload and share photoshopped pictures, edited video, fake news and even unvetted advice. Children may stumble upon this, which could potentially encourage them make wrong decisions and not get the help that they need. It's important that you teach your child to differentiate between what is true and useful information and what is fake.

ADDICTION AND COMPULSIVE CHECKING

Social media addiction is thought to affect around 5% of teenagers. The Office for National Statistics found that children who spend more than 3 hours a day on social media are more than twice as likely to support poor mental health. Furthermore, compulsive checking due to 'Fear Of Missing Out' has been linked to poor and disturbed sleep, as well as difficulty to relax during evenings. One in five young people say they wake up during the night to check messages on social media, leading them to be three times as more likely to feel constantly tired at school than their classmates who don't use social media during the night.

CYBERBULLYING

One recent large-scale UK study showed that cyberbullying is one of the biggest challenges for young people. Other studies suggest that cyberbullying has a bigger effect on wellbeing and mental health than other types of bullying. 7 in 10 young people have experienced cyberbullying, with 37% of young people saying they experience cyberbullying on a high-frequency basis. Young people are twice as likely to be bullied on Facebook than on any other social network.



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Dates at a glance [so far...]

Mon 1 Jul	Y6 Sport Transition Festival @ DCHS	Year 6	9:00 – 12:00
Mon 1 Jul	Cricket Festival @ Alnwick	Year 3 / Year 4	1:00 – 2:45
Tues 2 Jul	NSPCC assembly	Whole School	9:00 – 10:00
Tues 2 Jul	Swimming	Year 2 / Year 3	10:30 – 12:30
Wed 3 July	Coquet Shorebase Watersports	Year 5	All day
Wed 3 July	Druridge Bay – Beach / Country Park	Reception	All day
Wed 3 July	Cross Country @ Ellingham	KS2 teams	1:00 – 3:00
Thurs 4 July	Transition Day for DCHS	Year 6	All day
Thurs 4 July	Move Up Day for school	Reception – Year 5	All day
Tues 9 July	Kirkley Hall Zoo	Year 1	All day
Tues 9 July	Maths @ DCHS	Year 6	9:00 – 2:00
Wed 10 July	Tennis Festival	Year 3 teams	9:00 – 12:00
Thurs 11 July	Paxton House	Year 2	All day
Thurs 11 July	Leavers Disco @ The Plough	Year 6	Evening
Fri 12 July	Northumberland Zoo	Year 3 / Year 4	All day
Fri 12 July	Netball Festival @ Whittingham	U11 team	12:30 – 3:00
Fri 12 July	Library Van – Final week	Reception	1:00 – 1:30
Mon 15 July	Final After School Karate session	After school club	3:15 – 4:15
Mon 15 July	Leavers Assembly	Year 6	3:30
Wed 17 July	Transition Beach School @ Alnmouth	Year 6	All day
Fri 19 July	End of Term – Summer Holidays ☺	Whole School	2:00
20 July – 1 Sept	SUMMER HOLIDAY ☺		
	FRIENDLY FROGS SUMMER HOLIDAY CLUB [age 2 – 11 years]		
Mon 2 Sept	STAFF TRAINING – SCHOOL CLOSED		
Tues 3 Sept	School STARTS	WHOLE SCHOOL	8:40

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What's on in the wider community...

All Stars Cricket	https://www.ecb.co.uk/play/all-stars/register-interest-for-2019 Alnmouth CC, Alnwick CC or Warkworth CC
Alnmouth Golf Club	Alnmouth Golf Club - juniors
Alnmouth Juniors FC	Thursday night training
Alnwick Academy of Dance	Alnwick Academy of Dance
Alnwick Bears RLFC	www.alnwickbears.co.uk
Alnwick Highland Dancers	Wednesday 7:00 – 8:00, Lindisfarne Middle School Hall Reception upwards
Alnwick Junior Harriers	Tuesday & Thursday 6 – 7 pm @ Lindisfarne Sports Centre contact Alison Hutchings on: ah.juniorharriers@gmail.com
Alnwick Town Juniors FC	http://www.alnwicktownjuniors.co.uk/
Amble Junior Netball	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.
Alnwick Mini & Juniors Rugby [Year 1 upwards]	Every Sunday 10:30 – 12 noon ☺ Year 1 – Year 3 = tag rugby; Year 4 upwards = contact rugby.
Beavers, Cubs & Scouts	Wednesday evenings, Felton or Alnwick info@northumberlandscouts.org.uk
Coquet Shorebase	https://www.coquetshorebase.org.uk/ windsurfing, kayaking, sailing and more
Cricket	Juniors [Y3 – Y8] Alnmouth, Alnwick, Warkworth Cricket Clubs
FC Amble Juniors	FC Amble Juniors
Felton Juniors FC	Felton juniors
Judo Alnwick	Alnwick Judo https://www.getintomartialarts.com Monday, 4:00 – 4:45 pm
Karate	Monday and Friday evenings @ Willowburn
Longhoughton Rangers FC	Longhoughton Rangers Football Club
Rainbows, Brownies and Guides	Register your interest at https://enquiryym.girlguiding.org.uk/ Monday evenings during term time at Warkworth Primary School.

CAN YOU THINK OF ANY OTHER CLUBS WE COULD ADD?