



Autumn term CARE values:

Every term we focused on 4 of our CARE values across school. I mention these in assemblies and the children and staff try to use these values throughout the term.

Our new CARE values are;

COMMUNITY, AMBITION, RESPECT AND ENJOYMENT

KEY DATES

Week of 20th October – healthy week

20th October – Wellbeing Day

22nd October – Golf Day

Chartwells design and technology/ healthy eating workshops.

24th October – School nursing team workshops

HALF TERM – break up 24th October return 3rd November

3rd November – Glow in the dark disco

Week of 24th November – Book fair and open nights

3rd December – Festive Run AM

8th December – Christmas Fair

10th December – EYFS Christmas Show

11th December – Upper KS2 Christmas Show 2PM

12th December – Lower KS2 Christmas Show 9AM

12th December – KS1 Christmas Show 2PM

15th December – Upper KS2 Christmas Party

16th December – Lower KS2 Christmas Party

17th December – EYFS Christmas Party

18th December – Christmas Dinner and Jumpers

19th December – PJs and singalong



Well done Westlea 1 Netball team. Champions of the district and have qualified for a County tournament in June 2026.

What a busy week at Westlea Primary,

Assembly theme:

This week’s assembly theme has focused on the CARE VALUE **AMBITION**. The pupils have developed their understanding of the word ambition and the magic word **YET**. We talked about how a positive attitude, hard work and determination can really help when trying to learn something new.

Class 1’s first trip

In this week’s newsletter, Class 1 experience their first educational trip. Find out where they went and what they experienced.

Year 5 and Year 6:

Firefighters visit and fire safety talk. Our local firefighters were invited to school to speak to Upper Key Stage two about the dangers of fireworks and flares. They were able to ask questions and also got to tour the fire truck.

Year 5 and Year 6:

Careers assembly from Mr Simmons. Mr Simmons came to Westlea to speak about how his different careers have developed lots of skills.

MENTAL HEALTH @WESTLEA

Last Friday, the whole school wore yellow for Children’s Mental Health Day. Find out how as a school how we support adults and children with their mental health.

HEALTHY MIND, HEALTHY BODY WEEK

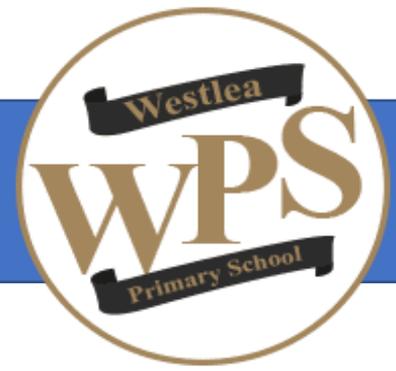
Next week is our Healthy mind, healthy body week and also marks the final week of our first half term back at school. Each class will be learning about and experiencing different activities that promote health. We have golf days, school nurse team visits, a well-being day and much more. Every day will bring new experiences and give the pupils a deeper understanding of the importance of health.

In addition to our healthy mind, healthy body week, school children will receive their flu vaccines next week. The consent window for these have now closed. If you wish your child to have the flu vaccine but have missed the deadline, you can still organise this at your local GP.

DISCO- GLOW IN THE DARK

Final reminder for purchasing ticket for our Glow in the dark discos. These will take place on the first Monday back after half term.

THIS WEEK'S ATTENDANCE



	WE 17.10.25
Class 1	99%
Class 2	90.8%
Class 3	96.2%
Class 4	96.9%
Class 5	97.8%
Class 6	96.8%
Class 7	95.3%
Class 8/9	97.8%

Attendance Update

We will continue to use our Attendopoly board with the classes to encourage great class attendance. Your child's class rolls the dice if they collectively have an attendance over 96% (which is our school target).

The pupils really enjoy participating with the game and finding out what space they will land on and what extra treat that might be for the class!

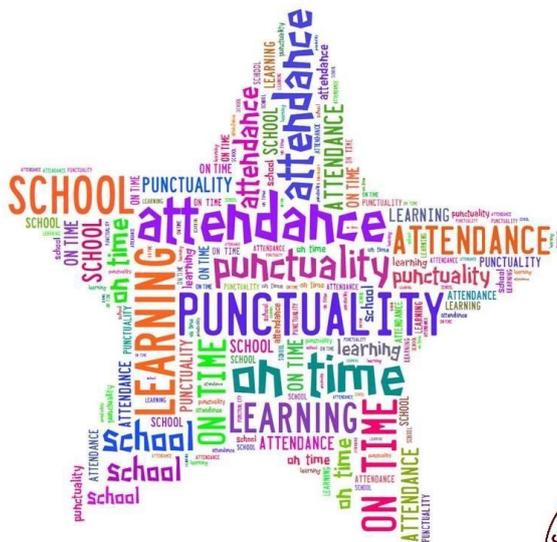
This week classes reached 96% or above.

Keep up the great work!

Our whole school attendance for WE 17.10.25 is 96.7%

Our attendance for the year to date is 95.9%

Our target for this half term is **96%** we are currently at 95.9%



SAFE GUARDING AND ATTENDANCE TEAM:

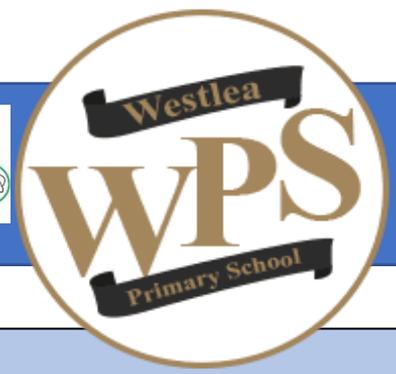
Mrs Scothern is our Designated Safe Guarding Lead with Mrs Davey and Mrs Simmons as Deputy Designated Safeguarding Leads. Please get in touch with any queries or concerns.

ATTENDOPOLY OUTCOMES THIS WEEK

Classes who rolled the dice this week won;

Class 1- extra forest, Class 4- mindfulness session, Class 3- cookery, Class 5- extra cookie club, Class 6- Art session, Year 6- Art session

THIS WEEK'S AWARDS



Head Teacher's Award

Well done to

INDIVIDUAL CLASS STAR OF THE WEEK AWARDS

	WE 17.10.25
Class 1	Shanai
Class 2	Riah-Daisy
Class 3	Annabelle
Class 4	Hallie
Class 5	Grace
Class 6	Carter
Class 7	Millie
Class 8 and 9	Zuzanna and Gracie

RIGHTS RESPECTING AWARDS

	WE 17.10.25
Class 1	Nellie
Class 2	Denny
Class 3	Koen
Class 4	Harrison
Class 5	Ollie
Class 6	Layla
Class 7	Jacob
Class 8 and 9	Maggie and Emily

Next week's Right of the week- Article 6 You have the right to live and be healthy.

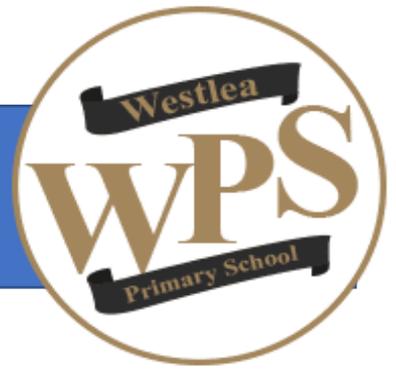
Character values: CARE		
Autumn Term	Spring Term	Summer Term
Community	Compassion	Cooperation
Ambition	Actions	Achievement
Respect	Responsibility	Resilience
Enjoyment	Endeavor	Empowerment



Pupil discussions: This week, in discussions we talked about the outdoor environment. What areas do the pupils enjoy using? How do they play outside? Are there any areas of school that could be developed further? Are rules and timetables outside equal?

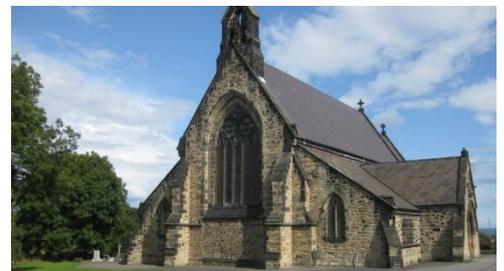
In other news...

Class 1 church visit



Last week, Class 1 enjoyed a wonderful visit to Christ Church as part of their learning about special places and celebrations. The trip was a fantastic opportunity for the children to see first-hand what a church looks like inside and to learn more about its importance to many people in the community.

During the visit, the children were welcomed by Rev. Anita who gave them a tour of the church. They explored different features such as the font, altar, stained-glass windows, pews and even got to put the candles out! The children also learned about some of the special ceremonies that take place in a church, like weddings and baptisms... and had a go at baptising some babies themselves!



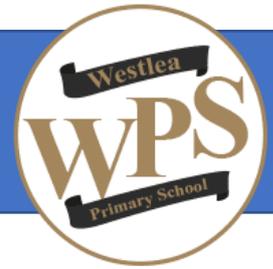


This visit links closely to the children's learning in RE, where they have been exploring the idea of "special places" and understanding that people have different beliefs and ways of celebrating. It also supported their personal, social, and emotional development by encouraging curiosity, respect, and a sense of wonder about the world around them... as well as enhancing their knowledge and understanding of their local community - they made sure they didn't get lost by plotting their route on a map!

We are so proud of how well the children represented our school on the visit — they are looking forward to their next adventure there already!



In other news...
Year 5- Art and design
Friedrich Hundertwasser



Tilly G in Class 7 displayed some impressive artistic skills, using oil pastels, whilst learning about Friedrich Hundertwasser.

Class 7 have been analysing his style of art and finding out more about the purpose of his art. He was a colourist and an opponent of 'a straight line'. He also was inspired because of his interest in the environment.

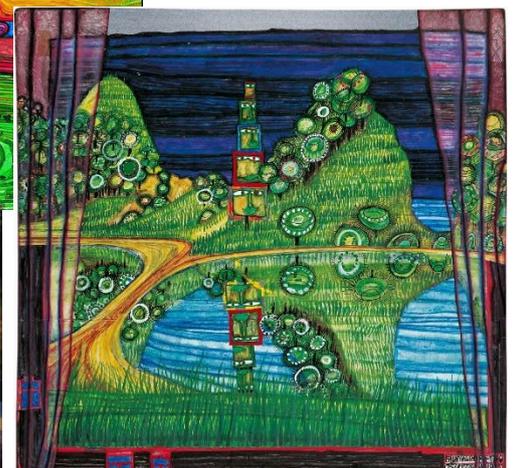
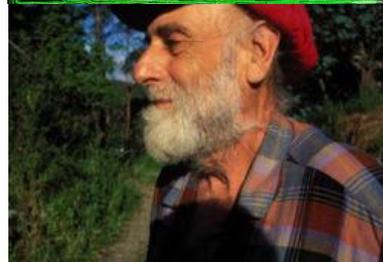
Take a look at some of his art work.

Tilly's creation has been inspired by this learning. A series of lessons has resulted in a task where Tilly has had to produce art work with; curved lines, bright colours, domes, eye shapes and lollipop trees.



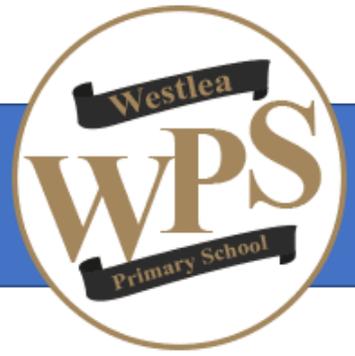
Friedrich Hundertwasser (15 December 1928 – 19 February 2000), was an Austrian visual artist and architect who also worked in the field of environmental protection. He emigrated to the [Far North](#) of New Zealand in the 1970s, where he lived and worked for most of the rest of his life.

Hundertwasser stood out as an opponent of "a straight line" and any standardisation, expressing this concept in the field of building design. His best known work is the [Hundertwasserhaus in Vienna](#), which has become a notable place of interest in the Austrian capital, characterised by imaginative vitality and uniqueness.



In other news...

Health and wellbeing week – next week



From Monday 20th of October we have health and wellbeing week in school. During this week we focus on healthy body, healthy mind and have a series of fun activities planned.

Monday – Wellbeing day

Tuesday – Chartwells workshops

Wednesday – Golf and Chartwells

Thursday – Chartwells and Flu vaccines

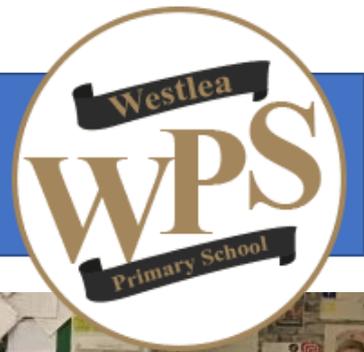
Friday – school nursing team on site

After healthy week we have our half term holiday and return to school on Monday November 3rd.

Novembers 3rd is also our Glow in the dark disco for year 1 to year 6 – please see the school council for tickets.

In other news...

Mental Health Wear Yellow day



What is mental health?

Mental health is how we **feel**, **think**, and **act**. Just like we care for our bodies, we also need to care for our minds.

Feeling happy, excited, or calm means our mental health is good. But it's okay to feel sad, worried, or angry sometimes—everyone does! It's important to talk about how we feel, ask for help, and do things that make us feel better.



Mental and emotional wellbeing

You may not always feel happy and calm all of the time. It is normal to sometimes feel sad, stressed or worried.

What can I do if I feel stressed or anxious?

If you feel **stressed or anxious**, speak to a friend, parent, carer or teacher about how you are feeling. There are also steps you can take to feel calmer such as:

- Breathing exercises
- Doing a relaxing activity such as mindful colouring
- Spending time in nature
- If you feel **low**, you can do things to boost your mood by doing things you enjoy such as:
 - Spending time with friends or family
 - Listening to music
 - Singing
 - Watching a comedy show

Information taken from:

[Children's Mental Health Week | Age 7-11 | KS2 Primary Topic - BBC Bitesize](#)





How do we support and promote Mental Health and Wellbeing at Westlea Primary School?

Mental health and well-being lead:
Mrs Davey

HARRY POTTER ROOM: This is available every lunchtime for KS2 pupils. They can self-refer into the room and take part of the craft activities or speak to the adults in the room for help and advice.

CARE VALUES

Assemblies in school celebrate successes and build strong communities

Strong links with outside agencies.

Toast available every day at the beginning of the day in case we need an extra snack.

Prioritise **support** and **quality first teaching** across all setting.

Extra-curricular clubs help us make new friends and socialise with others.

SENDCO is Mrs Davenport

Extra-curricular clubs build our confidence to try new things.

Daily mile: Every pupil in school has fresh air, gets active and walks/runs daily. Walking and talking also is a great way to promote positive mental health and well-being.

Enrichment days planned and mapped out for variety and deepen experiences.

EWEL SUPPORT: accessed through Head Teacher referral.

Breakfast club from 8am

ZONES OF REGULATION: In school we learn about how to identify emotions and feelings and we build a toolkit for helping us regulate our emotions.

Connect with nature and learn how to play. **Westlea Woodland** area and forest schools' lessons help to develop these skills.

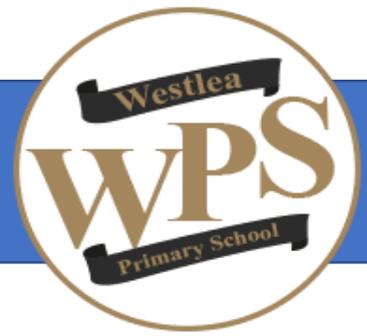
8:30-8:45am soft start to every day.

Enrichment weeks organised and planned across the academic year: **Anti-bullying week, Sports week, Healthy mind, healthy body week.**



In other news...

Fire safety visit and Careers visit



YEAR 5 and YEAR 6 FIRE SAFETY EXPERIENCE

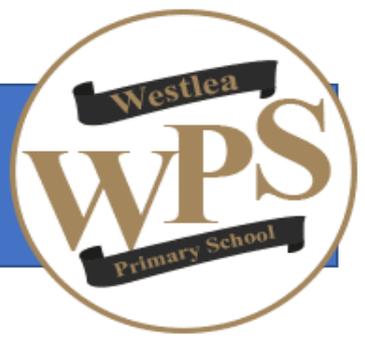
All pupils in Year 5 and Year 6 have been a part of a safety assembly and discussion lead by our local Fire brigade team. They came to school and spoke to these two classes about the dangers of fireworks and flares. They pupils discussed anti-social behaviour linked to fire and potential dangers and what to do in situations where they may be in danger.

Finally, the Year 5 and Year 6 pupils got to have a look around the fire truck and discuss the role of a fire person. What skills and attributes are needed for this occupation.



In other news...

Mr Simmons Careers visit



Westlea were very lucky to have Mr Simmons come to school to discuss his career. As part of his current job in the prison service, Mr Simmons has spoken to pupils in colleges about his role and today he came to Westlea to speak to the Year 5 and 6 pupils.

Mr Simmons brought in equipment he needs in his current role and explained to the pupils why this equipment is important.





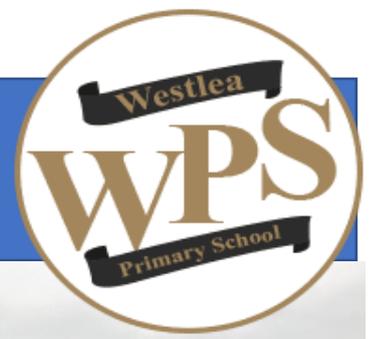
Before Mr Simmons worked for the Prison Service he was in the army in the bomb disposal squad.

He spoke to the pupils about the training and skills he needed for this job and how some of these skills then helped him when he left the army and joined the prison service.



In other news...

Sports news- Football



Well done to our Year 6 Footballers

This week a 5-a-side football team from Year 6 played games against St Marys, Ropery and St Joseph's Murton. The team narrowly missed out on moving through to the final stages by one point.



Westlea v St Marys 0-3
 Westlea v Ropery Walk 0-0
 Westlea v St Joseph's 3-0



Our term's CARE values for this term were definitely on display.

Community, Ambition, Respect and Enjoyment.

In other news...

Sports news- Netball



Westlea 1 Netball Team after winning last week's small schools tournament, were invited to attend the Tier 2 tournament at Dene House, Peterlee. They went to compete for every game and won the whole competition!

Winning 5 games and drawing 0-0 one game. The team have now qualified for the Durham County Netball tournament in June. These pupils were an absolute credit to the school. Playing with smiles, enjoyment and friendly competitiveness.



...ed conversation about online safety with their child. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips.

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

WHAT ARE THE RISKS?

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as an email) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



Source: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answers/>
<https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/childrensonlinebehaviourandusage/yearendingmarch2020>



[@natonlinesafety](https://twitter.com/natonlinesafety)

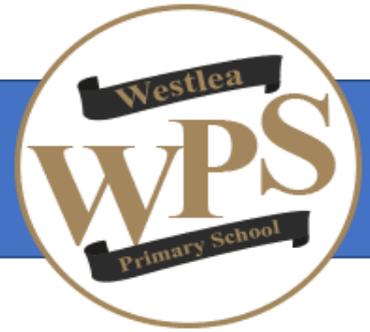
[/NationalOnlineSafety](https://www.facebook.com/NationalOnlineSafety)

[@natonlinesafety](https://www.instagram.com/natonlinesafety)

[@national_online_safety](https://www.tiktok.com/@national_online_safety)

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DENTIST PLACES!!!



Dairy Lane Dental Practice



The Old Rectory, Dairy Lane, Houghton Le
Spring, DH4 5BH

Accepting new children on the NHS

Dairy Lane Dental Practice has limited
spaces to see new children on the NHS

Please call 0191 5121345