



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

- 3rd November – Glow in the dark disco
- 4th November – Class 5 and Class 3 Trip
- 5th November – Class 6 trip
- 6th November – Class 7 Trip
- 11th November – Nursery Habitat experience
- 13th November – Class 2 and Class 4 Trip
- 18th November – Class 1 Trip
- 18th November – Year 6 wildlife activity in school
- 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 – KS1 and Lower KS2 Christmas Party
- 17th December – EYFS Christmas Party
- 18th December – Christmas Dinner and Jumpers
- 19th December – PJs and singalong



Hello everyone,

We have now completed our first half term at school. In this last week, as a school, we have focused upon healthy minds, healthy bodies.

On the connection between mental and physical well-being through a variety of activities, with the aim being to promote healthy eating, physical exercise, and mental health strategies like mindfulness and creative expression. The goal is to teach and practise skills for a healthy lifestyle and equip our pupils with positive life skills. "Ready for the next step."

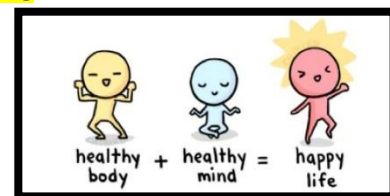
Chartwells healthy eating, healthy living

Golf

Wellbeing day

Flu vaccines

School Nurse workshops



We wish you all a happy half term. School will reopen on Monday 3rd November. Breakfast club will be in operation and school doors will also open at 8:30 for a school start at 8:45am.

First week back news:

Glow in the dark Disco

A reminder that Glow in the dark discos (Year 1, 2 and 3) and (Year 4, 5 and 6) will be held on Monday 3rd November. Pupils will be picked up as normal at the end of the school day and then return to school for the disco. Tickets have been on sale and a tuck shop will be available during the disco for pupils to access. 4pm-4:45pm

Connecting with our community, nature and the coast:

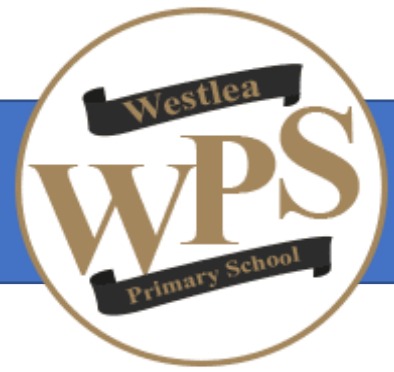
WPS have a new and exciting opportunity, as part of our commitment to provide enriching, high quality experiences for all pupils, this half-term every class will be experiencing an educational visit/experience linked to our coastal heritage and connect with nature.

Watch out on your child's class see-saw page for the details of their trip or experience.

Read more about this in our newsletter this week.



THIS WEEK'S ATTENDANCE



	WE 24.10.25
Class 1	99.7
Class 2	87.7
Class 3	95
Class 4	91.5
Class 5	95.6
Class 6	90.8
Class 7	90.5
Class 8/9	96.8

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 2 reached 96% or above.

Keep up the great work!

Our whole school attendance for WE 24.10.25 is 93.8 %

Our attendance for the year to date is 95.6 %

Our target for this half term is **96%** we are currently at 95.6%



Class 3
with
cookery
prize – we
made
pizza



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.

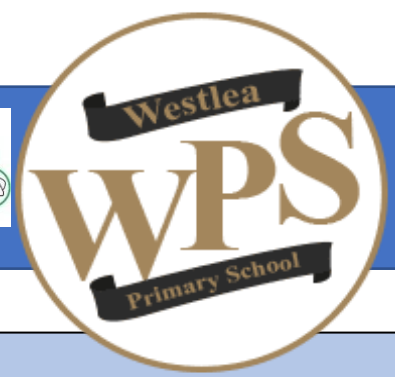
ATTENDOPOLY OUTCOMES THIS WEEK

Classes who rolled the dice this week won;

Class 1 – Board games

Class 8/9 – Extra Art session

THIS WEEK'S AWARDS



Head Teacher's Award

Year 6 for volunteering to make a positive contribution to our school community. These students displayed qualities such as team work, problems solving, determination and working together to achieve a shared goal which was to sweep up and clear spaces across our school grounds.
Thank you and **YOU ALL** have made a huge difference to our school.

INDIVIDUAL CLASS STAR OF THE WEEK AWARDS

	WE 24.10.25
Class 1	Elsie
Class 2	Tyson
Class 3	Arthur
Class 4	Heidi
Class 5	Elliot
Class 6	Grayson
Class 7	Kevin
Class 8 and 9	Zainab

RIGHTS RESPECTING AWARDS

	WE 24.10.25
Class 1	Joshua
Class 2	Nevaeh
Class 3	Harrison C
Class 4	Holly K
Class 5	Amelia F
Class 6	Troy
Class 7	Sophiya
Class 8 and 9	Isla C

Next week's Right of the week- Article 27 - Your right to a good standard of living

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



Pupil discussions: We talked about all of the activities we have enjoyed this week and how we not know much more about keeping our mind and body healthy.

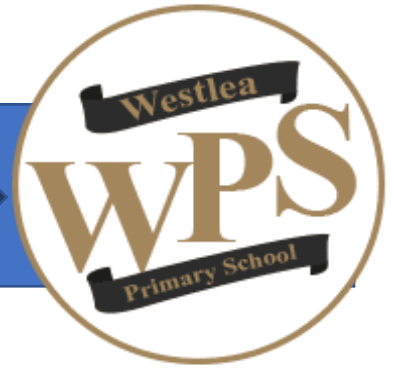


Head teachers awards: Our CARE values this term are...Community, Ambition, Respect and Enjoyment

These are given to pupils in school who have shone outside of the classroom. It maybe they have shown excellent manners and held a door for a visitor or a friend or have shown our WESTLEA CARE values in some way. Perhaps they have cooperated with each other to play a game or complete a group activity or shown resilience to keep going when a task or a learning activity has been a challenge. Visitors and other members of staff can nominate these students so it is very special if you are recognised for your efforts or for just being you!

In other news...

Wellbeing day



Healthy Body, Healthy Mind

HEALTHY EATING, ACTIVE LIVING IS THE BEST WAY TO STAY HEALTHY AND STRONG



Be Active

Benefits of Physically Active:

- Strengthens bones, muscles, heart, and lungs.
- Improves coordination, balance, posture, and flexibility.
- Reduces the risk of getting heart disease, cancer, and type-2 diabetes later in life.

HEAL is for Everyone
If you have a beating heart,
HEAL is for you.

The H in HEAL = Healthy
Healthy includes:
Being Active
Eating Right
Getting Enough Sleep
Enjoying Movement

Sleep

Benefits of Sleep:

- Allows the body to rest and recover.
- Improves immune function.
- Reduce stress and improves mood.
- Improves concentration and productivity.

Eat Right

Benefits of a Eating Right:

- Supports all body functions.
- Helps achieve and maintain a healthy weight.
- Boosts immunity.
- Decreases chance of developing chronic diseases like heart disease, type 2 diabetes, and some cancers.



Enjoy Moving

Tricks to Enjoy Moving:

- Crank up the tunes.
- Make movement a social experience.
- Try new activities.
- Play games.
- Go outside when weather is nice.



On Monday...

Jess from the sports partnership visited school on Monday. She shared an assembly with key stage two on what wellbeing means – how we can promote wellbeing in our body and in our mind. Jess then held wellbeing sessions for the main school classes across the day. It was a wonderful way to start our health and wellbeing week.

Jess said, **“It was lovely to spend the whole day at Westlea. Every class were extremely well behaved. It is lovely to see how each class gave everything a go and also listened carefully to the information we discussed.”**

Classes took part in fun fitness sessions, team building activities and mindfulness and yoga



Key Stage Two Assembly

The pupils found out about our bucket and how every person can begin the day with a different amount of space left in their bucket. They discussed what causes their buckets to fill and also what strategies we can use to empty our bucket.



Class 7 Yoga session



Chartwells: Design and technology, science, PSHF



Sian from Chartwells visited school for two and a half days this week and delivered sessions to all classes and some of our pupil voice groups. Staff have loved having Sian in school – she was so knowledgeable and friendly, we can't wait to have her back.

Class 1 and Class 2 – looked at the 5 senses tasting sweet, sour, salty and bitter flavours. They weren't sure about the lemon! They also used a mystery bag to explore the sense of touch.

Class 3 made and tried a delicious smoothie and did some whole-body exercises. By the end of the session they were all feeling full of energy and had huge smiles on our faces.

Class 4 looked at where food grows, the harvest and where our food comes from. They had a quiz and PowerPoint presentation.

Class 5 – food from around the world. They took a 'trip' to Italy, Greece and Mexico trying guacamole, tomato, basil and mozzarella and tzatziki.

Class 6 – Our love your gut session was very interesting – and a bit gross! We mixed banana and porridge oats and used tights to show how food travels through our digestive system.

Class 7 – found out about allergies and intolerances and how important it is to be aware of our friends and people around us having allergies to keep them safe. They used a UV lightbox to show how allergens can stay present on our hands even when we can't see them. The children thought this was really cool.

Year 6 – Made protein balls as our session was all about how we can use food choices to give us energy.





Pupils, by having enrichment weeks, have a great opportunity to meet new people from different professions. They experience a shared activity and connect learning from the classroom and real life, helping them to become ready for the next step in learning and life.





Year 6 created protein balls and discovered what ingredients make these a healthy food option.



They enjoyed the creativity of this activity and sampling the final product.



Y5 learnt about food allergies and the importance of hand hygiene as allergens can stay on our hands.



Year 4 found out about the human digestive system. They used to mash up banana and oats with a pair of tights. What an interesting lesson!

In other news...

Golf



Stu Warren, a **PGA professional** visited school on Wednesday to deliver golf sessions to pupils. So many pupils got a hole in one!

Class 1	Class 5
Myla, Matthew T, Shanai, Rosie, Miller	Elliot, Charlie, Alice, Katalaya, Frankie, Esmae, Kianna, Alex, Alliah, Amelia B, Archie, Alana, Mia
Class 2	Class 6
Riah-Daisy, Ava, Elliot, Denny, Kayden, Indy, Arlo, Niyah, Nevaeh, Tyson, Archie	Magnus, Charlotte, Winter, Grayson, Ijaz, Poppy
Class 3	Class 7
Koen, Layton, Addison, Lara, Deana, Harrison C, Annabelle, Reuben, Annie, Rayne, Brock, Imogen	Chris, Luka
Class 4	Year 6
Ella, Cayde, Holly E, Harrison D, Hallie, Violet, Eliza	Nirvana, Kobe

Message from Stu “I just wanted to thank you and the staff for such a warm welcome and of course the pupils who were absolutely amazing. It's such a lovely school with a great atmosphere!”





Golfing skills



In other news...

Nursing/vaccines

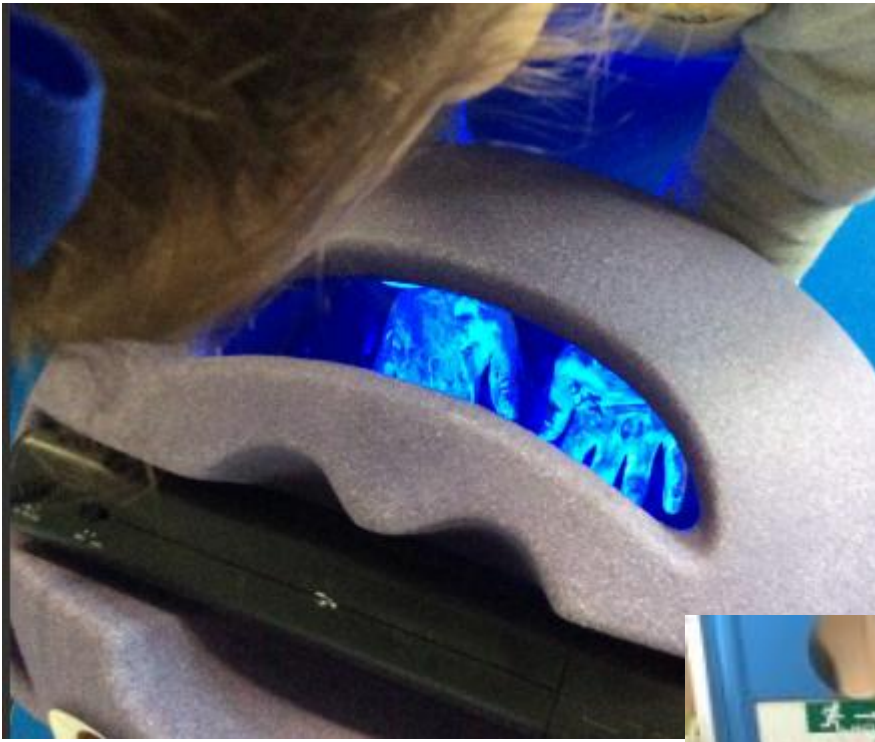


Pupil vaccines took place on Thursday afternoon for those who has signed up using the online link. Children received a sticker and a certificate. If you missed the session please look out for catch ups in the community or contact your GP.



The family health nurses visited early years and key stage one on Friday to show us how to wash our hand to get rid of germs. Staff were so impressed with the nurses, the information was perfect for the age group and the children had a lot of fun at the same time. The nursing team will be at our SEN coffee morning if anyone wants to come and meet them.

The nursing team said, ***“We just wanted to say what a wonderful time we have had at Westlea. All of the pupils listened well. The pupils in Class 1 were extremely well behaved and the pupils in Class 2 were showing us lots of sign nagugae they have learnt! We were very impressed.”***

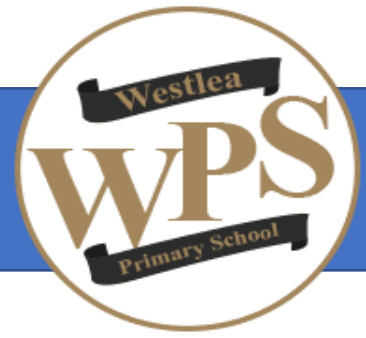


Look at all of the blue! This means we have germs on our hands. We better wash them



In other news...

Pupil voice and more



School Council – Cooking for life. Baked bread rolls to take home. Sian commented on how confident and well organised the school council was.

Eco Group – Looked out how to help our planet by changing our food habits. We found out about 'wonky' fruit and vegetables that are not quite the perfect size and shape and might get thrown away. We tasted some 'wonky' fruit and decided it was just as tasty as any other fruit.

Rights Respecting – The group chatted to Sian and told her all about our Rights Respecting Group, what they did in school and how they promoted children's rights to everyone. They let her know about their upcoming plans for an activity day and how they could incorporate food and what they had discovered in the session. The group made hummus with a blender and dipped tortillas, we talked about food waste, growing our own food and only cooking

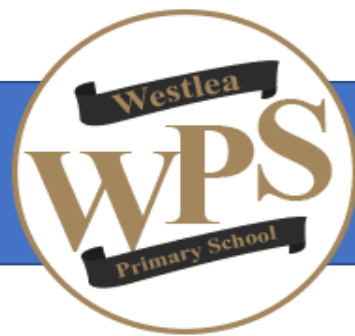


Eco group cutting and trying wonky fruit and veg.



In other news...

EYFS



Class 1 also made porridge on our campfire – what a healthy way to warm up!



Nursery printing with frit and messy play

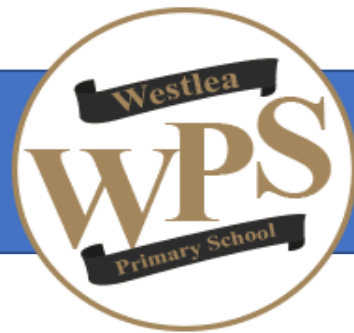


Class 1 eating their delicious porridge



In other news...

Connecting with our community, nature and the coast



After half term, pupils across school will experience activities relating to our local community. Some activities and learning involved the pupils going to the coast to learn whilst some workshops may take place in school. All of the workshops are delivered by Durham Wildlife Trust and will enhance our pupils learning in Science, maths and environment- global issues.

Please take note of the table below which outlines which year group/class will be experiencing activities. This will also give you a broad description of the purpose of the activity.

4th November – Class 5 and Class 3 Trip
5th November – Class 6 trip
6th November – Class 7 Trip
11th November – Nursery Habitat experience
13th November – Class 2 and Class 4 Trip
18th November – Class 1 Trip
18th November – Year 6 wildlife activity in school

Each child will bring a letter home with the time of their trip or activity in school. These are for half a day so lunchtimes will be as they usually are. We are visiting some local landmarks and coastal areas so a warm coat and good walking shoes are needed.

A huge thank you to Durham Wildlife Trust and our coastal engagement officers for making this possible for pupils at Westlea. We are always looking for ways to keep costs down for parents and their assistance means we can have this great opportunity without costs to families.



In other news...

WPS commitment to continuously improving the curriculum and staff CPD



“Our teacher was off today, they were on a course.”

At Westlea we have a full commitment to development and seeking out improvements in the curriculum, teaching and learning styles and support for all learners. With this commitment, every teacher in school leads at least one subject.

Last week was a busy week of training for staff. Mrs Ward (Reading and KS1 English lead) alongside Key Stage one teachers and teaching assistants received **training, further deepening their knowledge and skills in delivering Read Write Inc**, our phonics programme.

Mrs Davey (KS2 English lead) attended a **national course on ‘Write stuff’** - developing strategies and ideas to support all pupils with writing.

Mrs Reed (Art and design lead) attended a **leadership network course for developing teaching and learning in art and design** skills and developing sketch book ideas.

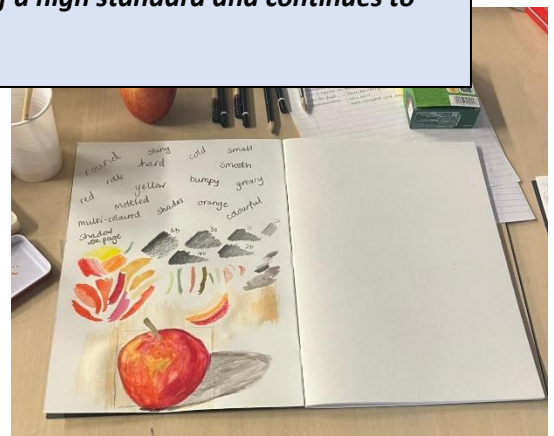
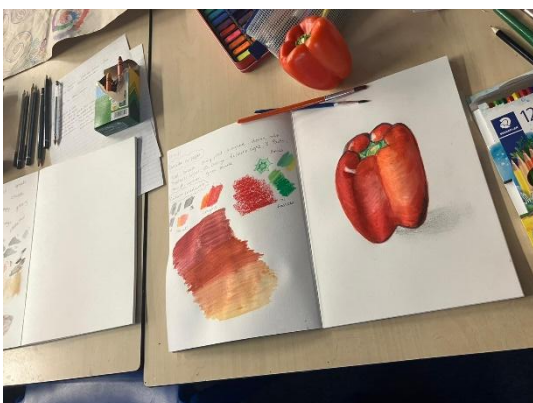
The teachers at WPS are all experienced middle leaders of subjects as well as highly skilled classroom practitioners.



“Leaders are determined that all pupils will succeed in the next stage of their education. All staff share this vision. They continually improve the curriculum and the support that pupils receive.” Westlea, Ofsted 2022.

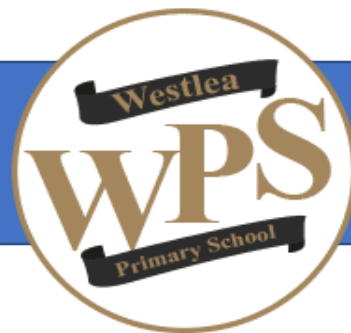


“Governors and senior leaders ensure that all staff receive high-quality training and advice. Staff are extremely knowledgeable and are proud to work at the school...the provision for pupils is of a high standard and continues to improve.” Ofsted 2022



In other news...

Sporting success yet again



Well done our Y6 Girls football team who were champions of the Peterlee, Easington and Seaham district schools' tournament. They played with grit and determination and had a fantastic team spirit!



Well done our Y6 footballers. They competed against Mary Magdalene's in the Harry Page cup final and narrowly lost. Worthy runners up and the first silverware of the year!

Both teams played with grit and determination and had a fantastic team spirit!



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 constructive 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. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators TEACHING CHILDREN FIRE SAFETY

Fire safety is especially important around Bonfire Night, as fireworks, bonfires and sparklers add extra risks for families and young children. Every year in the UK, thousands of accidents occur due to improper handling of fireworks and neglecting fire safety measures. This guide offers practical tips for keeping children safe when handling everything from fireworks to space heaters.

1 BONFIRE NIGHT AWARENESS

Bonfire Night is exciting, but it comes with several inherent risks. Educate children about the dangers of fireworks and open flames. Teach them that only adults should handle fireworks and that bonfires should never be approached. Keep children at a safe distance (at least five metres away) from bonfires and explain why supervision is crucial during these events.



2 SUPERVISE FIREWORK USE

Fireworks should only be handled by responsible adults who are following UK laws and guidelines. Make sure to buy fireworks that meet British Standards and adhere to all instructions that come with them. Keep children a suitable distance from any firework activity and designate an adult to supervise the event. Ensure no one goes near fireworks after they've been lit.



3 SPARKLER SAFETY

Sparklers are often captivating for little ones, but they can burn at extremely high temperatures – over 1,000 °C! Only allow children over the age of five to use sparklers, and make sure they wear gloves. Teach them to hold sparklers at arm's length and never wave them near others. Once a sparkler has burned out, extinguish it fully in a bucket of water – which you should prepare beforehand and always keep nearby.

4 ORGANISED DISPLAYS ARE SAFER

If possible, families should attend an organised fireworks display rather than holding one at home. These tend to be far safer as they're run by professionals adhering to strict safety regulations. Organised displays also provide a controlled environment where children can enjoy the event from a safe distance, reducing the risk of accidents.



5 KEEP FIREWORKS AWAY FROM THE HOME

If you are hosting your own fireworks display, set them off well away from homes, sheds or fences to avoid starting accidental fires. Choose a wide-open space with no flammable materials nearby and keep a means of putting out fires to hand in case of emergency – such as a bucket of water, a hose or a fire extinguisher. Afterwards, ensure that all fireworks are fully extinguished and **never** attempt to relight one if it doesn't go off.



6 BONFIRE SAFETY

If you're building a bonfire, place it well away from trees, buildings, fences or anything else flammable. Make sure it's structurally sound and not at risk of collapsing. Only burn natural materials like wood and leaves, avoiding petrol or other accelerants. Children should be kept far away from the bonfire, and it should always be supervised by adults. Be sure to fully extinguish the bonfire before you leave it.



7 "STOP, DROP AND ROLL"

Ensure that children know what to do if their clothing catches fire. Teach them the simple "stop, drop and roll" technique, which can quickly extinguish flames. Practice this with them before events like Bonfire Night, so they feel confident if the need to use it arises. It can also be helpful to keep another means of putting out these kinds of fires on standby, just in case. An extinguisher or flame-retardant blanket are both sound choices.



8 SECURE CANDLES AND OPEN FLAMES

Beyond Bonfire Night, everyday fire safety is also crucial. Candles can be a common fire hazard, especially in homes with young children. Teach children not to touch any open flames, and ensure candles are placed in sturdy holders away from combustible materials. Never leave candles, incense burners or other such items unattended, and always extinguish them fully before leaving a room or going to bed.



9 EDUCATE ABOUT FIREWORKS HAZARDS

Make sure children understand the dangers of playing with fire or fireworks, and how to handle such things responsibly. Emphasise that fireworks are not toys and can cause serious injuries when improperly used. Demonstrate the importance of treating fire with respect and the consequences of misuse, which can help temper any curiosity and any resultant dangerous behaviour.



10 FIRST AID FOR BURNS

Even if you have the best possible precautions in place, accidents can still happen. Keep a first aid kit on hand. Ensure you know how to apply basic first aid to burns, so you can teach children those techniques too. If someone suffers a burn, run it under cool water for 20–30 minutes. Never use creams or ointments, as these retain heat and can cause further damage. Instead, seek medical help if the burn is serious.



Meet Our Expert

James Whelan is an experienced health and safety expert who is a Chartered Member of the Institution of Occupational Safety and Health. He provides services to educational settings and many other industries, helping them to maintain a safe working environment.



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Source: See full reference list on guide page at: <https://nationalcollege.com/guides/fire-safety>

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FAST FEET FOOTBALL ACADEMY
STUDY • DEVELOP • COMPETE

St Bede's Catholic School and Ryan 6th Form College

The perfect way for girls aged 5-11 to get involved with football

Wild CATS
GIRLS' FOOTBALL

Make Friends

#LET GIRLS PLAY

TIME AND DATE
From Monday 8th Sept. 5-6

LOCATION
St Bede's Catholic School & 6th Form

WHO WE ARE
Fast Feet Football Academy / Horden Community Welfare / St Bede's Catholic School

NEXT STEPS
head to www.englandfootball.com/wildcats or scan the QR code on the right to book your first session, or contact us to find out more jessica.fox@fastfeetfa.com

SCAN ME:

COST
£4 per session

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FREE Family Festival

At our exciting new location, Locomotion in Shildon

Tuesday 28 October - Wednesday 29 October

10am until 4pm

Book now

www.locomotion.org.uk

Join the

Haunted Harbour!

this Halloween 27th-31st October

Spooktacular

Activities and Prizes

Don't miss out! Follow our Facebook and Instagram pages for activity updates and prize announcements!




Scan for Facebook **Scan for Instagram**

Free!

Spooktacular

Activities for kids

- **Potion Making** 
- **Pin the eyeball on the skeleton with prize** 
- **Spooky wordsearch with prize**
- **Pumpkin Decorating + contest + prize** 
- **Guess the number of sweets!** 
- **Arts & Crafts**
- **Treasure Hunt with Prize**
- **Face Painting** 
- **Judge our Scarecrow Contest** 

& Loads of Prizes to be won!

Spooktacular

FREE RAFFLE + Prizes!

£50 Jet2 Voucher	Jet2 Holiday Merch 
A Travel Cup	
Sweets and Goodie Bags for kids	
£10 The Lookout Voucher	£15 Nicey Icey voucher
2x burger + fries + drink meal (From Bulan Burger) 	£15 Pancake kitchen vouchers 
	£10 Seaview sweets n' gifts voucher!