

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

Protected Characteristics



KEY DATES

3rd December – Festive Run AM (tinsel or Santa hat optional)

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

A Week of Community, Catch-ups and Christmas

It's been another fantastic week at Westlea, filled with rich learning experiences and exciting opportunities.

KS1: Family

In our assembly this week KS1 discussed the word **family** and linked this to our school value **Community**. We looked at different kinds of families and talked about our own families. Pupils had opportunities to discuss and share their thoughts.

KS2: Protected characteristics

Resources from our PSHE provider 'One Decision' helped shape our assembly focusing on terms such as discrimination, tolerance and protected characteristics. The pupils were able to talk about respect particularly within our community. We posed different questions surrounding this theme.

The pupils displayed maturity in their reflections and have agreed to sign a protected characteristics charter, reflecting our commitment to respect for all.

Open Nights:

Many thanks to all parents and carers who attended Open nights this week. It was lovely to welcome into school our families, past pupils and those parents and carers who were attending parent's evening for the first time.

We continue to build positive relationships and strengthen communications between home and school. Teachers provided all parents/carers with a one-page update for every pupil. If you were unable to attend please get in touch to rearrange your appointment either face to face or via telephone. Many thanks to those who completed a parent/carer questionnaire. Results of which are attached in this week's newsletter and will also soon be available on www.westleaprimaryschool.com

It's beginning to look a lot like Christmas Day:

On Friday, Westlea Primary School officially announced Christmas as beginning by turning on our School Christmas Tree. The whole school family/community came together in our celebration assembly to turn on the Christmas tree lights and share in the excitement.

Afterwards, classes shared in the dressing of their own trees and decorations. A special moment to complete together in our special school. It was a lovely moment for us all to cherish. Read more about Christmas tree facts and our Inverted Advent calendar challenge linked to our CARE values.

Good luck- Mrs Roberts (Y6)

On Friday, Year 6 and all of school, wished Mrs Roberts good luck as she begins her maternity leave.

Festive Fun Run on 3rd December. Bring some tinsel or a festive hat to run in!

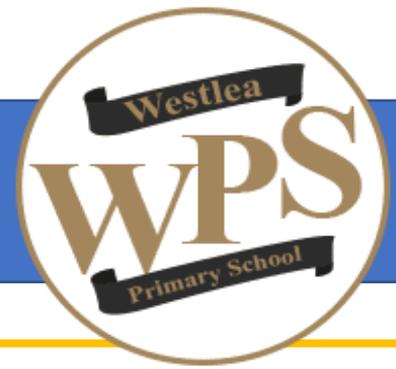


Who came in to school to put our 12ft Christmas tree up?

Only a 6ft7 elf! Thank goodness!



THIS WEEK'S ATTENDANCE



Our Attendance Pledge

At Westlea we are committed to ensuring every child receives an excellent education, and consistent attendance is fundamental to achieving this. Regular attendance directly supports academic progress, fosters crucial social and emotional development, and cultivates positive learning habits. By working together – pupils, parents, and staff – to achieve our attendance target of **96%**, we create a stable and supportive learning environment that promotes uninterrupted learning, strengthens relationships, and enhances each child's sense of belonging within our school community.

	WE 28.11.25
Class 1	91.8%
Class 2	70%
Class 3	93.1%
Class 4	91.5%
Class 5	91.9%
Class 6	89.2%
Class 7	96.1%
Class 8/9	93.2%

This week 1 class reached 96% or above.

Well done Class 7!

Our whole school attendance for WE 28.11.25 is 90.6%

Our attendance for the year to date is 95.3%

Our target for this half term is **96%** we are currently at 94.8%



Our Attendopoly board has been given a Christmas Glow up with each class counter becoming a Sparkly Christmas bauble.



ATTENDOPOLY OUTCOMES THIS WEEK

Classes who rolled the dice this week won;

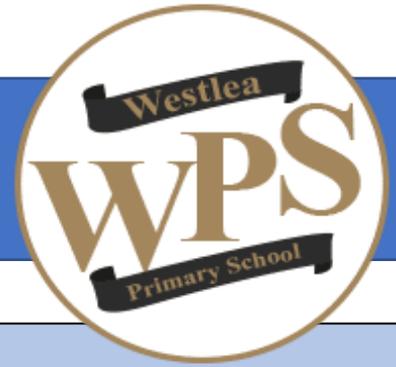
Class 7 – Bingo/Class quiz

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.



THIS WEEK'S AWARDS



Head Teacher's Award

Abbie, Darcie, Zainab, Archie, Amelia (Y6)

Showing community spirit and superb communication skills, helping in the bookfair over 3 days.

INDIVIDUAL CLASS STAR OF THE WEEK AWARDS

	WE 28.11.25
Class 1	Ebony
Class 2	Albie
Class 3	Addison
Class 4	Lydia-Rose
Class 5	Amelia F
Class 6	Joah
Class 7	Mason
Class 8 and 9	Chloe and Ava

RIGHTS RESPECTING AWARDS

	WE 28.11.25
Class 1	Malachi
Class 2	Indy
Class 3	Reuben
Class 4	Estelle
Class 5	Kataleiya
Class 6	Reuben
Class 7	Chris
Class 8 and 9	Averlyn and Dylan

Next week's Right of the week- Article 3 – Everyone who works with children should always do what is best for each child.

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 our discussion was Christmas themed with the pupils enjoying a Christmas themed treat and hot chocolate.

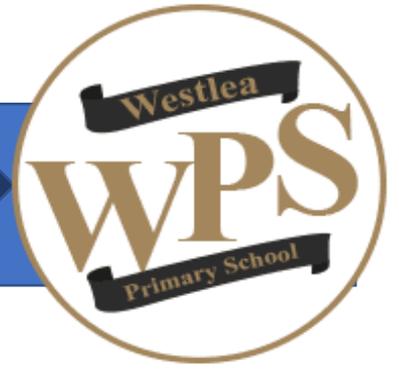


Head teachers awards: Our CARE values this term are...Community, Ambition, Respect and Enjoyment

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...

Open night and book fair



Our whole school aim:

“At Westlea Primary School we learn together to achieve success for all, based on high expectations and equality of access for all. We nurture the growth of the whole child – academically, artistically, socially, emotionally, morally and physically – celebrating all achievements in a safe, caring, inclusive and creative environment. The whole team works together to bring learning ‘alive’ and extend pupil experience...

...so that they are well prepared for the next steps in their education.”

Thank you to ALL of our school community for joining us this week to share pupil progress meetings.

The first open nights of the academic year, took place on Monday, Tuesday and Wednesday with parents and carers from Nursery through to Year 6 invited to meetings to talk about their child’s progress.

As a school we carefully prepare for these meetings and each class teacher is asked to complete an individual pupil sheet with assessments and targets for the coming term. This way parents and carers are given extra information to support you child at home. This meeting overview sheet looks at learning traits and skills, attendance, academic progress and targets relating to supporting the whole child.

School really values these moments with parents and carers, giving each an opportunity to discuss education and support. Thank you to all parents/carers who completed the Parent/Carer questionnaire. Please find the outcomes of the results on the next page. This will also be available to view on our school website.

The data has been combined for whole school and then analysed for EYFS and all SEN pupils. As a school each class teacher will be provided with their class questionnaire data and we will reflect on these results together to continue to develop and improve the school and your child/children’s learning experiences at Westlea.



Parent/Carer Questionnaire 2025-2026

How many questionnaire were completed? 109 (49% of population from R-Y6)

What age are your children? (R-Y6)

Do you have any children at the school with SEND? (20 responses from parent/carers)

Do you/your children at the school have a disability which we should consider in our access arrangements?

Yes, pupils from the whole school community were asked to respond to this questionnaire. Questionnaire took place during open nights on 24-27th November 2025

Feedback	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The school lets me know how my child is doing.	80.8%	18.3%	0.9%		
My child is making the progress I expect.	78%	22%			

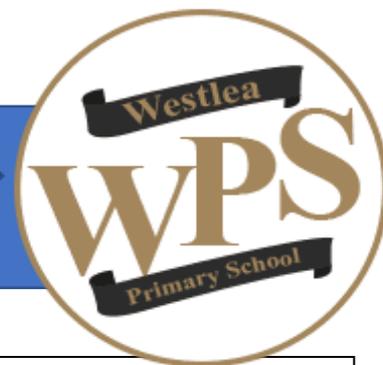
Learning	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
I know what my child is learning most of the time.	62.4%	36.7%	0.9%		
My child is taught well.	85.3%	14.7%			
My child is sufficiently challenged in lessons.	70.7%	28.4%	0.9%		
There is a good range of subjects taught at the school.	80.7%	17.4%	1.8%		
School trips/excursions are relevant to my child's learning.	74.3%	22%	3.7%		
My child's home learning is age-appropriate, challenging and enjoyable.	77.0%	21.1%	0.9%	0.9%	

Wellbeing and Pastoral Care	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The school encourages the personal development of my child, through experiences, opportunities and events in school and after school.	81.6%	17.4%			
The school encourages my child to be healthy.	87.2%	12.8%			
My child is well-treated at school.	87.2%	12.8%			
The school helps my child to do their best.	89%	10.1%	0.9%		
I would recommend the school to other parents.	89%	10.1%	0.9%		

Safety	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
My child feels safe in school.	89%	10.1%	0.9%		
The school has good rules that are used fairly.	82.6%	17.4%			
The school makes sure that pupils are behaving well.	80.7%	18.4%	0.9%		
When I have raised concerns with the school, my concerns have been dealt with quickly and effectively.	85.3%	11%	3.7%		
Any incidents of bullying are handled effectively.(if this does not apply please leave blank)	88.1%	10.1%	1.8%		
The school celebrates equality and diversity.	84.4%	15.6%			

In other news...

Book fair and Chartwells food sampling



BOOK FAIR NEWS

Children across school accessed our book fair. Many thanks to our Year 6 helpers who gave up their time after school in providing IT support and sales skills. We earned **£ 726.14** which then equates to **£290** in book vouchers for school to purchase books for classes and the library.



School caterers Chartwells, supplied food for parents, carers, pupils and staff to sample on Tuesday's Open evening.



THE BENEFITS OF SCHOOL MEALS

MAKING CHILDREN HEALTHIER

Children having school meals are more likely to eat fruit and vegetables and drink water throughout the day.

BEHAVIOUR & CONCENTRATION

A healthy school meal helps children get the best from their learning.

THEY ARE FREE IN RECEPTION, YEAR 1 & YEAR 2

Speak to your school about signing your child up today!

TASTY THEME DAYS

Throughout the term, your child will get to experience delicious theme days where we bring excitement to the dining hall with new and inspiring choices such as our Space Adventure or Mid-Summer Mashup.

MAKING FOOD FUN

We want your children to have fun and the dining hall is a great place for them to enjoy themselves with friends whilst they learn about different types of food.

WE EDUCATE AND INSPIRE CHILDREN WITH OUR BEYOND THE CHARTWELLS' KITCHEN WORKSHOPS

Our menus are packed with familiar favourites such as cheese & tomato pizza, roast dinners and homely pies

FREQUENTLY ASKED QUESTIONS

WHAT IS INCLUDED IN A SCHOOL MEAL?

Every day, you can be assured that a school meal will offer:

- At least two portions of fruit and vegetables
- Dairy food items rich in calcium for strong bones and teeth
- Starchy carbohydrates to provide energy
- A protein source to support the body's growth and repair.

HOW DO I ORDER AND PAY FOR SCHOOL MEALS?

All children in the UK in Reception, Year 1 or Year 2 are entitled to a delicious hot meal or packed lunch for FREE.

From Year 3 (KS2), your child may still be eligible for free school meals, simply visit www.gov.uk/apply-free-school-meals to check.

Schools may have an online facility that allows you to order your children's meals. If your child is in KS2 and above, then the portal will allow you to order and pay for meals.

WHAT IF MY CHILD HAS AN ALLERGY OR SPECIAL DIET?

Our primary objective is to keep our pupils - your children - safe every day when enjoying their school meals.

We take allergies very seriously and, supported by our robust Medical Diet Policy, we've taken every step to ensure that as many children as possible living with food allergies and intolerance can eat safely at school with their friends.

To find out more please email: chartwells.medicaldiets@compass-group.co.uk

CAN A PACKED LUNCH BE PROVIDED INSTEAD OF A HOT MEAL?

Absolutely! Our packed lunches are made fresh each day and are designed to be both tasty and nutritious, ensuring that children enjoy a balanced and satisfying meal.



So much more than fantastic food

AUTUMN/WINTER 2025 MENU WEEK 1 WESTLEA PRIMARY SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	OPTION 1 Cheese and Tomato Pizza with Potato Wedges and Baked Beans	THEME DAY Chicken Katsu with Wholegrain Rice	Roast Chicken with Potatoes and Gravy	Minced Beef and Dumplings with Mashed Potato	Breaded Fish Fingers with Chips
	OPTION 2 Spicy Pasta Bake	BBQ Vegetable Wrap with Potato Wedges	Quorn Roast with Potatoes and Gravy	Chinese Vegetable Noodles	Veggie Burger with Chips
DELI	OPTION 3 Jacket Potato with Baked Beans	Jacket Potato with Cheese	Jacket Potato With Baked Beans	Jacket Potato with Cheese	Jacket Potato with Baked Beans

ALL DISHES ARE SERVED WITH CRUNCHY VEGETABLES AND / OR FRESH SALAD

AUTUMN/WINTER 2025 MENU WEEK 2 WESTLEA PRIMARY SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	OPTION 1 Cheese and Tomato Pizza with Potato Wedges	Pork Sausage with Yorkshire Pudding Mashed Potato and Gravy	Roast Chicken with Stuffing, Potatoes and Gravy	Chicken Korma with Wholegrain Rice	Breaded Fish Fingers with Chips
	OPTION 2 Veggie Sausage in a Bun with Potato Wedges	Cheese and Onion Pie Mashed Potato and Gravy	Quorn Roast with Stuffing, Potatoes and Gravy	Macaroni Cheese	Quorn Dippers with Chips
DELI	OPTION 3 Jacket Potato with Baked Beans	Jacket Potato with Cheese	Jacket Potato With Baked Beans	Jacket Potato with Cheese	Jacket Potato with Baked Beans

ALL DISHES ARE SERVED WITH CRUNCHY VEGETABLES AND / OR FRESH SALAD

VEG	DESSERT
Sweetcorn Salad Bar	Vanilla Crunch
Garden Peas Big Bowl Salad	Oatie Cookie with Fruit
Cabbage Sweetcorn	Cornflake Tart
Green Beans Carrots	Apple Crumble with Custard
Baked Beans Garden Peas	Chocolate Ice Cream

AUTUMN/WINTER 2025 MENU WEEK 3 WESTLEA PRIMARY SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	OPTION 1 Cheese and Tomato Pizza with Potato Wedges	Homemade Sausage Roll with Potato Wedges and Baked Beans	Roast Gammon with Yorkshire Pudding, Mashed Potato and Gravy	Beef Bolognese with Wholemeal Pasta	Breaded Fish Fingers with Chips
	OPTION 2 Macaroni Cheese	Vegetable Korma with Wholegrain Rice	Quorn Roast with Yorkshire Pudding, Mashed Potato and Gravy	Meatless Ball Sub with Potato Wedges	Quorn Dippers with Chips
DELI	OPTION 3 Jacket Potato with Baked Beans	Jacket Potato with Cheese	Jacket Potato With Baked Beans	Jacket Potato with Cheese	Jacket Potato with Baked Beans

ALL DISHES ARE SERVED WITH CRUNCHY VEGETABLES AND / OR FRESH SALAD

VEG	DESSERT
Big Bowl Salad Sweetcorn	Chocolate Marble Cake
Salad Bar Garden Peas	Flapjack with Fruit
Carrots Cabbage	Raspberry Yoghurt Cake with Custard
Big Bowl Salad Sweetcorn	Lemon Cookie with Fruit
Baked Beans Garden Peas	Vanilla Ice Cream

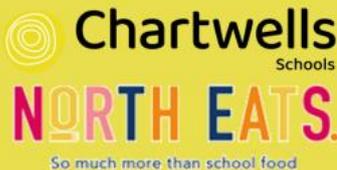
BAKED POTATOES SERVED DAILY with a Choice of Toppings

AVAILABLE DAILY Fresh Fruit, Freshly Baked Bread, Yoghurt and Water

Vegetarian
Wholegrain
Nutritionist's choice
Oily fish
Fruity!
Vegan

Regional Manager Craig Routledge

Contact - craig.routledge@compass-group.co.uk



LOVE SCHOOL MEALS

NUTRITIOUS FOOD AND MEMORABLE EXPERIENCES



Save up to £457 with FREE school meals

AT CHARTWELLS, WE ARE PASSIONATE ABOUT ENCOURAGING AND ENABLING MORE CHILDREN TO MAKE HEALTHY CHOICES AND ENJOY A NUTRITIOUS SCHOOL MEAL TO GET THE MOST OUT OF THEIR DAY.

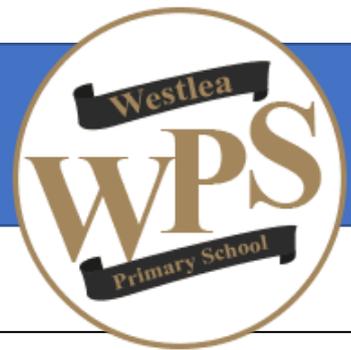
Chartwells' school meals have been lovingly created by a team of talented chefs and dedicated nutritionists making sure menus are packed with all the ingredients children need to grow strong and healthy.

Making a home-packed lunch for your child each day can be time-consuming and expensive. School meals can relieve some of this pressure by providing a hot, nutritious lunch for your child, every school day.



So much more than fantastic food

It's beginning to look a lot like Christmas Day @ WPS



Festive Celebrations at WPS

As we move closer to the festive season, we are delighted to share that a number of our much-loved annual events will once again be taking place at Westlea Primary. We look forward to welcoming you to these wonderful events and celebrating the season together as a school community. Please see the front page and your child's see-saw class account for details.

Festive magic

Friday, marked the start of a special time of year for many. As a whole school we came together for our weekly celebration assembly, which is always a highlight of any week and to turn on the lights of our new Westlea Christmas Tree.

The pupils also were given a special task to be revealed closer to Christmas.

During the day, the pupils also got to decorate their class trees, posted letters to Father Christmas and started to feel the festive cheer flow through the classrooms and corridors.



We counted down from 10 and turned our Christmas Tree lights on in assembly.



Class 1 walked up to the post office and mailed their Christmas lists to Father Christmas. They even met the postman who took them to the sorting office.

Facts about Christmas Trees

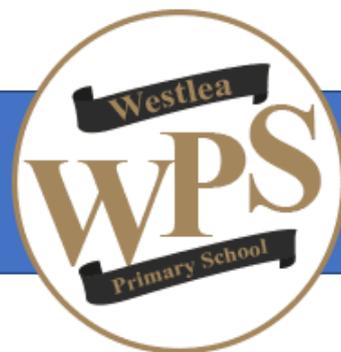
Beyond its religious meaning, the Christmas tree also embodies unity and togetherness. The act of decorating the tree is often a shared family tradition, fostering bonds and creating cherished memories. The tree becomes a gathering point for celebration, storytelling, and the exchange of gifts—a tangible expression of love and generosity.

Communities also come together around public Christmas trees, hosting events that promote goodwill and charity. This communal aspect reflects the spirit of Christmas, encouraging kindness and connection beyond individual households.

[Fascinating Christmas Tree Facts for Kids 2025 \[Fun Facts\]](#)

In other news...

Y5/6 athletics



BRONZE and GOLD FOR WPS

Our brilliant Year 5/6 Athletics team travelled to East Durham College to compete in the Easington SSP Sports hall Athletics Competition.

With 17 schools taking part, the standard was outstanding. Our pupils were well prepared and held their nerve competing against some strong opposition.

Final results:

Gold: Ribbon Academy- 854 points

Silver: Easington Colliery- 748 points

Bronze: Westlea – 622 points

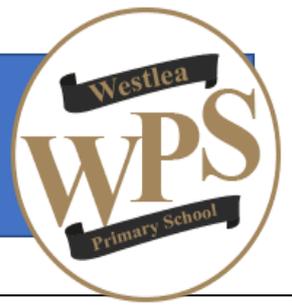
Our Westlea athletes were also recognised as **GOLD in the smaller school category**. A fantastic achievement.

Congratulations to Ribbon Academy and all other schools for taking part.



In other news...

Soft Archery



Sampling a new sport:

Soft archery is proving to be a firm favourite for students at WPS. Keen archers from Y6 and Y5 got to have an extended coaching session developing their skills. There are some extremely skilful archers.

When entering the space, during the session, the sports hall was calm, focused but with a ripple of enjoyment. This sport will continue to be offered by SSP as these older students move onto secondary school. Another great way of supporting transition from KS2-KS3.



Skills that develop to become an Accomplished Archer

Archery is not just a skill, it is an art. From the grace of a perfectly timed shot to the sound of an arrow hitting the target, archery is a sport that requires skill and dedication.

Proper Stance and Form

The foundation of archery is built on the correct stance and form. To become an accomplished archer, it is important to develop a stable stance with your feet shoulder-width apart, your weight evenly distributed, and your body aligned with the target.

Patience and Focus

Archery requires focus and concentration. It is essential to stay centred and patient, even during moments of frustration or disappointment. Maintain a positive attitude and trust that your hard work and dedication will pay off in the end. Taking deep breaths between shots can help you to refocus and ensure that your mind and body are working together.





Understanding Equipment

A successful archer must know their [equipment](#) inside and out. From the type of bow to the calibre of arrows, understanding how your gear functions can help you to get the most out of every shot.

Analysing Shots

To improve your performance, it is essential to analyse every shot you take. This includes examining your form, stance, and position of the bow.

Flexibility and Adaptability

A great archer learns to remain calm and collected in the face of the unexpected and can adjust their style to achieve their goals.



In other news... Public Health News



Has your child missed their flu vaccine?

We currently have the following community clinics running in the area:

Date	Venue	Address
3rd December 2025	Thorney Close Family Hub	SR3 4JQ
9 th December 2025	Marine Park Family Hub	NE33 2LS
10 th December 2025	Thorney Close Family Hub	SR3 4JQ
11 th December 2025	Ridgeway Family Hub	NE34 8AB
17 th December 2025	RT Ski Club Silksworth	SR3 1PD

To book an appointment please contact the school aged immunisation team on 03333583397, option 3.

On behalf of the North East-Central, School Age Immunisation Service

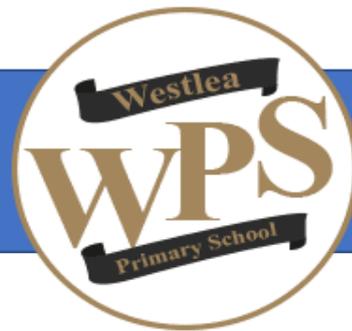
Service provided by:



In other news...

Christmas Fair

8th December



Call out for donations for our Christmas fair. I know there are some great bakers out there! Do you need to have a clear out of books and some toys before Christmas comes? **We need your good will and help.**

School would love donations for;

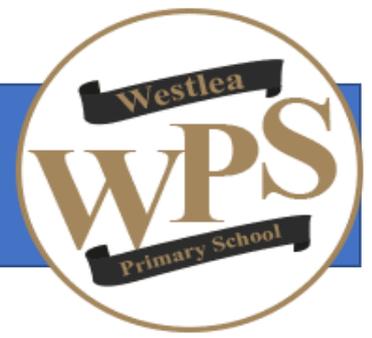
- cake and baked goods
- raffle/tombola prizes
- Bric-a-brac- teddies, books etc

Any stall holders from our school community, please contact the school office. (No food items).

A reminder to return raffle tickets. Any families needing more raffle ticket please pop around to the school office.



In other news...
Community news



Well done to our current Westlea Pupils for creating Scarecrows. It was also lovely to see past pupils in these photos.

Town's post



Like Comment Send



Town's post



Seaham Have Your Say

Town Clerk · 5h · 📷

SEAHAM TOWN COUNCIL – SCARECROW COMPETITION WINNERS

The Mayor of Seaham Councillor Margaret Levitt is pictured below with the winners of the Town Council's Scarecrow Competition held in October.

Winners Included:

0-5 Years – St Mary Magdalen Catholic Primary School Children (Age 4-5)

6-11 Years – 📍📍 (Age 8)

Ropery Walk Primary School (year 6 pupils)

12-16 Years – Eastlea Community Centre – Fab Seniors (Age 10-15 Years)

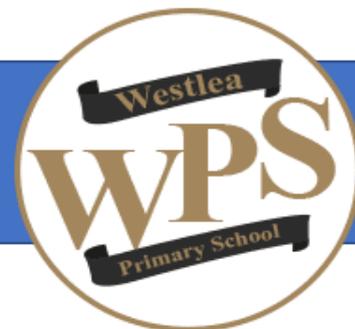
Eastlea Community Centre – Fab Seniors (Age 10-15 Years)

17+ Years Beachcomber Nursing Home Residents

A big well done to everyone who took part in the competition, it was a very difficult job for the Mayor to judge winners as the entries were of such a high calibre. We look forward to seeing all of next year's entries.

In other news...

CAMHS support



Child and Adolescent Mental Health Services (CAMHS) nurse drop-in

For parents and carers of children aged 5 to 19 years old. You can drop in and speak to a CAMHS worker about your child's need. One of the Family Hub team will also be available to give you more information about what we offer for parents, carers and children.

These sessions may be useful if your child is struggling with:

- low confidence and self esteem
- low mood
- worrying and anxious feelings

The CAMHS nurse will not be able to give any updates on open cases and ongoing CAMHS work during these sessions. Any questions like this should be directed to the CAMHS team supporting your child.

To refer into CAMHS please call 0300 123 9296. If you require Mental Health Crisis support please contact the CAMHS Crisis Team on 111 or 0800 51 61 71.

Where	Day	Time
Brandon Family Hub	Tuesday <ul style="list-style-type: none"> • 23 December 2025 • 24 February 2026 • 21 April 2026 • 23 June 2026 	9.30am to 11.30am
Chester-le-Street Family Hub	Wednesday <ul style="list-style-type: none"> • 12 November 2025 • 14 January 2026 • 18 March 2026 • 13 May 2026 • 8 July 2026 	12.30pm to 2.30pm
Durham Family Hub	Tuesday <ul style="list-style-type: none"> • 20 January 2026 • 3 March 2026 • 12 May 2026 • 7 July 2026 	9.30am to 11.30am
Consett Family Hub	Tuesday <ul style="list-style-type: none"> • 6 January 2026 • 24 March 2026 • 12 May 2026 • 14 July 2026 	9.30am to 11.30am
Ferryhill Family Hub	Friday <ul style="list-style-type: none"> • 19 December 2025 • 20 February 2026 • 17 April 2026 • 19 June 2026 • 21 August 2026 	9.30am to 11.30am
Peterlee Family Hub	Wednesday <ul style="list-style-type: none"> • 17 December 2025 • 25 February 2026 • 22 April 2026 • 24 June 2026 • 26 August 2026 	9.30am to 11.30am
Seaham Family Hub	Friday <ul style="list-style-type: none"> • 9 January 2026 • 13 March 2026 • 8 May 2026 • 10 July 2026 	9.30am to 11.30am
Stanley Family Hub	Wednesday <ul style="list-style-type: none"> • 10 December 2025 • 11 February 2026 • 8 April 2026 • 10 June 2026 	12.30pm to 2.30pm
Wheatley Hill Family Hub	Tuesday <ul style="list-style-type: none"> • 9 December 2025 • 3 February 2026 • 14 April 2026 • 9 June 2026 	9.30am to 11.30am
Wheatley Family Hub	Wednesday	9.30am to 11.30am

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

Top Tips for...

MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY MILK

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College

NOS National Online Safety
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