



Summer 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 live out these values throughout the term.
 Our new CARE values are; **Cooperation, Achievement, Resilience and Empowerment**

- KEY DATES**
- APRIL**
Week of 27th Mock SATs Y6
 27th – Fast feet taster sessions for girls Y1-Y4
 29th – Jet and Ben – People who help us Class1
 30th – Year 4 trip – Life centre
- MAY**
 4th – Bank holiday: School closed
 8th Year 4/5 Tennis competition and Y3 Tennis festival
Week of the 11th - Year 6 SATs
 15th – Class 6 – Netball festival
 Week of the 18th – Walk to school week
 20th – Year 4 meet a scientist
 21st – Girls cricket @ Dawdon
 22nd – Mixed cricket @ Blackhall
 22nd - Break up for half term holiday return 1st June
- JUNE**
1st June (2 week period) Y4 Timetable check
 3rd – Year 2 Outdoor and Adventurous
 3rd – Nursery new starter meeting
8th (Week beginning) Y1 phonic screening and Y2 phonic screening resits
 9th – Reception new starter meeting
 10th – EYFS sports day
 10th – Year 5/6 athletics
 11th – Class 2 parent sing a long
 12th – SCHOOL CLOSED – INSET DAY
 Week of 15th – Sports week

Hello and welcome back for the Summer Term, It was wonderful to see everyone return after Easter Break. The pupils are now entering their final term in this academic year. There is much learning ahead with many formal assessments taking place this term. With Year 1 phonics screening and Year 2 phonic screening resits, Year 4 timetable assessments and Year 6 KS2 SATs assessments all taking place. We wish all of these pupils well and know in the coming weeks they will be supported and guided as they near the assessment windows by great attendance and support from home and school.

We have launched our new CARE values for the Summer Term of **COOPERATION, ACHIEVEMENT, RESILIENCE and EMPOWERMENT**- values that can be shared and spoken about at home and school.

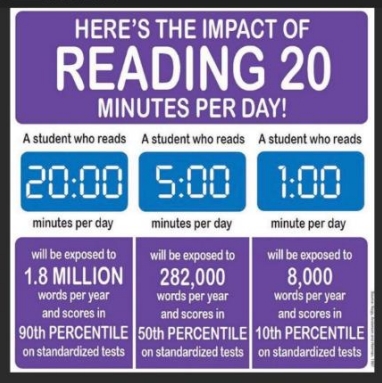
Solar Energy Learning:
 This week in school, key stage two had an assembly with energy sparks and and Year 5 pupils have tried out virtual reality! Our Eco group and Class 6 also had specialist sessions with energy sparks.

School premises update:
 During the Easter break, Key stage corridors and gloss work throughout the main hall and corridors was completed. The school is looking a fresher, purposeful, productive space. This is an ongoing and phased development of premises. Many thanks Mr Robinson.

Best Wishes,
 Mrs Scothern



Next week – Fast feet girls football training free after school for Year1- Year4



**New month and new Artist, Musician and Scientist for April...
 I wonder who they can be?**

THIS WEEK'S ATTENDANCE



	WE 24/04/26
Class 1	100%
Class 2	85.7%
Class 3	99.6%
Class 4	95.4%
Class 5	91.5%
Class 6	97.2%
Class 7	96.8%
Class 8/9	95.8%

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 4 classes reached 96% or above.

Keep up the great work!

Our whole school attendance for WE 24/04/26 is 95.8%

Our attendance for the year to date is 95.8%

Our target for this half term is **96%** we are currently at 95.5%



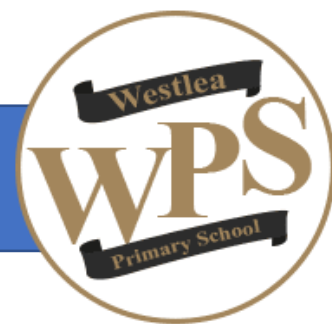
SAFE GUARDING AND ATTENDANCE TEAM:

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 – Mindfulness session
- Class 3 - Fruit platter
- Class 6 - Extra free cookie club
- Class 7 – Mindfulness session

THIS WEEK'S AWARDS



Head Teacher's Award

INDIVIDUAL CLASS STAR OF THE WEEK AWARDS

	WE 24/04/26
Class 1	Penny
Class 2	Kayden
Class 3	Laynee
Class 4	Estelle
Class 5	Morgan
Class 6	Layla B
Class 7	Luna
Class 8 and 9	Nirvana and Kobe

RIGHTS RESPECTING AWARDS

	WE 24/04/26
Class 1	Annie
Class 2	Indy
Class 3	Koen
Class 4	Ben
Class 5	Maleko
Class 6	Jaylen
Class 7	Paisley
Class 8 and 9	Lilly R and Dylan

Next Week's Right of the week- Article 27 – You have the 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	Endeavour	Empowerment



Pupil discussions:

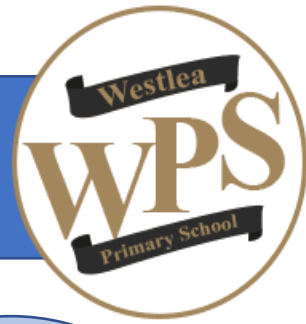
Year 4: We discussed swimming lessons and **trying something new**. The whole class shared ideas and thoughts on these new lessons. The pupils explained about what they had **enjoyed and the excitement** of attending a different pool as Seaview's pool is being refurbished. The pupils who are due to begin swimming lessons, **asked some excellent questions**. The swimmers explained about Katherine, the swimming teacher, and how nice she is! We discovered that **following the rules** and **listening carefully** in the pool is a really important skill.

Head teachers awards: Our CARE values this term are... COOPERATION, ACHEIVEMENT, RESILIENCE AND EMPOWERMENT

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...

Reader, Writer and Mathematician of the week



Reader of the week:

Class 1 – Shanai
Class2 - Flynn
Class3 - Mitch
Class4 - Amber
Class5 - Dakota
Class6 - Troy
Class7 - Ava
Year6 – Averlyn and Theo

Writer of the week:

Class 1 - Ebony
Class2 – Archie
Class3 - Rayne
Class4 - Heidi
Class5 - Mia
Class6 – Daisie-Mae
Class7 – Mason
Year6 – Mya and Isla D

Mathematician of the week:

Class 1 - Miller
Class2 - Tyson
Class3 - Charlotte
Class4 - Harrison
Class5 - Blake
Class6 - Erica
Class7 - Luka
Year6 – Eden and Gracie

Well done to these students.
They will all be entered into the
end of term draw.

Keep up your great learning
attitude.

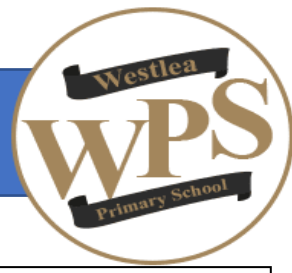
In other news...

Year 6 revision/homework prize winner

Mrs Davey and Miss Appleton set year 6 a challenge over the Easter holiday – for every piece of homework or revision completed they got a ticket to enter into a raffle to win a gigantic bar of chocolate! There was an amazing effort from the pupils and our final winners were Averlyn, Zuzanna, Ava and Zainab congratulations!



Summer Term CARE values



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

Every term we focus on four of our school **CARE values**. These values have been carefully selected to reflect, nurture, inspire and equip our pupils towards having a **strong personal character**. They are linked to **personal characteristics** and **British values** and will provide them with solid foundations to move onto the next steps of their learning and life's challenges.

The Summer term **CARE values** typically mean and how we help shape behaviour, character and the culture of our school community.

Cooperation

What it means: Working together and helping each other. It's about combining effort, sharing responsibilities and helping one another out.

At Westlea it looks like;

- Teamwork: Joining in with others to get something done.
- Mutual support: It means listening, sharing ideas, taking turns, and being kind even when you don't agree.
- Cooperating; Everyone feels included and the job gets done faster and better.

Achievement

What it means: Doing your best and being proud of what you accomplish.

At Westlea it looks like;

Achievement isn't just about getting everything right.

- Trying hard.
- Learning new things.
- Noticing how much you've improved.
- Every time you learn a new skill, finish a task, or reach a goal, that's an achievement.

Resilience

What it means: Keeping going, even when something is hard. Resilience is your inner strength.

At Westlea it looks like;

- It's what helps you bounce back when things don't go your way.
- Being resilient means you don't give up straight away—you try again.
- Ask for help, and believe you can get better with practice.

Empowerment

What it means: Feeling confident, capable, and ready to make good choices.

At Westlea it looks like;

- You believe in yourself.
- Know that your voice matters.
- Having the courage to share your ideas, make decisions, and take responsibility for your actions.
- When you feel empowered, you know you can make a positive difference.

Why These Values Matter at Westlea Primary School

Together, these CARE values help build a **positive school culture** where children learn not just academically but also socially and morally. Westlea Primary use such values to:

- Support **behaviour expectations** and shape how pupils treat one another.
- Promote **character development**, preparing students for life beyond school.
- Create a sense of **community and shared purpose** among pupils.

In other news...

Year 5 – BSI+KS2 assembly



KS2 had a lovely assembly about careers. They discovered lots of new job titles and found out how you can change career paths using the transferrable skills you learn along the way.



It was really interesting to see our school in 3D motion – Ella-Andrea

Y5 thoroughly enjoyed completing the VR workshop. They loved looking at our school through the VR headsets, finding flags and winning fabulous prizes.



It was so realistic with the headset on, it was like we were in our own school - Hugo



It was very interesting to see how we use different devices. - Eliyah



I went beyond my expectations - Chris



I loved getting my chocolate orange when I won - Archie

In other news...

Attendopoly prizes



Congratulations to the classes below . They collectively achieved our target attendance figure of 96% or above for a week's attendance. They then rolled the dice and landed on some exciting enrichment activities.

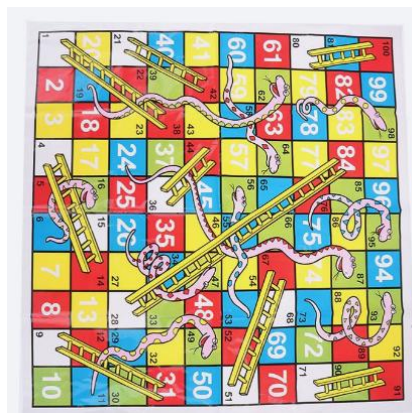


Year 6 cookery
– we had a
pizza party



Class 5 were so upset to
get no homework for the
week!

Class 7 £10 to spend – on
games for rainy
playtime/golden time.



Class 3 hot chocolate
treat



Class 1 £10 to spend –
they chose to buy
ingredients to make
samosas on the
campfire

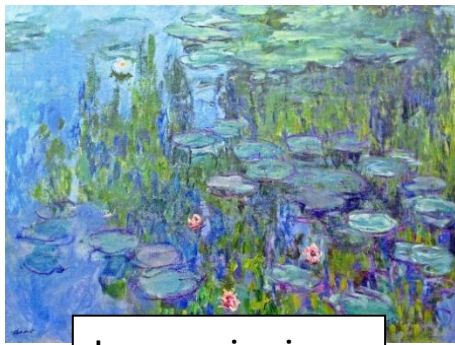


In other news...

Quality of Education



Every month we will be sharing information about recognised artists, musicians, and scientists through our newsletter and also during lessons and assemblies. This is one of many strategies used to enrich the curriculum and broaden student horizons, building cultural capital and representation.



Impressionism

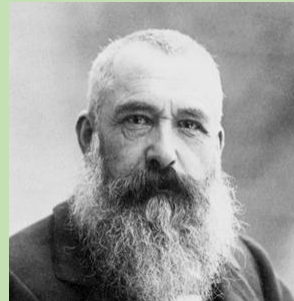


Artist of the Month

Have you ever wanted to capture a moment? To make a picture that shows not just how something looks, but also how it makes you feel? Meet the man who did just that!

Monet was born in Paris in 1840 and as a child he showed great talent as an artist. In 1872 he painted a picture of a harbour using very loose brushstrokes. The artist and his friends, became known as the impressionists after the title of Monet's painting.

April



Claude Monet
(1840-1926)

Did you know?

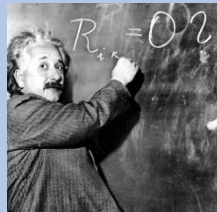
Monet sold his first set of drawings when he was only 15.

When Albert was a boy, he fell in love with physics when his father gifted him a compass.

He was fascinated by the way the magnets moved inside of the compass, and thought about this when he was older and coming up with his theories around relativity.

Albert hated the strict discipline of the grammar school he attended as a teenager, and left aged 15... While at school, he excelled at maths, physics, and philosophy, but struggled with other subjects like languages.

In 1896, he was accepted into the Swiss Federal Polytechnic School in Zürich, Switzerland. He originally failed the entrance exam, but was let anyway due to his exceptional maths results! However, this was on the condition that Albert also went to high school and finished his formal schooling.



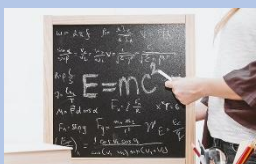
April

Scientist of the Month

Albert Einstein (14 March 1879 – 18 April 1955)

One of the discoveries Albert announced in 1905 was his famous formula: $E=mc^2$. Albert figured out that matter – the tiny particles that make up everything in the world – can be turned into energy. The equation, $E=mc^2$, describes how this conversion can be achieved. This amazing breakthrough made the 26-year-old Albert Einstein a star!

Albert's theory of relativity helped scientists understand how the universe works.



Musician of the Month

April

Elton John

Early Life

Reginald Kenneth Dwight was born on 25th March 1947 in Middlesex, England. When he was just three years old, his family realised that he was a piano child prodigy after he played a complicated piece of classical music from memory. When he was 11 years old, his musical ability won him a scholarship to the prestigious Royal Academy of Music in London.



Pop music

Sir Elton John is known for being flamboyant in fashion. He loves wearing different shaped glasses.

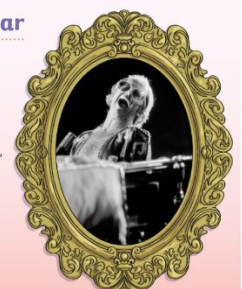
He also cowrote musicals such as The Lion King and Billy Elliott



Music Superstar

By the early 1970s, Elton was one of the best-selling pop performers in the world.

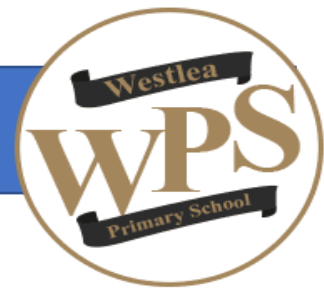
Some of his most famous songs from this era include 'Crocodile Rock', 'Rocket Man', 'Don't Let the Sun Go Down on Me' and 'Sorry Seems to Be the Hardest Word'.



pop

In other news...

Year 6 Leavers Hoodies – time is flying by!



Our Year 6 pupils were presented with their official leavers hoodies this week and they look amazing. They will wear these around school for their last term at Westlea Primary School.

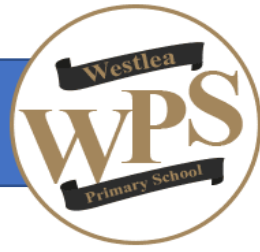


We look forward to a successful and busy term ahead for year 6 as they have their mocks, SATs tests, residential visit, school leavers trip and sports week ahead while selecting and rehearsing for their end of year show.



Westlea
Class of 2026

In other news...
Westlea are Gold for
careers!



Wonderful news! Westlea are Gold for our commitment to inspiring our pupils to think big about their futures. Our careers curriculum is fully embedded into all that we do at Westlea. Well done to Mrs Robson for coordinating and submitting the necessary information and doing such a great job to support ALL of our staff to design career focused activities and adapt planning.

primary futures

Dear Westlea Primary School,

Congratulations! Your recent submission has earned your school a Gold Award; the highest level of achievement in the Primary Futures Recognition Scheme.

This award reflects the passion and commitment your school has shown in inspiring pupils to think big about their futures.

Thank you for your exceptional commitment to inspiring the next generation – you are helping to shape brighter and wonderful futures.

Best wishes,
Primary Future



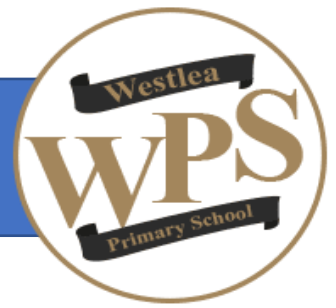
This week's careers spotlight. It's great to see pictures of women and men in all of our career spotlight posters!

A CAREER AS A HELICOPTER PILOT

QUALIFICATIONS <ul style="list-style-type: none">· GCSEs (or equivalent)· College course	PATHWAYS <ul style="list-style-type: none">· Military training· Civilian pilot training· Starting as a co-pilot
ROLES <ul style="list-style-type: none">· Carrying passengers· Medical rescues· Police operations· Transporting goods· Inspections and surveys	WAGE <ul style="list-style-type: none">· Starter: £30,000· Experienced: £65,000

In other news...

Energy Sparks



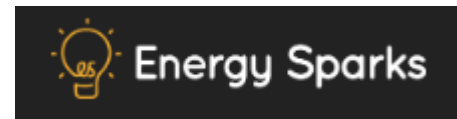
KS2 had an assembly about our school's energy usage and how we can use it efficiently to help save our planet. Our solar panels are a good way to save our school money as we use the sun to help generate energy.

The assembly was full of facts about our school and the temperature it should be - Carter

It was interesting how we saw different parts of the world and their climate - Grace



Class 6 had a great time with Richard – we got to get up and get involved with the interactive session. We looked at electric circuits, solar cells and how they work. He explained all about our new solar panels in school and how they are better for the environment and our school and how we can raise £ at the same time which will save on our energy bills.



Eco group

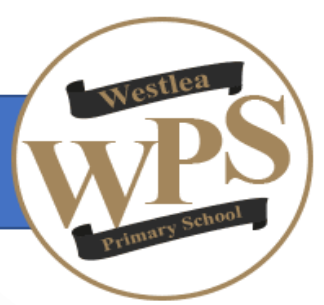
Richard showed the Eco Warriors the energy sparks dashboard – it's where we can see our energy data and also earn points on the leader board for taking action to reduce our energy usage at school and at home. It has great ideas for ways to help out planet. It also had roles for the eco group to choose activities from.

Richard brought in equipment to help us measure heat, light, humidity and carbon dioxide – we were shocked to see the toaster and microwave use exactly the same amount of energy.



In other news...

Community news: Emotional Wellbeing



Emotional Wellbeing

Tuesday 5 May 2026, 9.30 am—11.30 am

This session will focus on emotional wellbeing, what is it and how can we improve it for ourselves and our children.

Understanding Behaviour Development in Children & Young People

Tuesday 12 May 2026, 9.30 am—11.30 am

This session will look at behavioural norms in the developing child and how adult behaviour influences this. We will look at the challenges parents and carers may face and how they can support their children and young people to develop resilience and manage risk as they grow to adulthood and independence.

Understanding Why Children Might Be Anxious About School

Tuesday 2 June 2026, 9.30 am—11.30 am

This is an awareness session to increase understanding of why children might be anxious about school, identify potential triggers and look at available support and strategies. This session is suitable for parents/carers of all school aged children but may be of limited value to parents of children with more complex needs.



www.mctdurham.co.uk



www.durhamsendias.info
0195 5873543



www.darlingtonpcf.co.uk



carer support
www.durham.org
Tel: 0209 001211

Anxiety (Two age groups)

Over 11 years

Tuesday 9 June 2026, 9.30am—11.30am

Tuesday 7 July 2026, 9.30am—11.30am

5-11 years

Tuesday 16 June 2026, 9.30am—11.30am

Tuesday 30 June 2026, 9.30am—11.30am

This session looks at what anxiety is, what the triggers might be, how to identify it and how we can support our children and young people.

Please book a place using the link or QR code directly below:

[CAMHS Training Booking Form - Parents Carers](#)



To visit our Trust website, for further information, please scan the QR code at the bottom of this page. The sessions are aimed at parents of school aged children but parents of younger/older children are very welcome. The sessions will be led by a CAMHS trainer and run on Microsoft Teams. If you have any additional needs, please email tees.countydurhamcamhs@nhs.net

10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS



Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING



Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY



Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS



Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS



Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES



Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS



Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION



Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING



Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED



Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday

The National College