



Shanklea Primary School

"We provide a happy, caring and stimulating environment where children recognise and achieve their fullest potential"

World Mental Health Day

Say #HelloYellow on World Mental Health Day



Shanklea Primary School joined thousands of schools, offices and workplaces up and down the country and wore yellow on Thursday 10 October 2019 for World Mental Health Day. Whether they chose a subtle splash of colour or dressed like sunshine from head-to-toe, together we showed young people they are not alone with their mental health.

Shanklea Primary School is also supporting ITV's 'Britain Get Talking' which is a Mental Wellness campaign to help families get closer.

There is clear evidence that building good relationships – with family, friends and our wider community – is positive for our wellbeing. Having strong relationships means that we can share our feelings and know we're being understood. It means we can support those around us as well if they are going through a difficult time.

When children and young people are struggling with their mental health, it can be particularly hard for them to talk openly about what they're going through. That's why we encourage parents and carers to have regular conversations with their children about how they're feeling from a young age.

Along with Mind, we're pleased to support Britain Get Talking who have advice on their website on how families can have those conversations, and how parents and other adults can support young people if they're struggling with their mental health.

YoungMinds Crisis Messenger

The YoungMinds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If a child is experiencing a mental health crisis and need support, they can text **YM** to **85258**. We know that finding the right support is important, especially if they need someone to talk to right now. The service aim to connect every texter to a trained volunteer promptly to provide crisis help. They will listen to you and help you think more clearly, enabling you to know that you can take the next step to feeling better.

The YoungMinds Crisis Messenger is powered by the Shout and Crisis Text Line. It is free and confidential to text the service from the following major networks: EE, O2, Three, Vodafone, BT Mobile, Tesco Mobile, Virgin Mobile, iD Mobile, Sky, Telecom Plus, Lebara and GiffGaff. Some Android phones issue a warning that you will be charged for texting them, but provided you are on one of these networks this warning is incorrect and you will not be charged. If you text them from a network that is not on this list there is a possibility that you may be charged for the messages and that they may appear on your bill, this is because some networks do not provide the capability to message short codes.

How does it work?

The trained volunteer will introduce themselves, reflect on what you've said, and invite you to share how you're feeling. You'll text each other, only sharing what you feel comfortable with. By asking questions, listening to you and responding with support, they will help you think through your feelings until you both feel you are now in a calm, safe place. You might be signposted to other services, so that you can continue to get support.

The crisis messenger service can help with urgent issues such as:

- Suicidal thoughts
- Abuse or assault
- Self-harm
- Bullying
- Relationship issues

Any pupil can text free and anonymously – although if the volunteer believes they are at immediate risk of harm, they may share details with people who can provide support.



Menu Change:

Thursday 24th October

On the last day of this half-term the menu choices will be:

Pulled Pork Sandwich with BBQ Sauce
Homemade Pizza
Jacket Potato Choice
Choice of Sandwich & Salad

Chips
Fresh Seasonal Vegetables
Seasonal Salad

Pudding of the Day
Fresh Fruit

Please pre-order on School Grid.

IMPORTANT REMINDER

Please can everyone remind members of their families that parking is prohibited on Nairn Road, Northolt Avenue and Needham Road.

Fines have been issued by Traffic Enforcement for ignoring the No Parking Signs.

Please respect our neighbours and do not block drives or park so as to cause them any inconvenience. Thank you.

IMPORTANT REMINDER





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The Northumbria Mini Police is an engagement scheme designed to improve citizenship within our communities and give young children the opportunity to learn about their safety, their role within their community and how the police work within the community to keep us safe.

The scheme is aimed at children in Year 5 and focuses on the contribution young people can make into our communities to make it a better place to be. The scheme will improve the relationship between the police and the communities they serve and gives young people a voice to say what matters to them and to influence people around them in a positive way.

We are delighted to tell you that Shanklea Primary School has been successful in our bid to join the scheme.

Our Year 5 Children will be visited by the Mini Police team who will explain what we do, what the children will be asked to do and to show the work we have done before. Class teachers will then decide on a group of ten children who would like to take part –this is not based on academic ability but on children who will enthusiastically join in with all of the activities. In order to take part, parents and class teachers must sign a consent form and be fully supportive.

Once they have joined the Mini Police Team, the children will take part in a session to work on topics such as water safety, healthy relationships, online safety and many other topics. Sessions will be interactive and tailored to suit each separate Mini Police group and the community they live in.

After this, it will be their job to then tell the rest of the school all about what they have learned. They are the Mini Police for our school and very important in helping Northumbria Police to spread important messages about keeping safe. Our Mini Police group will then come out into the community with the Mini Police team. What we do will depend on what is happening in our area but examples of community work include helping out at the Great North Run, carrying out surveys with residents to help improve the area, helping at the Sunderland Air Show and many other things. After this we will arrange an exciting visit to some of the different departments within the police so the children can learn more about what police officers do. This might be a trip to see the police horses at the mounted section, visiting the control room to listen to 999 calls and watch how we manage our officers out and about and even a visit to the helicopter.

Children will be given a uniform to wear as part of the Mini Police. Their uniform will consist of a cap, waterproof jacket and hi-viz vest each with the logo on. This means they can easily be seen and be safe when out in the community with us. The police we will carefully assess any risks there might be and a parent, teacher or guardian will always be present.

We are confident the selected children (and the entire Shanklea community) will benefit enormously from taking part in this great initiative.

Coming Soon

Last week's attendance

Class of the week with **100%** attendance is

AH3

Well done
Year 6 for top
attendance

Year Group	Average Attendance %
Reception	93.0
1 and 2	94.4
3	97.5
4 and 5	93.7
6	98.9

Week beginning 14th October	Year 4 Alnwick Residential Visits
Wednesday 16th October	9-10 Toddler Group 3.30pm Year 6 Parents' SATs meeting
Friday 18th October	Year 3 Able Maths Day Last date for ordering school Christmas cards
Tuesday 22nd October	Special Spooktacular Lunch Halloween Discos 3.45pm Reception parent consultations
Wednesday 23rd October	9-10pm Toddler Group 3.45pm Years 1-6 Parent Consultations
Thursday 24th October	3.30pm Rec- Year 6 Parent Consultations Menu changed SCHOOL CLOSES
Friday 25th October	School closed to pupils. Staff Training Day
Monday 4th November	School Re-opens Whole school photographs



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Out of School Club

This week the children have been exploring and playing lots of different puzzles and board games. They have enjoyed getting involved with some competitive games and some challenging and relaxing puzzles. The children have even taken part in a few games of bingo, where they have won prizes!

In cooking this week the children have been learning how to melt chocolate carefully as well as weighing ingredients and mixing them together to make some birds nest sweet treats.

Next week we will be saying 'Hola Amigos!' as we will be exploring and learning about Spain. The children will have the opportunity to learn to speak and write in Spanish. In cooking the children will have the opportunity to cook and try some Spanish inspired food.

Harvest Festivals 2019

This week we enjoyed superb Harvest Festivals attended by many of our families. Our parents/carers were entertained by the children singing some lovely songs which made their teachers and I very proud of their achievements.

The School would like to thank all of our Shanklea Families, for their very generous donations for this week's Harvest Festivals. All of your generous donations will be taken to the Hope Centre FoodBank, to be distributed to those in need.

During the half-term-holidays, the Hope Centre, in conjunction with Cramlington churches, will provide packed lunches for all children who receive free school meals (not universal free school meals due to age).

October Half-Term Lunch Scheme

From Monday 28th October, and for the duration of the Half-Term holiday, the Cramlington Churches in cooperation with the HOPE Centre
Centre
(Forum Way, to the rear of Concordia, next to the GP surgeries)



will provide packed lunches for pupils who normally receive free school meals.

These will be available each week-day from 1200
For further information call
Hope Centre on 01670 737808



Shanklea's Halloween Cake-Off

Monday 21st October

Homemade Halloween Themed Cake Competition!

1st Prize - £10 gift voucher.
2nd Prize - £5 gift voucher.
3rd Prize - £5 gift voucher.

Cake Sale at 3:15pm

Hosted by the Friends of Shanklea.
Donations of cakes and biscuits to sell are welcome.

Shanklea's Spook-tacular Disco

Come along for a thrilling time!
Refreshments available.

KS1 5.30pm - 6.30pm
KS2 6.45pm - 7.45pm
£2 per ticket

Tues 22nd October
Payment via the gateway is available!

Shanklea's Spook-tacular Lunch

Tuesday 22nd October 2019

Haunted Hot Dogs with Creepy Chips
& Beastly Beans
~
Spooky Treats

Pre order on School Grid for a Thrilling Time!

Parentkind Member Association

