



February 2022

Esh Winning Primary School NEWSLETTER

On Friday 4th February we are raising funds for the NSPCC charity in school.

Nursery, Reception and Year 1 pupils can come in non-uniform and pupils in years 2 - 6 will be taking part in Times Tables Rockstars and they can come dressed as either their favourite rock stars or in non-uniform and all pupils can make a donation for the NSPCC. As always, we ask that children do not wear makeup, hair colour or jewellery. Letters have been sent home with more information.

If pupils are bringing mobile phones with them to school, they **MUST** be left at the Office before class & they **MUST** be **SWITCHED OFF**. The school will not be held responsible for phones brought into school.

PARENT SUPPORT ADVISOR

Mrs Doherty is working from home on a Monday, Tuesday and a Wednesday. If you would like to speak to her please let the office staff know and we can either ask Mrs Doherty to ring you or give you her school mobile number. Thank you.

Dates

February

- 1st Chinese New Year
- 4th NSPCC charity day
- 7th Yr 5/6 Weardale Adventure trip week
- 8th Internet Safety Day
- 18th Break up for half term holidays
- 28th School resumes

March

- 3rd World Book Day Celebrations
- 10th School Photo Day
- 18th Comic Relief- Red Nose Day
- 23rd Parents Evening
- 24th Parents Evening

April

- 07th Easter Celebration
- 08th School breaks up for Easter
- 25th School resumes

May

- 2nd Bank Holiday
- 9th Year 6 SATS week
- 27th School breaks up for half term

June

- 6th INSET Day, school closed
- 7th School resumes

July

- 20th Break up for the summer holidays



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Breakfast Club Reminder

Please remember that the KS2 school gates are not opened for breakfast club until 8am. Please can parents/carers always wait with your children, do not leave your children unattended until the gates are opened. Thank you. The ethos behind our breakfast club is that your children come at 8am and experience choosing their own breakfast, sitting with friends while they eat their food and then at 8.30am they attend the sports session. There is no booking required. KS1 pupils enter via the dining hall and KS2 pupils enter via the door to the right hand side of the dining hall and go into the main hall for breakfast and activities.

This year SATS WEEK is
Monday 9th—Friday 13th May 2022

It is most important that all year 6 pupils attend school during this week.



Healthy Packed Lunches

What's the big idea?

Packed lunches can be very healthy and nutritious.

They can also be little more than a dose of sugar, fat and salt.

Children who bring in packed lunches should be encouraged to bring in healthy options that reflect the healthy messages being promoted by school. A healthy packed lunch can be simple to prepare, inexpensive and fun to eat.

Healthy Lunchbox Suggestions

Sandwiches

Try to vary the type of bread such as wholemeal, granary or high fibre white bread. Also make sandwiches from different kinds of bread including bread rolls, French bread, bagels and pitta bread as well as sliced bread. **Shop bought sandwiches are full of salt and sugar.**

Use a different sandwich filling each day - preferably including a fruit or vegetable.

For example: Cheese and cucumber, Chicken, lettuce and tomato, Mashed banana, Tuna and sweetcorn
Grated Cheese and carrot, Hummus, Cottage cheese, grated carrot and grated apple

Fruit and vegetables

Some fruits to try: Seedless grapes, Apples (can be cut up for younger children and brushed with lemon juice to avoid browning), Satsumas or Tangerines, Plums, Small bananas, Dried fruit such as apricots or raisins, Cherries, Fruit Salad

Some vegetables to try: Cherry tomatoes, Cucumber chunks, Carrot sticks, Baby sweetcorn, Celery sticks, Grated carrot and raisin salad

Drinks

Still water or fruit juice only

Sweet suggestions: Scones, Yoghurt, Malt Loaf, Teacakes, Flapjack

Savoury suggestions: Rice cakes, Cheese and crackers, Bread sticks, a boiled egg

We hope this helps to give you some ideas and show that healthy eating for you and your children need not be boring and can have a great deal of variety. If you need any further advice or help, please contact the school.

NO CHOCOLATE, NUTS, SWEETS OR FIZZY DRINKS ARE ALLOWED IN LUNCHBOXES



Don't forget! Shrove
Tuesday or Pancake Day is
on Tuesday 1st March!

**Waterstones have four Children's Authors coming
into their Durham store soon!**

All these books are for children with a reading age of 8
upwards.

All events are between 11.00am and 2.00pm.

Saturday 29th January - **Jenny Pearson**

Author of The Incredible Record smashers, The Super Miraculous
Journey of Freddie Yates, Grandpa Franks Great Big Bucket List.

Saturday 5th February - **Dan Smith**

My Friend the Enemy, Boy X, The Horrors of Dunwick Farm, The In-
vasion of Crooked Oak, The Beast of Harwood Forest, Around the
World in 50 Ways

Sunday 20th February - **Jack Meggitt-Philips**

Beastkeeper, Sandwich Thief, The Beast & The Bethany, Revenge of
the Beast

Saturday 12th March - **Emma Carroll**

A Night at the Frost Fair, A Week at World's End, The Ghost Garden,
Secrets of a Sun King, Letters from the Lighthouse

**Children can go in to get their current books from home
signed, meet the authors, buy books if they wish.**

World Book Day!

On Thursday 3rd March Children are invited to come dressed as their favourite book character, preferably making costumes from items they can find at home. There will be prizes in classes for the best 'home-made' costumes.

Maybe you and your children could start talking about their favourite book character and designing home made costumes over the half term holidays.

Safer Internet Day 2022 will be observed in school on **Tuesday 8th February** with this years' theme 'All fun and games? Exploring respect and relationships online'.

School Website Address: www.eshwinning.durham.sch.uk