

As you will see in this month's newsletter, life is as busy as ever at Allendale Primary School. You'll see just how many clubs we are offering the children and find out about some exciting upcoming visits. Please check the dates for your diary at the end and consider completing our parent survey about physical activity levels for children. Also on the second page are some useful links to information about online safety that are well worth a read.

## Attendance

Regular attendance at school ensures that children get the best possible start in life. Good attendance supports learning, the development of social skills and friendships, as well as building good habits that are essential for adult life. Research clearly demonstrates the link between regular attendance and educational progress and attainment.

Our target is to achieve 96% attendance for the school. The current position is shown in the information below.

	Today	This Week	This Term	This Year
All Classes	95.79	96.10	96.54	94.80
Curlew	98.21	97.86	97.04	97.45
Kestrel	97.50	95.00	96.38	96.51
Lapwing	98.21	93.93	97.66	97.66
Pipit	92.86	95.00	92.73	92.82
Skylark	87.93	94.83	97.15	96.70

## Clubs

There are lots of opportunities for children to take part in clubs at school this term thanks to teachers and governors generously giving their time. Here is a small flavour of what has been happening:

**Racket Sports:** Mrs Dunn continues to run the racket sports club after school on a Tuesday. Pupils are currently playing short tennis.

**Table Tennis:** Mr Vincent runs a table tennis club for children in Curlew and Kestrel classes on Thursday lunchtimes. There is a very popular table tennis club after school run by Brendon Jackson if anyone is interested in doing even more.

**History:** Mrs Dunn runs a local history club on Wednesday lunchtime for Year 4 upwards. Members of the History Society help her to engage the children with exciting projects and visits close to the village.

**Board Games:** Mr Kiln runs a board games club for Year 3 and 4 on Friday lunchtime. They have enjoyed learning new games and quietly socialising with their friends inside.

**Multi-Skills:** Our Year 6 Sports Leaders are about to start a multi-skills activity club for Year 2 children on Friday lunchtimes in the sports hall. They will be running a mixture of high energy games and relays to get everyone moving.

**Girls Club:** Mr White runs a club for Year 6 girls twice a week so they can get together and draw, chat in a quiet environment away from the boys!

**Wellbeing Club:** Peer Mentors run wellbeing activities for selected Skylark and Lapwing children on Mondays.

**Colouring Club:** Mrs Cleet runs a quiet colouring club for Skylark and Lapwing children on a Thursday lunchtime.

**Gymnastics:** After school on Mondays, Mr Vincent and Mrs Swale run a gymnastics club for Year 4 upwards in the sports hall. Many of the children received medals last week for the awards they have been working towards.



Mr Kiln is busy organising a whole school visit to Beamish open-air museum on 3rd April.

Our Skylark and Lapwing classes have a topic around Toys this term and will be undertaking a workshop called 'All Our Childhood Toys' where they will find out about and play with toys for the past. Pipit class will soon be looking at toys in their topic too, so they will be able to enjoy joining in as well.

Our Curlew and Kestrel classes currently have a topic all about the Victorians. They will undertake a workshop called 'Victorian Lesson' where they will be able to experience what a traditional lesson was like over a hundred years ago.

Keep an eye out for more details to follow soon.



## Rise

This year we are working with an organisation called [Rise](#), a health and wellbeing charity, who are helping us to look at how active our school offer is for the children. The government has set a target for children to be physically active for 60 minutes per day, with at least 30 minutes per day in school. Some of our children have been wearing step counters this week so that we can begin to assess how active they are throughout the week.

Please help us with our research by completing a parent survey here:

<https://www.surveymonkey.com/r/HPLXSLK>



## Sporting Endeavours

Year 4 and 6 children made it through to the finals of their Multi-Skills competition that they have been practising in PE. The Year 4 final was postponed due to storm Eowyn but the Year 6 final took place virtually in school today. We look forward to hearing how they have done once the scores are finalised.

The cross country running for Years 4-6 was well attended by Haltwhistle, Henshaw, Greenhead and Whitfield Primary Schools. Great fun was had in fine weather with not quite as much mud as expected due to the partially frozen conditions. Well done to everyone who took part. Our house winner was Vercovicium and the overall school winner was Haltwhistle.

## Children's Mental Health Week

As you will see elsewhere in this newsletter, we do a lot of activities in school to try to support the mental wellbeing of children and adults in our community. Next week is Children's Mental Health Week and our Peer Mentors are running a mindfulness colouring competition for the whole school which they introduced in assembly today. The children will get a chance to take part during their class activities next week.



## Online Safety Update for Parents

AI is all over the news at the moment. Sadly, AI is increasingly being used to exploit children. This hard-hitting video has been shared with us from the WeProtect Global Alliance. It is a short (17 minute) video exposing the terrible ways in which Generative AI is being used to exploit children. It really makes you ask the question: 'Do I know what my children are accessing on their devices?'

<https://youtu.be/OuH-D-au1Ho?si=BGSJpZ0oDUZHDHtS>

If you are concerned about your children **'Doomscrolling'** on social media such as Snapchat and Youtube, this is an informative article that gives practical tips for parents:

<https://www.internetmatters.org/hub/news-blogs/what-is-doomscrolling-parents-guide/>

Finally, here is some information about **age restrictions** for some social platforms. We hear a lot from children about the apps they are using on their devices, many of which have a rating which makes them unsuitable for Primary aged children. We have even had issues with children acting out the violent scenes that they had seen, so please be aware that this is even an issue in Allendale.

## Dates For Your Diary

3rd Feb	Children's Mental Health Week
11th Feb	Safer Internet Day
<b>22nd Mar</b>	<b>Half Term Holidays</b>
3rd Mar	School Starts
4th Mar	Curlew pottery workshop
6th Mar	Curlew pottery workshop
7th Mar	World Book Day
10th Mar	Parents' Evening
12th Mar	Parents' Evening
13th Mar	Yr5/6 Netball Competition
18th Mar	Yr4 Gymnastics Competition
3rd April	Whole School visit to Beamish
10th April	Dance Festival

7 Years +	Under 13 years	13 years +	16 years +	17 years +	18+ or 13 with parent's permission	
Roblox	PopJam	Twitter	Instagram	WhatsApp	Line	YouTube
Minecraft	FaceTime	Facebook and Messenger	TikTok	Telegram Messenger	Sarahah	WeChat
Pokemon Go	Fortnite (12 years)	Viber	Skype	Tumblr	Tellonym	Kik
	Hi Pal (12 years)	Monkey	Google Hangouts	Valorant	Replica	Flickr
		Yubo	Reddit			Play Store
		Dubsmash	Snapchat			Spotify (12 years with parental permission)
		Discord	Pinterest			
			Wink			
			Hoop			