



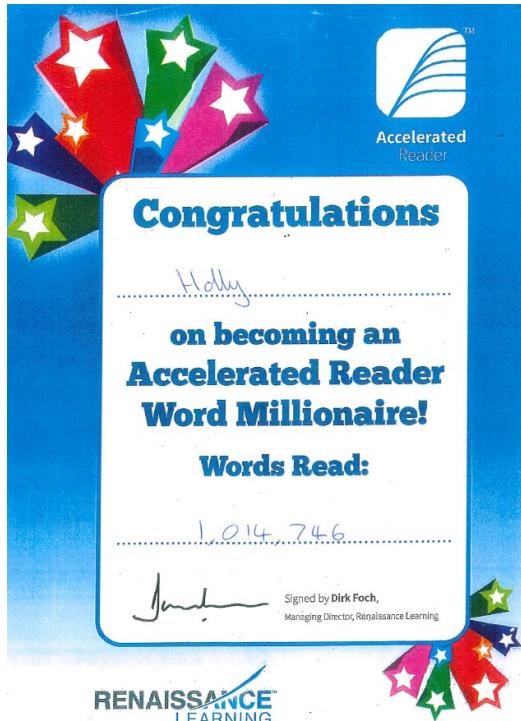
## Reading is Amazing!

This special edition of our newsletter that focuses on reading, as we all love reading so much at Allendale Primary School! Also, did you know that 2026 has been declared The National Year of Reading by the National Literacy Trust and the Department for Education? The 'Go All In' campaign encourages all ages to read more by connecting with books with personal passions like sports, music and film. Find out how we Go All In at Allendale Primary school!

### Word Millionaire

As our children build their reading speed and stamina, some will manage to achieve the goal of reading more than a million words in one year.

This year, Holly has already managed it and becomes a first Word Millionaire with 1,014,746 words read. That's an amazing achievement so early in the school year. She really loves reading!



### Reading Challenge

This half term, each class are setting their own challenge to encourage more reading. Children who achieve the class goal will get a ticket in the draw. Each week, another ticket can be earned for the draw, which will take place before the holidays. There will be some small prizes for the winners - so let's read!



### What are the adults reading?

Adults at Allendale Primary School love reading too. Even with their busy lives, they can always find time for a few pages of their book before bed.

In the staffroom we have a book sharing corner and staff always recommend good reads to each other.

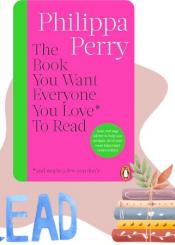
Mrs Reed  
is Reading:



Jodie  
is Reading:



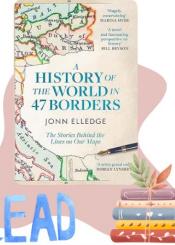
Mr Kiln  
is Reading:



Miss McGarr  
is Reading:



Mr Rose  
is Reading:



Miss Shephard  
is Reading:



You'll always find Miss Pringle with her nose in a book on one of our sofas at lunchtime!

The full display of what the adults are reading is in the main corridor of school. Please take a look the next time you are in.

### Why is reading so good?

Here are just some of the reasons that reading is so good:

- It builds vocabulary and language skills
- Boosts imagination
- Helps us to understand other people's lives
- It helps us connect with others when we share reading
- Reduces stress and promotes wellness
- Helps us sleep
- Expands our knowledge
- Improves concentration and memory
- It's fun!



In other news, this year we have welcomed representatives from parliament to talk to our older pupils about democracy, a visitor to talk to the children about the Allen Valleys Audio Trail and School Council have been busy planning fundraising for our tree carving project. Next half term we will be looking forward to the Hexham Book Festival, a visit to the Hancock Museum and some sporting competitions. We can't wait!

## Coffee and Chat

### **Emotion Coaching Parent Workshop**

Monday 9<sup>th</sup> February 2pm – 3pm – Allendale Primary School



We hope that lots of parents will be able to join Mr Vincent and Mrs Cleet for a special Coffee and Chat on 9th February. We will have some visiting speakers who will deliver an Emotion Coaching workshop. The flyer can be read in full at the bottom of this newsletter.

## Toilet Training

A Family Hubs representative will be visiting school on Tuesday 10th February at 1:30pm to run an informative session to support families who have children that are ready to start potty training.

If you would be interested and available to come along to this session, please speak to a member of staff when you drop off or collect your child.



## Online Safety

Several parents have mentioned that it would be useful to have some guidance around controlling what children can access on their devices outside of school.

**internet  
matters.org**

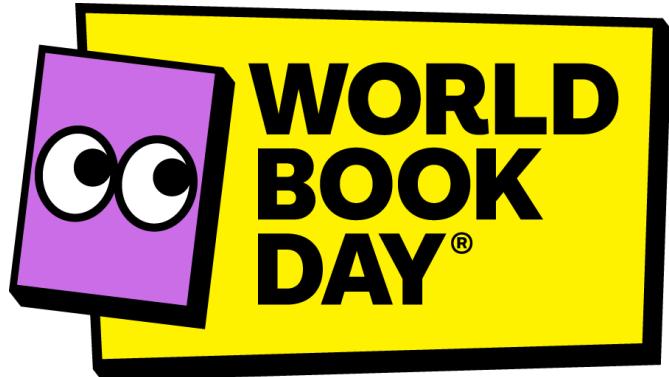
Attached with this newsletter you will find an informative guide from [internetmatters.org](http://internetmatters.org) which covers filtering on your WiFi as well as device and game controls.

## World Book Day

Allendale Primary School will be celebrating World Book Day on **Friday 6th March**. Although officially on Thursday 5th, we always like to do it on a Friday!

As usual, if you like dressing up, you may come to school as a character from a favourite book. During the day, we'll spend time sharing stories and our love of reading and well as talking about our favourite characters.

World Book Day tokens will go home during that week and be exchanged for a WBD book or be used as a £1 voucher towards a different book.



## UK Parliament

Lynn from UK Parliament visited school to talk to Curlew and Kestrel classes, running a very interesting and informative session all about how our government works.

She guided the children through how laws are made, the roles of MPs and the House of Lords, and even spoke about the work of our local MP, Joe Morris. Pupils were invited to step into the shoes of the Prime Minister and Members of Parliament, taking part in a lively role-play where the audience quizzed them on important issues such as housing, education and the health sector. It was an engaging, informative session that really brought democracy to life for our learners.

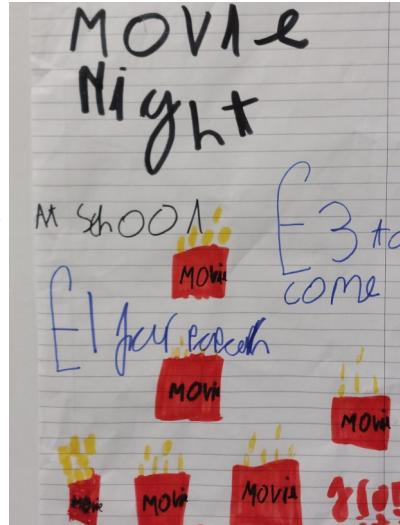




## Film Night

Our School Council have been busy thinking up fundraising activities to support our tree-carving project.

They've decided to run a film night on Thursday 12th February, 3:30—5:15pm. There will be three different films to appeal to as many people as possible. Posters have been put up around the school and they hope that lots of children will want to stay.



## Attendance

Whole school attendance is currently **95.4%** this year. Our target is to achieve over 96%.

There has been a lot of illness this winter; however, please remember that coughs and colds are not necessarily a reason to stay off school unless your child is feeling especially unwell, has a high temperature or has been sick.

Good attendance leads to better outcomes from school.

<b>Reception</b>	<b>95.3</b>
<b>Year 1</b>	<b>96.6</b>
<b>Year 2</b>	<b>96.7</b>
<b>Year 3</b>	<b>94.9</b>
<b>Year 4</b>	<b>95.3</b>
<b>Year 5</b>	<b>92.7</b>
<b>Year 6</b>	<b>97.1</b>

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## Allen Valleys Audio Trail

Nick from Veteran Trees visited school to talk to all of the children about an audio trail that he is helping to put together in time for the Folk Festival this year.

The plan is for Curlew Class and the Eco Committee to write a script of the birch trees in the playpark talking to each other, explaining some of the history and geography of this part of the village. The children are also going to be voicing the script.

We are going to record the whole school singing the folk song Rose of Allendale, which will be used as introductory/background music on the audio trail.



## Dates For Your Diary

- Mon 9th Feb
- Tues 10th Feb
- Wed 11th Feb
- Thurs 12th Feb
- Mon 16th Feb**
- Mon 23rd Feb
- Fri 6th March
- Tues 10th March
- Thurs 12th March
- Thurs 19th March
- Mon 30th March
- Tues 31st March
- Thurs 2nd April
- Friday 3rd April**
- Mon 20th April

Parents' Emotion Coaching workshop. 2-3pm.  
Toilet Training workshop 1:30pm  
Safer internet Day  
Film Night  
**Half Term Hols**  
Term Starts  
World Book Day  
Parents' Evening  
Parents' Evening  
Vision Screening (Reception)  
Dance Festival 2:30pm  
Hancock Museum visit  
Mayfair Easter Disco  
**Easter Hols**  
Term Starts

# Emotion Coaching Parent Workshop

Monday 9<sup>th</sup> February 2pm – 3pm – Allendale Primary School



**Emotions...we all have them. Everything we do and everything we learn is shaped in some way by the way we feel. Feelings are a natural part of who we are.**

**But how do children and young people learn about emotions?**

**How do they learn to understand their sadness or joy?**

**What is appropriate behaviour when these feelings are strong?**

**What can a parent do when a child or young person explodes in anger or hides in fear?**

**What is Emotion Coaching?**

**It teaches children about emotions 'in the moment' and provides strategies for dealing with life's ups and downs. It teaches that all emotions are valid, acceptable and 'normal'.**

**It is designed to support children and young people to recognise, validate, set expectations and problem-solve.**

**Emotion Coaching is a practical approach that any parent can use to help their child understand their feelings 'in the moment' and learn from their unhelpful behaviours.**

**Through Emotion Coaching your child learns:**

- **how emotions work and how to react to feelings in healthy ways**
- **to build trusting and respectful relationships**
- **empathise and read others' emotions and social cues**
- **control impulses, self-soothe and self-regulate**
- **develop resilience when things go wrong**

**A parent workshop is being delivered in your child's school by the Educational Psychology Service and the Emotional Wellbeing and Behaviour Support Service.**

**Come along if you want to find out more!**



# Layer up for online safety

internet  
matters.org

A simple way to use safety settings to support children online.

Instead of thinking about parental controls as one big switch, it can help to think in **layers**, adding the right support around your child as they grow.

You don't need to do everything at once. Start with the basics, add more when it feels right, and change things as your child becomes more confident online. **Even one layer makes a difference.**



## At the centre: your child

Every child is different. Their age, confidence and curiosity all play a part in how they use the internet.

Parental controls aren't about stopping children exploring. They're there to support them, help reduce risk and give you space for ongoing conversations as they grow.



## Layer 1

### Network controls – the basics

**This is often the easiest place to start.**

Network controls can cover multiple devices at the same time, helping keep children safe online at home and on the go.

#### At home (your broadband / Wi-Fi)

Most broadband providers offer tools that can:

- filter out adult content
- apply age-based content filters
- cover all devices on your Wi-Fi (including smart TVs and games consoles)
- sometimes include extra features like virus protection or Wi-Fi schedules to help manage screen time

#### Explore this

What is available can vary by provider, so it's worth checking what your broadband provider already offers.



## On the go (mobile network / data)

- Adds filtering when children use 4G or 5G
- Helps when they're not on home WiFi



### Remember

- What's available can vary by network provider
- If children use public or shared Wi-Fi, your network safety filters may not work, so online safety conversations still matter.

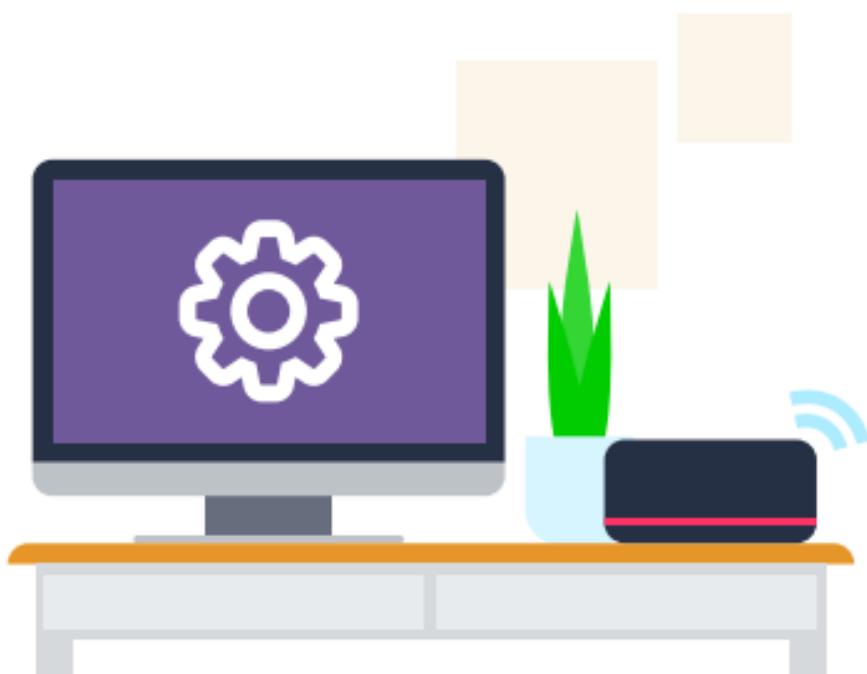
## Getting started

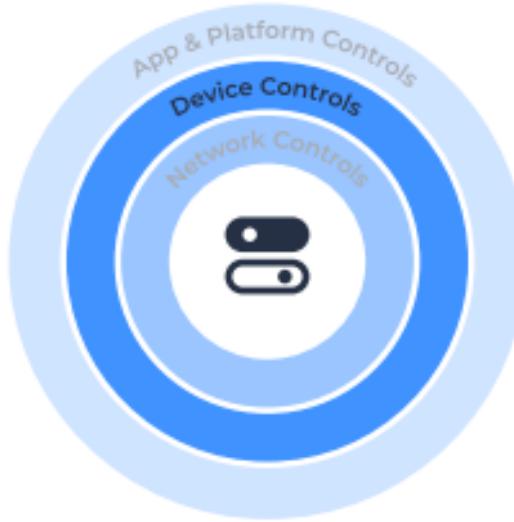
Check your broadband or mobile account online or via the provider's app, or contact your provider for support.

Visit our guides for step-by-step instructions.

## Why it helps

This layer gives you a solid safety baseline, without needing to change lots of settings.





## Layer 2

### Device controls – finding the balance

**This is support that fits your child and their device.**

Most phones, tablets and consoles already have built-in tools to help manage how they're used.

These settings can help with:

- Screen time and downtime
- Privacy and location sharing
- In-app spending
- Age-appropriate content

#### Explore this

Some devices offer **extra controls**. For example:

- limiting who children can contact on iPhones using [Screen Time / Family Sharing](#)
- managing communication or sharing settings on consoles and tablets

It's often worth taking a bit of time to see what your child's specific device can do.





## Extra support with monitoring and parental control apps

Alongside built-in controls, some families choose to use **parental control or monitoring apps**, like **Qustodio**, to:

- manage safety settings across multiple devices
- see patterns in screen time or app use
- support conversations with better insight

These tools sit **on top of device controls**, offering more options, but they're always optional.

### Getting started

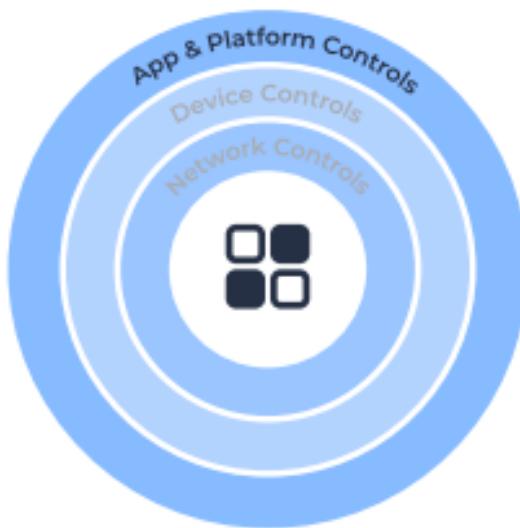
Check the settings menu on your child's device, look for "parental controls" or "family settings", and explore what's available.

See our device step by step guide for more support.

### Why it helps

Device controls are flexible. You can loosen or tighten them over time as your child grows and shows they're ready for more independence.





## Layer 3

### Apps & platforms controls – shaping the experience

**This is where you get more specific.**

Each app, game or platform has its own set of safety settings, and they can vary quite a lot.

They can help you:

- Filter what children see within features specific to the app
- Manage messaging and who can contact your child
- Set boundaries around comments, followers and friends
- Support more positive online experiences
- Block or report harmful behaviour

#### Explore this

- It can really help to look at these together with your child
- Many platforms also include tools children can use themselves to protect their experience



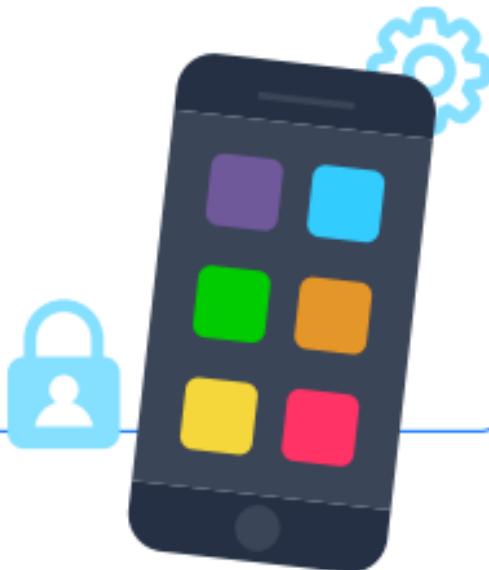
## Getting started

Go into the app's settings or safety centre and explore what's available, ideally with your child, so they understand the choices too.

For more support visit our step-by-step guides.

## Why it helps

This layer helps you shape safer experiences in the apps your child uses every day.



**Layer up for online safety.  
Start simple. Add support where it helps.  
Adjust as your child grows.**

