

Please note that we use the Family Portal which parents/carers may have previously used to apply recently for school places or Free School Meals or the 2 year old offer for any children within your family, therefore you will already have log-in details.

When you apply online you will receive an email confirmation once your application has been submitted. You will also receive an email notification regarding your child's school place on 1 March 2027, if you apply online. If it is not possible to access or submit an online application, a paper application form can be obtained by emailing school.admissions@sunderland.gov.uk or by telephoning 0191 520 5553. If you apply on a paper application form, you will be informed of your child's school place by letter, which will be posted second class on 1 March 2027

FAMILY LEARNING OPPORTUNITIES FROM FOUNDATION OF LIGHT

We have been lucky enough to secure a range of family learning opportunities from the foundation of Light for our parents, careers and children. See below for information about the cookery course that is being held in school on a Friday afternoon and also check out the notices section at the bottom of this newsletter for details of other opportunities from the Foundation of Light. All this information has been sent as emails to parents

🍳 Cooking on a Budget Course for Families through the Foundation of Light 🍳

Want to make delicious, healthy meals without stretching your budget?

Join our **8-week Cooking on a Budget** course at **Usworth Colliery Primary School** starting **Friday 25th September 2026**.

👨👩 For parents, carers and children

🕒 Fridays, 1:15pm to 3:15pm

🍳 Learn budget-friendly cooking, meal planning, healthy eating and practical family recipes

📁 Take home the meals you prepare each week!

Over 8 weeks, you'll learn how to cook **8 satisfying meals**, shop smart, reduce food waste and make the most of affordable ingredients.

📍 Usworth Colliery Primary School, NE37 3BD

✅ Families should attend at least 7 of the 8 sessions.

Spaces are limited, please follow the link to book your place.

Any questions please see Mrs Thubron

<https://www.abler.io/shop/foundationoflight/afl/product/Q2x1YINlcnZpY2U6NjY2Njk=?>

#CookingOnABudget #FamilyLearning #HealthyEating #CommunityLearning #SmartCooking

HEALTH AND SAFETY REMINDER

Our outdoor play equipment is a much-loved part of the school grounds, and it is lovely to see how excited children are to use it. We know that many pupils enjoy climbing, balancing, and playing with their friends, and we certainly do not want to take away opportunities for fun and active play. However, following health and safety advice, we need to remind families that the outdoor play equipment should not be used before the start of the school day or after the end of the school day.

This is for a number of important safety reasons:

- **Supervision:** Staff are not assigned to supervise children on the equipment before or after the school day.
- **Safety Checks:** The equipment is inspected each day before children use it. Using it before these checks have been completed could expose children to potential hazards.
- **Weather Conditions:** Early morning or evening conditions can leave equipment wet, icy, or slippery, increasing the risk of accidents and injuries.

We appreciate that children are often eager to start playing as soon as they arrive and may be reluctant to leave the equipment at the end of the day. However, these measures are in place to help keep everyone safe and to ensure the equipment remains an enjoyable resource for all pupils during supervised school hours.

We will be reminding children of this expectation in school and would be grateful for your support in reinforcing this message.

Thank you for your understanding, co-operation, and continued support in helping us maintain a safe environment for all our pupils.

PATHWAY TO...

We are excited to introduce a new feature in our newsletter: **PATHWAY TO...**, designed to help children and families explore the many exciting career and education opportunities available in the future. Each week, we will shine a spotlight on a different career or pathway, giving you and your child the chance to discover new possibilities, talk about future aspirations and learn more about the skills, qualifications and experiences that different jobs might involve. We hope these conversations will encourage children to dream big, think about their interests and talents, and begin to see the many opportunities that could be open to them in the years ahead.

Be sure to look out for a new **PATHWAY TO...** feature every week at the bottom of the newsletter. You never know, you might even discover a career that inspires you too!

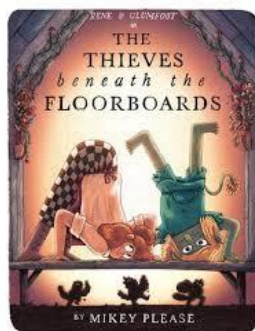
This week, we are looking at a career that many of our children have told us they would be interested in pursuing in the future: **Cabin Crew**. ✈

HEALTHY HEADS MENTAL HEALTH WEBINARS

Please check out the Healthy Heads poster at the bottom of the newsletter for information about mental health webinars open to all parents and careers

RECOMMENDED READS AND NEW RELEASES

THE THIEVES BENEATH THE FLOORBOARDS BY MIKEY PLEASE



Join Rene and Glumfoot at the Café at the Edge of the Woods – this time with some unexpected visitors beneath the floorboards...

When Rene hears gnawing, clawing and scratching sounds from underneath the café, she just can't ignore them. Using every skill she can muster; she lays an elaborate trap – but what she finds will put all of her hopes and dreams in jeopardy...

Full of Mikey's unparalleled world-building and imaginative storytelling, re-join Rene and Glumfoot once again for more folklore figures, culinary escapades and entirely unexpected guests. Rhyming text for easy reading aloud – Catchy rhymes make bedtime reading a breeze The story is aligned with EYFS guidelines to encourage imaginative play and social-emotional learning

AFTER-SCHOOL CLUBS

You will have received an email regarding the clubs we have on offer this term. We are currently allocating places and will inform you next week if your child has been successful in securing a place in their chosen club(s). Clubs will begin week beginning **14th September**.

Day	Club name	Staff	Year Groups	Location
Monday	Durham Cathedral Choir	Mrs Barella	Y2-Y6	Class 1CB
Monday	The Story Studio - Creative Writing Club	Miss Brown	Y3-Y6	Class 1JB
Monday	KS1 Sports Club	Mrs Prinn	EYFS KS1	Main Hall
Monday	Lego Club	Mrs Green and Mrs Edmonds	Y1-Y6	Art Room
Monday	Film Club	Mrs Jones	Y1-Y6	Base Blue
Tuesday	Games Club	Mrs Calcutt	Y1-Y6	KS2 Intervention Room
Tuesday	STEM Club	Mr Warner	Y5 & Y6	Class 6JW
Tuesday	Forest School Club	Miss Coxon and Miss Rodden	EYFS KS1	Forest School
Wednesday	Creative Sparks Club	Sunderland Culture	KS2	Main Hall/ Art Room
Thursday	Mindfulness Colouring Club	Mrs Quinn	Y2-Y6	Class 2PQ
Thursday	Playdoh Club	Mrs Burrell	Y1-Y4	Class 3BB
Thursday	Jewellery Club	Mrs Dixon	Y3-Y6	Class 5RD

Please note due to staff training Games club will start a week later on 22nd September

AUTUMN TERM DATES

Events next week

New dates added

AUTUMN TERM DATES

Monday 14 th September	Reception classes start full days
Thursday 24 th September	EYFS Intergenerational Visit to Care Home
Tuesday 6 th October	Flu immunisation team in school
Monday 12 th October	Y5/6 STEM Roadshow in school
Monday 12 th October	Y6 Lindisfarne
Tuesday 13 th October	Y6 Lindisfarne
Wednesday 14 th October	Parents Afternoon/Evening
Tuesday 20 th October	4GS visit to Vindolanda
Wednesday 21 st October	4KB visit to Vindolanda
Thursday 22 nd October	EYFS Intergenerational Visit to Care Home
Friday 23 rd October	Last day of this half term

Monday 26th October to Friday 30th October - HALF TERM HOLIDAY

Monday 2 nd November	Staff Training (INSET) Day (school closed to children)
Tuesday 3 rd November	Children back to school
Thursday 5 th November	Police Anti-Social Behaviour Workshop Y5 and Y6.
Monday 9 th November	EYFS Art Studio Visit
Monday 16 th November	EYFS Art Studio Visit
Wednesday 18 th November	RLC Intofilm Festival
Friday 20 th November	EYFS Art Studio Visit
Wednesday 25 th November	RAW Intofilm Festival
Thursday 26 th November	EYFS Intergenerational Visit to Care Home
Friday 27 th November	STEM/Science Family Moring (9:30am -11am)
Monday 30 th November	EYFS Art Studio Visit
Wednesday 11 th November	Remembrance Tea for Senior Citizens
Monday 23 rd November	School Individual/Family Photographs
Monday 30 th November	Start of Derwent Hill residential week
Thursday 3 rd December	RLC Northern Stage Christmas Show
Monday 7 th December	Staff Training (INSET) Day (school closed to children)
Wednesday 9 th December	RAW Northern Stage Christmas Show
Friday 11 th December	Autumn Term pupil attainment reports sent out
Friday 11 th December	Reception Christmas performances (am performance no pre-school children pm performance all welcome)
Wednesday 16 th December	EYFS Intergenerational Visit to Care Home
Monday 14 th December	Year 3&4 Christmas performance (am performance no pre-school children pm performance all welcome)
Wednesday 16 th December	Christmas Fair
Thursday 17 th December	School Christmas Dinner
Thursday 17 th December	Senior Citizens Christmas Dinner
Friday 18 th December	Last day of Autumn Term

Children return to school on Monday 4th January

SUPERSTARS

Remember to check out this week's **SUPERSTARS!** These are shared on our school Facebook page:

<https://www.facebook.com/people/Usworth-Colliery-Primary-School/61572535178981/#>

Alternatively, you can also use the School Facebook link at the top of the school website.

HOUSE POINTS

Check out our house point counter at <https://www.usworthcolliery.co.uk/children/house-point-counter>. Children are awarded points throughout the week for demonstrating our school values and following the Colliery Code.

This week's House point winners are

1st 4KB

2nd 3RL

3rd 5JM

Mrs Alison Forster

Headteacher



NOTICES



Pathway to...

Exploring careers, skills and
the journeys that get us there.

Aspiration
Resilience
Care
Safety

Cabin Crew



Different
people.
Different
places.
One team.



What do they do?

Cabin crew keep passengers safe, comfortable and happy during flights. They welcome people on board, give safety briefings, serve food and drinks, help with any problems and are always ready to assist with a smile.



Why choose this career?

- ✓ You get to travel the world and experience new cultures.
- ✓ Every day is different – you meet new people and work in exciting places.
- ✓ It's a rewarding job knowing you make flights safer and more enjoyable for others.



What you need

- ✓ Good GCSEs (especially English and Maths) – usually grades 4/5 or above (varies by airline).
- ✓ Some airlines ask for A Levels or a degree (in some cases).
- ✓ Customer service experience can be helpful (but not always essential).
- ✓ You'll also need to complete airline training and medical checks (including good eyesight and fitness).



The journey to get there



1. GCSEs

Build a strong foundation in English and Maths (and other subjects).



2. A Levels (or equivalent)

Keep building your knowledge and confidence.



3. Training

Complete cabin crew training with an airline (or recruitment company).



4. Medical & Background Checks

Make sure you meet the health and safety requirements.



5. Start Your Career

Join an airline and begin your journey as cabin crew!



Skills you'll need

Communication
Speak clearly and listen well.

Teamwork
Work with your crew and support passengers.

Problem Solving
Think quickly and stay calm in unexpected situations.

Empathy
Be kind, patient and understanding.

Resilience
Handle challenges and stay positive.



Did you know?

- Cabin crew can work on short-haul, long-haul and even private flights!
- The uniform is designed to be practical, comfortable and represent the airline's brand.
- Some cabin crew also help with VIP passengers, including celebrities and important guests.



You could
be working
in the sky
sooner than
you think!



EXPLORE
LEARN
ACHIEVE

Big dreams start with small steps...
what will your pathway look like?




FOUNDATION OF LIGHT
THE WORLD AT YOUR FEET

FUTURE MAKERS

By age 7, children are already limiting their future 20,000+ UK children studied*

What they found:
Boys > engineering and construction
Girls > teaching and caring

ASPIRATIONS ARE SHAPED BY WHAT CHILDREN SEE, NOT WHAT THEY CAN BE

Future Makers is a 10-week programme funded by the Premier League

- Broader career awareness
- Links interests to jobs
- Engages families

FIND OUT MORE, CONTACT
sarah.coyne@foundationoflight.co.uk

*stats from Education and Employers – Drawing the Future

Future Makers brings families together to imagine, explore and prepare for the careers of tomorrow. Through engaging activities and innovative technology, children can discover how their hobbies, interests and skills connect to real-life jobs and career pathways.

Supported by the Premier League Charitable Fund and the PFA, this eight-week programme encourages adults and children to work side by side, taking part in hands-on activities that broaden horizons, raise aspirations and highlight the exciting opportunities that the future can offer.

Venue: Usworth Colliery Primary School

Start Date: Thursday 24th September 2026

Time: 1:45-3:15pm

Who: Best suited Parents/Carers of children in Key Stage 2

Duration: 8 weeks (+ 2 independent learning sessions)

Scan the QR code to sign up:





NHS
South Tyneside and Sunderland
Mental Health Support Services

Mental Health Webinars For Parents/Carers

Introduction to Our Service	23 rd September 2026	6 - 6:30pm
Managing Worries and Anxieties	15 th October 2026	6 - 6:30pm
Managing Stress	23 rd November 2026	6 - 6:30pm
Children's Mental Health Week (theme TBA)	28 th January 2027	6 - 6:30pm
Managing Difficult Behaviours	23 rd February 2027	6 - 6:30pm
Exam Stress	24 th March 2027	6 - 6:30pm
Supporting Your Child to Talk About Their Feelings	26 th April 2027	6 - 6:30pm
Five Ways to Wellbeing	25 th May 2027	6 - 6:30pm
School Transitions	24 th June 2027	6 - 6:30pm
Anxious Returners	10 th August 2027	12-12:30pm
Anxious Returners (repeat)	26 th August 2027	6 - 6:30pm

Join the webinars here by scanning the QR code or clicking the link below:

[Click here to join the meeting now](#)

Meeting ID: 380 800 268 987 181

Please note: For privacy and safeguarding reasons (in line with GDPR), we ask that parents/carers join as guests, keep microphones and cameras off, and do not use the chat function during the session.



 Scan Me




helping and supporting you: The Healthy Minds and Healthy Heads Teams
Service provided by South Tyneside and Sunderland NHS Foundation Trust