



### WORLD MENTAL HEALTH DAY

Thursday 10 October is World Mental Health Day. In school, we will be talking about mental and physical health and how we can keep our bodies and our minds healthy through diet and sleep, as well as by connecting through friends, family and nature.

There are days when all of us struggle with how we are feeling. Things can get tough, and it can be difficult knowing how to cope. No young person should feel alone with their mental health. For so many young people, when this happens, they don't always get the help they need and are unsure about who or where to turn.

Together, we can change this, one step at a time. Young Minds have resources for parents and carers to find help and advice, if you're ever concerned about a child or young person – you can find this on their website:

[www.youngminds.org.uk/parent](http://www.youngminds.org.uk/parent) or call 0808 802 5544 to talk.

We are also recognised by Washington Mind as 'Community Connectors' and have direct links to the charity, so please call into the office if you need support or information.

Mrs Swinburn (PSHCE Lead)

### MUSIC LESSONS OFFER

All children were given letters this week regarding music lessons provided by musical mates who are an external company. The cost of the Autumn Term lessons is **£30 for 10 weeks of lessons**. Instruments available are guitar ukulele and keyboard. If your child has lost or misplaced the letter copies are available from the office. These lessons are an addition to the Rock Steady lessons that will continue to take place in school time

### AUTUMN TERM PARENTS MEETINGS

We are holding parent/carer meetings on **Wednesday 16th October** and you are now able to sign up for appointments using our electronic form to arrange a time to meet your child's teacher, discuss how they are doing at school and also get the opportunity to see their work. You will need to complete a separate form for each child and tick all the time slots that you are available.

Please note: **Base/Thrive appointments are only available from 3.30pm onwards.**

The office will then get back to you with your allocated ten-minute meeting time. All

instructions are on the form. Please use the link below to access the form:

<https://forms.office.com/e/i9fTGExqPh>

or scan this QR code



### YEAR 5 HARVEST FESTIVAL COLLECTIONS REMINDER

This year Y5 pupils are fundraising and collecting donations for Mickey's Place. If you have any non-perishable items, you are able to donate (tins, pasta, rice, toiletries etc) Year 5 and Mickey's Place would really appreciate your support. Please send any donations to Year 5 before Friday 1st October.

### SPOTLIGHT ON ENGLISH

This week, we all delved into the wonderful world of poetry! We read some famous poems together, discussing rhythm, rhyme, and expressive language. Some Year groups enjoyed the opportunity to recite these poems, showing great confidence and expression. Inspired by these classic works, some children also created their own fantastic poetry. It was wonderful to see their creativity and confidence grow as they experimented with different styles.

To see our work follow the link below

<https://www.usworthcolliery.co.uk/blog/2023-10-19-20-34-43-subjects-in-the-spotlight>



## YEAR 1 VISIT



On Wednesday Year 1 visited Washington library. We spent the first part of the morning finding out how to use the library and exploring books. We were then lucky enough to have the opportunity to watch a live musical performance from Sunderland Music Hub which included lots of instruments we hadn't seen before including a French horn.



## WORLD ANATOMY DAY AT THE FIRE STATION IN SUNDERLAND

Last week we held an assembly hosted by Sunderland University all about our anatomy. This was to introduce us to the events they are running in October. We have since received an email inviting your children and families to join them at their **FREE World Anatomy Day event at the Fire Station** in Sunderland on **Sunday 20th October**. This is a family event to inspire young minds and help them discover more about their bodies and how they work.

If you are interested in attending Follow this link to the event booking page

(<https://www.eventbrite.co.uk/e/world-anatomy-day-discover-anatomy-tickets-925098934817>)

Tickets are free, but booking is encouraged as this event was very popular last year.

## WHO HAS BEEN IN MY OFFICE THIS WEEK?

Jayden (Thrive) showed me his wonderful writing this week. He has been practising writing in whole sentences and using capital letters and full stops. His presentation has improved so much and both he and his teacher are so proud of the effort he has put into his writing and the results he has produced. Well done Jayden, keep it up.

## APPLICATIONS FOR FREE SCHOOL MEALS

An email has been sent to all parents/carers about how to apply for free school meals. The key points are:

- If you have more than one child in school, you will need to apply for each child individually.
- Although children in Reception, Year 1 and 2 receive Universal Free School meals you may still be eligible which in turn would make you eligible to receive vouchers that are given out at certain times of the year.
- If your child has started Reception with us this year and they have siblings in our school who currently receive Free School Meals please remember you will need to apply for your reception child's Free School Meal as it is not automatically done when they start school.

If you require any further information, please do not hesitate to contact the school office.

## RECOMMENDED READS AND NEW RELEASES FIA AND THE LAST SNOW DEER BY EILISH FISHER



Born under the same solstice sky thirteen years ago, Fia and her reindeer Solas have a powerful and unbreakable connection. But now, struggling to survive a seemingly eternal winter, Fia's village turn their sights on Solas - both for the meat the last remaining reindeer can provide and an ancient prophecy promise that an ultimate sacrifice will once more return sunlight and life to the world . . .

Refusing to allow the worst to happen, Fia and her cousin Mish run from the village with Solas, seeking out the Deer Mother - the mythical being who wakes the sun at the winter solstice and who they believe is their only hope of saving Solas and their village. But the wilderness is harsh and shadows lurk at every turn. Can they make it to the Deer Mother? And, if they do, what choices will they face to bring back the sun?

## SEND COFFEE MORNING

One of our parents has asked if we can pass on some information about a regular coffee morning being held at Penshaw Community Centre. The coffee morning is for parents and carers of children and young adults with SEND. As a school we are not affiliated with this group and do not have any information other than the flyer attached. If anyone requires further information, please contact the group directly.

## AFTER-SCHOOL CLUBS

Day	Club name	Staff	Year Groups	Max number	Location
Monday	KS1 Homework	Mrs Justice	1-2	20	Base Room (Blue)
Monday	Forest School	Mrs Walker/ Mrs Prinn	Reception – 2	20	Forest School
Monday	Choir	Mrs Barella	2-6	20	3CB classroom
Monday	Lego	Mrs Green/Mrs Edmonds	1-6	15	TBC
Tuesday	Games & Jigsaws	Mrs Dixon	1-2	20	1RD classroom
Tuesday	KS2 Homework	Mrs Swinburn	3-6	30	6CS classroom
Tuesday	STEM	Mr Warner	5-6	15	5JW classroom
Tuesday	Sensory session	Miss Raistrick	Base & siblings	10 inc siblings	Base room (red)
Tuesday	Just Dance	Mrs Robson	1-6	10	Thrive classroom
Thursday	Multi Sports	Mr Pearson	5-6	16	Hall/field

## AUTUMN TERM DATES

Events next week    New dates added

Monday 7th October	RAW Local area visit
Tuesday 8th October	Year 6 visit to Lindisfarne
Wednesday 9th October	Year 6 visit to Lindisfarne
Friday 11th October	Y5 Harvest Festival Performance pm
Saturday 12th October	Science is my Superpower - Newcastle
Monday 14th October	RLC Local area visit
01Tuesday 15th October	4SP Vindolanda
Wednesday 16th October	Parent's Meetings NOTE: appointments are available from 1.30pm to 6pm
Friday 15th November RAW	Into-film festival
Wednesday 23 <sup>rd</sup> October	4EH Vindolanda (date changed)
Friday 25th October	Last day of this half term
<b>Monday 28th October to Tuesday 5th November - HALF TERM HOLIDAY</b>	
Monday 4th November	Staff training Day (no pupils in school)
Tuesday 5th November	Children back to school
Wednesday 6th November	Year 5 Sunderland Empire Theatre War Horse
Monday 18th November	Whole School Flu Vaccination
Wednesday 13th November	Year 5 Sunderland Empire Theatre War Horse
Wednesday 20th November	Science is my Superpower (Newcastle pm)
Thursday 21 <sup>st</sup> November	Choir singing at Durham Cathedral
Friday 22nd November	School Photos day
Monday 25th November	Start of Derwent Hill residential Week
Tuesday 26th November	RLC Intofilm festival
Monday 9th December	Phoenix Programme (Monday- Wednesday)
Friday 13th December	Autumn Term reports sent out to parents
Tuesday 17th December	Year 3&4 Christmas performance 9.15am (all welcome) & 2pm (no pre-school)
Wednesday 18th December	Reception Christmas performance 9.15am (all welcome) & 2pm (no pre-school)
Friday 20th December	Last day of Autumn Term
<b>Children return to school on Monday 6th January</b>	

## TWITTER STARS

Remember to check out this week's Twitter Stars! These are tweeted on: @TStarKS1\_UCPS or @TStarKS2\_UCPS. They also appear on @UCPrimary and on our website Twitter feed

## 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 following the Colliery Code. This week's classes with the most house points are:

1<sup>st</sup> – 5JW 2nd – 2CH 3rd – 3RL

# ATTENDANCE WINNERS

These classes have the highest attendance this week. Well done everyone!  
 Whole school attendance – 94.66%  
 EYFS/KS1 2EP **97.89%** KS2 3RL **96.09%** Base Blue **97.27%**

**Mrs Alison Forster** Headteacher

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Tel: (0191) 417 8888 [info@usworthcolliery.co.uk](mailto:info@usworthcolliery.co.uk) [@UCPrimary#](https://www.facebook.com/UCPrimary#)



## NOTICES

**CONSULTATION EVENT FOR PARENTS FROM AN ETHNIC MINORITY BACKGROUND**  
 Friday 11th October 9.00 a.m.  
 St. Marks' Community Association, Millfield, SR4 7BN

If you are part of an ethnic minority background, we are interested in hearing your views on a range of services that are on offer to you and your family.

**NHS South Tyneside and Sunderland NHS Foundation Trust**  
 Come and share your experiences of accessing maternity and neonatal care at South Tyneside and Sunderland NHS Foundation Trust and suggest ways we can improve our services.

**NHS North East & North Cumbria**  
 For some children and young people times of transition and change can be difficult. Do you have a child that's moved from nursery to reception or Y6 to Y7? What was the experience? Positive or negative we want to know your thoughts.

**FAMILY HUB**  
 The Sunderland Family Hubs provide a range of services for families and we want to hear from you about your experiences of using the services. What are we doing well? What do we need to look at? We want to hear from you.

Booking is essential.  
 To book your place, please text 07774131862 / email [volunteering@togetherforchildren.org.uk](mailto:volunteering@togetherforchildren.org.uk)



**SEND COFFEE MORNING**  
 EVERY THURSDAY 10AM  
 PENSRAW COMMUNITY CENTRE

A FRIENDLY SAFE & UNDERSTANDING PLACE FOR PARENTS AND CARERS OF SEND CHILDREN & YOUNG ADULTS

SHARE, LISTEN, UNLOAD. FIND SUPPORT AND SIGNPOSTING FROM A WEALTH OF EXPERIENCE

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 Fb: @seishinjudoclub

Monday & Friday 6.30-8.30pm  
 Top Club, Washington NE37 3BD

First 2 sessions FREE with this leaflet

St. Michael and All Angels Church  
 Manor Road, Sulgrave

**HALLOWEEN PARTY**

FREE FIRE PIT  
 GAMES FOOD

27 October | 4-6pm

FANCY DRESS COMPETITION  
 PUMPKIN DECORATION COMPETITION  
 (BRING YOUR PUMPKIN ALREADY DECORATED)

For more information please contact: Roy Bethany McNeely  
[roybethanymc@outlook.com](mailto:roybethanymc@outlook.com) 07521 794163