



The Fortnightly!

- Friday 14th February 2025 -

*'Learning together in faith and love,
we shine as children of God'*



Statement to live by: I try to appreciate the beauty and the wonder in the world around me.

***IMPORTANT* Safety message from Sunderland City Council...** Sunderland City Council have been in contact with all schools to ask if families can be reminded to talk to their children about water safety especially during frosty weather. It has come to their attention that some children (incl. primary age) have been walking and playing on frozen bodies of water which, needless to say, is **extremely** dangerous! Children need to understand that, although the water may be frozen, it certainly is not thick enough, in our climate, to be stood or played on. Can families please speak to their children about this. **Keeping safe in colder weather!**

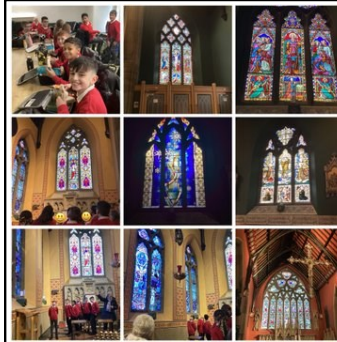


Safer Internet Day 2025... Across school on Tuesday, we celebrated Safer Internet Day 2025. Each class carried out some fantastic work on keeping safe whilst on the internet and some classes designed brilliant e-safety posters.



Miss Potts also led a whole school assembly about staying safe online and what actions children should follow if something worries them.

Staying safe online!



Year 6 Holy Door Visit... On Thursday, children in Year 6 visited the Holy Door at St. Mary's Cathedral, Newcastle. They participated in midday Mass, visited the Holy Door and had their own tour of the Cathedral.

Thank you to the Clergy and tour guide for their warm welcome. The children represented our school impeccably well. **#JubileeYear2025**



Reading Café... Thank you to our Year 2 families who were able to join us for the class Reading Café. It was wonderful seeing so many in school and sharing books with their children. Keep up the great work with reading. Please remember that reading is the key to unlocking knowledge!

Thank you for all of your support and encouragement with reading at home!



Attendance at school... Well done Reception!

Class...	Attendance figure...	Class...	Attendance figure...
Reception	99%	Year 3	97.5%
Year 1	98%	Year 4	98%
Year 2	97%	Year 5	97%
Year 6	96%		



Year 5 Curriculum Celebration Assembly... Thank you to our Year 5 families who were able to join us for our Curriculum Celebration Assembly this week. It was a wonderful celebration of their learning in all subjects so far this academic year.

Great work Year 5!

Well done!



The results are in!... Huge congratulations to these wonderful pupils who impressed our school judges in our National Handwriting Competition 2025. Once again, it was very difficult to choose the winners because the standard was very high!

Yr 6 & 3 Child-led Class Mass... Thank you to friends and families for attending our Year 6 and 3 Class Masses. Our children always do an amazing job at leading the readings, singing beautifully and helping with the Offertory Procession. **Thank you!**

Year 4 Curriculum Celebration Assembly... Year 4 will be showcasing their amazing learning and our wonderful curriculum offer in their Curriculum Celebration Assembly on Tuesday 18th February at 9am in the school hall.

All Year 4 families welcome!



Home - School links...

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10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on a secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



#WakeUpWednesday

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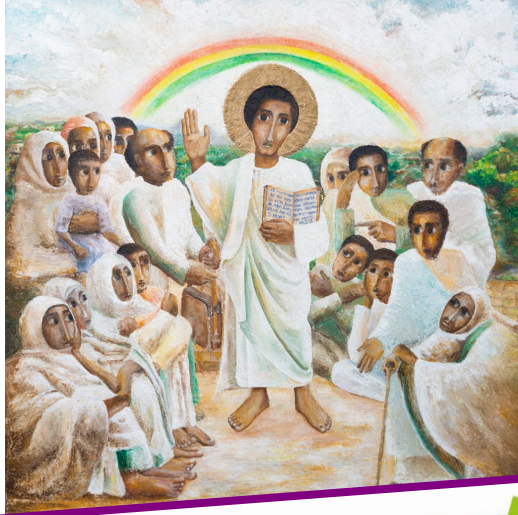
Use of Social Media outside of school.. A gentle reminder that most popular social media platforms (e.g. WhatsApp, Snapchat, Messenger etc) are for pupils 13 years and over and therefore our children should not be using them. However, if your child does access Social Media, we ask for your utmost vigilance. Just like their interactions in person, online interactions require supervision and support. What is right will vary from family to family but some strategies that are known to be successful include..

- Monitoring their phones for the apps that are downloaded
- Enacting parental controls on phones and consoles
- Reviewing the messages they send on platforms and apps – making monitoring part of a daily or weekly routine
- Setting expectations about what space (preferably communal) and times they have access to devices
- Encouraging them to share or discuss with you what they are doing.



Stay alert and vigilant!

Jubilee Year: Pilgrims of Hope 2025
The Jubilee Icon Reflection



An icon is a visual aid for reflection and discernment, inspiring prayer and devotion. CAFOD commissioned an icon, depicting Luke 4:16-21, from Mulugeta Araya, an Ethiopian artist, to commemorate and celebrate the Jubilee Year 2025.

Ethiopia was chosen because of its strong tradition of iconography, but also because of the Jubilee's focus on liberation for those facing poverty, captivity, oppression or inequality.



Who is in the picture?

What is Jesus doing?



Why has the artist used these symbols?





Year 5 Curriculum Enrichment.. Last week Year 4 visited Sunderland Winter Gardens and explored the museum. This enhanced their learning from Science and Art.

February Half Term.. A reminder that our school will close next week, **Thursday 20th February at 3.15pm**, for our February half term holiday. There will be an INSET day for staff on Friday 21st February. We will reopen on Monday 3rd March from 8.35am. **Have a wonderful holiday!**



Reception Curriculum Enrichment—People Who Help Us..



Reception have been very lucky to have had visits from some real life superheroes over the last few weeks. We have had visits from a police officer, the fire brigade, a dentist, a GP and a paramedic! Thank you to all who came into school to make our children's learning come alive.


- Important Dates -

	Date	Class	Event
Spring 1	Friday 7th February 2025.	Year 6.	Year 6 Class Mass at St. Michael's Church. Family and friends welcome.
	Tuesday 11th February 2025.	Whole School.	Safer Internet Day.
	Tuesday 11th February 2025.	Year 5.	Curriculum Celebration Assembly 9am in the School Hall. All are welcome to join us.
	Thursday 13th February 2025.	Year 4.	1st Holy Communion Preparation.
	Friday 14th February 2025.	Year 3.	Year 3 Class Mass at St. Michael's Church. Family and friends welcome.
	Tuesday 18th February 2025.	Year 4.	Curriculum Celebration Assembly 9am in the School Hall. All are welcome to join us.
	Thursday 20th February 2025.	Year 6.	Derwent Hill Parent Meeting 4.30pm.
	Thursday 20th February 2025.	Year 6.	Souter Lighthouse Visit—connection with Geography learning.
	Thursday 20th February 2025.	Year 1.	Craft Morning with Parishioners.
Friday 21st February 2025.	Whole School.	Inset Day. School closed to children.	
HALF TERM			
Monday 24th February – Friday 28th February 2025.			
Spring 2	Monday 3rd March 2025.	Whole School.	Back to School.
	Tuesday 4th March 2025.	Year 1.	Reading Café from 9am in the School Hall. All are welcome to join us.
	Wednesday 5th March 2025.	Whole School.	Ash Wednesday Celebration. Details to be confirmed.
	Thursday 6th March 2025.	Whole School.	World Book Day.
	Monday 10th – 14th March 2025.	Whole School.	British Science Week.
	Friday 14th March 2025.	Year 4.	Year 4 Class Mass at St. Michael's Church. Family and friends welcome.
	Rearranged	Whole School.	Rearranged Parent Consultations— now taking place on 29th and 30th April 2025. Details to follow.
	Thursday 20th March 2025.	Year 4.	Educational Visit to Tynemouth Aquarium.
	Thursday 20th March 2025.	Year 4.	1st Holy Communion Preparation.
	Friday 21st March 2025.	Year 1 and 2.	Year 1 and 2 Class Mass at St. Michael's Church. Family and friends welcome.
	Tuesday 1st April 2025.	Year 3.	Curriculum Celebration Assembly 9am in the School Hall. All are welcome.
	Wednesday 2nd April 2025.	Year 1.	Phonics Screening Parent Meeting 5pm.
	Thursday 3rd April 2025.	Reception.	Educational Visit to Hall Hill Farm.
	Friday 4th April 2025.	Whole School.	Whole School Easter Mass at St. Michael's Church. All family and friends welcome.
Tuesday 8th April 2025.	Year 2.	Curriculum Celebration Assembly 9am in the School Hall. All are welcome.	
Thursday 10th April 2025.	Whole School.	Reception Class Easter Egg Tombola.	
Friday 11th April 2025.	Whole School.	School breaks up for Easter Holidays at 3:15pm.	

Assemblies and Collective Worship – Parents Invited				
Class	Curriculum Celebration Assemblies		Celebration of the Word	
Reception	Tues 24th June 25	9.00am	Thurs 21st Nov 24	3.00pm
Year 1	Tues 1st July 25	9.00am	Thurs 24th Oct 24	3.00pm
Year 2	Tues 8th April 25	9.00am	Thurs 23rd Jan 25	3.00pm
Year 3	Tues 1st April 25	9.00am	Thurs 14th Nov 24	3.00pm
Year 4	Tues 18th Feb 25	9.00am	Thurs 19th June 25	3.00pm
Year 5	Tues 11th Feb 25	9.00am	Thurs 12th June 25	3.00pm
Year 6	Tues 28th Jan 25	9.00am	Thurs 7th Nov 24	3.00pm
Year 6 Leavers Assembly	Thursday 17th July 2025		2.00pm	

Important Information: From time to time, due to unforeseen circumstances, the dates/events mentioned in the Fortnightly may have to be changed /cancelled. If a change/cancellation does occur, you will be notified as early as possible.
Thank you in advance for your understanding.

Proud to be apart of..



Bishop Wilkinson
 Catholic Education Trust
 Through Christ, in Partnership