



Parent Support Advisor - Mrs Charlton - Summer Newsletter 2021

I hope you have a relaxing and fun-filled summer holiday and look forward to seeing you all back in school on Thursday 2nd September 2021. Thank you.

New Term, Please remember your child's attendance needs to be over 95% otherwise they are classed as a persistent absentee by the Government.

If you require support to help your child to arrive to school on time please contact Mrs Charlton.

What does it mean?

Categorising attendance	
99% - 100%	Outstanding
97% - 98.9%	Excellent
95% - 96.9%	Good (expected)
92% - 94.9%	Needs to improve
90% - 91.9%	Poor
Below 90%	A major cause for concern

FREE for families - Workshop dates and "Listening Ear"

Workshops

<https://www.contact.org.uk/about-us/family-workshops/>

Listening Ear

[https://www.contact.org.uk/news-and-blogs/introducing-our-new-1-1-listening-ear-service-\(1\)/](https://www.contact.org.uk/news-and-blogs/introducing-our-new-1-1-listening-ear-service-(1)/)

Wellbeing Links

<https://www.annafreud.org/coronavirus-support/coronavirus/>

<https://nipinthebud.org/tips-for-parents-and-teachers/>

<https://parents.actionforchildren.org.uk/covid-19/>

Parenting Advice

<https://learning.nspcc.org.uk/media/2614/home-or-out-alone-guide.pdf>

Keep your children safe



A National
Crime Agency
command

Type CEOP into Google for latest advice.

www.kidscape.org.uk/zap - e-safety advice & cyber bullying, anti-bullying & assertiveness workshops.

www.childnetSTAARToolkit – lots of ideas, information & practical help to explore keeping your children safe when they are on a computer.

Please beware of the following apps which are becoming very popular amongst young children:

Tik Tok, Whatsapp, Tiya, & Live.Me App

These apps are for young people aged over 13 years and can be used by adults to comment, sometimes inappropriately, on live video streams.



FREE School Uniform Shop now open in Queen Street in the Town Centre -

Opening Hours:

Monday 9-4pm

Wednesday 9-4pm

Friday 9-4pm



This service for our town is run by volunteers from the Darlington Cares Community. All schools are catered for including primary and secondary.

Please bring your own bag.



Yoga for kids – help your children to sleep better and be more relaxed. You Tube – Goodnight Yoga, pose by pose by Marian Gates and Cosmic Kids.

DID YOU KNOW

WHEN PARENTS ARRIVE ON A RNLI LIFEGUARDED BEACH THEY SHOULD TAKE THEIR CHILD/CHILDREN TO THE LIFEGUARD HUT WHERE THEY WILL EACH BE GIVEN, FREE OF CHARGE, A WRISTBAND. THE PARENTS MOBILE NO. CAN BE WRITTEN ON WRISTBAND IN WATERPROOF INK BEFORE IT IS AFFIXED TO THE CHILD.

THE CHILD SHOULD BE TOLD TO GO TO THE LIFEGUARD HUT IF 'LOST' AND LIFEGUARD WILL PHONE MOBILE NUMBER.

ALL RNLI LIFEGUARDS ARE DRB CHECKED.

Get active outdoors!



Helping to maintain good health requires smart lifestyle choices, will power, and hard work.

A healthy diet and regular exercise have been medically proven to help us live healthier lives, reducing the risk of heart disease, stroke, type 2 diabetes, breast and colon cancer as well as boost low mood and help improve sleep quality and concentration levels.

There are many ways to move more – take the stairs rather than the lift, walk rather than drive or catch the bus. Lovely parks and open spaces; great walking and cycle routes and a new indoor bowling alley are in easy reach, so why not get those trainers on, embrace the healthy you and move more to reap the health benefits?

Children benefit from moving more too. Playing, walking, running, jumping, dancing, riding bikes and scooters* all help to improve behaviour, attention levels, self-confidence, social skills, health and fitness, mood, sleep and maintain a healthy weight and strengthen muscles and bones.

Free children's summer activities!

Free sports and games for children aged 8-12 years are coming to a field near you!

Whether it's a game of rounders, a kick about or trying some team challenges free summer fun activities are on offer during the summer holiday (Mon 19 July – Friday 27 August).

Check out the timetable below to find the nearest location to you. All activities are free and will run at the same time each week for the full school summer holidays. There's no need to book, just turn up and join in but please make sure you wear suitable clothing and footwear and bring a bottle of water.

	10am-noon	1-3pm
Monday	Lingfield Green	Skerne Park football pitches
Tuesday	Firthmoor - opposite community centre	Red Hall - grassed area near community centre
Wednesday	Albert Hill - next to play area	Field opposite Hummersknot School
Thursday	Dene's field - near Tennis courts	North Lodge Park
Friday	West Park - near Comets Garth entrance	Springfield Park

If you have loved the Euros, or maybe the Olympics are inspiring you to try something new, check out the Move More webpage www.darlington.gov.uk/movemorejourney to find details of fun activities. For health information visit www.change4life.org and www.nhs.uk/live-well

*safety helmets are recommended

Don't just **Learn it!**

FREE ONE DAY COURSES

The Value of Play Wednesday 14th July | 10.00am – 4.30pm
 A hands on workshop which explores a variety of play environments and the holistic value these have for children and young people.

Parentcraft: Pregnancy and Birth Choices Wednesday 21st July | 10.00am – 4.30pm
 A social workshop with practical support and advice for pregnant women, their partners and their birth support team.

New Baby Care Thursday 22nd July | 10.00am – 4.30pm
 A social workshop with practical support and advice for anyone involved in the care of babies aged 0-5 months.

Innovative Support Strategies for SEND Wednesday 28th July | 10.00am – 4.30pm
 A fun and interactive workshop to explore up to date and innovative support strategies and resources for children and young people with various diagnosed needs.

Practical Mental Health Strategies Thursday 29th July | 10.00am – 4.30pm
 A fun and interactive workshop to explore up to date and innovative support strategies and resources for children, young people and with various diagnosed needs.

ASD Awareness Tuesday 3rd August | 10.00am – 4.30pm
 An interactive workshop offering a practical insight for employers, businesses and educational settings into the challenges faced by people with Autistic Spectrum Disorder.

Dyslexia Awareness Wednesday 4th August | 10.00am – 4.30pm
 An interactive workshop offering a practical insight for employers, businesses and educational settings into the challenges faced by people with Dyslexia.

Sensory Impairment Awareness Thursday 5th August | 10.00am – 4.30pm
 An interactive workshop offering a practical insight for employers, businesses and educational settings into the challenges faced by people with visual and auditory impairments.

Visit www.darlington.ac.uk for more information

Darlington College, Central Park, Haughton Road, Darlington, DL1 1DR

Groundwork NE & Cumbria
 22 June at 19:58

We are delighted to be offering a "Women's Shed" open day in Darlington on our lovely allotment. Ladies we would love for you to join us , take part in some activities and enjoy a lunch with us. We are hoping ,with your input we can deliver some on going weekly sessions. See poster for details on how to book

WOMENS WELLBEING WEDNESDAY

Allotment session
Bellburn Allotments
Darlington

Join us on Wednesday 14th of July
Drop in between 10am and 2pm
Find out about our sessions
Refreshments will be available
To book email -natalie.whitworth@groundwork.org.uk

