

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)/

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



Type CEOP into Google for latest advice.

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

<u>www.childnetSTAARToolkit</u> – 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, Wattsapp, 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

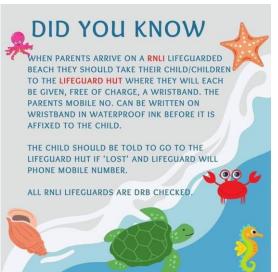


This service for our town is run by volunteers from the Darlington Cares Community. All schools are catered for including primary and secondary.

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.





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 orive 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 or, 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 socoters* 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 Hummersknott 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.changeforlife and www.nhs.uk/live-well

*safety helmets are recommended



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 imput we can deliver some on going weekly sessions.

See poster for details on how to book

WOMENS WELLBEING WEDNESDAY

Allotment session Bellburn Allotments





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



