



School Diary for Week Ahead

Mon 6th Nov	Year 4 Swimming lesson AM - Kit required Year 6 PE - Kit required Football club 3:15 - 4:15
Tues 7th Nov	Year 2 PE - Kit required Fitness Club (year 3&4) 3:15 - 4:15
Wed 8th Nov	Year 3 and 5 PE - Kit required Performing Arts Club 3:15 - 4:00
Thur 9th Nov	Year 1 and 4 PE - Kit required Reception class 'Stay and Play' session 1:45 to 2:45pm Fitness Club (year 5&6) 3:15 - 4:15
Fri 10th Nov	Reception PE Lets Get Cooking - Year 3

Star of the Week!

Reception **Aaron Lee**
Year 1 **Tia Jury**
Year 2 **Alex Brunskill**
Year 3 **Alec Bolam**
Year 4 **Gracie Butterfield**
Year 5 **Harrison Davison**
Year 6 **Tamzin Ford**



Fitness Star Award
Tamsin Ford

Attendance League

1st Dora Wanderers Y1
2nd Martian City Y3
3rd Scooby Rovers Y3

Stay Safe on Bonfire Night

County Durham and Darlington Fire and Rescue Service want everyone to really enjoy themselves during what should be a great night.

**Don't fool with fireworks, you may get hurt!
It's more fun and safer to go to an organised display.**

There is information on public firework displays, illegal fireworks and the firework code on the Service website www.ddfire.gov.uk or www.durham.gov.uk

Top tips for staying safe:

- ◆ Only buy fireworks marked BS7114 from reputable suppliers
- ◆ Keep fireworks in a closed box
- ◆ Follow the instructions on each firework carefully
- ◆ An adult should light them at arm's length using a suitable taper
- ◆ Everyone stand well back - the minimum distance will be on the firework
- ◆ Never go back to a lit firework
- ◆ Never put fireworks in your pocket
- ◆ Never throw fireworks
- ◆ Light sparklers one at a time and wear gloves
- ◆ Never give sparklers to children under 5 years
- ◆ Have a bucket of water handy to put the sparklers in

It's NO fun when a firework goes off in your face, it's no fun sitting in hospital, it's no fun being scarred for life and it's no fun when your family and friends are injured. Please stay safe!

Sleep Matters!

Sleep plays a significant role in brain development, and it is therefore important for children to get enough sleep as their bodies grow and mature. Lack of sleep makes it much harder for us to concentrate, and we become forgetful, irritable and prone to being clumsy and making mistakes. Between the ages of 5 and 11, your child will need 10-12 hours of sleep a night. A bedtime routine is the best way to



ensure your child gets enough sleep. Devise a routine that lasts 30-40 minutes, and includes a bath and the chance to read a story together. Try not to change this routine.

Bedtime is a chance to spend quality time together. Limit your child's use of the internet, games consoles and TV in the hour before they go to bed and ideally don't allow your child to have them in their bedroom.

Safety Carousel 2017

Year 6 attended a multi-agency safety event at The Work place this week which was organised by Durham Fire and Rescue Service. We were 1 of 168 schools taking part. The event provided an interactive way of teaching young people to become aware of their personal safety and give advice about how to react responsibly in dangerous situations. They also inform all of those who took part about wider safety matters to help create a safer community environment. It provides young people with the life skills to keep themselves and others safe in the future. The fire service along with other agencies ran fun activities to promote safety. Other agencies involved in this year's event were Durham County Council – Road Safety, Durham Constabulary – Cyber bullying, Northern Power Grid – Electricity safety, Northern Gas Networks – Gas Safety and RNLI – Water safety.

