



This week (9th January 2023 – 13th January 2023)

This week in assembly, we have looked at the story of 18-year-old Andrea Spendolini-Sirieix who was recently named as a BBC Young Sports Personality of the Year finalist. In this assembly, we talked about overcoming challenges and managing pressure.

On Tuesday, Classes 3 and 5 started their Health and fitness session with a bleep test to record their scores and check their stamina at the start of their 12 week training. There were some amazing results and we really impressed Leanne (our coach).

Yoga has also been a huge success with everyone this week as Classes 1, 2 & 3 enjoyed their relaxing sessions. We also started Yoga after school clubs this week which will run for 6 weeks.

Taylor, (our Street dance coach) filled Classes 1 and 4 with such enthusiasm with their first dance session this week. We must be the fittest school in Durham!

Mutual Respect and Tolerance

We are all different so the way we respond to the demands or pressures we may face will be different too. We understand and respect that not everyone is the same and everyone needs to be treated as an individual.



Week commencing (16/1/2023 – 20/1/2023)

Monday 16th January – Swimming for Year 5 (From Miss Richardson and Mrs Jackson's classes)

Tuesday 17th January – Health and Fitness for Classes 3 and 5 (Mrs Fawcett and Mrs Jackson's classes)

Thursday 19th January – Dance for Classes 4 and 5 (Miss Richardson and Mrs Jackson's classes)

Thursday 19th January – Yoga with Beth for Classes 1, 2 and 3 (Mrs Stott, Mrs Metcalfe and Mrs Fawcett's classes)

Thursday 19th January – KS1 and KS2 Yoga After School Club commencing for 6 weeks (Letter sent out 20/12/22)

Friday 20th January – Gymnastics for Classes 4 and 5 (Miss Richardson and Mrs Jackson's classes)

DIARY DATES

Tuesday 24th January 2023 – KS2 Swimming Gala (Letter sent home this week with the children participating)

Friday 17th February 2023 – Breakup for half term

Monday 27th February 2023 – Return to school after half term

Friday 31st March 2023 – Breakup for Easter Holidays

Monday 17th April 2023 – Return to school after Easter holidays

Monday 1st May 2023 – Bank holiday (School Closed)

Tuesday 2nd May 2023 – Return to school

Monday 8th May 2023 – King Charles III Coronation Bank Holiday (School Closed)

Tuesday 9th May – Friday 12th May 2023 – Key Stage 2 statutory assessments

Friday 12th May – Sunday 14th May 2023 – Low Mill 2023 (For those going)

Friday 26th May 2023 – Breakup for half term

Monday 5th June 2023 – INSET Day (School Closed)

Tuesday 6th June 2023 – Return to school after half term

Friday 21st July 2023 – Break up for summer holidays

Monday 4th September 2023 – INSET Day (School Closed)

Tuesday 5th September 2023 – Return to school after summer holidays

REMINDER: PE kits should be brought into school on a Monday morning and should remain in school until Friday afternoons.

PLEASE NOTE: AS THE WEATHER IS CHANGEABLE, PLEASE ENSURE YOUR CHILD HAS A COAT AND WELLIES IN SCHOOL EVERY DAY, THANK YOU.