



## Seaton Sluice First School Newsletter 11- Summer 1

Headteacher: Mrs A Bennett

Seaton Sluice First School, Granville Avenue, Seaton Sluice. NE26 4BX

Telephone: 0191 2371839

Email: [admin@seatonsluicesouth.northumberland.sch.uk](mailto:admin@seatonsluicesouth.northumberland.sch.uk)

Website: <http://www.seatonsluicesouth.northumberland.sch.uk/website>



*Achieve and Believe, Care and Share, Safe and Secure, Enjoy Together*

### Attendance for this week

Nursery	Reception	Year 1	Year 2	Year 3	Year 4
100%	99.3%	99.3%	100%	96.7%	98%

**WOW! SPECTACULAR ATTENDANCE THIS WEEK!**

**WELL DONE TO EVERYONE, IN PARTICULAR TO NURSERY AND YEAR 2 FOR ACHIEVING 100%!**

### Here Comes The Sun!

At long last...the sun is shining more and more! This means that we can really enjoy our time outdoors, at break times and also as part of outdoor learning. Please remember to apply sun cream to your child as part of their getting dressed routine and pop a sunhat in their bag too. We are not able to apply sun cream in school. Thank you in advance for your support.

### Parental Consultations

We will be sending out an email next week inviting parents and carers to book an appointment to discuss your child's progress in school this year. Like the previous consultations, appointments will take place via telephone due to restrictions still remaining in place.

### Goodbye and Good Luck Mrs Wake

We all gathered in the yard this morning to thank Mrs Wake for being such a tremendous member of staff over the last six years. Helen has supported learning across the school and demonstrated excellent care and endless encouragement to our pupils. She has decided to spend more time with her family and has promised to stay in touch. We would like to thank her for her time spent working as part of our team- we hope she likes the well-being gifts that staff and children presented her with.

### Step-by-Step Easing of School Restrictions

We continue to be directed by ongoing government guidance in terms of restrictions that are in place to ensure COVID compliancy and to make sure school is as safe as it possibly can be. However, in the light of significantly reduced numbers of cases, we would like to start regaining some normality in small steps. This involves starting to arrange tables back into groupings and creating a carpet area for class discussions. We would also like to begin assemblies, including Celebration Assemblies. In time, we will hopefully be able to invite parents and carers back. We will keep you informed of any updates.



## FINAL...WELL-BEING WORDS OF WISDOM

Have you ever tried **SQUARE BREATHING** when feeling uptight?



Dr P Knightsmith advises us to be square! This four-by-four technique is a way to take charge of your breathing. A version of it is actually used by the military- they call it 'combat' breathing, but anyone can do it. Imagine a parade-ground sergeant shouting marching orders (if you find that motivational!) but remember that this is meant to be relaxing.

1. *Breathe in, count 1, 2, 3, 4*  
*(Breathe in deeply for the count of four.*  
*Focus on your breath and the feeling of your lungs expanding)..*
2. *Hold, 2, 3, 4 (Hold your breath in your lungs for the count of four)*
3. *Out, 2, 3, 4 (Breathe out for the count of four)*
4. *Hold, 2, 3, 4 Hold your lungs empty for the count of four)*
5. *And again (Repeat this process until your breath is in check and you feel steady and calm).*

## DATES FOR YOUR DIARY

Date	Event
Thursday 22 <sup>nd</sup> April	IPad Music launch- Year 4
<b>Monday 3<sup>rd</sup> May</b>	<b>May Day Holiday</b>
Monday 10 <sup>th</sup> May	Reception and Year 1 Storyteller Visit
Tuesday 11 <sup>th</sup> May	Parental Consultations (3:30-6:00pm)
Wednesday 12 <sup>th</sup> May	Parental Consultations (3:30-6:00pm)
<b>Friday 28<sup>th</sup> May</b>	<b>Break up for half term</b>
Tuesday 1 <sup>st</sup> June	Nursery and Reception Sport's Day (am)
Wednesday 2 <sup>nd</sup> June	KS1 (am) and KS2 (pm) Sport's Day
Wednesday 16 <sup>th</sup> - Friday 18 <sup>th</sup> June	Robinwood Residential Trip
Monday 28 <sup>th</sup> June	New Nursery Parent's Meeting (5pm)
Tuesday 29 <sup>th</sup> June	New Reception Parent's Meeting (5pm)
Friday 2 <sup>nd</sup> July	Reports out to Parents and Carers
Monday 5 <sup>th</sup> July	Year 4 Transition Week
Wednesday 7 <sup>th</sup> July	Transition to new classes (pm)
Thursday 15 <sup>th</sup> July	Year 4 Leaver's Celebration Event