



TIMOTHY HACKWORTH

Mrs. Slattery has the pleasure of reading a great many Level 2 Reports written by assessors and provides feedback to UNICEF. She is able to bring back lots of new ideas which we can use at Timothy Hackworth Primary!

Newsletter

ISSUE 19

July 2017
Summer Term

reopen on Tuesday 5th September. Enjoy your summer!

Shildon Alive Uniform Swap
UNCRC Article 28: All children have the right to a good quality education. Shildon Alive will be running its popular 'Uniform Swap' again this year on 2nd August in the Shildon Alive Hub (19 Church Street). If anyone has any uniform that they would like to donate, please could you either drop it into the hub or bring it along to school and Reverend David will collect it. Thank you for your support.

UNICEF Accreditation and Standards Committee
Mrs. Slattery, as a member of UNICEF's ASC (Accreditation and Standards Committee), has been to London for her third meeting this year. It is an honour to have a member of our staff on this committee which supports the development of the Rights Respecting Schools Award.

Summer Holidays The summer holidays are upon us! School will be closed from Friday 21st July for the summer and will

A Message from Mrs. Boulton

May I take this opportunity to wish you a very happy Summer holiday. Let's hope the sun does shine for us all!

Your children have had such a successful year. They are a credit to themselves, their families and our school. We continue to receive many positive comments about your children's respectful behaviour.

Well done children!

A fond farewell to our Year 6 children who delivered an outstanding performance of 'School Daze'. They were indeed fabulous! We wish our Year 6 children all the very best for their Year 7 journey ahead; I am certain they will continue to enjoy many achievements. Farewell Year 6 from all of us at Timothy Hackworth!

Mrs. Boulton

Community Gardening

UNCRC Article 24: All children have the right to a clean and tidy environment.

This Half Term it has been the turn of Year 3 and Year 4 pupils to develop their gardening skills. Pupils spent time in Hackworth Park litter picking and planting a Wildlife Garden. The children in Year 4 met the Mayor, who revealed a special wooden bear chair, a fairy house and toadstools for the Wildlife Garden. The children really enjoyed developing their gardening skills and were delighted that they were able to contribute towards improving the local environment. They certainly do have green fingers!

Throughout the second half of the summer term the children and the staff in the school have been learning a dance routine to perform as an opening to our sports days. Unfortunately, the weather prevented us from sharing this with you, but we have had great fun dancing in school instead! I chose the song 'Can't stop the Feeling' by Justin Timberlake, as this is a popular song (from the film Trolls) and it is fun to dance to.

Article 6 You have the right to be healthy.

Mrs. Meadows

Well done!

Pupil of the Week Awards

- 1T— Hollie Dowson, Sophie Beal, Ruby Hopwood, Blossom Lloyd, Brooke Stainsby-Bissett, Hollie Dowson
- 1H— Mercedes Attack, Ava Thomas, Sofia Marshall, James Copland, Logan Hope, A'mira Hall, Mason Jones, Hayden Barrowcliffe
- 2T— Zak Cooper, Ethan Storey, Kai Siddle, Whole Class, Paige Hunter, Millie Waites
- 2H— Riley Smith, Gabby Fuller, Lennon Burrell, Harrison Smith, Whole Class, Ben Mensforth, Sam Wright
- 3T— Harry Mckimm, Whole Class, AJ Pye, Harley Dunn, Charlie Broom
- 3H— Tegan Attack, Becky Allen, Ammie Miller, Lucas Ellwood, Sofia Meadows, Belle Jary-Smith
- 4T— Rylee Bennett, Zak Harnett, April Lindley, Kadi Leigh Sedgwick
- 4H— Peter Copland, Harrison Caygill, Connor Gillan, Ethan Douglas, Logan Prince, George Best
- 5T— Leo Stout, Xander Caygill, Macy Wilson, Cameron Preston
- 5H— Kieran Cleminson, Liam Forster, Joji Basudra, Grace Wake
- 6T— Whole Class, Kennedy Jones, Luke Forster, Ben Moore, Star Bell
- 6H— Whole Class, Millie Brunton, Kate Morgan, Brodie O'Brien, Maddy Smith

This half term our road safety theme is all about playing safely away from roads and keeping ourselves and members of the community safe. On reflection, this theme is very important at this time of year as Summer holidays are fast approaching and nights are light, so children will be playing outside a lot more. We came together and have organised two competitions for school this term, one for Key Stage 1 pupils and one for Key Stage 2 pupils. The competition for Key Stage 1 children is to look at the pictures and decide who is playing safely and who is not being safe and draw a sad face or a happy face. They could then draw a picture of themselves playing safely. The competition for Key Stage 2 children is to find the safest route to the park by drawing a line along the route that will get each child to the park using safer places to cross. We will provide prizes for all the winners of both competitions. Have fun and please remember play safely away from roads!

Article 19: You have the right to be protected from being hurt or badly treated.

On Monday 3rd July, 8 children from the school council went to The Durham Centre at Belmont for the Make a Difference Campaign by Go Givers. This was to present to other schools their cause for the year. They showed a video and presentation about bullying. The school council felt very strongly about bullying and this showed through their fantastic PowerPoint and confidence in the subject. Miss Hutchinson commends the children on their fantastic work over this year on bullying and is very proud of their delivery of the presentation. The children were a credit to the school.



Wishing Mrs. Tillotson a very healthy, long and happy retirement! Thank you Mrs. Tillotson for your commitment to Timothy Hackworth over the years. It has been a pleasure to work with you. Wishing you all the very best from all the children, staff and governors at Timothy Hackworth.

Our fond farewells also to Mr. Storey, our Y4 Supply Teacher, and Mr. Kenyon, our Sports Apprentice, who leave us today. Thank you from all the children, staff and governors at Timothy Hackworth.

New Planters

Timothy Hackworth School is a Friend of Shildon Station and has this term been busy painting the new planters for the station. Once the planters have been painted they will be varnished in school and taken to the station in September. They will be planted by the children with autumnal plants and brighten up everybody's visit there.

Busy Bees

Wednesday 26th July day trip to Redcar

Coach departs 9:30AM Fare £9


To book: Telephone 01388 774519

Friday 11th August Grand sale at Foundations

Church street opposite Costa Coffee 10.00am

Clothes, shoes, bric-a-brac jewellery etc Join us for a cup of tea!

The choir have sung in many venues in the community this school year including the Town Square at Christmas. The highlight for our special singing group was on Monday 10th July when we were invited to sing at the tea party organised by our Mayoress, Shirley Quinn. The visiting dignitaries were overwhelmed by the children's singing, readings and respectful behaviour. The children also had an enjoyable afternoon enhanced by the cream tea provided.

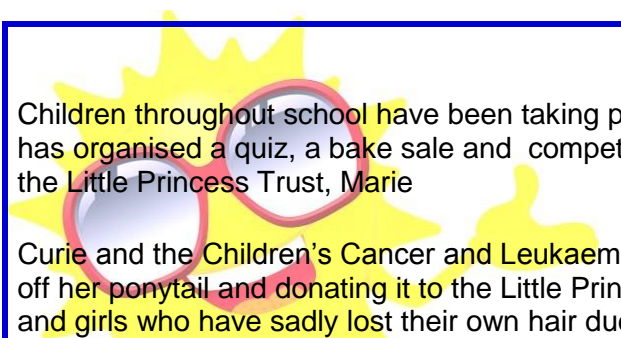


Wishing Mrs. Hargraves all the very best in her new teaching role in Bishop Auckland. Thank you Mrs. Hargraves for all of your hard work over the years. Wishing you all the very best from all the children, staff and governors at Timothy Hackworth.

Benevolent Fund

If you are in need of help with children's school uniform, including school shoes, you may be entitled to financial help from the School Benevolent Fund. Please contact the school office for more information.

Fund Raising!



Children throughout school have been taking part in fundraising activities over the past fortnight. Mrs. Beck has organised a quiz, a bake sale and competitions to raise money for cancer research charities, such as: the Little Princess Trust, Marie

Curie and the Children's Cancer and Leukaemia Group. On Thursday 20th July, Mrs. Beck will be chopping off her ponytail and donating it to the Little Princess Trust. This organisation provide real hair wigs for boys and girls who have sadly lost their own hair due to cancer treatment.

Thank you to all of those parents, carers, staff and children who have donated so far! The current total raised in school stands at £140.00 If you would like to donate or find out more information about these causes, please visit Mrs. Beck's fundraising page at:

<https://www.justgiving.com/fundraising/mrs-beck>

My Money Week

UNCRC Article 28: All children have the right to a good quality education.

All the children in school have been involved in

My Money Week this Half Term. During the week the children take part in lots of activities involving money management so that they can begin to develop the skills, knowledge and confidence to deal with money matters that will help them to thrive when they grow up. The younger children have been counting coins, calculating with money and we are going to have some wonderful sales assistants in a few years time! The older children have been learning about banking and budgeting for a variety of

situations, for example, a family outing and household bills. If parents could involve their children with handing over money and receiving change when they are out shopping that would be fantastic!

Send My Friend to School Campaign

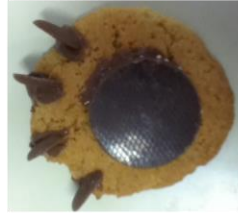
UNCRC Article 28: All children have the right to a good quality education.

We have been involved in the Send My Friend to School campaign again this year. Pupils at Timothy Hackworth value their education and know that all children around the world have a right to a good quality education. Unfortunately there are still 263 million children globally who are missing out on school.

Children from Y1 to Y6 have been busy making their own world leaders and writing messages on them about what they would say to world leaders to improve the situation. The 'world leaders' will be sent to Helen Goodman MP who will take them to Parliament. Hopefully their pupil voice will be heard!

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2 Year Olds!



The two year old children have had a very busy term doing lots of teddy bear themed activities. The staff followed the children's interests to enhance their learning through a range of sensory experiences. The children enjoyed our interactive small world display themed around the story of the bear hunt. We then went on our very own bear hunt through a river, mud, snowstorm, long grass and a forest area until we found our friendly bear hidden in his cave under a tree. The children also enjoyed bringing in their own teddy bears in from home to take part in a teddy bears picnic. We had a lovely feast with all the food that the parents supplied. We took blankets, cups, plates and even a teapot to make this experience special for the children. At the end of this session we visited the new seating area in the park to see the teddy bear bench. The garden had just opened and we were lucky enough to meet the mayor of Shildon and have our photograph taken with her. We also themed our weekly cooking session around teddy bears, with bear paw print biscuits and teddy bear toast being firm favourites!



Nursery

WATER PLAY FUN

UNCRC Article 31 - All children have the right to play.



The Nursery and 2 year olds had a fantastic time during the water play sessions this term.

The children (and staff) played together, using the water shooters; squirting water and taking aim with the water balloons!



We love to play and learn together: having lots of fun, sharing our ideas and thinking of new ways to do things!

FATHER'S DAY BRUNCH

UNCRC Article 28 - All children have the right to a good quality education.

We welcomed dads, grandads and male carers to come to come and enjoy a free bacon buttie brunch during the Nursery session nearest to Father's Day this June. The children were able to share their learning with their families and look together at their own individual learning portfolio. As we have been listening to traditional tales, Mrs Fox read the story of Goldilocks and the Three Bears before we used the Nursery resources on offer, including the 'Beebot' programmable toys, construction toys and playdough. Some of the children remembered to colour in a Father's Day medal too!



ATTENDANCE GROUP - The Children's Working Party.

UNCRC Article 12: All children have the right to be listened to.

The Children's Attendance Working Party aim to meet once a term; we meet more if time allows. Each class from Year One to Year Six has a representative. Recently we have been discussing attendance incentives, our plans for a family group session focussed on attendance issues and raising the profile of the school's attendance group. Mr. Readman, the school attendance officer has kindly offered to come and talk to the attendance group to discuss his role within our school. We look forward to talking with him in our next meeting in the Autumn term.



Our adventure into the past at Bowes Museum

In June Reception visited Bowes Museum in Barnard Castle. We were going there as part of an Art Project for all the Reception classes in County Durham.



First we looked at very big paintings by an Italian painter called Canaletto. We looked at all the details in the paintings in particular the buildings and the boats. We learnt about the origins of one of the paintings, that it depicts an annual event where by the Mayor through a gold ring into the water and said 'sea be calm' in order to ask the sea to look after the boats as they travelled to all parts of the world.

Then we learnt a song about Canaletto which we will be singing in our Graduation Ceremony.



After the water ceremony the people of Venice celebrated with a Masked Ball. We made our own masks, carefully selecting materials and resources and working together with our friends. You can see our masks on display in the Reception classroom.



Finally we looked at old and new toys, drawing our favourites. We learnt which materials were used to make the old toys and how they have changed over the years.

When we got back to school we made our own water pictures. These were on show at an exhibition about the Art Project at Bowes Museum. We received free tickets to see our fantastic work.



Our Celebration Assembly

Reception children celebrated the end of their time in Early Years with a Graduation Ceremony. They all looked splendid in their uniform and mortarboards. Children had chosen a selection of songs from their time in Reception with some new ones. They sang together and joined in with actions and movement enthusiastically. Between each song groups of children came out to receive certificates from our Head Teacher, Mrs. Boulton, celebrating their achievements in Reception. Some children had excelled in Reading, Writing, Maths, Computing or Sports, while other awards included Building and Construction, Creative and Design, Science and Investigation and Imaginative Role Play.

The children performed to a packed hall of parents and grandparents who were encouraged to join in with the songs and who applauded loudly when the children bowed after receiving their certificates. Mrs. Boulton praised the children for their hard work, excellent behaviour and desire to learn. She finally thanked parents for their support and encouragement, especially in reading regularly with children.

Year 2

The children in Year 2 went to Durham Cathedral as part of the RE and the Science Curriculum. For half of the day they went around the Cathedral and learnt all about the life of St. Cuthbert, dressing up and role playing as they went along. The other half of the day was spent in the woods looking for creatures hiding in their habitats and examining them under magnifying glasses. A good day was had by all.

The science part of the trip was all to do with mini-beasts!

The children were given magnifying glasses, brushes and spoons in order to track down and examine the mini-beasts.

The children found all sorts of interesting insects from spiders to woodlice to look at under the magnifying glass. After looking at each mini-beast they returned the mini-beast to its home.

The children were also given a set of cards on their way to the area for the mini-beast activities for some objects to spot on their way.



The RE part of the trip involved a tour of the Cathedral alongside a re-telling of the story of Saint Cuthbert.

The children were able to dress up as various characters from the play as they went around the cathedral.

In the end we had children dressed as a sheep, a cow, a bishop, a king, a monk and a Viking! The tour took us all around the cathedral eventually ending up at Saint Cuthbert's burial site in the back of the Cathedral.

Year 5

Curriculum Week



Year 5 visited several secondary schools for some fantastic learning opportunities.

Here they are dancing at Bishop Barrington School (left) and at King James I Academy (below) playing the guitar.

It was commented upon by several teachers that both the children's behaviour and attitude to challenge was excellent.

An article by Beth Caygill (5H)

Recently, Year 5 went to St John's Catholic School. At first, we all split up into groups, and then went to lessons. Our first lesson was Media, where we made film posters. Every group had lots of different ideas! I asked some of my classmates what they liked the most. This is what they said about some of the highlights :

"Music (was my favourite) because I liked the teacher's singing voice," Ashton said.

"English (was my favourite) because I liked the teacher," Grace Long said.

"Music was great because it exercises your voice," Raijeli said.

Finally, we went back to school.

The next day, we went to King James Secondary School. Our first lesson was Poetry. Some people found it very challenging but some people thought that it was great fun. The poems were from different countries around the world, and you had to find what type of poems they were.

After poetry, we went to the library and performed a Harry Potter inspired play.

Later, we went for lunch. The school - that was huge – felt like a maze! Grace Wake and Keira explained that they both liked French

because we had the chance to order food. Tegan told me that she liked ICT because she liked programming. Later that day, we watched some very talented dancers dancing to bouncy music and some sensational ballet performed by a group of very talented boys.

On Thursday, we visited Bishop Barrington. I thought that Bishop Barrington was one of the best schools that we went to. We did lots of cool lessons such as, Dance, PE, Science, Art and much more... At lunch we had a huge slice of pizza! After lunch, we played lots of different games in the hall. Our helpers were Ethan and Finn. Finn helped our group in dance by showing us cool moves to try out. Later, we did PE in the sports hall. We played three games of rounders. After a long day we went back to school.

Year 5 at Woodham

On Wednesday 5th July, 8 children from year 5 took part in a Maths Challenge at Woodham.

They competed against two other schools and took part in various activities including , the crystal maze challenge, maths relay, pentomino tournament and creating 3D origami shapes

Even though they didn't win, the children had a lovely day and really enjoyed themselves.

Well done to all those who took part.

Year 5

On Monday the 3rd of July the children in year 5 went to Broom House Farm. They have been learning about where our food comes from. Children looked at how animals at the farm were cared for and how animals are there for food.

Children observed the piglets that had just been born and listened to talks that the keepers gave about how they are looked after and how old some of the pigs are.



Each class had the chance to hold some chickens and collect eggs inside the hen house.



They all went then to examine grass. The farm has about 27 varieties of grass which grow in their fields to feed animals. We all laid down to listen to the noises around the farm and discussed what other creatures live in and around the fields.



The farm has hundreds of sheep and we were lucky enough to watch the sheep being sheared. The shearers explained how and why they shear the sheep and allowed children to feel the wool.



Finally we were allowed to work in groups to solve the orienteering trail through the woods and play on the climbing equipment.



The children had a fabulous day and learned lots about how farms care for animals and make food.

Year 6

Robinwood

Year 6 children have recently returned from a two night residential at Robinwood. All children took part in every activity which included: stream walk, archery, climbing, canoeing, caving and giant swing. They were superbly behaved and all teachers were very proud of their attitude towards trying new activities even if they were very nervous. Well done!



Hardwick Park Visit

On Tuesday 10th July children from Y6 visited Hardwick Park. During the day, led by Louise, the children completed lots of orienteering challenges as well as games that involved trust and collaboration and completed the day by producing a piece of artwork using materials from the environment like leaves, flowers, grass and mud! Here's some of the things the children said about the day.

Ruby said, "I liked the games where the team had to unravel itself. I liked this because it needed team work and concentration."

Eve said, "My favourite task was the map search because it was challenging, as it was wet, but fun at the same time."

Caitlyn said, "I liked the art activity because we used mud, flowers, water and sticks to draw pictures. We could enjoy nature."

Y6 had a super day!



Hamsterley Forest Visit

On Monday 9th July children from Y6 visited Hamsterley Forest for a day of team building and survival. During the day, led by Amy from Oases, the children were set many challenges in the forest environment. Although the weather was rainy at times, all the children tackled the challenges with enthusiasm and resilience. Here's some of the things they said about the day.

Gabriel said, "I enjoyed the blindfold game because being blindfolded is fun though you have to trust your partner!"

Chloe said, "I enjoyed the den building the most because it was a lot of fun and I enjoyed working together with my team."

Brodie said, "I enjoyed the activity with the drainpipes. We had to work as a team – three people holding the pipes while the rest helped with the balls."

Y6 had a great day!



Year 6

School Daze performance.

The 2017 box office smash 'School Daze' was performed for family on Tuesday 4th July and Thursday 6th July. The children showed fantastic acting skills and sang their hearts out to give a stand-out performance. Mr. Wilcox and Mrs. Reid would like to thank all children for working so hard and learning their lines in such a short space of time.



Transition Days.

All pupils in Year 6 have recently taken the huge step of starting their transition to Secondary School. They have visited their new school and found out who their new class friends will be and how to make their way round the building. All reports have been extremely positive about the way that the pupils have stepped up to the challenge of being a Year 7 pupil.

Woodham Maths Challenge

By Katie Matthews

On Wednesday 5th July some Y5s went to a maths challenge at Woodham Secondary School – Katie Matthews, Lachlan Kitching, Ushnah Khan, Tillie Walton, Daniel Tomlinson, Trinity Colling, Dylan Kirby and Leona McDonnell. They did different challenges to do with maths and at the end our school won some prizes like pens, pencil cases and notebooks. Everybody who took part got a puzzle rubber and a certificate.

The first challenge was to make polyhedrons by connecting 'limping seagulls' together. The next challenge was to play Pentominoes. Pentominoes is a game where you have two players that try to stop each other from fitting an irregular shape onto the board. The third challenge was Crystal Maze. In this teams had to work together to solve problems. The final challenge was a maths relay. Each time a question was finished correctly, another one was given.

Y6 visit to Darlington College.

By Kate Morgan

On the date of 12/07/17, Y6 visited Darlington College to find out facts and information about the facilities and courses they had, to see if they would like to go there after secondary school. Y6 had a small yet quick tour of just some of the rooms they had to offer from the downstairs point of view. Y6 were separated into 2 groups of 5, and 1 group of 6; all groups were led to a different room which held different activities inside of them. The activities included: catering, child care, motor vehicles and engineering. Catering was enjoyed thoroughly as Y6 got to make chocolate lollies and personalise them with decorations of their choice. Childcare got as messy as can be, because the group got to fidget with: gloop (a substance that is created with cornflour and water), paint on trays (that was when they got to draw/create patterns with their fingers/hands) and play-dough (that was when they got to experiment with plastic knives and cookie cutters). The motor vehicle and the engineering activity really got the boys buzzing, as Y6 got to: look under cars, stare at new and old engines and they even got to look at some really interesting car body paint designs. Once all of Y6 got back together, they were given their lollies, and then it was time to wave goodbye and leave. Y6 thoroughly enjoyed this trip to Darlington College and the teachers enjoyed it as well.

County Primary Maths Challenge

After winning the heats at Ferryhill College, four mathematicians (named Ben Moore, Jake Sharp, William Foster and Eve Finch), went to the County Maths Challenge Final, at Bishop Barrington, on the 7.7.17. At the event, there were lots of activities that included: a poster round, a logic round, a games round, a relay round and rounds where they had to answer word problems. In the poster round, the children had to make a poster, which they had prepared before the event. The logic round was made up of clues and a grid, which needed to be filled with answers. You had to read the clues extremely carefully and make sure that the answers were in the correct boxes otherwise you wouldn't get the marks. The games round consisted of two games called Pentominoes and Sim. To play Pentominoes you need an evenly squared 8 by 8 grid and 12 different shapes that are made up of 5 squares. The aim of the game was to place as many pieces on the grid and make it so your opponent can't place any more pieces on the grid. Sim is all about triangles. You are not allowed to make a triangle using 3 of the 6 points on the board. In the relay round, your team was split into 2 pairs, you had to run to your member of staff that went with you, collect a maths question and give it to the other pair – on the opposite side of the room to where you were sitting. This was repeated until the round ended. Timothy Hackworth came 1st in the relay round and 2nd overall.

By Eve Finch



Reading at Timothy Hackworth Primary School

It is well known that children who read well and learn to love reading tend to do far better in later life. It is easy to see why given that if you can read you can concentrate, have experience of many things and think in a creative way! Ask anyone who is good at something how they became good at it, and they will most likely tell you that they practised and practised and practised and then they practised some more. So we are all capable of reading well if we practise.

FACTS

There are 42 days in a 6 week summer holiday. If you read every day, for around an hour, then you will have made 42 hours of progress! 42 hours is enough to,

better.

Shildon, sadly unlike many of England's towns, has an amazing library with a great selection of children's books. Why not try their Summer Reading Challenge. See below.

Follow this link to find out more — <https://summerreadingchallenge.org.uk/>

What is the Summer Reading Challenge?

The Summer Reading Challenge takes place every year during the summer holidays. You can sign up at your local library, then read six library books of your choice to complete the Challenge. There are exclusive rewards to collect along the way, and it's FREE to take part!

The Summer Reading Challenge website helps you keep track of your reading all year round: find **new books to read**, take part in **competitions** and play **games**.



We have recently made a **significant investment** in the **Lexia Reading Program** for use in the current **Years 4 – 6**. The program enables children to access materials that are specifically tailored to their reading needs. Most importantly, the content available changes in response to their changing needs. For example, if a reader is identified as needing to practise reading idioms they will automatically be given appropriate activities.

It has been a big hit with the children and 73 certificates have been issued since we began using it just a short time ago!

The program will continue to be used in Years 5 and 6, in September.

Opportunities at Home

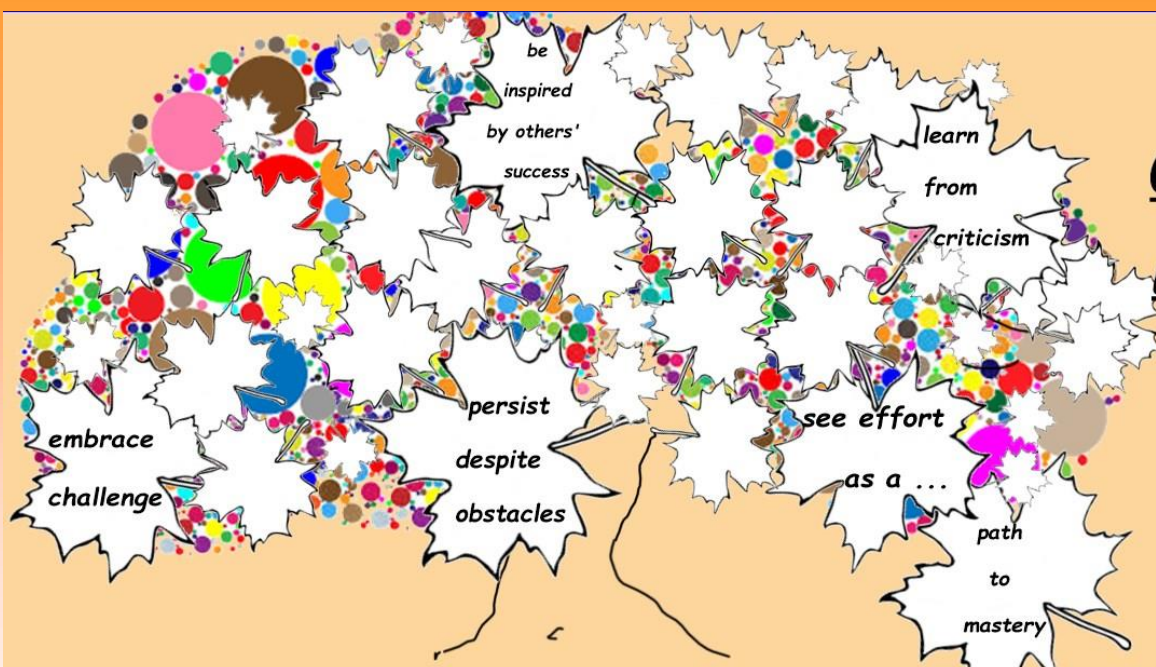
The current Year 4 and 5 children (those who in September will become Years 5 and 6) should keep accessing this fantastic range of activities throughout the holidays by logging on to their account. The only information they need is the School's email address (lexia@timothyhackworth.net) and their user name and password. You do need Internet access and a computer or tablet, but it should be possible for children to use the computers at the local library to access the Internet.

We are certain that this will make them more confident and skilled readers — who are prepared for the challenges awaiting them in September.

To access Lexia learning at home use this website — <http://www.lexiacore5.com/>

not only, maintain your skills but to build on them and make them

The Growth Mindset



We have many fantastic learners at our school!

During the Summer Term ,Key Stage 1 and 2 learners we have been finding out more about developing a growth mindset. We have used some of our Family Group time and some of our assembly time to become experts in this way of looking at challenge.

We linked our focus on developing a growth mind-set to our in class voting for the term's learning power stars.

In September, we look forward to continuing this focus when our learners begin the year by deciding which learning powers they would like to focus on.

To find out more follow this link to a video that the children watched during Family Group time.

https://www.youtube.com/watch?v=KUWn_TJTrnU

Mrs. Churchill



USING YOUR PUPIL VOICE



Article 12 - Every child has the right to have a say in all matters affecting them, and to have their views taken seriously.

There is going to be an opportunity for you to recognise and celebrate great learning. You will have the right to vote for four children from your class, who has worked really hard to develop a growth mindset. In assembly, they will receive a fantastic badge that they can wear to show that they have a growth mindset.



Resilience



Resourcefulness



Reflectiveness



Reciprocity

Sun Safety

We all need some sun exposure – it's a source of vitamin D which helps our bodies absorb calcium for stronger healthier bones but too much sun can cause skin damage, eye damage, immune system suppression and skin cancer.

Children's skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors – not just on holiday!



Shade

UV rays are strongest and most harmful during midday so try to avoid outdoor activities or seek shade under a tree, umbrella or pop up tent



Cover Up

Covering up with long sleeved shirts can provide protection from UV rays



Wear a hat

Hats that shade the face, scalp, ears and neck are easy to use and offer great protection. Baseball caps don't protect the ears so use a sunscreen.



Wear sunglasses

Sunglasses protect eyes from UV rays which can lead to cataracts later in life. Wraparound sunglasses are best.



Apply Sunscreen

Use sunscreen with at least SPF 15 and UVA and UVB protection every time your child goes outside. Apply generously 30 minutes before going outside. Don't forget ears, nose, lips and the top of feet. Reapply regularly during the day.

Unprotected skin can be damaged by UV rays in as little as 15 minutes.

UV rays are still present on cloudy days so still take precautions.

Warm weather can cause dehydration so make sure your child drinks plenty of water especially during the summer months.

Plan ahead - keep sun cream handy and put a hat and sun cream in your child's bag for use at school.

Any further enquires you can contact your local school nurse on 03000 263568.



Partnership Event 2017

Fun4All

Hackworth Park Shildon
Saturday 5th August

11.00am - 3.00pm

Featuring

Jack Drum Runaway Samba,
Climbing Wall, Dot & Zooky,
Make My Day Mascots,
Falconry Display, Farmyard Bus,
Mini Kicks, BootCamp,
FREE Fair Ground Rides,
Under 5's Area,
parklife-Game Changer,
Skate Competition 8 years plus
Market Stalls, Table Top Sale
Food Stalls & much much more!

Supported By

Shildon Town Council, Shildon Alive-A St John's Church
Project, Livin, Foundation Of Light, BASH AAP,
Health Express, PCP, One Point,
Durham County Council's Culture & Sport Team

For further information contact Shildon Town Council on 01388 772563