



## The West Jesmond Family Newsletter 5 Spring Term 2025



### Children's Mental Health Week 2025

This week is Children's Mental Health Week. In class and in our assemblies, we have been talking about our mental health including how to talk about and recognise how we are feeling. The focus of the week is **Know Yourself, Grow Yourself** and encouraging children to embrace self-awareness and explore what it means to them. This will hopefully help them grow and develop resilience to cope with what life throws at them.



### Kindness Week 2025 Message From Ms Young

We are building on our Children's Mental Health week with a special kindness week all across school. Our assemblies will revolve around the theme of kindness; highlighting its importance in our school and wider community. You may have heard that kindness has been chosen as the children's word of the year for 2024 after a survey of thousands of young people between the ages of 6 and 14. Throughout this week, we will encourage all children to engage in random acts of kindness - whether it be sharing a smile, helping a friend, or showing gratitude towards someone else. These small, thoughtful gestures can have a profound impact on those around us. We are going to be challenging the children to complete as many acts of kindness around school as they can. We will share our experiences during assembly sessions, creating a vibrant tapestry of positivity and compassion within our school community. We would like to set you all a challenge to see if throughout the week you could take part in a random act of kindness. At the end of this Newsletter are some suggestions for kind actions to help inspire us to spread kindness. **Miss Young**

### Reception Trip To Northumberland Zoo

Reception had a wonderful time at Northumberland Zoo as part of our animal topic 'Weird, Wild and Wonderful!'. We certainly saw a lot of animals which were weird, wild and wonderful including fruit bats, lemurs, stick insects, birds of prey and even snow leopards. The children loved seeing all of the different animals up close. A huge thank you to the friends of West Jesmond who gave us money towards paying for the coach and to all the parents and carers who helped with the trip.



Headteacher: Matt Ward  
Deputy Headteacher: Mark Dinsley  
West Jesmond Primary School, Tankerville Terrace,  
Newcastle-upon-Tyne, NE2 3AJ  
☎ (0191) 2810000 📧 office@westjesmond.newcastle.sch.uk  
🌐 www.westjesmondprimary.org.uk



### Thank You Friends of West Jesmond

Thank you very much to the Friends of West Jesmond for organising the Pre-Loved Uniform Sale this week. We are very grateful for all your time storing, sorting and selling the items.

**Please Label Uniform:** Could we take this chance to ask all parents to please label your child's clothing. We have an ever growing lost property pile and without names we cannot reunite children with their clothes.



### Big Garden Bird Watch.

Last week, a number of our children went out to the Orchard to do our bit for the RSPB bird watch. We made bird feeders, used our frames to identify the birds and our check lists to keep a record of all the birds we saw. On our visit the birds were a little shy, but we were excited to get close to a blue tit and a magpie. We hope they enjoy the food we left for them!



### Year 1 Nurse Visit

This week a local nurse came in to visit our Year 1 classes. She taught us all about personal hygiene and how important it is for our bodies. She told us how to catch our coughs and sneezes in tissues and brush our teeth. She even showed us an exciting experiment all about how soap protects us and how the germs (pepper) do not like clean hands!



### Year 4 Gymnasts

This week, Year 4 showed great skill and concentration in our gymnastics lessons. First of all, we were revisiting our teddy rolls from last week's lesson. We then moved on to jumping, from two feet to two feet, in both half and full turns and then progressing on to jumping on and off the apparatus, focusing on our still landings.



### Homework Thanks

We know that at the end of a busy day sitting down with our children to do homework is not always the easiest task. But we are always hugely appreciative of all our children's efforts and especially enjoy when they show us work they have done that is extra special. We especially enjoyed this fantastic Arc de Triomphe created by Mia in Year 3. No wonder she is looking very proud!



### West Jesmond Dancers

We have a lot of children at West Jesmond who enjoy dancing in school, in our lessons and clubs and out of school in the evenings and weekends. For some children (and parents) the weekends can be very busy with dance events and competitions. Can we wish good luck to those children travelling to Nottingham for an event tomorrow and congratulations to a very talented dancer pictured here with trophies gained from last weekend!

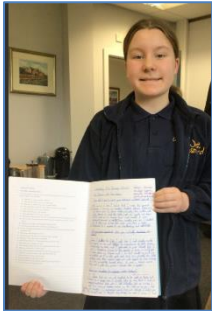
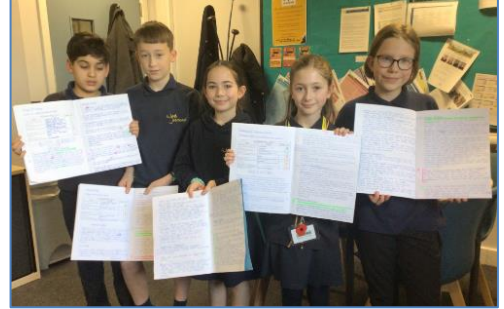
### Children's Cancer Run 2025 Sunday, 18 May 2025

Once again we have registered our school for the Children's Cancer Run. More information and sign up details will follow after half term!

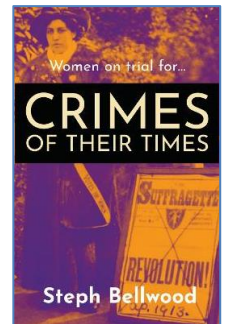


## West Jesmond Writers

One of our key school development priorities this year is reviewing and further developing the teaching and learning of writing in school. Walking around school on any day it is very inspiring to see how writing develops from the early sentences in Reception to increasingly complex fiction and non-fiction pieces in Key Stage 2. We know all of our children have different starting points with their writing and we celebrate the steps they have made as we look back through their books since the start of the year. Lots of children come to see me to share their writing each week. This week, children in Year 5 have been working extremely hard on their non-chronological reports on keeping safe in the Amazon. You can see a selection of the writing in the photo below. The reports were full of fascinating facts and detail, they were carefully constructed and contained a wide range of very sophisticated language.



We have also been incredibly impressed by Year 6 writing about Anne Askew as part of their Crime and Punishment topic inspired by the Book, *Women on Trial for Crimes of their Times*, by our very own Miss Bellwood. The writing has demonstrated the ability of many of our children to get deep into the character they are writing about and to use very powerful and emotive language to explain their feelings. Several pieces (such as the one being held up on the left!) have blown us away with their maturity and use of language!



Have a lovely weekend everyone!

Matt Ward (Headteacher)

## Dates for Your Diary

### Next Week

- ❖ Monday 10<sup>th</sup> – Weds 12<sup>th</sup> February Year 4 Robinwood Residential Visit
- ❖ Tuesday 11<sup>th</sup> February Safer Internet Day
- ❖ Thursday 13<sup>th</sup> February Year 3 Parents' Maths Workshop  
**Friends Key Stage 1 Disco**  
Newcastle Schools' Netball Final  
Year 5 Parents' Lockerbie Information Meeting
- ❖ Friday 7<sup>th</sup> February Cake Stall 2W

### Further Ahead

- ❖ Tuesday 18<sup>th</sup> – Thursday 20<sup>th</sup> Feb Reception Writing Workshops
- ❖ Thursday 20<sup>th</sup> February Year 4 Trip to El Torero Restaurant
- ❖ Friday 21<sup>st</sup> February **Break up for half term.**
- ❖ Monday 3<sup>rd</sup> March **Back to school**
- ❖ Thursday 6<sup>th</sup> March Friends Storytelling Evening
- ❖ Thursday March 13<sup>th</sup> Northern Stage Shakespeare Performance
- ❖ Tuesday 18<sup>th</sup> & Thursday 20<sup>th</sup> March **Parent Consultations**
- ❖ Friday 11<sup>th</sup> April **End of Spring Term**



Friends Of West Jesmond Cake Stall Spring 2025

Every Friday 3.15 pm Undercroft

10/01/25 - Y1A  
17/01/25 - Y1S  
24/01/25 - Y1Y  
31/01/25 - Y2D  
07/02/25 - Y2V  
14/02/25 - Y2W  
21/02/25 - Y3EW

## West Jesmond Random Acts of Kindness! Can you think of Lots More?

- ❖ Ask someone how they feel and really listen to the answer.
- ❖ Hold the door open for someone.
- ❖ Tell a joke.
- ❖ Leave a treat for the person who delivers your post.
- ❖ Feed the birds.
- ❖ Call a relative and ask them about their day.
- ❖ Pick up litter.
- ❖ Let someone go ahead of you in a queue.
- ❖ Say something kind to a friend.
- ❖ Collect in books for your teacher.
- ❖ Write a thank you note for your bin people.
- ❖ Plant something that others can enjoy.
- ❖ Bake something for a neighbour.
- ❖ Volunteer to walk dogs at the animal shelter.
- ❖ With your parents, check in on an elderly neighbour.
- ❖ Donate things you don't use anymore to charity.
- ❖ Invite others who might be on their own to play with you.
- ❖ Set the table for dinner.
- ❖ Give a loved one a hug.
- ❖ Tell someone why they are special to you.
- ❖ Donate outgrown clothes to charity.
- ❖ Write a thank you note to someone who has helped you.
- ❖ Talk to someone new at school.
- ❖ Donate food to the Peoples Kitchen or a local foodbank.
- ❖ Donate socks and supplies to a homeless shelter.
- ❖ Read a book to someone.
- ❖ Donate old towels and blankets to an animal shelter
- ❖ Tell someone how much you love them.
- ❖ Make someone else's bed.
- ❖ Hold the door open for someone.
- ❖ Tell your teacher what you enjoy at school.
- ❖ Say thank you to people who serve you when you are in shops.
- ❖ Help make dinner.
- ❖ Make a get well card for someone.
- ❖ Share a special toy with a friend.
- ❖ Clean up your room without being asked.
- ❖ Record a video message for faraway friends.
- ❖ Leave kindness stones at the park.
- ❖ Give spare change to a charity.
- ❖ Reuse and recycle as often as possible.
- ❖ Help another person carrying something.
- ❖ Teach someone something new.
- ❖ Write a kind note for a friend or someone in your family and put it in their bag to find.
- ❖ Collect money or items for your favourite charity.
- ❖ Donate colouring books and crayons to the children's hospital.
- ❖ Help someone unload their shopping.
- ❖ Make someone a bookmark.
- ❖ Collect books for the library.
- ❖ Adopt an animal online.
- ❖ Make a homemade gift for someone.
- ❖ Clean up your toys without being asked.
- ❖ Smile at people! It's contagious.

