



Reception

Pupil of the Week

Pupil of the Week is Ella Miles for excellent behaviour on our visit to the pirate ship this week.

Reception have had a busy week. We had a brilliant visit to the Royal Navy Museum in Hartlepool where we got to go on board a pirate ship. We also had a wonderful graduation celebration where we got to dress up in a cap and gown.

Year 2

Pupil of the Week

Pupil of the Week is Pupil of the week is Pupil of the Week is for Lexi Gray, for having a fantastic year in Class 2 and for always having a smile on her face.

Just a reminder that the children can take home their wellies next week out of the cloakroom. Please send the children in with a strong bag next week.

Year 4

Pupil of the Week

Pupil of the Week is Haydn Biggs for a transformed attitude and setting a good example in class for others.

Nursery

Pupil of the Week

Pupil of the Week is Lucas Watson for always being happy and cheerful in Nursery.

Year 1

Pupil of the Week

Pupil of the Week is Freddie-Lee Metcalfe for contributing his ideas to group discussions.

The year one staff are super proud of how well the class participated in sports day!

Year 3

Pupil of the Week

Pupil of the Week is Edward Dennison for his excellent ideas in English.

Year 5

Pupil of the Week

Pupil of the Week is Lexi B for demonstrating a mature and positive attitude in school.

Year 6

Pupil of the Week

Pupil of the Week is Oliver Norris for his great attitude and motivation during rehearsals for the leavers' performance.

School News

Staffing September 2022

Ducklings- Mrs Allan, Miss Dunkeld, Miss Littley and Miss Richardson

Nursery- Miss King and Miss Lamb

Miss Fawcett and Miss Landers

Reception- Mrs L Smith and Mrs J Smith

Year 1- Miss Crampton and Mrs Ferguson

Year 2- Miss Cameron, Miss Cowe and Mr Gough

Year 3- Miss Gregg and Mr Hay (Mrs Miller support)

Year 4- Miss Prosser and Mrs O' Sullivan

Year 5- Miss Hird and Mrs Brown (Miss Harrison support)

Year 6- Miss Denham and Mrs Goldsmith

Mr Whitelock- P.E Coach

Mr Gough- Creative Arts Lead

Mrs Miller- Wellbeing

Dates:

EYFS Specific

- EYFS Sports Day Monday 18th July (1.30pm start)

Dates for your diary (Year 6 Parents)

- Our own 'Westonbury Festival' - Tuesday 19th July (**Year 6 children only**)
- Leavers' performance - Wednesday 20th July, 10:00am (**Year 6 only**)

Whole school dates

- End of year progress meeting for parents will take place Monday 18th July



☆ Mr. Whitelock has awarded the whole school his Sports Superstar Award this week for brilliant behaviour and effort during sports afternoon. ☆

Well Done!



🎵 Music Maestros 🎵

Year 1

Hunter Hindmarch

Olivia Stephenson-Brough

Year 5

Alexander Owens

Elena Faulkner

Year 6

Sophia Johnson

Cole Fitzgerald



West Cornforth Sports Fundraiser was a HUGE SUCCESS!
Fundraising total: £2610

First of all, I would like to say a massive thank you and well done to all of the children, staff and parents for attending and supporting last week's fundraiser. The money raised has been shared equally between the Connor Solan Cancer Trust and school.

Please do not forget that this would not have been possible without YOU!

Return to School September 2022

As you are already aware, we break up for the summer holidays next week. The term will end next Wednesday at 3pm. School will be closed next Thursday and Friday. Children will return to school on Tuesday 6th September. We hope you have a great summer holiday and return to school safely in September.

Staying Safe During the Summer

During the Mini Police session this morning, concerns were raised about the growing number of children who have started vaping. They are also concerned about the safety of the children who are messing around at the quarry or trying to set fires at the quarry and around the village.

Just a reminder to keep track of your child's activities and behaviour once they leave the house.

Lost Property

As usual we have lots of lost property. Items of clothing etc. will be placed on tables outside of the school reception on Monday, Tuesday and Wednesday next week. Please take the clothes etc. as unclaimed items will be taken to the charity shop or put in the bin.

[Click here to read the latest guidance on parking around schools.](#)

Special Educational Needs and Disabilities (SEND) Updates

Upcoming Events and Information

Most upcoming events are being advertised on social media [Durham SEND Information, Advice, Support Service | Facebook](#) This is the link to the page and there is also an Autism Hub group [Durham SENDIASS Autism Hub | Facebook](#) which promotes not just the Autism Hub events, but also other events going on across the county.

There is a mailing list for parents/carers to join. To become part of the mailing list, email: ann.connor@durham.gov.uk and ask to be added to the mailing list. You will then get any information emailed directly to you.

Summer Holiday Short Break Support Opportunities for Children and Young People with Disabilities and their Families

Miss Gregg has sent a message out to parents/carers of children with SEND to inform them of a range of opportunities that are taking place over the holidays. The support key is attached below. If you have not received this message with the full attachment, and feel like you need further information, please contact Miss Gregg on Class Dojo.

SUPPORT KEY	
<p>Fun activity sessions with food – These are fun activities for children and young people with SEND, are free to attend and include food.</p> <p>These are delivered by Community Organisations funded through Department for Education.</p> <p>NB the Organisations are not monitored through Commissioners.</p>	
<p>Activities for children with disabilities – There are a number of activities targeted at children with disabilities delivered by a range of local Organisations.</p> <p>These activities are not monitored or checked by Commissioners at Durham County Council.</p>	
<p>Activities and trips for families of children with disabilities. These are arranged and co-ordinated by DADLG who are contracted by Durham County Council to develop a menu of activities, removing barriers and supporting adjustments to ensure inclusion for those who have disabilities. Parent/ carers are part of this programme.</p>	
<p>Parent/ carer support – Durham County Carers are contracted by Durham County Council and Health to provide support for parent/ carers. Support available for parent/ carers over the summer.</p>	
<p>Specialist Holiday Hubs – These are holiday clubs that are delivered with very specialist/ enhanced support for children and young people with disabilities and complex needs who have a social work assessment. Providers are contracted by Durham County Council and monitored to ensure adequately trained to provide these services.</p>	
<p>N.B Some activities children and young people can attend alone and some require parent / carers to be present.</p> <p>FOR FURTHER INFORMATION PLEASE CONTACT SHORT BREAKS SOLUTIONS 03000 260270.</p> <p>The Short Breaks Solutions Officer and Enabling Inclusive Communities Co-ordinator may be able to assist with:-</p> <ul style="list-style-type: none"> • Advice and signposting. • Researching any potential opportunities for families who may require funding support to enable access to short breaks over the summer. • Removing potential barriers for families to access the community. 	

Fun and Food (Holiday Activities with Healthy Food – Summer 2022)

This Summer Durham County’s Fun and Food programme is providing fun activities with healthy food for children and young people. Activities are provided by range of partners including schools, voluntary and community sector groups and sport and leisure services. For information on Fun and Food activities during the Summer holidays check out: www.durham.gov.uk/FunAndFood.

Also, join their Facebook group: <https://www.facebook.com/groups/funandfoodcountydurham>.

We will be adding activities to the list throughout the holidays so please keep checking back to find out more about the fabulous opportunities in our community.



Look after your wellbeing this summer - choose one, two or three activities to complete each week and tick them off as you go! Share your favourite activities on social media and tag @ThriveApproach in your post.

Thrive's 6 weeks of summer

1. Nature week

Explore your garden or local park and see what you can find - sticks, leaves, feathers. Arrange your items on the ground to create a picture.

Make a cake for the birds. Make a small hole in the bottom of a yoghurt pot, thread some string through and tie a knot on the inside. Leave enough string so that you can hang the pot up. Cut some soft lard into pieces and mix with seeds, raisins and cheese. Fill the pots and put them in the fridge. Once set, hang where birds can enjoy, and you can watch them!

Plan a day out with your friends or family. Go for a walk, bike ride, swim or picnic and enjoy being outside in the fresh air.

2. Art Week

Create splatter painting! Dip your paint brush or spoon into the paint then flick your wrist to splatter the paint across the paper. Continue splattering with different colours and movements to create your masterpiece.

Make a fan for a hot day. Decorate one side of a paper plate then fold it in half so the blank side is on the inside. Staple the outer edges together and tape a lolly stick to the middle as a handle - your fan is ready to use!

Try continuous line drawing - the aim is to not take your pencil off the paper. It doesn't matter if it makes the drawing look scribbly or messy - that's part of the fun!

Let's help every child
thrive

3. Mindfulness week

Put a blanket down outside and watch the clouds. Notice how they move and change shape, what do they look like? Take some deep breaths and pretend you're blowing the clouds along.

Go for a mindful walk in your local area. Notice the colours, sounds and smells around you. How does your body feel when you walk slowly or when you go up a hill?

Find a meditation or body scan video to help relax your mind and body. How does it make you feel?

5. Self-care week

Download the Thrive self-care bingo and see how many activities you can cross off in a week. Challenge your friends and family to do the same.

Plan a home spa day. Make your own natural facemasks, have a bubble bath or do your own pedicure. Do anything that makes you feel relaxed and special.

Research yoga and the benefits it can have on your mind and body. Try different poses and build your own sequence to practice.

6. Food week

Find a local market and see what food is on offer - is there something you've never tried before?

Have a picnic outside with your friends or family. Ask everyone to bring their favourite food to share with the group.

Get creative in the kitchen and cook a meal or snacks from a different country.

Yay, you've completed Thrive's 6 weeks of summer! Celebrate by downloading your certificate from thriveapproach.com/resources

Empowering Parents, Empowering Communities (EPEC)

FANTASTIC OPPRTUNITY FOR DURHAM MAMS, DADS AND CARERS!

We have exciting news, Empowering Parents Empowering Communities (EPEC) has arrived in Durham **but they need your help!!**

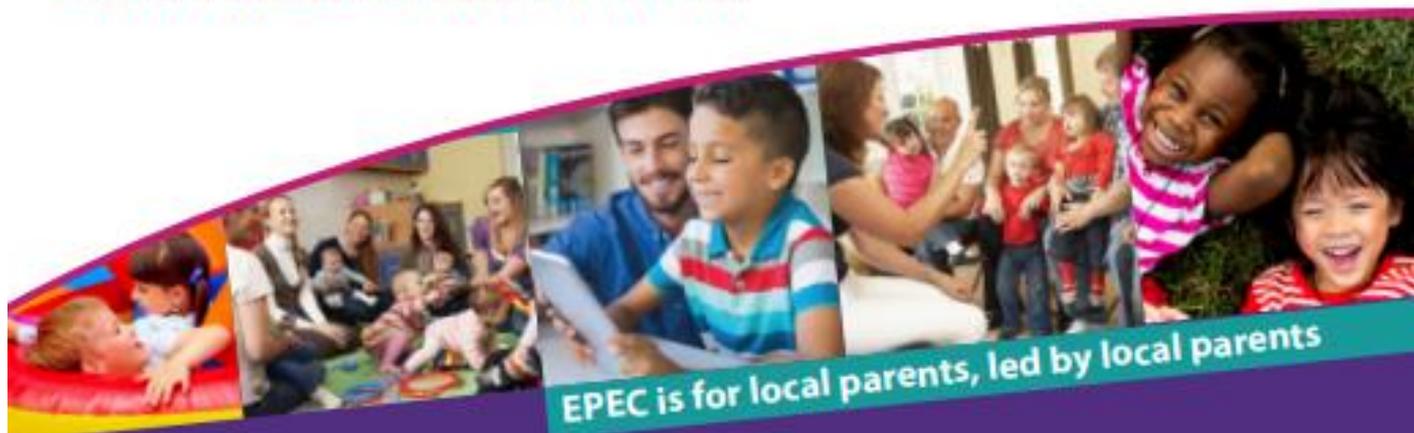
Empowering Parents Empowering Communities is an internationally recognised evidence-based, peer-led parenting programme. **They are now recruiting volunteers to become Parent Group Leaders, to deliver EPEC courses across Durham. EPEC courses promote successful and unique parenting approaches for local parents, led by local parents. Parent Group Leader training starts September 2022!**

See the flyer below.

Could you help parents give their child the best start in life?



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES



Becoming a parent group leader gives you the chance to help families gain the skills they need to give their children the best start in life. EPEC is a parenting approach that trains local parents to lead groups that support other local parents.

As part of the EPEC programme we are looking for mams, dads and carers to become group leaders to deliver parenting courses in your local area. As a volunteer group leader you will:

- Receive amazing free training and support from our local EPEC team.
- Learn to lead practical, caring groups for local parents.
- Share tried and tested methods that give children the best start in life.
- Join a group of like-minded parents to make a difference to your local community.
- Develop your skills and confidence.
- Gain experience that will help you fulfill your ambitions.
- Have your transport, meal and childcare costs paid for whilst undertaking and delivering training.
- You will have access to a varied career development programme.

By completing a short 12 week course one day per week (09.30-14.30) you could become a group leader. Courses start mid-September 2022.

Once you have completed your training, you and another parent group leader will deliver course(s) to other parents across County Durham over a 9 week period. You should allow 5 hours per week for course delivery, evaluation and supervision. We will work with you to make this work for you.

For more information please contact Fiona Smith on 07769 239 687 or email Fiona.Smith@durham.gov.uk



Live Well North East – Community Coaching

We would like to make you aware of our Community Coaching programme which is funded by the NHS Community Connector grant. As a prevention and early intervention organisation, our services and activities offer a non-judgmental, personalised programme tackling poor mental health, increased confidence, and supports personal development and positive wellbeing. We have a wide range of activities for children, young people and adults, based in our community wellbeing centre, The Live Well Centre, in Sacriston. We also complete outreach and partnership work within the local area and across the county. The Community Coaching programme is delivered through a suite of activities including health and fitness, mentoring, drop-in sessions for time to talk, connect and create, mindfulness and relaxation, emotional wellbeing and CPD courses providing a whole round approach to wellbeing, personalised to individual need.

We have developed a basic needs assessment that individuals can complete to access services and activities. Professionals can also complete this with/on behalf of individuals as a referral process. The link to this is below:

<https://forms.gle/LqCfq2MeTyZu4NV57>



EMPOWERING
CONNECTING
INSPIRING

Community Coaching

Health and Wellbeing activities and services for all ages.

A non-judgmental personalised programme addressing mental wellbeing, confidence, personal development and physical activity.



County Durham
Care Partnership



County Durham
Community Foundation

NHS
Durham, Darlington and Teesside
Mental health and
learning disability partnership

Rollarcoaster Diary Dates

ROLLERCOASTER DIARY DATES

JULY & AUGUST 2022

FOR FAMILIES SUPPORTING A CHILD OR YOUNG PERSON (UP TO 25 YEARS) WITH EMOTIONAL OR MENTAL HEALTH DIFFICULTIES

Parent Support Group.

Support, information and advice with a parent peer support worker & a CAMHS Nurse

- Wednesday 6th July 10am - 12
- Wednesday 20th July 8pm - 8pm
- Wednesday 17th August 8pm - 8pm

Angel Trust, Bishop Auckland DL14 7JH

- Wednesday 3rd August 10am-12

Box b, Durham County Cricket Ground
DH3 3QR

Virtual Support Group

Support, information and advice with a parent peer support worker, a CAMHS nurse & SENDIASS worker.

- Wednesday 13th July & 10th August

bpm - 6.30
Facebook live
6.30 - 7.30
Zoom closed support group

United Voice

A place for Children, Young People and Families to have their voice heard and help make a difference to CYPs mental health in County Durham

Monday 18th July
bpm - 8pm
Online Zoon

Contact Details
01777 312662
support@rollercoasterfs.co.uk
@rollercoasterparentsupport
@rollercoaster05

Logos: SENDIASS, FOUNDATION, County Durham Clinical Commissioning Group, NHS, Wals, Eds and Star Valley's NHS