

**Newsletter 12 – Friday 28<sup>th</sup> March, 2025**

Dear Cragside Family,

As we come to the end of yet another busy fortnight in school, our children have once again participated in a range of different activities, alongside all of the learning which they have been doing. Year 6 have participated in First Aid workshops, we had some Year 5 children attend a skipping workshop and Reception thoroughly enjoyed their walk to the park on Monday. On their visit to Alexandra Park, the children acted as brilliant role models for our school, taking turns well and being sensible. They also produced some brilliant writing the next day about the visit. Many thanks also to the parent helpers who volunteered to support this visit.

**Healthy Snacks and Lunchboxes in school**

We encourage children to bring in healthy snacks full of vitamins and minerals containing no added salt, fat or sugar. Many of these will help contribute to their 5 daily portions of fruit and vegetables, keep them alert and help them concentrate. It can be hard during the week to think of suitable items for them to bring in to school, but we are aiming, with your help, to support the children in guiding them to make healthy choices regarding snacks.

Children in EYFS and Key Stage 1 have a daily snack of fruit or veg provided for free by the government, so additional snacks for these ages may not be required. Following the advice outlined in the 'School food standards practical guide', a healthy snack idea may include any of the following:

- Vegetable sticks – such as celery, cucumber, peppers or carrot
- A piece of cheddar cheese or babybel, crackers
- A piece of fresh or dried fruit is also a great snack
- Bread sticks, plain pretzels, banana bread, malt loaf, oat/rice cakes and small pitta breads are also good snacks, providing children with carbohydrate to sustain them in-between meals.

We are seeing an increasing number of children who are bringing in chocolate bars and sweets for their snack. Please can I ask for your continued support in sending children into school with a healthy option. There are some links below with more information on healthy eating:

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>  
<https://www.cuh.nhs.uk/patient-information/healthy-snack-and-small-meal-ideas/>

**Cragside Church of England Primary School**

Westloch Road, Cramlington, Northumberland NE23 6LW

☎ 01670 714200

✉ [admin@cragside.northumberland.sch.uk](mailto:admin@cragside.northumberland.sch.uk)

f [CragsideCEPrimary](#)



Please also note that all snacks and items in packed lunches must be **nut free**. We do have some children in school who are severely allergic to nuts.

## **SEN Coffee Morning - Friday 2nd May at 9.15am**

Our next Special Educational Needs coffee morning will be on Friday 2nd May at 9.15am. This time, the Cramlington Family Hub will be offering a short presentation in the hall and then we will move to our community room for coffee and pastries if you would like to. Feel free to just come to the presentation if you want to.

The Family Hub will be presenting what they offer within our community - lots of information about sessions for children, families and parents! The Family Hub also offer sessions for parents about topics such as sleep, toileting, eating and lots more. Please come along to find out how they may be able to support you and your family. Our Early Help assessment coordinator Rowan Reed will also be joining us to chat with families. As always, Miss Harris will be available for anyone wanting a chat about their child.

We would love to see parents of any children with SEN, anyone who has questions about SEN, or any parents to come along for a chat!

If you have any questions, please email Miss Harris – [ellie.harris@cragside.northumberland.sch.uk](mailto:ellie.harris@cragside.northumberland.sch.uk).

## **Easter Services at St Nicholas' Church**

As we move towards the final week of the Spring term, our children and staff are looking forward to sharing our Easter Celebration services on Thursday 10<sup>th</sup> April at St Nicholas' Church in Cramlington. There will be three different services, which will be held at the following times:

- 9.30am onwards – Year 5 and Year 6
- 11.00am onwards – Year 1 and Year 2
- 2.00pm onwards – Year 3 and Year 4

We would love to see you there and hope as many parents, carers and families can attend as possible. Please can we ask that you are mindful of parking restrictions around the Church. This helps to ensure everyone stays safe, the traffic can flow freely and the coaches are able to transport the children safely to Church.

## **Easter Egg decorating competition**

As we prepare for Easter, our annual Easter egg decorating competition will be held on Wednesday 9<sup>th</sup> April. We would like to invite all of our children to enter this competition. For those families who are new to our school, this is a time when children can decorate a hard-boiled egg (or a plastic egg) and let their creativity wander to create an eggcellent masterpiece! Please can you make sure that the children's creations are labelled with their name and class and that these are brought into school between Monday 7<sup>th</sup> April and Wednesday 9<sup>th</sup> April. There will be a small prize for each child who enters and an Easter egg prize for winning creations.





## Online Safety –

Smartphone ownership and usage continues to be a hot topic within the media, with the importance of balancing digital access with mental and emotional well-being presenting challenges for families. Parents are encouraged to be proactive in setting boundaries, communicating openly with their children, and delaying smartphone ownership for as long as possible.

Did you know?

- Phone Ownership: 25% of children aged 5-7 own their phones, while 89% of 12-year-olds have one
- Average Screen Time: Children spend an average of 26.6 hours a week on their phones.
- Dopamine and Tech: Smartphone use is designed to be persuasive, triggering dopamine responses that can become addictive from a very early age.

Risks Associated with Smartphone Use:

Mental Health Impacts:

- Unrestricted access to smartphones is linked to an increased risk of depression, particularly in girls, who often struggle with comparison and loneliness.
- Smartphone use is associated with higher rates of self-harm.
- Cyberbullying- One in five children are affected by cyberbullying, leading to changes in self-image, self-harm, and isolation.
- Group Chats - Issues with group chats include exclusion, sharing of inappropriate content, and negative emotional impacts on children.
- Gaming - Concerns around gaming include playing with strangers online, which can expose children to unsafe interactions.
- Easy access to inappropriate age content games. Children in school frequently talk about having unlimited time on games like Call of Duty and Grand Theft Auto – both of which have a PEGI rating of 18. This age rating is awarded due to the more realistic-looking violence and the use of bad language

## Updates from Friends of Cragside PTFA

Next week, The PTFA have organised an Easter disco to take place in school, on Wednesday 2<sup>nd</sup> April. On the same date, children will be allowed to come into school wearing non-uniform, based on the theme of 'Express Yourself.' The Friends of Cragside kindly request a chocolate donation is made on this date.

With warm regards,

Joanne Parker

