



# Southridge First School Whole School Newsletter January 2026



*"Proud to Make a Positive Impact"*

## What's Inside

Happy New Year

"What I wish my  
parents or carers  
knew..."

Parent Governor  
Opportunity

Friends of Southridge

New staff emails

Our Core Values

Waste Warriors  
Project

Upcoming Dates &  
Notices

## Happy New Year!

### Happy New Year and Welcome to the Spring Term!

Happy New Year to all our Southridge families! We hope you had a wonderful festive break and are feeling refreshed and ready for an exciting term ahead.

The Spring Term is always full of opportunities for learning, creativity, and fun—and we can't wait to share all of our fantastic events and achievements with you. From new whole school initiatives to special activities planned by our amazing staff and PTA, there's lots to look forward to!

## Living Streets Walk to School

### Living Streets Walk to School - Earn Your Monthly Badge!

We're proud to support the **Living Streets Walk to School** initiative, which encourages children to travel actively and sustainably. Walking to school helps improve physical health, boosts concentration, and reduces traffic and pollution around the school gates. Plus, it's a great way to start the day feeling energized!

To earn a **special badge each month**, children need to make at least **three qualifying journeys per week** by walking, scooting, or cycling. Let's work together to make every journey count!

# Drop Off & Pick Up reminder

## Please Park Considerately Around School

We kindly remind all parents and carers to park responsibly when dropping off and picking up children. Recently, there have been incidents where **wheelchair users were unable to access dropped kerbs** and an **elderly resident could not safely drive past the front of school due to cars parked on double yellow lines**.

Parking on restricted areas not only causes inconvenience but also poses serious safety risks for pedestrians, drivers and our children. Please help us keep our school community safe by following parking guidelines and avoiding double yellow lines and dropped kerbs.

Thank you for your cooperation!

## Book Looks

### Come and Celebrate Your Child's Learning!

We're excited to invite you to our upcoming **Book Look sessions** (see upcoming dates below). This is a wonderful opportunity to spend half an hour in school with your child, exploring their exercise books and celebrating all the fantastic work they've done since the start of the year. Space is limited in the hall, so we ask that no more than two family members attend. If you are unavailable, don't worry, a member of Southridge staff will sit with your child and share their books with them.

Children love sharing their achievements, and you'll be able to give them positive feedback while gaining valuable insight into their progress ahead of Parent Consultations the following week.

We look forward to seeing you there!

## "What I wish my parents or carers knew..." - Dame Rachel de Souza

### Help and Advice on Managing Children's Digital Lives

The Children's Commissioner for England, Dame Rachel de Souza, has published a powerful new guide titled *"What I Wish My Parents or Carers Knew...: A guide for parents on managing children's digital lives."* It draws on the voices of children themselves, offering valuable insights into how parents can support their children in today's increasingly digital world.

Follow this link to read all about it:

## Why this guide matters

- **Bridging the generational gap:** Young people explained that parents often don't understand the online platforms they use—and advised: *“Be firm, be kind, and trust your instincts”*.
- **Communication matters most:** As young people grow into teenagers they want people they can talk to—not just rules. Dame Rachel stresses the importance of early, open conversations: *“Talk early and talk often”*.
- **Safe, sensible boundaries:** Children asked for clear rules around screen time, apps, and bedtime phone use. When these are explained and set together, they're much more likely to be followed.

# Friends of Southridge

## Friends of Southridge: Supporting Our School Community

A huge thank you to our amazing PTA, The Friends of Southridge, for their incredible efforts in supporting our school!

Last term, they organised our Christmas Fair, which was a fantastic success and raised an impressive **£3,642.10** to benefit our children and school.

Looking ahead, the Friends have even more exciting plans:

**Magical Day of Mischief** - coming at the end of this half term for all children to enjoy! See flyer below.

**Mother's Day Gift Shop** - running during the week of **9th March**, giving children the chance to buy something special for Mothering Sunday.

**Spring Disco** - mark your calendars for **19th March**!

We are so grateful for the time, energy, and creativity that the Friends of Southridge bring to our school. Their hard work makes a real difference for every child.

# Our Core Values

## Our Core Values at Southridge First School

At Southridge, our core values are at the heart of everything we do. They guide how we learn, play, and grow together as a community. These values—**Respect, Responsibility, Friendship, Kindness, and Honesty**—help our children develop not only as successful learners but also as caring and confident individuals.

It's important for children to know and enact these values because they shape positive relationships, encourage independence, and build the foundations for lifelong learning. By living out these values every day, our pupils learn to make thoughtful choices, support one another, and face challenges with confidence.

Together, we're creating a school environment where every child feels valued and empowered to be the best they can be.

## Parent Governor Vacancy

### Current Parent Governor Vacancy on our Governing Body

Being a parent governor offers personal growth, community impact, and career benefits. It can help you to develop leadership, communication, and strategic skills while gaining insight into education. It's rewarding to influence your child's school, build networks, and contribute to the community, as well as developing transferable skills valued by employers.

If you are interested in applying, please see the information sheet (further down this newsletter). There were also a covering letter, and application form, attached to the newsletter email.

## Food Waste Project

### Year 3 Waste Warriors Lead the Way!

Our Year 3 *Waste Warriors* have been working hard with Georgie Cosgrove as part of the **Eat Smart** campaign to reduce food waste in our school.

In the first week of term, they carefully weighed all of our school's food waste, analysed the results, and collaborated with peers, teachers, and the kitchen team to create an action plan.

This week, the Waste Warriors presented an inspiring assembly to the rest of the school, while Georgie led engaging workshops with children right across the school.

Now, all pupils across the school will be working on the actions suggested by the Waste Warriors. Georgie will return in the last week before the half-term holiday to repeat the food waste collection and weighing—so we can see how much we've improved!

Together, we're making a real difference to reduce waste and protect our planet.

Their actions include great ideas like:

- making sure any fruit snack unused by younger years, is shared with the older children.
- offering seconds from the hatch for the older children at the end of service.
- reward stickers for children being brave and trying new foods

- and much more!



## Staff Emails

### Important Update: Staff Email Addresses Are Changing

We want to let you know about an important change to our communication system. All staff email addresses will be moving from @ntlp.org.uk to @southridgefirst.org.uk.

This update will help streamline communication and ensure consistency across our school community. Please make a note of this change when contacting staff in the future.

For more details, including specific information for your child's year group, please refer to the Year Group Newsletters, which will provide further guidance.

Thank you for your understanding and support as we make this transition.

## Young Carers

### Supporting Young Carers in Our School Community

At Southridge First School, we are committed to making sure every child gets the support they need to thrive. We know that sometimes life outside of school can have a big impact—especially if a child has a family member or friend who is ill, disabled, struggling with mental health, or living with an addiction.

In these situations, a child may become a **young carer**, taking on extra responsibilities at home or coping with worries that can be hard to manage. Young carers help in many ways, such as:

- **Practical tasks:** Cooking, washing up, or helping a parent with a physical illness like ME.

- **Personal care:** Assisting a parent with a disability with dressing, bathing, or changing dressings.
- **Emotional support:** Supporting an autistic sibling or a parent experiencing depression.

If you think a child in your household might need extra support, **please call the school office** (0191 9176665) or email our **Young Carer Co-ordinator, Miss Heads** ([laura.heads@southridgefirst.org.uk](mailto:laura.heads@southridgefirst.org.uk)).

All conversations will be treated **confidentially** and with sensitivity.

For additional help and advice, you can also reach out to local support services:

- **North Tyneside Carers Centre** - [www.northtynesidecarers.org.uk](http://www.northtynesidecarers.org.uk)
- **Young Carers Support (Carers Trust)** - [www.carers.org](http://www.carers.org)

We're here to work together to make sure every child feels supported and understood.

## Upcoming Dates & Notices

### February

- **Mon 2** – Year 1 Book Look (9:10–9:40am)
- **Mon 2** - Closing date for Parent Governor applications (4.30pm)
- **Tue 3** – Year 2 Book Look (9:10–9:40am)
- **Wed 4** – Year 3 Book Look (9:10–9:40am)
- **Thu 5** – Year 4 Book Look (9:10–9:40am)
- **Mon 9** – Parent Consultations (3:30–6:30pm)
- **Tue 10** – Parent Consultations (3:30–6:30pm)
- **Fri 13** – Last day of Spring 1 half term
- **Mon 23** – First day of Spring 2 half term

### March

- **Mon 23 to Fri 27** - High Borrans Residential
- **Mon 30** – Reception Easter Assembly (2:30pm)
- **Tue 31** – Year 3 Easter Assembly (2:30pm)

### April

- **Wed 1** – Year 2 Easter Assembly (9:15am)
- **Wed 1** – Year 4 Easter Assembly (2:30pm)
- **Thu 2** – Year 1 Easter Assembly (9:15am)
- **Thu 2** – Last day of Spring term
- **Mon 20** – First day of Summer term



## **The Role of the Parent Governor**

Parent governors are elected by other parents at the school. If there are more applicants than vacancies then an election will take place on the date specified by the school. Any parent or carer of a registered pupil in statutory education at the school at the time of election is eligible to stand as a parent governor. They are elected to the governing board by the parents or carers of pupils at the school. Each parent with at least one child at the school shall be eligible to vote. Proxy voting is not permitted. Responsibility for counting the votes lies with the Headteacher and a secret ballot will be conducted. Parent governors do not have to stand down if their child leaves the school but may do so if they wish. As with other governor positions a Parent governor can be suspended or removed by the Governing Board if their behaviour is a cause for concern. The term of office is set out in the School's Instrument of Government.

Parent governors play a vital role on Governing Boards, holding the unique position of having a parental viewpoint of the school. Through their children, they have a first-hand experience of the delivery of the curriculum and how the school is perceived by parents and the local community.

It is important for parent governors to maintain a strategic approach to school governance whilst establishing a rapport with the parental body. This can be a delicate role and a parent governor has to be particularly careful regarding issues of confidentiality. Although being available to advise parents on appropriate routes of action is important, it is essential that parent governors do not become personally involved in individual concerns. This could jeopardise the Complaints and Appeals procedures and no governor has the authority to act individually on behalf of the Governing Board. Parent governors have to be sensitive to when they are acting as a Parent and when they are acting as a governor and be able to act upon concerns as a parent without compromising their role as a governor.

### **Parent governors are:**

- Able to work in partnership with the Headteacher, Senior Leadership team and other governors to raise standards and improve outcomes for all children.
- Expected to act in accordance with the Code of Conduct and be aware of conflicts of interest.
- Representative parents and not a representative for parents.
- Able to guide parents regarding appropriate lines of action and procedures.
- Well placed to present a balanced view of issues.
- Equal in status to all other governors.

### **Parent governors are not:**

- Expected to gather the views of other parents and take them to the Governing Board.
- Simply expected to represent the interests of parents.
- Expected to vote as instructed by other parents
- A link between parents and the Governing Board.
- Able to take up individual complaints.



Southridge First School

# Magical Mischief Day!

A magical PTA fundraising event



## Approved Mischief Spells:

1. Wear trainers
2. Wear a different jumper
3. Wear odd socks/funky tights
4. Wear nail polish or temporary tattoos
5. Wear a hat or cap in class
6. Wear crazy hair
7. Bring an unhealthy snack for break time (*no nuts*)
8. Bring squash in your water bottle (*no fizzy drinks*)

## How the magic works

**School uniform must be worn**

50p per rule break from the list above  
or £3 to break all rules listed.

## Payment Details

Please send the correct money on the day  
in a sealed envelope, clearly labelled with:

- Child's name
- Class
- The mischief spells they have chosen

Payment can also be made via ParentPay.



## When

Friday 13<sup>th</sup> February





# No Limits

**FREE**  
FOR KIDS  
ALL AGES

## POOL SESSIONS

**Thursday at  
Waves  
6.20-7.20PM**

**Friday at  
Tynemouth Pool  
4-5PM**

**Saturday at  
The Lakeside Centre  
11AM-12PM**

**Saturday at  
Hadrian Leisure Centre  
2-3PM**



No Limits pool sessions are available in term time only.  
A valid easecard is required. Children and young people must  
behave in accordance with our Customer Charter. Pool admission policy applies.



**Do you want to improve  
your child's health?**

**Physical  
activity**

**Lifestyle  
topics**

**Healthy  
snack**

**A free 10 week programme** to support you and your family to make healthy lifestyle changes.

There are family programmes for two different age groups; ages 4-7 years old and ages 8-14 years old.

**Register:**



North  
Tyneside  
Council



**CHAT@northtyneside.gov.uk**



## Free school meals



### Your child may be entitled to free school meals

To check eligibility for free school meals you must apply online at [www.northtyneside.gov.uk](http://www.northtyneside.gov.uk) and enter 'free school meals' in the search bar.

If you don't have an e-mail address please call to register for free meals (0191) 643 2288

Choose Option 3

#### Easy to apply

It only takes a few minutes to apply online, you will need your NI Number or your NASS reference to register.

#### Savings for your family

You could save over £427 per year for every child that qualifies for free school meals.

#### Your school benefits too

Your school receives additional funding for every child registered for free school meals. So the school and your children will be better resourced.

### Please do not struggle in silence

If you are finding that financial pressures are affecting your child(ren)'s ability to access school, please email

[financial.support@southridgefirst.org.uk](mailto:financial.support@southridgefirst.org.uk)

which is a confidential email address monitored by the headteacher and we will contact you to see what support we may be able to provide and signpost for you.



# *Is your child registered for* **SCHOOL MILK?**

## *Child* **UNDER 5**

Every child under the age of five is entitled to free school milk. Simply register your child online.



## *Child* **OVER 5**

Every child over the age of five is entitled to milk at a subsidised cost of around £20 per term. Register your child and pay online.

**Children in receipt of benefits-based free school meals are eligible for free school milk. Speak to the school for further information.**

Free milk for under 5s is funded by the Department of Health and milk for over 5s is subsidised by DEFRA.

# **REGISTER YOUR CHILD TODAY**

Register online  
[www.coolmilk.com](http://www.coolmilk.com)



Need help?  
**Send us a message**  
at [www.coolmilk.com/contact](http://www.coolmilk.com/contact)  
or give us a call on **0800 321 3248**



FIND US ON SOCIAL MEDIA - SEARCH COOLMILKSCHEME