



COMMUNITY, SUPPORT & CARE

NEWSLETTER

WELCOME

Dear Parents, Carers and the Community,

Welcome to the Trust February half term newsletter. As well as sharing the countless learning and experiences with you, we want to highlight a range of activities, visits and meal ideas that you could do together over the half term. Everybody at the Trust is aware of how difficult life is at the moment, so if you have any other ideas to help save money or keep costs low then please do let your academy or the Trust know. We are committed to supporting the children and you, their families, to access a range of opportunities. This includes holiday clubs, so ask your academy if you haven't already.

Thank you to those of you who took the time to either complete the online survey or speak to Tees Valley Education staff regarding our Trust newsletters – Your feedback is key to ensuring our newsletters include valuable information for you as well as celebrating the many wonderful things we do together with our children, parents, carers and communities along with the support we receive from many local companies and services. We will share the survey results and feedback with you in our next newsletter.

The staff and I look forward to welcoming you back on Monday 27th February.

All best wishes,



Miss K Morley
CEO
Tees Valley Education

PROUD TO BE PART OF TEES VALLEY EDUCATION





BRAMBLES PRIMARY ACADEMY

Middlesbrough Institute of Modern Art Visit

The whole of the academy at Brambles have been invited to MIMA to attend a workshop. Many year groups have already been and had a wonderful day experiencing what the museum has to offer. The gallery is showcasing an artist called Lucie Rie who is famous for creating different pieces of pottery such as tea sets and buttons. We designed and created our own buttons using clay and painted them using pastel colours. We then had the opportunity to have a look around the gallery itself and we talked about Lucie's artwork. We had a really fun day!



Wrap around club

Brambles offers an after school club for parents who work or are in education until 4 o'clock on a Monday – Thursday. This group can also be used if families have appointments to allow the children to remain in class and parents to collect after usual finishing time. This is a huge support to our families with its popularity growing. The session is currently free. One parent who uses the club says, "The additional of wrap around means I can see my children out at the school I work in and then come over to collect my children." Another parent said "Wrap around is all fun and games, my kids love it."



BRAMBLES PRIMARY ACADEMY



Power of Women

Our Power of Women ambassadors attended GB Bank to take part in an inspirational day. The aim of the day was to inspire our wonderful ambassadors, providing insight into fantastic local businesses and occupations, as well as breaking down career gender stereotypes and generally raise ambition and aspiration. It's going to be great!

The day was filled with numerous interactive sessions from a wide variety of backgrounds, covering areas including STEM, politics, the environment and leadership.



Water safety assembly

To ensure children are safe both inside and outside the academy, the water safety assembly was arranged. A member of staff from the Neptune Centre came to share tips on water safety with the children. He did lots of discussion and learning about water safety including safe code when near water (spot advance friends emergency) and how to float and stay calm if ever in an emergency. Following this, he tested the children's understanding and knowledge with the quiz. Children who engaged and answered correctly want tickets for a family swim at the Neptune Centre. All of our winners were delighted!



DISCOVERY SPECIAL ACADEMY

Christmas Enterprise

Every class was given a budget for making something that they could sell for our Christmas Shop. Our Year 5/6 and Year 7 classes decided on the price of the products made and sold them at each of our Christmas sing-a-long sessions. Parents/carers of pupils attended and had the opportunity to purchase a product. The total was counted and shared equally between each class. The children then voted for something they would like to buy for their class with the money. This was an opportunity to apply our mathematical and wider curriculum skills and also to prepare for adulthood.



EarlyBird

We are really excited to be able to offer parents the opportunity to attend our first EarlyBird Programme. The programme is aimed at families with children under five who have severe learning difficulties and Autism and is an opportunity for parents and carers to learn more about autism and discover new ways to support children and each other following a diagnosis.



Marske Hall

To develop links with our wider community, our year 5/6 pupils visited Markse Hall. They made Christmas cards for the residents and took part in a Christmas sing-a-long. We enjoyed singing well-known Christmas songs with lots of the residents joining in too.



Coffee Morning

The focus for this half terms coffee morning was reading. This was an informative session to remind parents about the importance of reading at home. We shared the reading approach of the academy and showed parents videos of their own children reading with adults in the academy to celebrate their achievements. The parents and carers enjoyed visiting our library and looking at the wide range of texts that we have.



Community Art Project

This term we have started an academy and community art project to create a giant weave installation. This has been a great opportunity for the children, all academy staff, families and those in our wider community to come together to complete a piece of art to display in our hall.



Power of Women

Pupils from Years 6 and 7 have been getting involved with the Power of Women. In an introductory event, pupils explored gender inequality and also looked at a range of careers and opportunities. They considered their skills and the things they like doing, and talked about what they would like to be when they are older.

Our pupils were invited to apply for the honour of being Power of Women Ambassadors. We had many pupils who submitted applications and those who were successful went through to be interviewed by a panel of professionals. Five pupils were successful at interview and have now become Power of Women Ambassadors. They will work to spread the word about equality.





DORMANSTOWN PRIMARY ACADEMY

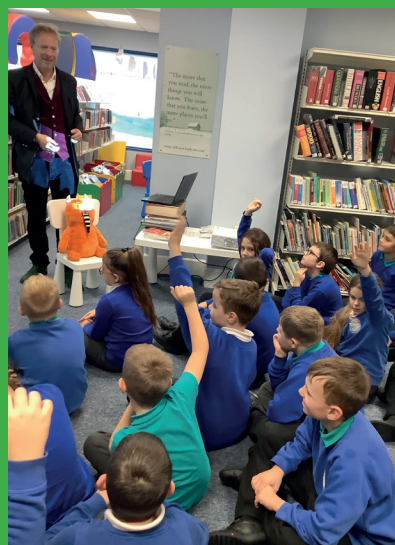
Engineering Project

Our Year 4 children are in the midst of an amazing project, organised by local business Seymour Engineering. They have been learning about what it takes to be an engineer; driven a JCB simulator; designed site safety posters which will be displayed at the company's new development and in the next term will have a hands on visit to see what a building development looks like – don't forget your hard hats kids!



Dormanstown Library Visits

We have worked hard this term to build relationships with our local library, and our first two classes have now held sessions in the library space. The librarians have been fantastic, sharing stories, talking about books and even arranging for author Robin Bennett to talk to the children about being an author!



Community Calendar

Our budding artists have been at it again, designing fantastic, creative pictures for the Dormanstown Community Calendar. Craig and Alex, who were on the selection committee, dropped into school to announce the winners. Not only did two of our students win a place in the calendar, but one was crowned overall winner and got their picture on the cover too!



Coffee Mornings

Every fortnight we open our hall up for parental coffee mornings, giving our school community a chance to drop in for a cuppa, and gain some useful information about what we are doing in school. We kickstarted these sessions with a Read, Write Inc morning for our reception parents which was amazingly well attended, and gave a great opportunity for them to ask questions about their child's reading.



Starbooks

Dormanstown School Library is amazing, and we want our families to know! We run a weekly library session before school where children and families can come to the library and share a story before school begins, with stamps for all attendees which build up to prizes when the children fill their bookmark! Each week the number of children grows, and it is lovely to see all age groups sharing a good book together!



Future Football Stars!

Each week as part of our afterschool clubs offer, our Key Stage 2 children are taught football by coaches from Middlesbrough Football Club. The children love the sessions, and the coaches are always full of praise for the teamwork and positive attitudes the children show!



Celebration Assemblies

We love a good celebration at Dormanstown! Every Friday we hold an assembly to share the outstanding work going on in all our classrooms. To make the event extra-special we now invite in the parents and carers of the Pot of Gold Winners, so they can share in the excitement each winner feels. It is incredible to see how proud each adult is of their children every week!





PENNYMAN PRIMARY ACADEMY

Harvest Festival donations

Some of the Harvest Festival donations / hampers were sent to the elderly residents of Markby Green, a retirement housing complex opposite the school ran by Thirteen Housing. Mrs Kelly took the food to Debbie, the Housing Support Officer who distributed them amongst the residents.

Debbie sent this email to say thank you and shared some pictures.

Thank you for the hampers they are really appreciated. I have purchased some carrier bags to distribute the hampers amongst the tenants.

I have just attached the photo of the hampers before dismantling them for you for today.

Please keep in touch.

Many Thanks

Debbie Smith

Markby Green
Housing Support Co Ordinator



Power of Women Inspiration Day

Our Power of Women Ambassadors visited GB Bank in Centre Square to take part in an inspirational day where they met, and listened to, different leaders and CEOs talk about their career development. The day was truly inspirational and gave our children the opportunity to ask aspirational questions about a wide range of careers and job opportunities within the Tees Valley.



Children North East Research

We were delighted to work with Children North East and to support them in their latest research project about how the cost of living affects families and children. Children took part in creative activities where they gave their views and ideas about what we need to live good lives and what they understood about the current cost of living crisis. The children who took part were all outstanding and did Pennyman proud!



Child Wellbeing NHS Grant

Middlesbrough Council and Parents 4 Change, Middlesbrough Parent Carer Forum nominated Pennyman Primary Academy as one of the lucky schools in Middlesbrough to receive a £500 grant. The grant will be used to provide specific sensory play equipment to help teaching staff to support the children and young people using the equipment and to enable children to build confidence, self-esteem and increased focus and attention.

Pennyman decided to use the money to create two 'Sensory Pathways' within the academy to give our children a chance to spend a few minutes of their school day walking, jumping, bouncing and "pushing themselves through their distractions". By including movement breaks into a child's everyday routine is beneficial to their academic success, enables them to regulate and be ready to learn.



FareShare

Here at Pennyman Primary Academy, we take the welfare of children and their families seriously. We are working in collaboration with the national charity FareShare.

Pennyman Primary have been using FareShare's food for the past year. The shop allows parents to buy essential supplies for their families. We usually receive a weekly boxed delivery of food on a Monday, which is shared with pupil's families through a shop set up in the school on Monday and Tuesday afternoons. Parents pay 30p per item and these range from fresh meats to juicy vegetables all of which the parents love. Each week, they look forward to seeing the offerings with one parent quoting, "This is much more fun than going to an actual shop." We look forward to continuing this throughout the year.



Christmas Presents for our Children

We received generous donations of Christmas presents to make such a difference to many of our children on Christmas morning. Thanks to TFM Radio's Cash for Kids and the Salvation Army's Christmas Appeal, none of our children went without a brand new gift to open.





WILTON PRIMARY ACADEMY

Lunch with the Fire Brigade

There are many roles in a community and we have been lucky to develop our relationships with Cleveland Fire Brigade. The fire fighters from red, white, blue and green watches all came for lunch with the children. This allowed the children to talk and ask questions in a relaxed environment and for relationships to develop between the fire fighters and the children. Everybody enjoyed the time and we will be seeing them again soon for a fire safety in the home assembly.



Fire Fighter Visit

Cleveland Fire Brigade supported the academy in Road Safety week by coming in and delivering an assembly to all children around road safety. The younger children learned how to cross the road safely, and the older children discussed how to keep themselves safe with dangers near roads. They also worked with children in nursery and reception to help them understand about people who help us.



Pastoral Support

We have been looking at strengthening our offer of pastoral support within the academy. Mrs Bell is working in the academy one day per week and she is supporting in class and outside at break and lunchtimes, as well as working 1:1 with children who require more specific support. In addition to this, we will be taking part in the Getting Help project. This is a combined support project from MIND, the Junction, CAHMS and the Link. Following a referral process, Toni who works for MIND, supports children in the academy one afternoon per week and supports with children who may be struggling with anxiety or other issues that can impact on mental health. We are pleased to be able to offer a wider range of support for our children and families.

Christmas Care Home

As part of our Christmas celebrations, we were able to visit Brookfield Care Home in the village for the first time since Covid. The children sang a range of Christmas songs to the residents and they all joined in with the well-known carols. Dennis, one of the residents, then treated the children to a solo of his own as he used to be a member of the Fisherman's Choir. We are looking forward to being able to strengthen our relationships with the home over the next few months. We also held a whole academy Christmas service in Wilton Church and it was lovely to see parents and community members joining us.



TEES VALLEY EDUCATION

Staying safe in the cold and ice

February is the coldest month of the year in England and we want all of our children and families to stay safe and well informed of the risks. Please take the following cautions when enjoying the outdoors.

Staying safe in the cold

Layer up! Bitter cold and snow can cause frostbite. Dress your child in several layers, and make sure their head, neck and hands are covered. Dress babies and young children in one more layer than an adult would wear.

Beware of clothing hazards. Scarves and hood strings can strangle smaller children so use other clothing to keep them warm.

Check in on warmth. Before kids head outside, tell them to come inside if they get wet or if they're cold. Then keep watching them and checking in. They may want to continue playing outside even if they are wet or cold.

Keep them hydrated. In drier winter air kids lose more water through their breath. Offer plenty of water, and try giving them warm drinks and soup for extra appeal.

Watch for danger signs. Signs of frostbite are pale, grey or blistered skin on the fingers, ears, nose, and toes. If you think your child has frostbite bring the child indoors and put the affected area in warm (not hot) water. Signs of hypothermia are shivering, slurred speech, and unusual clumsiness. If you think your child has hypothermia call 999 immediately.

Staying safe in snow and around ice

Play it safe. Even when roads are closed to traffic, it's not safe to play or sled in the street. Visibility may be limited due to snowbanks, parked cars and ice on the roads makes braking difficult.

Never go on the ice under any circumstances. This includes attempting to rescue another person or animal who may have fallen through the ice.

Keep away from the edge of the water and do not lean over to touch the ice. You may lose your balance and fall in. Never allow children to be around open water unaccompanied. Ideally, even adults should be with a group in case of accident.

What to do if you fall through the ice

Keep calm and shout '**help**' as loud as you can

Spread your arms across the ice in front of you

Try to kick your legs and pull yourself out of the water and onto the ice

Lie flat, spreading your weight across the surface and pull yourself to the bank, you may find it easier to roll

If you cannot climb out, wait for help and try to keep as still as possible. Keep your head above the water, press your arms by your side and keep your legs together. Once safe, go to hospital immediately

What to do if you see someone fall through the ice

Shout 'help' and call 999

DO NOT walk on the ice to attempt a rescue

Shout to the person '**keep still**'

If they are close enough, lie down to avoid falling in and throw them something long like a scarf or tree branch for them to hold onto

If you cannot reach them, slide them something like a football or bottle to help them stay afloat

If they are too far away, wait for emergency services and reassure the victim from a safe distance

Please make sure to talk to your children and ensure that they properly understand the dangers of ice. Children are at high risk of falling through ice if they do not know the dangers of stepping and playing on it. This is often fatal.

TEES VALLEY EDUCATION

Money saving recipes



Fishcake burgers

"For an easy lunch idea for kids, make these simple fishcake burgers. Sandwich fishcakes in a wholemeal roll with a dollop of yogurt, then add lettuce and cucumber for a healthy lunch that still feels like a treat!"
£1.50 per serving

This recipe is great for a healthy lunch over half term whilst the Kids are at home. Fish is a great source of omega 3 and serving it in a fishcake burger is a great way to incorporate it into your child's diet in a safe and familiar way for those with children who may be fussy or resistant to new foods.

<https://realfood.tesco.com/recipes/fishcake-burgers.html>



Pizza

"Trust me, once you see how simple and tasty this pizza recipe is you won't want takeaways. Serve with a lovely fresh salad on the side to boost your 5-a-day. The pizza dough can be easily doubled if you want to make a bigger batch."
54p per serving

Pizza is a go to favourite for many children and making it yourself can not only provide a cheaper, healthier variation but also provides a fun activity and is a great way to put your child's STEM skills to the test! Set them up with their base and lay out some toppings and let them get creative, entertaining and feeding them all at once!

www.jamieoliver.com/recipes/bread-recipes/basic-pizza

TEES VALLEY EDUCATION

Save some money whilst enjoying tasty homecooked meals. We have picked out a few of our favourites for you to give a go but there are endless options for you to have a look at in the links we have provided. Enjoy!



Jacket potato

"Bring the humble jacket potato to the next level with a crispy skin, punchy Cheddar and herby butter for a dinner that's greater than the sum of its parts."
65p per serving

A classic choice the whole family will enjoy and a brilliant source of carbohydrates. In the colder months it is important you get a warm and hearty meal in the evening. We love this recipe because it is diverse and can be adapted for use all year round by adding a cool side salad in the summer months.

<https://realfood.tesco.com/recipes/herby-baked-potato-with-vintage-cheddar.html>



Spaghetti

"Add this tomato spaghetti to your weekly dinner rota – you won't regret it. Once you've nailed this simple tomato sauce, use it as a base for all sorts of other dishes. This is a meal that just keeps on giving."
66p per serving

Spaghetti and pasta is a great money saving choice due to its cost effective ingredients. We love this recipe as it is filling and nourishing. Filling up your children with a bowl of pasta will reduce how often they will ask you for snacks, keeping your cupboards stocked up for longer.

www.asda.com/good-living/recipe/tomato-spaghetti



Eating out this half term

Asda Café

Kids eat for £1 all day, Every Day with no adult spend required. Children will also be able to get a free bowl of porridge from 8am to 12 noon every day in 205 Asda cafes across the half term, on top of the existing £1 kids main meal deal.

Morrisons Café

Kids eat free all day, every day in Morrisons cafes daily with every adult meal over £4.99

Dunelm Café

Monday-Friday after 3pm, kids can get two free snacks, a drink and a mini-meal for every £4 spent

Toby Carvery

Toby Carvery offers families a kids carvery for £1.00. Right now, kids can also get 2 courses for £5.99. Whether they choose a carvery with all the trimmings, or mac & cheese and a Make Your Own Sundae!

TEES VALLEY EDUCATION

Spend less things to do over half term

The library and reading

Books and stories are a great way to keep occupied whilst also building your child's vocabulary and literacy skills. Reading just 20 minutes a day is around 1.8 million words a year. However, we understand that buying new books can be expensive. A library card will allow your child to access, never ending books allowing them to discover their favourite genres and authors without breaking the bank. Visit <https://www.gov.uk/local-library-services> to find your nearest library. Another great way to get reading this half term is through 'Sooper books'. Read or listen to a range of 5-10 minute FREE stories.

Visit <https://sooperbooks.com/bedtime-stories/> to find out more.



Walks and outdoor fun

We are blessed to be surrounded by some beautiful scenery with some great walks to get out and about with the family over half term which don't cost a penny. Getting outdoors is beneficial for everyone, especially children. A healthy exposure to Vitamin D promotes bone health and helps minimise issues related to diabetes and heart disease whilst simultaneously reducing stress and anxiety. Children have been spending less time outdoors than ever. A 2018 study in the United Kingdom revealed that children spent about four hours outside per week, roughly 50% less than their parents had as kids. When children don't get outdoors, they miss out on valuable experiences that can enrich their physical, cognitive and mental development. When going outside please wrap children up warm, stay hydrated and stay safe. See our cold and ice safety information for further advice on enjoying the outdoors safely. Some of our favourite outdoor adventures are:

Teesaurus Park

A great FREE outdoor activity, take a stroll around the Teesaurus Park and see the dinosaur statues along the way. Fun photo opportunities and great for any dino fans in the family

<https://www.hidden-teesside.co.uk/2008/07/16/teesaurus-park>

**Seal Sands Nature Reserve**

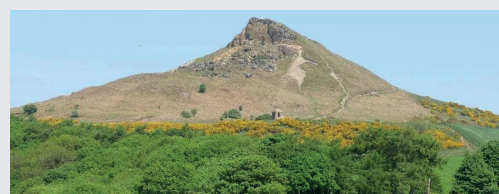
Another fun and FREE way to get outside and get some exercise. See what nature is right on the doorstep with birds, deer, and of course the seals

<http://www.stocktonteesside.co.uk/seal-sands---teesmouth-national-nature-reserve.html#.Y71xav7P2Uk>

**Roseberry Topping**

Wrap up warm and head up Roseberry Topping to see the spectacular views from the top. A FREE way to burn off some energy over the break and keep active

<https://www.nationaltrust.org.uk/visit/yorkshire/roseberry-topping>



TEES VALLEY EDUCATION

Arts and crafts

Get creative over the holidays and keep the kids entertained with some arts and crafts. Not only is it a fun and cost-effective way to pass the time there are other benefits associated with children and craft making. Completing crafts is great for children's confidence and self-esteem, fine motor skills and hand-eye coordination, creativity and imagination and is a good way to encourage decision making skills. Find some arts and crafts inspiration at:

<https://www.gathered.how/arts-crafts/fun-craft-ideas-for-kids-to-make-at-home/>

<https://www.happinessishomemade.net/quick-easy-kids-crafts-anyone-can-make/>

<https://www.bbc.co.uk/programmes/articles/pRyLxPd6wMJy30kd1fC7sK/art-and-crafts>



At home science experiments

At home science experiments will keep children stimulated and learning without even leaving the house and the costs associated with it! Children are hands-on learners and learning through play will help support their intellectual development. Science helps children learn organisation, focus and observation. Find some inspiration for some at home science experiments at:

<https://mashable.com/article/science-experiments-for-kids#:~:text=12%20ways%20to%20make%20science%20fun%20for%20your,Make%20hot%20maple%20ice%20cream%20...%20More%20items>

<https://blog.prepscholar.com/easy-science-experiments-for-kids-at-home>

<https://www.mkewithkids.com/post/here-are-two-weeks-worth-of-fun-and-easy-science-experiments/>

Museums

Many museums are free entry and have interchanging exhibits so you can keep returning and have a different experience each time. Some of our favourites are:

The Dormon Museum offers a great range of permanent display galleries to captivate visitors of all ages, from space to Middlesbrough through time. It is free entry and open 10am-4pm Tuesday-Sunday. Find the latest events on The Dormon Museums Facebook

<https://www.facebook.com/DormanMuseum>

MIMA connects art, people and ideas to empower creative lives and positively contribute to society. An international art gallery and museum, they commission, collect and re-think modern and contemporary art. Visit the museum to have a look at their current exhibitions or, during half term, MIMA is hosting a family art trolley. February 21st-24th 11am-1:0pm a craft area will be set up for you and your family to enjoy. Additionally, when participating in the family art trolley, kids can eat in the MIMA kitchen for £1 each. For more info, visit

<https://mima.art/visiting-us/>

Cost of living support

For our families living in the **Middlesbrough** council area:

Access to food

Foodbanks

Food banks in the Middlesbrough area are located at:

- St Barnabas, Linthorpe
- Coulby Newham Baptist Church
- Grove Hill Methodist Church
- Middlesbrough Community Church
- Holy Trinity North Ormesby
- Church of Ascension, Berwick Hills
- St Thomas More Church

You can get foodbank vouchers through referral agencies. For Middlesbrough foodbanks these agencies include Pennyman Primary Academy, Brambles Primary Academy and Discovery Primary Academy. Speak to a member of staff if your child attends either of these academies for support. To find other referral agents to get foodbank vouchers in Middlesbrough visit <https://middlesbrough.foodbank.org.uk/wp-content/uploads/sites/144/2021/11/Agency-list-Nov-2021.pdf>

Eco shops

Middlesbrough council have set up an eco shop scheme which anyone can use. All you need is your own bag and for a donation of £2-£3. To find a list of Eco shops visit <https://ecoshop.org.uk/find-an-eco-shop/>

Staying warm

Many local establishments in Middlesbrough are opening their doors to help you keep warm this winter. There's no limit on how long you can stay and in most venues, you'll also be able to get a hot drink if you need one.

At certain times, you'll be able to get advice on affordable warmth, including energy saving tips, changing your supplier, smart meters, and understanding your bills. You can also get support on a range of other subjects, including housing, benefits, mental health, and addiction.

To find places to keep warm visit <https://www.middlesbrough.gov.uk/community-support-and-safety/cost-living/warm-spaces>

Feeling like you can't cope?

We know that it's scary when you don't know if you'll be able to buy food or pay your next bill. If you're feeling anxious, depressed, or like you've run out of options, please reach out for help.

The Tees, Esk and Wear Valleys crisis service is open 24 hours a day, seven days a week. They will listen without judging you, support you, and help you with what to do next. You can call them on 0800 0516 171, for free. Please don't suffer alone.

For more cost of living support in Middlesbrough visit <https://www.middlesbrough.gov.uk/community-support-and-safety/cost-living>

For our families living in the **Redcar and Cleveland** area:

Access to food

Foodbanks

Foodbanks in the Redcar and Cleveland area are located at:

- Brotton Methodist Church
- All Saints Church
- St Hilda's Church
- Westgate
- Newcomen Methodist Church
- St George's Church
- Redcar Baptist Church
- Emmanuel Church
- Saltburn Solidarity foodbank

You can get foodbank vouchers through referral agencies. For Redcar and Cleveland foodbanks these agencies include Wilton Primary Academy and Dormonstown Primary Academy. Speak to a member of staff if your child attends either of these academies for support. To find other referral agents to get foodbank vouchers in Redcar and Cleveland visit citizens advice at <https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/contact-us/>

Staying warm

We understand that many people may be struggling with the additional cost of heating their homes and keeping warm. Redcar and Cleveland council have created a map to show where you can access Warm Spaces in the area, when these are available and what is on offer. For more info visit <https://www.redcar-cleveland.gov.uk/cost-of-living-support/warm-spaces>

Health and wellbeing support

The cost-of-living crisis has pushed money and financial worries to the forefront of everyone's minds. In many instances, financial worries can impact your physical and mental health. For self-care information, local and national support, Redcar and Cleveland council encourage you to visit the Make Every Contact Count website at <https://www.meccgateway.co.uk/nenc>

For more cost of living support in Redcar and Cleveland visit <https://www.redcar-cleveland.gov.uk/cost-of-living-support>

Please do not hesitate to speak to your team in your Academy if you need more information.



TEES VALLEY EDUCATION