



Newsletter: 10th May 2024

Dear Families,

Spring has finally arrived and our classes have been taking full advantage of the lovely weather this week, taking their learning outdoors. If you would like to see some of the fun activities we have been doing, please have a look at our Facebook page.

Next week is SATs week for our Year Six children. Thanks to the amazing work ethic of staff and pupils, our children are ready and waiting to show how much they have learned during their time at St Patrick's. We are already extremely proud of them all: they have put in a lot of work and effort and we are sure they will all show off their achievements in the tests. Although English and maths are important, we want our Year Six children to remember that they have been blessed with skills in plenty of other areas too and that SATs do not test everything. All anyone asks of our children is to try their best, and we are here to support and encourage every step of the way.

Hopefully, the lovely weather will continue, and everyone can enjoy a relaxing weekend before this busy week next week.

Many thanks,
Mrs Burgess

General

HATS ON FOR ERIN!



As you are aware, one of our Year Four pupils, Erin, is currently undergoing treatment for cancer. As a school we would like to show our support and so have organised a fundraising event in aid of Children's Cancer North.

On Thursday 23rd May, children are encouraged to donate £2 to come to school wearing a hat – the more elaborate, the better!

Please bring the £2, in cash, on the day. We can't wait to see the range of headwear and interesting creations our children come up with!



Young Minds SATs Week Tips

As it is coming up to SATs week, Young Minds have some great tips to share with children to support their emotional wellbeing and reduce any worries during SATS week.

For more information visit the website www.youngminds.org.uk

Online safety

We will give regular updates throughout the year regarding the need for vigilance with online safety. Please alert us to any concerns you may have.

Please see the following guidance and advice from National Online Safety.

What Parents & Educators Need to Know about HELLDIVERS 2

Within weeks of release, *Hell Divers 2* had become one of 2024's biggest gaming success stories. The sequel to a top-down shooter from 2015 has smashed sales expectations, owing to its frantic gameplay and tongue-in-cheek humour. However, the game comes with several risks to younger players, as indicated by its 18+ rating.

AGE RESTRICTION
PEGI 18+

WHAT ARE THE RISKS?

PEGI 18 RATING

Due to its intense violence and the presence of in-game purchases, *Hell Divers 2* carries a PEGI 18 rating. While players are generally fighting fantastical enemies like giant bugs and robots, their characters can be killed in various gruesome ways, up to and including dismemberment. It's certainly worth considering whether such a game is appropriate for younger players.

FRUSTRATION TRIGGER

The thrill of barely escaping through a dangerous mission in one piece is integral to *Hell Divers 2*'s appeal. To accentuate this feeling of achievement, the game includes some very difficult levels that could prove to be too hard for some players – even those who are legitimately old enough to play. Losing a level can be incredibly annoying, so repeatedly failing in missions could easily provide frustration or anger in younger players.

IN-GAME PURCHASES

In *Hell Divers 2*, players can use real money to buy in-game currency, with which they can unlock cosmetics and new weapons. At the time of writing, all the in-game items can be acquired without spending so much as a penny – but excited young players wanting to keep up with their friends may still feel the temptation to purchase new weapons more quickly, rather than laboriously earning the in-game currency through play.

LACK OF ACCESS

The game is available on PC and PS5, but not (as yet) on other consoles. Some people will naturally be disappointed they can't get involved and might look for similar alternatives to play on their own console – alternatives which may contain similar levels of violence and fun but lack the same balanced approach to user misconduct and in-game purchases as *Hell Divers 2*.

VOICE CHAT AND MESSAGING

Hell Divers 2 is always played online with others, who often use voice chat or in-game text to coordinate, strategise or just joke around. This does mean that children who play without their friends will be put in contact with strangers. Unfortunately, this represents a risk of the size of a shopping bag and robots levels too unrealistic to be upsetting, seeing your character get torn to pieces may be too much for young players.

Advice for Parents & Educators

GIVE IT A GO FIRST

Hell Divers 2 is a third-person shooter with intentionally humorous elements, but much of its comedy is rooted in satire which may go over the heads of some players. Consider playing the game first yourself – while shooting bugs and robots levels too unrealistic to be upsetting, seeing your character get torn to pieces may be too much for young players.

SET EXPECTATIONS

At the time of writing, *Hell Divers 2* costs £34.99. It could turn out to be an expensive and wasteful purchase if a player gets irritated and gives up shortly after receiving the game. If a young person tends to become frustrated easily, it's worth considering whether *Hell Divers 2* is really the game for them.

CONSIDER ALTERNATIVES

If playing on Xbox – where *Hell Divers 2* isn't available – consider something like *Fortnite: The Master Chief Collection* as an alternative. One of its game modes – *Flight* – replicates *Hell Divers 2*'s mechanics to some degree. Alternatively, younger players may be better suited to the more light-hearted *Deep Rock Galactic*, which sees them play as fantasy dwarves in a space, involving far less gruesome violence.

KEEP AN EYE ON PAYMENTS

Many times offer in-game purchases, but *Hell Divers 2*'s are comparatively cheap. You'll still need to monitor your payment information (for use as proof of card on the account), in case your child buys the in-game currency in bulk, on the whole, however, the game's selling methods are far less egregious than most similar titles on the market.

MONITOR COMMUNICATION & ADJUST SETTINGS

Thanks to an in-game "Ping" system (allowing players to highlight important details without speaking), communication isn't as integral to *Hell Divers 2* as it is in other games. You can turn off the chat options in-game on PC, or on the PS5's own settings, and feel more secure in the knowledge that your child won't be speaking to people they don't know.

Meet Our Expert

Lloyd Coombes is the Editor in Chief of *GGRecon*, and has been working in the games media industry for five years. As well as being an avid long-time gamer, he is also a parent and therefore understands the importance of online safety. Writing mainly about tech and fitness, his work has been published on sites including *IGN*, *TechRadar* and many more.

#WakeUpWednesday

The National College

May Wellbeing Activities

Positive Affirmations May Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

1
I believe in myself and my abilities.

2
I am worthy.

3
I am creative.

4
I am unique.

5
I am curious.

6
I am helpful.

7
I can do hard things.

8
I can make a difference.

9
I am free to be myself.

10
I am confident.

11
I always try my best.

12
I am thankful.

13
I am kind.

14
I ask for help.

15
I like challenges.

16
I am a good friend.

17
I am doing the best I can.

18
I am honest.

19
I make good choices.

20
I learn from my challenges.

21
I am a good listener.

22
It is ok if I make mistakes.

23
I stand up for what I believe in.

24
I am patient and calm.

25
I can try again.

26
I am generous.

27
I see the good in myself and others.

28
I believe in my dreams and goals.

29
Today is going to be a great day!

30
I am loved.

31
I am open and ready to learn.



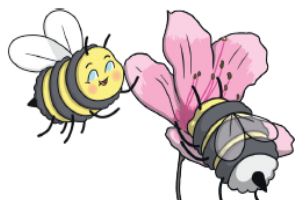
Starfish Breath

Sit down comfortably with your legs crossed. Hold out one hand, face your palm to the sky and spread out your fingers like a starfish. Use the opposite hand and place one finger onto the outside of your thumb. Breathe in as you move your finger up your thumb and breathe out as you move your finger down your thumb. Continue your starfish breathing, remembering to breathe in as you go up each finger and breathe out as you go down each finger. Once you have finished, swap hands and repeat on the opposite hand.



Bee Breath

Sit down comfortably and close your eyes if you are happy to do so. Carefully put your thumbs over your ears and your fingers over your eyes. Breathe in slowly through your nose until your tummy is full and then breathe out through your mouth, making a humming sound like a bee. Repeat this five times until you feel nice and calm.



Butterfly Shortbread Biscuits

Ingredients

- 100g butter
- 200g icing sugar
- ½ tsp vanilla extract
- 10 shortbread fingers (or make your own)
- 20 pretzels
- 5 chocolate sticks (or liquorice)
- sprinkles

Equipment

- whisk
- mixing bowl
- sieve
- teaspoon
- tablespoon
- piping bag and nozzle (optional)

Method

1. Preheat the oven to 170°C-190°C fan/gas mark 5.
2. Mix the sugar and butter together until smooth.
3. Stir in the plain flour.
4. Dust the work surface with flour. Then, roll the mixture out until it is roughly 1cm thick.
5. Cut the mixture into fingers and place them on a greased baking tray (or use greaseproof paper).
6. Then, put them in the fridge for 20 minutes.
7. Bake them in the oven for 15-20 minutes until they are golden brown.
8. Place them on the cooling rack and allow them to cool before decorating.



Head Teacher's Awards

The following children have received a head teacher's certificate this week:

Reception	Being Ready to Learn	Jory	For working hard in phonics every day.
Year 1	Being Respectful	Isla	For always ensuring to tidy away the things she has been using whilst exploring in class.
Year 2	Being Ready to Learn	Aria	For writing a really engaging story with lots of expression.
Year 3	Being Ready to Learn	Lily-Rose	For having such a good attitude to learning and trying her best.
Year 4	Being Responsible	Ella	For taking ownership of her learning and completing extra Reading Plus tasks at home.
Year 5	Being Ready to Learn	Ruby	For always working hard in class.
Year 6	Being Ready to Learn	Ella-Mae	For such a 'can-do' attitude!

Class Teacher Special Mention Awards

The following children have received a Class Teacher Special Mention certificate this week:

Reception	Thea	For persevering and listening during Forest School.
Year 1	Lexa-Rose	For her having a positive attitude towards everything.
Year 2	Cora	For always being a kind and supportive friend.
Year 3	Astrid	For a beautiful and thoughtful piece of writing in RE this week.
Year 4	Phoebe	For consistently retaining new knowledge and key vocabulary in Spanish lessons.
Year 5	Asia	For being a polite member of the class.
Year 6	Max	For consistently reading every day at home.



Summary of upcoming events

Monday 13 th – Thursday 16 th	Y6 SATs week
Tuesday 14 th	First Holy Communion 'Communion Day Preparation' pupil session 3.20-4.00pm
Saturday 18 th	First Holy Communion Service at St Patrick's Church 11am – Celebratory gathering in school afterwards, approximately 12-1.30pm
Monday 20 th - Wednesday 22 nd	Y6 Dukeshouse Wood Residential
Tuesday 21 st	Y2 Multi-Skills at Greenland Primary am
Wednesday 22 nd	Y1 Multi-Skills at Greenland Primary am
Thursday 23 rd	'Hats on for Erin' fundraiser in aid of Children's Cancer North

**Thursday 23rd May 3.20pm School
closes for half term break**

[Please click here to view our diary of events for
the rest of the academic year](#)

Parent/Carer Info

CAMHS Nurse Drop In Sessions

Designed for parents and carers of children aged 5-19 years old, these drop-in sessions are a chance speak to a CAMHS worker about their child's need. There will also be a member of Family Hub staff present who can talk about available programmes for parents / carers and children.

These sessions may be useful if your child is struggling with;

Low confidence and self esteem

Low mood

Worrying and anxious feelings

Chester le Street Family Hub - Wednesday 10am - 12pm

- 8th May
- 5th June
- 3rd July
- 31st July

Stanley Family Hub - Wednesday 12.30pm - 2.30pm

- 22nd May
- 19th June
- 17th July

The CAMHS clinician will be unable to give any updates on open cases and ongoing CAMHS work during these sessions. Any questions like this should be directed to the CAMHS team support your Child / Young person.

To refer into CAMHS, please contact the Single Point of Access on 0300 123 9296. Should you require Mental Health Crisis support, please contact the CAMHS Crisis Team on 111 or 0800 51 61 71.