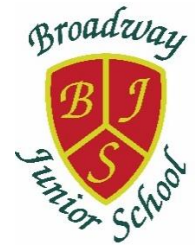


# NEWSLETTER



Thursday 20<sup>th</sup> July 2023

The end of the year is now upon us and I would like to thank all children and staff for their hard work and dedication this year. It really has been a pleasure working with you every day! Thank you also to all of you lovely parents for your support and kind words.

This will be the final newsletter from myself. It has been a joy leading our school for the last four years, but I am so excited to be back in class from September!

I wish Mr Walton-Jonas, our new Headteacher, every success in his new role and I know you will all give him a special 'Broadway welcome' in the new academic year.

Take care and have a wonderful summer. Mrs Johnson ☺

## Goodbye Year 6!

We are so sad to say Goodbye to our Year 6s. We have been through a lot together – including a global pandemic – but we have certainly had lots of fun and special memories to cherish for a lifetime.



BROADWAY JUNIOR SCHOOL YEAR 6 LEAVERS 2023

Follow us on Twitter  
[@broadwayjuniors](https://twitter.com/broadwayjuniors)



Work hard▶▶

Be kind♥

Shine bright★

## Dates for your diary...

Thursday 20<sup>th</sup> July – break up for the summer holidays.

Monday 4<sup>th</sup> September – INSET Day.

Tuesday 5<sup>th</sup> September – return to school.

Monday 4<sup>th</sup> – Friday 8<sup>th</sup> September – Year 6 Derwent Hill trip.

## Penalty Shootout

An amazing £1628.50 was raised for charity from this year's Penalty Shootout! Thank you for your kind donations!



### Holiday Homework Suggestion

**The summer holidays are there to be enjoyed - we understand that.**

Children need the time to rest, relax and do the things that they enjoy. The children have worked hard this year, however, 6 weeks is a long time. Many children will benefit from doing some Maths and English homework during the summer holidays. It will help maintain the skills learnt at school and a great opportunity to focus on the areas they may need a bit more support with.

**What are the benefits of doing some Maths or English holiday homework during the holidays?**

- 30 minutes now and then, doing short activities, can help children catch up with their peers.
- Activities can be focused on key skills you know your child needs to develop.
- It will avoid children forgetting key skills they have learnt at school. The long holiday has been known to do this!
- It will keep children mentally alert.
- A great opportunity to brush up on handwriting, reading, spelling and maths skills.
- It will help set a routine - most children respond well to structure.
- If possible, one to one time spent with children has a high impact on their learning.
- Activities can be Maths or English based, but more open-ended or linked in with creative activities e.g. design a board game and write the rules or instructions to go with it.

### Start and Finish Times:

Please note, following updated guidance issued from the DfE this week, our start and finish times will remain the same for next academic year:

8:30 – Y3 and Y5 start

8:40 – Y4 and Y6 start

2:50 – Y3 and Y5 finish

3:00 – Y4 and Y6 finish

\* \* \*

Breakfast Club timings will also remain the same:

8:00-8:10 - enter through Cortina Avenue gate.

8:10-8:25 – enter through Springwell Road gate.

Breakfast Club will begin on Tuesday 5<sup>th</sup> September.



### We are GOLD!

A huge well done and thank you to Mr Lindstedt for all your hard work with our Great Active Sunderland Schools Charter Mark application. We are delighted to confirm that we have achieved the Gold standard again, for all our work with PE, sports and physical activity.



**GOLD**  
**active**  
**Sunderland**  
**School 2022-23**



### ★ Attendance Stars! ★



Well done to these classes for having the best attendance this year!

1<sup>st</sup> place – Class 7

2<sup>nd</sup> place – Class 5

3<sup>rd</sup> place – Class 3

we aim for...





# Wellbeing Holiday Club



## Well-being Warriors Anxiety Intervention Program for children aged 8-11

Building on from Better Buddies, Well-being Warriors (Friends for Life) is a social skills and resilience building program that is an effective means to manage anxiety for children aged 8-11.

Anxiety affects everyone; it can cause constant worry about things close to a child such as homework, attending school outings, and even non-local events that appear on the news such as natural disasters or pandemics.

The inability to manage these anxieties can lead to an anxiety disorder.

Anxiety disorders are common, affecting over 20% of children in this age group. If unmanaged, anxiety can severely impact a child's development and their ability to learn, which can then create problems later in life.

### LOCATION INFORMATION

**EVERY WEDNESDAY DURING  
AUGUST  
10AM-1PM**

**THE COMMISSIONERS BUILDING,  
4 ST THOMAS STREET,  
SUNDERLAND  
SR11NW**

### FOR FURTHER INFORMATION

TEL: 0191 8151029

Email: [bethany@impactnortheast.co.uk](mailto:bethany@impactnortheast.co.uk)

[www.info@impactnortheast.co.uk](http://www.info@impactnortheast.co.uk)



## Course Information Sheet

Well-being Warriors is proven to:

- Reduce anxiety,
- Give participants the tools they need to cope with stressful and challenging situations,
- Improve participants' social skills,
- Improve ability to focus,
- Develop self-confidence,
- Develop the ability to relax,
- Develop the ability to regulate emotions.

The Well-being Warriors Program is an intervention based program, with each session taking between 2-3 hours depending on the activities chosen by the facilitator.

Which will help participants remember the FRIENDS concepts, and to bring structure to the sessions we use the FRIENDS acronym.

Using approaches drawn from Cognitive Behaviour Therapy (CBT) and the Positive psychology movement, teaching participants how to recognise and cope with their feelings

- F**eelings (talk about your feelings and care about other people's feelings)
- R**elax (do "milkshake" breathing, have some quiet time)
- I** can try! (we can all try our best)
- E**ncourage (step plans to happy home)
- N**urture (quality time together doing fun activities)
- D**on't forget – be brave! (practice skills everyday with friends /family)
- S**tay happy.



[WWW.IMPACTNORTHEAST.CO.UK](http://WWW.IMPACTNORTHEAST.CO.UK)

