



Website: <http://www.lowickholysislandschools.org.uk>

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13th December 2024

After rehearsing and learning lines and song lyrics the children performed our Christmas musical 'Everyone Loves a Baby' this week on Monday and Tuesday. Thank you to Mrs Cochrane and all the staff who made our Christmas performance so great this year. The children did a fantastic job of acting, singing and playing instruments and we appreciate all your support for our performances.

More photos and a copy of the programme are on our website: https://www.lowickholysislandschools.org.uk/website/everyone_loves_a_baby/702305

We have been blown away by all your generosity at our performances in buying raffle tickets and donations for refreshments. We have raised a good amount of money to go towards future enrichment activities as well as resources



Christmas Jumper day and trip to the pantomime

The children really enjoyed their trip to the Maltings for the pantomime. Their behaviour was excellent and they got involved with the usual pantomime fun as well as enjoying the music. We have had a very busy week this week with our own performances as well as going to see Sinbad on Thursday. We are planning a more relaxing last week of term and our highlights will be our church service in Lowick on Wednesday at 10.30am and our Christmas party on Thursday afternoon.





Aged 2 – 4 and looking for something to do with your day?



We have space!! Come and play in our lovely, fun, 'get-messy' EYFS Teacher led Nursery! No two days are the same other than they will be filled with happiness whilst reaching key goals for your age and stage.

Ask whoever looks after you if you can come – if they contact the school we can answer any questions, arrange a visit for you and a start date. In the meantime – come to our friendly **Stay and Play on Thursdays 1.30 – 2.45pm**

Call 01289 388 268 or email admin@lowick.northumberland.sch.uk

Stay and Play and nursery spaces

We run a friendly and fun 'stay and play' for children from birth to age 5 in our nursery every Thursday afternoon. Everyone is welcome from 1.30 - 2.45pm.

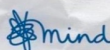
We also have some spaces in our nursery for 2 year olds upwards at the moment. We have a new advert on our nursery and school facebook pages. Please help us spread the word!

We recognise that Christmas, although a time of joy and celebration for many, can also be one of the most stressful times of year for many people and families. Please don't feel you should suffer alone.

We have included some numbers which may be helpful for you. Shout can be texted at 85258 if you are not feeling like talking to someone and can be the light in the dark you may need.

COPING AT CHRISTMAS

Christmas can be tough. That's why it's important to know there's always someone you can talk to.



0300 123 3393
Helpline
mind.org.uk



Text SHOUT to 85258
24/7 text service
giveushout.org



116 123
24/7 helpline
samaritans.org



Text YM to 85258
24/7 text service
youngminds.org.uk



0800 58 58 58
Helpline for men
thecalzone.net



0800 068 4141
Under 35s Helpline
papyrus-uk.org

National Domestic Abuse Helpline

0808 2000 247

You can call REFUGE, for free and in confidence, 24-hours a day.

YOU ARE NOT ALONE



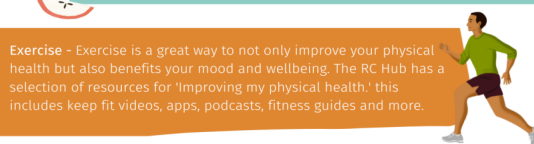
Christmas Self-care

Christmas is a difficult time of year for many of us, whether you celebrate it or not. Here are some tips to looking after your wellbeing this winter.

Spending time in nature - This could be going out for a walk or visiting a park with a friend or family member. Being outside in nature is great for relieving feelings of stress, anxiety and physical health too.



Eating healthily - Eating lots of colourful fruit and vegetables, but also making sure you treat yourself too.



Exercise - Exercise is a great way to not only improve your physical health but also benefits your mood and wellbeing. The RC Hub has a selection of resources for 'Improving my physical health.' this includes keep fit videos, apps, podcasts, fitness guides and more.



Sleep - Create a routine of what time you go to bed, that way your body will fall into the routine of when to go to bed. To help you relax try listening to some relaxing music, having a bath or meditation. Try to limit your use of electronic devices before bed as this can disturb your body clock making it harder for you to fall asleep.

Support - Speaking to family or friends, Christmas can be a difficult time of year for many of us. Make plans of different activities or places you could visit. The RC Hub has a section for 'Staying Safe' and 'Accessing social activities in my community.' Create your own self-care box this could include some craft activities and your favourite treats make it your own.



For more information be sure to check out The RC Hub
www.therecoverycollege.co.uk/the-hub

Dates for your Diary

Monday 16th December - Holy Island children are going to visit St Mary's church in the afternoon to decorate the tree.

Tuesday 17th December - Christmas film morning. Children can come to school in their pyjamas or own clothes as their reading reward for this half term. Tues afternoon: Holy Island school Christmas drop in.

Wednesday 18th December - **Christmas church service at St John the Baptist in Lowick - 10.30am and everyone is very welcome to join us!** The children will be doing readings and recreating the Christmas story in church as well as singing carols and some of the songs from our performance.

Thursday 19th December - Christmas party afternoon. Children can wear their own clothes.

Christmas holidays are from the week commencing 23rd December for two weeks.

Monday 6th January is a teacher training day, so no children are expected in school

Tuesday 7th January - the children are back in school. Our new learning theme when we come back to school will be about Codebreakers.

Please remember there is no after school clubs on the first week back in January.

