

Collingwood Primary School

Friday 6th February 2026 Newsletter



Costume swap shop

At Collingwood we are a community and we are always looking for ways to support our families, especially in current economic times. As a result, we would like to ask you to donate any old and unwanted dress up clothes into school or to our school office, allowing us to pass these onto some of our other families. Please pop to the office or call us during our first week back to see if there is a costume we would be able to offer you.



This week's British Values Spotlight is

UK Parliament

We enjoyed a visit from Gillian Bell (NE Officer) who spoke to our children about the UK Parliament, Democracy, The House of Commons, The House of Lords and Respect. It was a really informative assembly and we completed follow up work with Mrs Grant and in our classrooms.

Dates for the diary

Monday 9th February: Y6 will be selling friendship bracelets from today for £1

Monday 9th February: Children's Mental Health week

Tuesday 10th February: Safer Internet Day

Thursday 12th February: Connect mental Health assembly for Years 5&6

Friday 13th February: Break up for half term

Monday 23rd February: Back to school 8.50am prompt

Tuesday 24th February: Peter (Connect Mental Health) on yard from 8.30am to chat to parents

Tuesday 24th February: Year 6 SATs parents Meeting @ 9.15am **IMPORTANT ALL ATTEND**

Wednesday 25th February: Reception and Year 6 Weights and Measures

Wednesday 25th February: Year 6 to Mosque pm

Thursday 26th February: Year 5 to The Centre for Life



Family focused after school programme

Free 10 week course

Make positive lifestyle changes and maintain a healthy weight

Learn about portion size, food labels, physical activity and more

Scan the QR code or visit activenorthtyneside.org.uk/healthy4life to find out more and register.




Healthy+Life

Healthy+Life is a family focussed after school programme which aims to help children and parents/carers make positive changes to their lifestyle to maintain a healthy weight.

Tuesday at The Parks Sport Centre, North Shields, 4:15-5:45pm (ages 4-8) or Thursday 4:15-6:00pm (ages 8+)

The free 10 week course covers topics such as:

- what is a balanced diet
- portion sizes
- learning about sugar and fat
- understanding food labels
- trying new foods
- five ways to wellbeing
- opportunities to prepare meals
- how to reduce screen time

Children also take part in sport and activity sessions to help them figure out what they enjoy doing to be physically active.

Anyone can register a family to the programme. To sign up for Healthy+Life visit our website -

<https://www.activenorthtyneside.org.uk/healthy+life>

Children's Oral Health is something which is very important and regular dental visits can help promote healthy habits and early prevention.

"If you are struggling to get your child registered for NHS dental care, Honour Health in Jesmond are currently taking on new NHS children *spaces are limited.

Regular Dental check-ups are important for your child to maintain healthy teeth and gums and promote good habits and hygiene from a young age"

These spaces are limited and once capacity is filled, the list will close.



HONOUR HEALTH
DENTAL

NHS children's spaces available

We are currently accepting new NHS patients. These spaces are for children under 18 only, who will be seen by our Dental Therapist. Please note that NHS adult appointments are not currently available.

If any treatment needs are identified outside the Dental Therapist's scope of practice, these will be discussed with you and options explained.



To secure a space, please call: 0191 2813913 or email: Jesmond@honourhealth.co.uk

Spaces are extremely limited and offered based on capacity

