

FEDERATION FLYER

Friday 2nd October 2026



Article 12: Children have the right to give their opinions freely on issues that affect them. Adults should listen and take children seriously.

OUR AWARD WINNERS



5th October 2026



MONDAY 5TH

- Rock Kidz! Primary children to dress as rock stars
- 3:15 pm Crafts Club
- 4pm Y5/6 Boys football semi-final at Pelton Primary School



TUESDAY 6TH

- Trip to meet author Jacqueline Wilson (selected children)
- P.E. - Class 1 & Class 2
- Class 3 Swimming
- 3:15pm Cookery Club



WEDNESDAY 7TH

- P.E. - Reception, Class 2 & Class 3
- 3:15pm Gardening & Forest School Club



THURSDAY 8TH

- School photographs
- P.E. - Class 1, Class 4 & Class 5
- 3:15pm Lego Club
- 3:45pm Y5/6 Boys Football at Meadowfield



FRIDAY 9TH

- pm Cooking on a Budget programme at primary
- P.E. - Class 5 & Class 6
- 3:15pm Dance Club

DANCE

HAPPY BIRTHDAY

Ben – Nursery

Jax – Class 1

Kaima & Theodore – Class 2

Lottie – Class 4

Olivia – Class 5

Stephen – Class 6



Breakfast Club & Tea Time Club at Nursery

Need a little extra childcare before or after nursery? Our Breakfast Club and Tea Time Club are available every day for nursery children and are run by our friendly, caring nursery staff.



Breakfast or an afternoon snack is included



£7 per session



Flexible bookings can be made whenever you need them

Bookings are quick and easy through the Arbor app.

If you have any questions or need help making a booking, please give the nursery office a call. We're always happy to help!



Passing of Former Headteacher Mr Michael Pritchard

It is with great sadness that we share the news of the passing of our former Headteacher, Mr Michael Pritchard.

Mr Pritchard served our primary school with unwavering dedication and commitment for many years. During his time as Headteacher, he made a lasting impact on the lives of countless pupils, families and staff, helping to shape the school community we know today. He will be remembered with great fondness, respect and gratitude.

We recognise that this news will be deeply upsetting for many members of our community, particularly those who had the privilege of knowing or working alongside Mr Pritchard. Our thoughts and heartfelt condolences are with his family, friends and all those whose lives he touched.

To honour Mr Pritchard's memory, we will be hosting a Book of Condolences at school, which will be shared with his family. Anyone wishing to leave a message, memory or tribute is welcome to visit the Class 6 classroom between 3.15pm and 4.00pm on Friday 2nd October or Friday 9th October.

Thank you for joining us in keeping Mr Pritchard's family and loved ones in your thoughts during this difficult time.



PTA Update

We would like to say a heartfelt thank you to Anna McCartney, who is stepping down as PTA Chair.

Anna has been a valued and dedicated member of the PTA for many years and has most recently led the committee as Chair. Her time, energy, and enthusiasm have made a real difference to our schools, and we are incredibly grateful for everything she has contributed. We thank Anna for her commitment and support.

As Anna steps down, we are now looking for a new Chair to help lead the PTA and continue its fantastic work. The PTA plays an important role in bringing our Federation community together and raising funds that directly benefit our children. Without a Chair, The PTA cannot continue.

Over the years, PTA fundraising has helped provide equipment, support educational trips, and fund special events and experiences that have enriched school life for every child. We sincerely hope this valuable work can continue for many years to come.

To make a nomination or to find out more about the role, please speak to Miss Young at the Primary School or Mrs Roberts at the Nursery School. We would be very happy to answer any questions and discuss the role further.

Nominations for the position of PTA Chair should be received by Friday 16th October.

Thank you for your continued support. Together, we can ensure that the PTA continues to make a positive difference for all of our children.



Thank You

For Your Support

2025 -26 Funding and
help provided

- ◆ Subsidised school trips to keep costs low for parents
- ◆ Waterproof trousers and coats for nursery children
- ◆ Daily preparation of KSI morning snack
- ◆ Attendance on school trips
- ◆ Snacks for Gala Theatre trip and Christmas Parties at primary and nursery
- ◆ Contribution towards whole primary school Gala Theatre Panto trip
- ◆ Funded the cost of Magic Andrew visit to Nursery at Christmas

We couldn't do it
without you!



Harvest Appeal Reminder

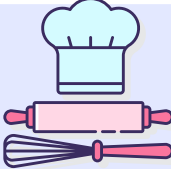
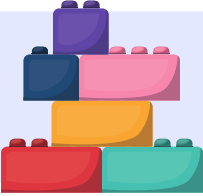
If you haven't yet made a donation to our Harvest Appeal and would like to, there is still time! We will continue to accept donations on Monday next week.

We are supporting County Durham & Sunderland Foodbank, which provides essential support to local families in need. The foodbank collects non-perishable items, such as tinned foods and dried goods, to create nutritionally balanced food parcels for those who need them most. The foodbank also welcomes non-food essentials, including: toiletries, cleaning products and sanitary products. These items are just as important and greatly appreciated by the people accessing the foodbank's services.

Thank you for your kindness and generosity. Every donation, no matter how small, can make a real difference to local families.



After School Clubs – Autumn Term 1

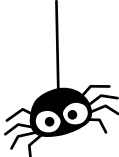
DAY	CLUB	WHO?
Monday	Craft 	All year groups
Tuesday	Cookery 	All year groups
Wednesday	Gardening & Forest School 	All year groups
Thursday	Lego 	All year groups
Friday	Cheerleading / Dance 	Y1, Y2, Y3, Y4, Y5, Y6



PE Timetable - Autumn Term 1

Class	PE Days
Reception	Wednesday
Class 1	Tuesday & Thursday
Class 2	Tuesday & Wednesday
Class 3	Tuesday (swimming) & Wednesday
Class 4	Monday & Thursday
Class 5	Thursday & Friday
Class 6	Monday & Friday

Primary Diary Dates

Monday 5th October	 Rock Kidz! children to dress as a rock star!
Monday 5th October, 4pm	Y5/6 Boys Football Cup semi-final at Pelton Community Primary School
Tuesday 6th October	Harvest assembly with Father Carl
Thursday 8th October	Individual photos
Thursday 8th October, 3:45pm	Y5/6 Boys Football League at Meadowfield
Thursday 15th October	Flu Immunisations
Thursday 15th October, 3:45pm	Y5/6 Boys Football League at Meadowfield
Saturday 17th October, 10am – 12pm	Early Years Open Morning
Tuesday 20th October, 3pm – 4pm, Reception, Class 1 & 2 4pm – 5:15pm, KS2	Halloween Discos 
Thursday 22nd October, 9am	Class 3 Assembly
Thursday 22nd October, 3:45pm	Y5/6 Boys Football League at Meadowfield
Friday 23rd October	Last day before half term holidays

Primary Diary Dates, continued

Monday 2nd November	Children return to primary
Thursday 5th November	Class 1 trip to Beamish – details to follow
Tuesday 10th November	Parents' Evening – details to follow
w\c 16th November	Anti-bullying Week
Tuesday 17th November	Parents' Evening – details to follow
Tuesday 1st December	Whole school trip to Gala Theatre – details to follow
Wednesday 2nd December, 9am	Class 4 Assembly
Thursday 10th December, 9:15am & 2:15pm	KS1 Nativity performances – details to follow
Monday 14th December, 2pm	Reception Sing Song – details to follow
Tuesday 15th December	Class Christmas parties – details to follow
Friday 18th December, 2pm	Whole Primary School Carol Service St John's Church, Meadowfield – further details to follow
Friday 18th December	Last day before Christmas holidays – no Tea Time Club or After School Clubs
Tuesday 5th January	Children return to primary

Nursery Diary Dates

Thursday 8th October	Individual photos
Saturday 17th October, 10am – 12pm	Early Years Open Morning
Friday 23rd October	Last day before half term holidays
Monday 2nd November	Children return to nursery
Tuesday 10th November	Parents' Evening – details to follow
Wednesday 9th December, 9:30am	Bears Sing Song – details to follow
Wednesday 9th December, 10am & 2:15pm	Cubs Stay & Play – details to follow
Friday 18th December	Magic Andrew and Christmas parties – details to follow
Friday 18th December	Last day before Christmas holidays – no Tea Time Club
Tuesday 5th January	Children return to nursery

ST JOHN'S HALL MEADOWFIELD PRESENTS

✦ GLOW PARTY ✦

♥ ♥ ♥ NEON LIGHTS • MUSIC • DANCING ♥ ♥
♥

✦ With Nikki Noo Noo ✦

🌐 For Years 6 and Over 🌐

📅 Saturday 22nd November 2026 • 5:00pm–6:30pm

📍 St John's Hall Meadowfield, DH7 8RP

🎵 Music • 🕺 Dancing • 🎮 Games • ✦ Glow Fun ✦

♥ Wear neon or white to shine under the lights! ♥

🎫 Tickets: £5 🎫

📞 Places must be booked by texting Lesley: 07846 542035

SIMPLY SPORT HOLIDAY CLUBS

Includes DAILY trampoline sessions
at Infinite Durham



From
£13
per day



Activity club
(Games, crafts sports & more)



**BALLERZ
Football**



New Ferens Park,
DH1 1GG



From 8:30am
– 4:00pm

Free

places available
via Fun & Food programme
(through school vouchers)



Visit our website to book:
www.simplysportltd.co.uk



SUPPORTED BY
BBC
**CHILDREN
IN NEED**

FREE



Sensory Processing 7-week Block Sessions



Heel & Toe Children's Charity have received funding from BBC Children in Need to provide free Sensory Processing block sessions to children across the North East.

Sensory processing can help children with a range of neurodevelopmental conditions and difficulties with:

- Attention and concentration • Education and engagement
- Behavioural and emotional regulation • Hand eye co-ordination
- Motor skills • Functional independence • Social interaction
- Access to challenging sensory and functional environments

The sessions will be delivered by our Lead Occupational Therapist Stuart Brown.

If you or someone you know would benefit from accessing free Sensory Processing block sessions, **please contact** vicky@heelandtoe.org.uk



Gairloch Drive, Perkinsville, Chester-Le-Street, DH2 1JA



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Massage Therapy For Children

HEEL & TOE
CHILDREN'S CHARITY

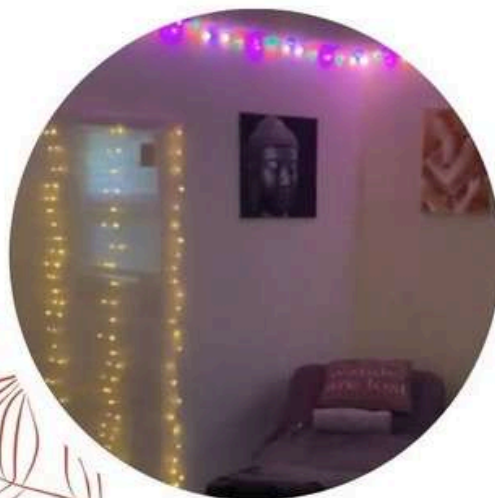
Massage Therapist - Denise Wood

Hi my name is Denise and I am the Massage Therapist at Heel & Toe. I have over 15 years experience in this field of work. Working with PMLD children and children and adults with severe autism.

Massage Therapy Benefits

- Helps reduce muscle tension
- Improves circulation
- Increases joint mobility and flexibility
- Relaxation

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I also incorporate other therapies within my massage session which can cater for an individual child's specific needs. These include;

- Reflexology
- Reiki
- Indian Head Massage
- Holistic Facial



These therapies can help children with any bowel issues, anxiety, headaches, toothache, just to name a few.

Each session is carried out in a very relaxed and calming environment.



Book a consultation for your child today.

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Hydrotherapy For Children

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What Is Hydrotherapy?

Hydrotherapy is the use of exercise therapy within a specially designed heated pool to treat a wide spectrum of conditions. The unique properties of the water including decreased effects of gravity, buoyancy and hydrostatic pressure are used alongside physiotherapy knowledge and treatment techniques to enhance rehabilitation.

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Hydrotherapy benefits

- Mobility practice
- Muscle strengthening
- Improve balance and coordination
- Increased weightbearing
- Muscle stretching
- Improved range of movement
- Improved functional independence
- Reduced pain
- Freedom of movement
- Sensory benefits



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Conditions we treat

- Acquired brain injury/traumatic brain injury
- Cerebral Palsy
- Development delay
- Musculoskeletal conditions
- Spina Bifida
- Downs syndrome
- Muscular dystrophy
- Genetic conditions
- ASD
- Pre & Post surgery



Book a consultation for your child today.



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Heel & Toe
Children's Charity



Small Steps Lead To Great Things



Hippotherapy For Children

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Paediatric Physiotherapist - Jo Parsons

Jo Parsons has been the clinical lead at Heel and Toe since November 2016 and heads up the whole clinical team. She is particularly interested in hippotherapy - a therapy that uses the movement of a horse to achieve physiotherapy goals.

What Is Hippotherapy?

This unique therapy utilises the movement of a horse or pony to stimulate and challenge the riders balance, tone, muscles, sensory and vestibular systems to promote motor learning. We offer FREE hippotherapy in partnership with Washington Riding centre, where the sessions are held. An Initial Physiotherapy assessment is required at a charge.



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What Are The Benefits?

- Head control
- Postural control
- Normalising Tone
- Strength
- Balance
- Coordination
- Endurance
- Control
- Symmetry
- Communication
- Participation



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Conditions we treat

- Acquired brain injury/traumatic brain injury
- Spinal injury
- Cerebral Palsy
- Development delay
- Gait issues and hypermobility
- Spina Bifida
- Downs syndrome
- Muscular dystrophy
- Genetic conditions
- Pre & Post surgery



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Physiotherapy For Children

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What Is Physiotherapy?

The physiotherapists at Heel and Toe are highly qualified in treating children with many years of experience and post graduate training.

Our treatment is based upon a specialist assessment of your child's needs to formulate a child centred individualised treatment plan to maximise potential and functional independence. We work towards meaningful goals that are important to your child and family.

We can offer land based exercise prescription, postural management, constraint induced movement therapy, hydrotherapy, rebound therapy, hippotherapy, advice on home exercises, supporting letter and report writing and intensive blocks of treatment.
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We involve parents in their child's treatment plan with regular communication, advice and guidance on how to help your child progress.



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Physiotherapy benefits

- Gross motor development
- Improved movement patterns
- Muscle strengthening
- Improved balance and coordination
- Muscle stretching/improved range of movement
- Improved posture
- Mobility practice
- Promote functional independence
- Reduced pain



Conditions we treat

- Acquired brain injury/traumatic brain injury
- Spinal injury
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- Development delay
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- Spina Bifida
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- Muscular dystrophy
- Genetic conditions
- Pre & Post surgery



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Rebound Therapy For Children

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What Is Rebound Therapy?

Rebound therapy uses a trampoline to support physical and sensory development. It uses the rhythmic movement of a trampoline to build motor skills, strength, balance, coordination, body awareness, and sensory regulation. The bouncing motion stimulates muscles, joints, and the body's balance system, encouraging natural postural adjustments, active movement and body control.

Rebound Therapy Benefits

- Muscle strengthening
- Improved balance and coordination
- Increased weightbearing
- Muscle stretching and increased range of movement
- Improved posture
- Increased body and spatial awareness
- Improved functional independence
- Increased stamina and exercise tolerance
- Sensory benefits
- Improved cardiovascular fitness



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Some of the conditions we treat

- Acquired brain injury/traumatic brain injury
- Cerebral palsy
- Developmental delay
- Genetic conditions
- Spina bifida
- ASD

Rebound therapy is both engaging and appropriately challenging, making it a fun and effective therapy option for children of all ages.

Rebound Therapy Sessions are currently available as a FREE 8 week block due to fundraising or as an ongoing subsidised therapy



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Movement Therapy For Children

HEEL & TOE
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Group Therapy Sessions

Our new group sessions at Heel & Toe are carefully crafted to give your child a warm, supportive space to learn, play, and grow.

Each group session is led by our experienced and highly qualified SEN teacher and supported by one of our physiotherapists. All sessions are designed for stage, not age, and celebrate every child's unique strengths. Each session is themed and includes sensory rich activities, shared song and multi-modal storytelling.

Our groups are a safe, joyful environment where children feel understood and valued and where progress is built in through continuous assessment and adaptation.

While children explore and build confidence, parents and carers are welcomed into our caring community, offering connection, understanding, and support. Each session concludes with an opportunity for play and for parents to have a cup of tea and a chat. Our groups are tailor made to provide a safe and supportive environment for all families.



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Why Take Part In Our New Group Service?



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For children:

- Supports emotional regulation through calming sensory input, movement, and structured routines
- Builds confidence by exploring new experiences in a safe, predictable environment
- Encourages sensory integration by helping children process and respond to sensory information more effectively
- Strengthens motor skills (both fine and gross) through hands-on, playful activities
- Enhances communication with opportunities for expressive language, gesture, signs, and alternative communication
- Improves social interaction through turn-taking, shared attention, and group participation
- Develops imagination and play skills through themed activities, songs, and pretend-play elements
- Creates a sense of belonging, reducing anxiety and helping children feel understood and valued

For parents:

- Connect with other families who share similar experiences.
- Gain insight into your child's sensory preferences, needs, and strengths
- Learn practical regulation strategies to use at home, school, and in the community
- Watch your child thriving, building confidence and enjoyment during structured activities
- Feel supported by trained practitioners skilled in supporting neurodiversity, development, and sensory needs
- Strengthen parent-child bonding through shared songs, stories, and activities
- Join a caring community, where questions are welcomed and every family is valued

Movement Therapy Sessions are FREE because of our Fundraising efforts.



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