



West Jesmond Primary Newsletter 6 Autumn Term 2025



Dear Children, Parents and Carers,

Children's Mental Health and Wellbeing: World Mental Health day October 10th

There was a lot yellow to be seen in school today as we marked World Mental Health Day. Assemblies and class talks have been focusing on the importance of trying to look after our mental health as well as our physical health. We talked about how some of our regular routines can help us. These might include playing with friends, being outside in nature, healthy sleep patterns, singing, reading, and relaxing. However, we also talked about how sometimes it is also very important to talk to trusted adults at home or at school about our feelings. Our Zones of Regulation approach is one of the ways that we support children to identify how they are feeling. The zones, hopefully, help them to recognise and talk openly about their emotions and explore ways that, together, we can try to address them. If anyone wants to donate to the Young Minds Mental Health Charity, the link is below.

<https://www.youngminds.org.uk/support-us/fundraising/>



STEM FEST 2025!

A group of West Jesmond children had a brilliant day at Vertu Arena for STEM Fest. We tested our resilience solving some very challenging practical problems and we've loved testing out our computer programming and engineering skills too, with some really amazing pieces of equipment! We definitely have several budding engineers of the future in our midst here at West Jesmond!



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Parent Consultations: Tuesday and Thursday

We look forward to seeing you at our Parent Consultations next week. We are sorry that we were forced to release the online bookings a little later than planned. Please make sure you have signed up for the meetings and if you have any trouble making an appointment speak to the school office.

Children's Cancer Run Awards

We felt very proud of our West Jesmond family as we attended the Children's Cancer North Children's Cancer Run awards at Newcastle University. We had a great afternoon hearing from different speakers about the valuable impact our fundraising has, and we are delighted to have raised an incredible £3903.76 for such a worthwhile cause. Thanks to everyone who helped and supported us.



Introducing Our School Council 2025

Our new School Council for 2025-26 have made an excellent start in their new roles as the pupil voice of our school in our first official meeting together! We have lots of fantastic ideas to share and are really excited to be taking these to discuss with all classes in the coming weeks. Our first big project together for the year, is our **food collection for the People's Kitchen from 13th-17th October**. Please do help support us with this if you are able to.



Well Done Football Teams!

Congratulations to our boys and girls Football Teams for successful fixtures again this week. Our girls team won their cup game against Sacred Heart Primary with a great performance and two hattrick scorers! And teams from West Jesmond also competed on Tuesday evening at Hotspur Primary School. They played some fantastic football with some excellent goals and winning all their games. Well Done to everyone involved!



Our WJPS Hockey Team In Action

Another of our sports teams was taking part in a tournament this week. Well Done to children from Year 4 who took part in a Hockey Skills Festival on Monday. The group played fantastically and showed brilliant dribbling, shooting, passing and teamwork skills throughout the festival. Well Done!



Apple Day 2025

Don't forget that this Saturday 11th October, there is a very tasty community event for all the family. Jesmond Community Orchard (in the cemetery behind our school) are holding their annual Apple Day.



Wednesday Morning Dance Club Year 4, 5 and 6

Brooke Brown-Adams from Freelance Dance, has been running the Wednesday morning dance club at West Jesmond now, for over 3 years. There are a few places left for this term. The dance club offers a wide range of different styles and techniques from hip hop to contemporary to lyrical. This club also takes part in a yearly performance at the Dance Festival held at the prestigious Whitley Bay Playhouse, as well as other smaller performances throughout the year. Look out for a letter about how to sign up or speak to the school office.

Friends of West Jesmond Halloween Costume Sale

There is another great initiative from our Friends of West Jesmond! Building on the excellent second-hand uniform sales, they have another way for parents to save money and to recycle. Please donate unwanted Halloween costumes via the classteacher and look out for sales alongside the cake stalls!



Raising Money For Our School

You can support the Friends of West Jesmond by using [easyfundraising](#) when you shop online – please see the end of this newsletter.

Achievements!

This week can we share with you the achievement of a fantastic climber who climbed in the Under 13's category in our region and won the event! He is now heading for the nationals!

We have also got a great engineer who created this brilliant moving robot! We were amazed as it walked and climbed across the office!



Chess Club

And finally, we end this week with some great pictures of our Chess Club members engrossed in their battles! You can really sense concentration and focus!!

Have a lovely weekend everyone!
Matt Ward (Headteacher)

Dates for Your Diary

Next Week:

- ❖ Monday 13th – Friday 17th October People's Kitchen collection
- ❖ Tuesday 14th & Thursday 16th October Parent Consultations
- ❖ Tuesday 14th October Girls' Football Team Match
- ❖ Friday 17th October Year 4 Trip to Jarrow Hall
Year 3 Tynemouth Trip
Cake Stall R3

Further ahead

- ❖ Week Beginning 20th October Local Study Week
- ❖ Tuesday 21st October Year 5 Beamish Visit
- ❖ Friday 24th October Break up for half term
- ❖ Monday 3rd November School Closed for Staff Training
- ❖ Tuesday 4th November Back to school
- ❖ Friday 14th November Year 3 Rising Sun Trip
- ❖ Weds & Thursday 5th/6th October Year 6 visits to SafetyWorks
- ❖ 19th – 21st November Year 6 Lockerbie Residential Visit
- ❖ Friday 19th December End of Term
- ❖ Monday 5th January Start of the Spring Term



 easyfundraising

Help us make a difference when you shop.
Visit www.easyfundraising.org.uk



SIGN UP TO EASYFUNDRAISING

A Simple, Effective Way to Support Our School

If you haven't already, **please sign up** to EasyFundraising, a free initiative that raises money for the school whilst you make your everyday online shopping purchases. All you have to do is download the app, connect with the school, and remember to click through to your retailer from the platform before you do your shopping.

Every little bit helps—thank you for your support!

<https://join.easyfundraising.org.uk/westjansoodschool>