

WNA NEWSLETTER

Friday 11th September 2026



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Ben's Blog

Dear Families,

This week I wanted to offer you the chance to know a little more about our teaching of **PSHE- Personal, Social, Health & Economic Education** as well as our provision for **RSHE- Relationships, Sex and Health Education**. The main reason is that from this September there have been updates to the RSHE curriculum and these are related to:

Online Safety: Focuses on digital wellbeing, financial harms, data rights, and age restrictions.

Anatomy & Personal Safety: Mandates accurate anatomical terminology for body parts (including genitalia) and practical safety rules regarding water, roads, railways, fire, and travel.

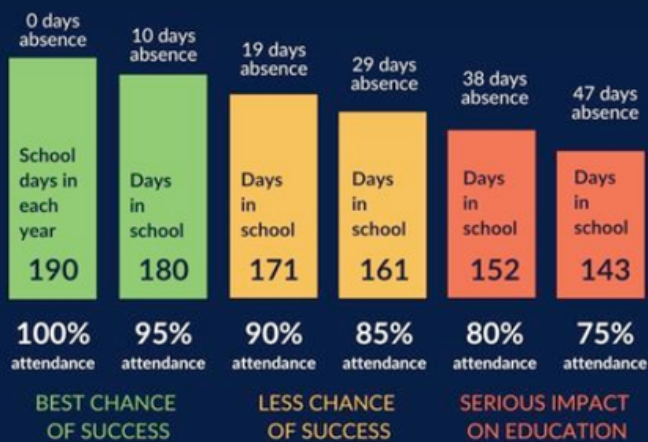
Wellbeing: Covers change, loss, bereavement, assertiveness, and managing difficult feelings

Our new (draft) PSHE and RSHE policy can be accessed via this link to the [school website](#). We want to consult you to get your feedback on any aspects of the policy. This consultation will remain open until Monday 12th October. Please email me at ben@westnewcastleacademy.org if you have any questions

We recognise the importance of PSHE in preparing children and young people to live safe, fulfilled and healthy lives. The overarching objective of PSHE is to support children and young people through a journey of physical, emotional and moral development via the teaching of essential knowledge, skills and values within the framework of the law and relevant acts and guidance.

RSHE is an integral component of our PSHE curriculum, which is central to our approach and at the core of our ethos. RSHE is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health in an age and stage appropriate manner. RSHE equips children and young people with accurate information, positive values and the skills to enjoy healthy, safe and positive relationships and to take responsibility for their health and wellbeing both now and in the future.

Kindest Regards, Ben



0 days of school	100%	Perfection
Equates to 2 days off school each year	99%	Excellent
Equates to 5 days off school each year	97%	Good
Equates to 10 days off school each year	95%	Slight Concern
Equates to 20 days off school each year	90%	Concerned
Equates to 30 days off school each year	85%	Very Concerned

Diary Dates

23.09.26- Ways to wellbeing (Eating disorders) session for parents 9.00-10.15

28.09.26- RISE Parent session, mental health awareness 2.30pm

29.09.26- Final day of 20 day challenge

01.10.26- Reward day for whole school

02.10.26- National Poetry Day assembly at 2.30pm. All welcome.

Fire drill

This morning we told the children that we would be holding a practice fire drill, in the top school and Nature Park.

It is vitally important to do this regularly so that the children know what to expect in the event of an emergency.

All of the children, were excellent examples of sensible behaviour and good listening. They left the buildings quickly and assembled at the assembly points outside. Well done everyone!

Places we've visited this week...

This week Year 6 took a walk along to Safety Works, where they learned about ways to stay safe in different areas of the community. They learn about safety around transport, rivers, dogs and while shopping. Y6 also had their first swimming lesson of the year this week.

Reading books

Your child should now have been given their reading book from their class teacher.

Please share the book with them and sign their reading record. Any children who have their reading record signed will be entered into the Caught Reading Raffle to win a book of their choice.

RISE

As a school, we are fortunate to be part of a new collaboration with The Children's Society named RISE.

RISE works in schools and colleges across Newcastle and Gateshead to support children and young people with their emotional wellbeing and mental health. We have planned a combination of one-on-one work, whole class workshops, parent/carer sessions and assemblies.

Jackie, our partner from The Children's society begins working with us on Monday. She will deliver a whole school assembly on Monday morning and then work with Y5 and Y6 on some whole class sessions.

The first parent session will be on Monday 28th September at 2.30pm. This will be around the theme of Mental Health awareness.

Nature Park News

The children have enjoyed their first full week back at school this week and it had been lovely to see lots of smiles! The children in Nursery and Reception have been discussing their emotions and we have been practicing using the zones of regulation to communicate how we are feeling. Year 1 enjoyed spending some time in the Nature Park this week and have been noticing signs of Autumn. Keep up the hard work everyone!



Y5

This week, for their Learning Outside the Classroom session, Y5 thought about exploring and mapping the Nature Park. They had a great time working together and really impressed Abbi and Jared with their teamworking skills.



Ways to Wellbeing

Please remember that our first Ways to Wellbeing session will be held on Wednesday 23rd September at 9.15. The session will be about eating disorders.

