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**CLOVER HILL
PRIMARY
SCHOOL**

Headteacher: Mrs Ailsa Holden

Hello everyone – the weekend is here again!! It seems to come around so quickly (not that I am complaining!!) We've had a busy week – our swimming team attended the Swimming Gala finals and came back to school proudly showing off their BRONZE medals – achieving third position overall. Absolutely brilliant.



Our Mini Health Champions attended a conference at The Fed organised by the Schools Health and Wellbeing Service and also came back to school buzzing with excitement. They worked alongside the Fire Service, the Ambulance Service, Gateshead Road Safety Team, the school dentist team and Greig Trout – director of 52 Lives – the kindness charity. They were so inspired that they have asked to share what we have learnt with all of our families and will be leading an assembly to deliver the key messages to their peers.

Both sets of children were absolutely delightful to take out of school and their manners and attitudes were commented on by the teams working with them and the staff at The Fed.

Mrs Holden

The Fire Service – top tips

- Don't overload sockets. Don't plug electrical items that heat up (hairdryers, straighteners, consoles etc) into extension sockets as they can overheat and cause a fire.
- Put phones, laptops and tablets on a hard surface when charging. Do not leave these devices on beds or carpets. They can get hot when on charge.
- If you discover a fire in your home, shout FIRE, FIRE, FIRE at the top of your voice to alert people and dial 999. Ask for the fire service and someone will stay on the phone until help arrives.
- Check your smoke alarms regularly. The Fire Service will come to your home to perform checks on smoke alarms and carbon monoxide detectors if you contact them.
- Don't leave things cooking on the hob unattended.
- Don't store tea-towels on the oven door to dry off.

The School Dentist Team



**Download the free
NHS Food Scanner
app**

With a speedy scan of your family's favourite foods, you can find healthier swaps for next time you shop.

See how much sugar is in the foods that you buy and eat. Try to make little changes to reduce the amount of sugar your body takes in.

The Ambulance Service – CPR basics

1. Make sure it's safe

- Look around.
- If there's danger (like fire, cars, or water), move away if you can.

2. Try to wake the person

- Tap their shoulder.
- Shout: "Are you okay?"

3. Get help right away

- If someone is nearby, point to them and say: "You! Call 999!"
- If you're alone, call 999 yourself on a phone with speaker mode so you can keep your hands free.

4. Start chest pushes (hands-only CPR)

- Kneel beside the person.
- Put the heel of one hand in the middle of their chest.
- Put your other hand on top.
- Keep your arms straight.

5. Push hard and fast

- Push straight down about the depth of a soda can.
- Let the chest come back up each time.
- Do it fast — about **2 pushes every second** (to the beat of 'Baby Shark').
- Don't stop until:
 - An adult or ambulance arrives
 - The person starts moving or breathing
 - You are too tired to continue

6. Stay brave

- You are helping their heart pump blood.
- Even if it feels scary, your pushes can help keep them alive until help arrives.

Greig Trout – Director of Kindness

Kindness is fundamentally defined by three core qualities: **being friendly, being generous, and being considerate.**

Kindness has the power to change people's lives, strengthen communities and ultimately change the world - while improving our own well-being at the same time.

If you can be anything in this life, be kind.

Road Safety Team

Please park considerately around our school. Don't park on kerbs and cover pathways and please do not park where you are blocking someone's driveway.

We are hoping to start a walking bus on a Wednesday after Easter from Sunnyside Park to alleviate some congestion around the school. Further information to follow.

Active brain breaks

Active brain breaks—short (1–5 minute) bursts of physical activity like dancing, stretching, or jogging in place—significantly boost cognitive function, focus and academic performance by increasing blood flow to the brain. These breaks reduce stress, anxiety, and classroom fatigue while improving student mood, motivation and self-regulation. We are going to implement these on a daily basis to break up the afternoon session.

Diary dates:

Wednesday 18th March – 6pm - Parent consultations booking goes live

Wednesday 18th March – Y5/6 Hockey team competition at Whickham School

Tuesday 31st March/Wednesday 1st April

Parent Consultations -3.40-6pm (Telephone appointments also available by emailing your child's teacher). One appointment available per child.