



Crookhill Community Primary School  
Hexham Old Road  
Ryton  
NE40 3ES

Head Teacher:  
Miss K McCormack  
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[www.crookhillprimary.org](http://www.crookhillprimary.org)

19<sup>th</sup> January 2024

## FRIDAY LETTER

Dear Parents and carers,

### **Afterschool Clubs**

After school clubs start next week and once again there has been a massive take up on the range of activities on offer. Everyone who applied has now been notified which club they have been allocated.

### **School Council – Plastic Clever School**

On Monday, our School Council led assembly and introduced a new initiative in school to reduce the use of single-use plastics. We use hundreds of glue sticks every year in school which end up in landfill once they have been used. We have bought new glue sticks for everyone which are refillable and will help us to reduce our use of single-use plastics in school. The School Councillors are our 'Plastic Clever' champions and expertly demonstrated how to use the new resources to their classmates. Well done, School Councillors!

### **RISE**

From next week, staff from RISE will be working every Wednesday in school for the Spring Term. RISE is part of The Children's Society and we will have 2 qualified Education Mental Health Practitioners (or EMHPs for short!) working in school. RISE supports children to have positive mental health and emotional wellbeing. Our EMHPs are Lucy and Emma and they came into school on Wednesday to meet everyone in assembly – you can find out more information about RISE, Lucy and Emma below. We are really looking forward to working with them!

## RISE Team



**RISE Mental Health Support Team (MHST) is part of the Newcastle Gateshead ICB, NHS and Department for Education 'Mental Health in Schools' programme. We work in schools and colleges across Newcastle and Gateshead to support young people (aged 5-18) with their emotional wellbeing and mental health.**

**We will be working in Crookhill Primary School during the Spring Term. We will be providing whole school assemblies, whole class workshops, staff training and 1:1 support.**

## Working together, we succeed



For more information about RISE or to access our resources, please visit our website and social media pages. Details below:

- Instagram: @rise.ne
- Twitter/X: @rise\_mhst
- YouTube: @rise-ne
- Website: [rise.childrenssociety.org.uk/](http://rise.childrenssociety.org.uk/)

Your Education Mental Health Practitioners (EMHPs) will be Emma and Lucy. We look forward to seeing you all around school!


**Your EMHP is Emma Youd (she/her)**



**Hobbies:**

- PC Gaming
- Photography
- Baking
- Origami

**Your EMHP is Lucy Greener (she/her)**




**Hobbies:**

- Reading magazines
- listening to music
- Yoga and swimming

**Would like everyone to know:**  
Thoughts aren't facts!  
Just because you think something, doesn't make it true.

**Favourite strategy:**  
**Bumblebee Breathing**  
Sitting comfortably, gently place the tips of your pointer fingers in your ears and close your eyes.  
Breathe in through your nose and then hum quietly as you slowly breathe out - like a bee!



**Would like everyone to know:**  
Feelings come and go, even the biggest feelings pass with time.

**Favourite strategy:**  
**Slimy hands**  
Imagine you have a ball of slime in the palm of each hand.  
Squeeze the slime as hard as you can as you breathe in.  
Then breathe out and open your hands. Imagine that the slime has spread across your hands.  
Repeat this a few times.



Enjoy your weekend and we'll see you all on Monday.

Yours sincerely,  
**Miss K McCormack**  
Head Teacher  
Crookhill Primary School

**Working together, we succeed**

