

DEEDS

NOT

WORDS

HONESTY TRUST

EWD WEEKLY NEWSLETTER



13th March 2026

A message from Leadership

This week has seen our Year 11 students start sitting mock exams again. This always increases the stress levels in school as the end of their time at EWD draws closer. SO this week we thought we'd share some general tips for reducing stress.

1. [Move Your Body \(Exercise\)](#): Physical activity is one of the most effective stress-relief methods, as it improves overall well-being, boosts energy, and improves focus.
2. [Practice Breathing Techniques](#): Calming breathing exercises, such as deep or box breathing (inhaling, holding, exhaling for 4 seconds each), can reduce stress & stop racing thoughts.
3. [Prioritise Sleep and Rest](#): Getting at least seven hours of sleep and establishing a consistent sleep routine helps reduce burnout and manage the physical and emotional demands of stress.
4. [Set Boundaries \(Learn to Say No\)](#): To avoid becoming overwhelmed, it is crucial to set boundaries, delegate tasks, and say no to unnecessary commitments.
5. [Connect with Others and Disconnect from Tech](#): Talking to friends or family can provide support and distraction. Simultaneously, reducing social media consumption and screen time lowers stress and improves sleep quality.

Diary Dates

Online Emotional Regulation Session for parents / carers:

Online 18th March 3 - 4pm

In school 26th March 3 - 4pm

HPD Spring Term

26th March



Attendance

This week, our top three attending tutor groups were:

1st Grant - 100%

2nd Harrison - 88%

3rd Bryan - 81.67%



Reminders

Students need cash or a bank card for shopping in the community - NOT their phone.

We are a nut and sesame free school

Medication must be sent into school in the box with prescription label, via taxi escort.



Important Messages



Points are mentioned frequently in our newsletters as well as daily with our students.

However, if a student displays one of our RICH-T values they can be eligible for a **Golden Ticket**.



Our Golden Ticket tree has been updated for our second Spring Term. We are so excited this year to fill up our tree with all of our student's amazing achievements.

Important Messages



Parent / Carer Workshops at EWDS

Delivered by Northumberland's
Psychological Services Team

Join online by Zoom on 18th March 3 - 4pm
or

Come along 26th March 3 - 4pm in school (same
day as Home Partnership Day)

Emotion Coaching

Emotion Coaching is an approach that parents/carers can use with children and young people to support their emotional development.

Research suggests that Emotion Coached children and young people:

- Are more emotionally stable
- Are more resilient
- Achieve more academically in school
- Have fewer behavioural problems

This session will introduce the steps of Emotion Coaching and its scientific basis, and will involve practical activities and resource-sharing so that parents can begin to use this increasingly popular approach straight after the session.

To register interest, please email
cath.taylor@ewd.northumberland.sch.uk. Zoom link to follow.

What's been happening this week in Key Stage 3



This week Davison have been practicing their creative writing skills for a final assessed piece of work next week.

Focussing on writing a horror extract they used fronted adverbials, expanded noun phrases and prepositional phrases to bring their writing to life.

Horror
Every night at exactly midnight, Clara Finch heard someone knocking from inside the wall of her bedroom—three slow taps that sounded disturbingly patient.

I wondered where the sound was coming from and then I realised there was no room next door but just a ~~walled~~ flat brick wall. out of bed the noise behind the wall got louder.

Frozen in bed, I decided to investigate as I got closer a distinct ~~gleaning~~ sound was heard.

Part 2 – Self-Assessment of Your Writing

Think about the descriptive story you have written.

Skill	Yes	Nearly	Not Yet
I used fronted adverbials at the beginning of sentences.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I added expanded noun phrases to describe characters or settings.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I used prepositional phrases to describe where things happen.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My sentences vary in structure and length.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My description helps the reader clearly imagine the scene.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Part 3 – Improve Your Writing

Rewrite one sentence from your work to make it more detailed using at least two of the features above.

Original sentence:
I ran through the ~~wide~~ narrow corridor

Improved sentence:
I ran through the wide narrow corridor

Part 4 – Personal Target

One thing I did well in my writing:
expanded noun phrase

One thing I will improve next time:
prepositional phrase

Davison

What's been happening this week in Key Stage 4



After completing one of their mock exams this week, Sykes class took some time for a wellbeing walk at Plessey Woods. It was a great opportunity to get some fresh air, reset, and reflect after their hard work.

The class have shown **mature attitudes and real determination throughout the mock exam period**, approaching each challenge with focus and doing their very best. We are proud of the effort and resilience they have demonstrated.

"Success is the sum of small efforts, repeated day in and day out."



Well done, Sykes class—

keep up the fantastic work!

Sykes

This week Youll have been sitting their mock exams. Today we sat our English Language exam. The exam lasted over 2 hours!!! After our English exam we had a **wellbeing session** making chocolate cupcakes and sausage pasta.

The **students shared** their creations and made hot drinks for staff. This **refueled** us for the rest of the day.



Youll

What's been happening this week in Base



This week we've got our heads down and are focusing on exam techniques and skills. We are sitting mock exams in Maths and English, knowing that we are not far away from sitting these for real! Times like this can feel a bit stressful so we are making sure we have some downtime too!!



In our outdoor lessons students visited Bolam Lake County Park



Grant

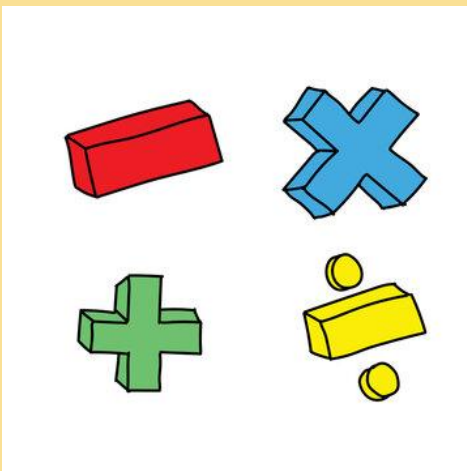
Student Report



This week I have enjoyed doing construction with Alan, we have started to make a wooden swing and we cut the wood up in preparation to make it.

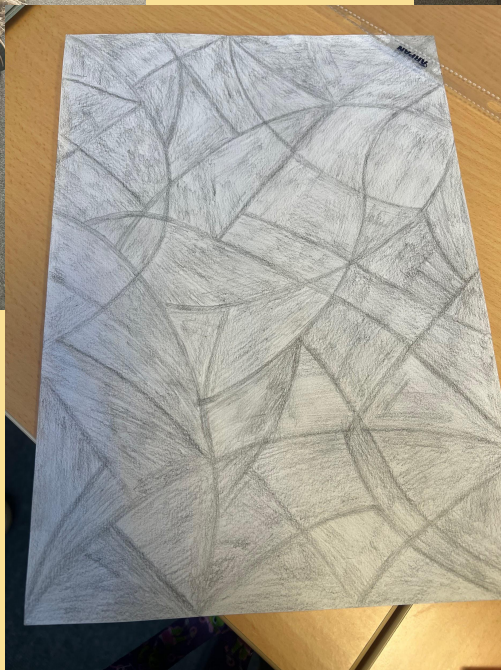
In Maths, I completed a functional skills level 1 paper to put into practise what I've worked on in lessons.

Dylan



Cain

WOW Work this week



13/03/26 LO: Can I find a percentage of an amount.

(a) 35% of £800 280	(b) 6% of 160g 9.6	(c) 23% of 330cm 75.9	(d) 52% of 910m 473.2
(e) 61% of 1400 854	(f) 7% of 640GB 44.8	(g) 45% of 350g 157.5	(h) 80% of 450 people 360
(i) 90% of 1250ml 1125	(j) 76% of £80,000 60,800	(k) 85% of 90 hours 76.5	(l) 12% of £6 0.72
(m) 6% of £20 1.2	(n) 11% of 6m 0.66	(o) 28% of 3km 0.84	(p) 71% of 4 tonnes 2.84

Question 1: A primary school has 212 students. 50% of the students are boys. How many of the students are boys? **106**

Question 2: There are 800 fans at a rugby match between Armagh and Malone. 30% of the fans support Malone. How many fans support Malone? **240**

Question 3: Hannah is paid £280. She spends 30% on her rent, 25% on food and bills and saves the rest.

(a) How much does Hannah spend on rent? **84**
 (b) How much does Hannah spend on food and bills? **70**
 (c) How much does Hannah save? **126**

LO: Can I find a percentage of an amount?

(a) 15% of 688kg
103.2

(b) 45% of 3mm
1.575

(c) 30% of £254
76.2

(d) 35% of 82 seconds
28.7

(e) 18% of 25miles
4.5

(f) 65% of 108ml
70.2

(g) 19% of 705ml
133.95

(h) 27% of 84g
22.68

(i) 63% of 38 seconds
23.94

(j) 86% of 5km
4.28

(k) 92% of 80 litres
73.6

Question 4: There are 220 students in Year 7. 15% cycle to school. 60% are driven to school. The rest walk to school.

(a) How many students cycle to school? **33**
 (b) How many students are driven to school? **132**
 (c) How many students walk to school? **55**

Question 5: Fredrick is an estate agent in New York and earns 5% commission on every property sold. How much will he receive if he sells a flat for \$830,000? **\$41,500**

Question 6: A cake weighs 750g. 40% of the cake is sugar. Work out how many grams of sugar are in the cake. **300g**

Question 7: There are 600 members of a running club. 45% of these members are male. Work out 45% of 600. **270**

Question 8: Martin gives 40% of £75 to his sister. How much money does Martin give to his sister? **£30**

d = 28.7 seconds p = 73.6 litres

Teaching and Learning



This week our Year 11 students have been working incredibly hard as they complete their mock exams in English, Maths and Science. These assessments are a valuable opportunity for students to practise exam techniques, build confidence, and prepare for the real exams which are now not far away. We have been really impressed with the focus and determination many students have shown during this week, and mocks will continue into next week as they keep building their skills and resilience.

Alongside this, students in base have been developing their understanding of conflict resolution. Through discussion and scenario activities, they explored different situations where disagreements can happen and considered how each person involved might feel. Students demonstrated a strong ability to look at situations from different perspectives, suggesting thoughtful and positive ways conflicts could be resolved or even avoided in the future.

Meanwhile, our KS3 Foundation students have been fully engaged in some first aid training delivered by an external provider. They particularly enjoyed learning about CPR, taking part in practical demonstrations and practising the skills themselves. It was fantastic to see their enthusiasm and curiosity as they developed knowledge that could one day help them support others in an emergency.

STAFF SHOUT OUT!

A huge thank you to **Debs** and **Ashley** for their continued hard work in ensuring that 'Hugh Jackman' class are receiving a high-quality education. Both have gone above and beyond to support the students, maintaining high expectations and consistency in the classroom. A special mention to Debs, who has stepped in to cover during a staff absence while still supporting the team brilliantly. She also organised a fantastic World Book Day celebration for the whole school, helping to create a positive and engaging reading culture for our students.

We would also like to say welcome back to **Tina**. Tina has shown incredible resilience and dedication while working with some of our most hard-to-reach learners. Her calm, supportive approach has made a real difference, and she has been a fantastic support to both students and staff alike. Thank you for everything you do.

Pastoral Message



Over the last few weeks in base a number of our students have been working on conflict resolution. They have talked through certain scenarios and tried to imagine how the people involved may have felt on each side of the conflict.

The students showed a really good ability to understand a situation from different viewpoints and came up with some positive ways of resolving conflicts and avoiding them in the future.



David

Taxi Information



As a rule taxi driver and escorts are not required to knock on your door so please keep an eye out for your taxi arriving.

Your taxi will wait to your address for 3 minutes, if you do not acknowledge the taxi they will leave without the student.

All taxis have trackers on them and can be traced to ensure they are collecting students daily.

If a student does not get onto the allocated taxi, parents/carers are then responsible for transporting the student to school.

Here are some useful numbers should you have taxi concerns:

Northumberland Council Transport - 01670 624839

sen.transport@northumberland.gov.uk

Phoenix 01670 540222

schools@phoenixtaxisbl.co.uk

Darras Hall - 01661 610184

darrashallprivate@hotmail.co.uk

Borderline - 0191 2501476

borderlinetaxis@hotmail.co.uk

Luna - 07878175998

tracybow22@virginmedia.com

S&A Travel - 01670 851320

sandatransport@hotmail.co.uk

Diamond - 01670 353535

joanburt27@gmail.com

Magpie - 07598852226

magpieprivatehire@gmail.com

If you have any other questions or queries, please get in touch

Pastoral Message



Dear Parent/Carer,

Re: Important Update – Administration of Non-Prescription Medication in School

We are writing to inform you of our policy regarding the administration of non-prescription medication during the school day.

- Our school does not supply any non-prescription medication, including paracetamol, Calpol, antihistamines, or similar products.
- If you would like your child to receive paracetamol during the school day, you must provide a **new, sealed box along with a written note explaining the reason it may need to be administered. Please provide the students name and date of birth on this note.**
- Please ensure you have read the safety information on the packaging, and note **we cannot accept paracetamol capsules** in school as they are for over 16's only.
- Ibuprofen will only be accepted if it has been prescribed by a doctor specifically for your child in accordance with the DFE recommendations.
- In line with our medication policy, we will continue to contact you by phone before administering any non-prescription medication that you have provided and approved.
- You must contact the school office or the Medication Managers if you are sending any non-prescription medication into school.

We appreciate your support in helping us maintain a safe environment for all pupils. If you have any questions or need further clarification regarding this change, please do not hesitate to contact the school office.

Chloe Stait- Chloe.stait@ewd.northumberland.sch.uk

Catherine Dunn- Catherine.Taylor@ewd.northumberland.sch.uk

School admin- admin@ewd.northumberland.sch.uk

Yours sincerely,

Chloe Stait

Pastoral and medication manager

Emily Wilding Davison School

Chloe

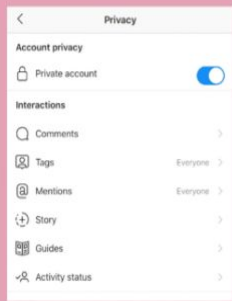
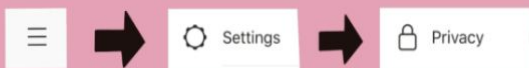
Social Media Settings



Most social media apps are 13+ (WhatsApp is 16+) but - as we are aware some children are using them regularly - we wanted to share some important settings to keep children safe online.



Instagram



PRIVATE ACCOUNT: when this is on, only followers can see your posts and stories and you have to approve followers **(recommended: on)**

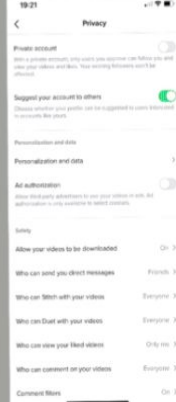
COMMENTS, TAGS, MENTIONS, STORY: allows you to control who can tag you, comment on your posts, mention you in their story and control your story audience

You can also restrict, block or report a user by clicking on their profile and selecting the three dots in the top right.

You can also remove a follower using this method.



TikTok



PRIVATE ACCOUNT: when this is on, only followers can see your posts and you have to approve followers **(recommended: on)**

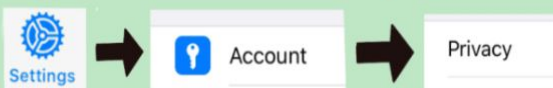
SAFETY: Tiktok has lots of options to restrict contact and interaction with video posts **(recommended: friends)**

COMMENT FILTERS: you can automatically hide comments that may have offensive words in **(recommended: on)**

You can also block, report or remove a follower by clicking on their profile and clicking the three dots in the top right hand corner.



WhatsApp



PROFILE PHOTO AND STATUS: You can change who can see a profile photo and status **(recommended: my contacts)**

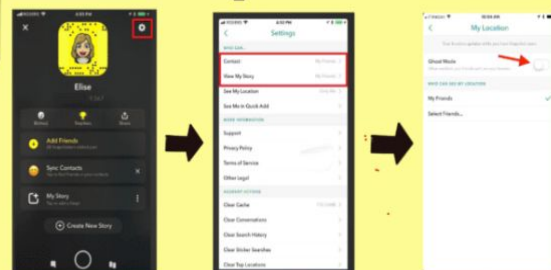
GROUPS: allows you to stop a contact being able to add you to groups **(recommended for when a friend adds you without permission)**

BLOCKED: can add a contact to a blocked list so they can't message you.

You can also block or report a contact/number by clicking on the chat with them, clicking on their number/name at the top then scrolling down!



Snapchat



CONTACT: decide who can message you and send you snaps **(recommended: my friends)**

VIEW MY STORY: restrict who can see your story **(recommended: my friends)**

GHOST MODE: if this isn't on, contacts can see your location on a map **(recommended: on)**

You can also block or report a user by locating their contact, tapping and holding their name and clicking more

What are the consequences of sharing terrorist content?

Depending on the case, the consequences of being convicted under the Terrorism Act as a child can include:

- Sentences in prison or young offenders' institutions depending on age
- Community orders, including tagging, curfews and restrictions on movements
- Confiscation of electronic devices including phones, tablets, consoles and computers
- Long-term restrictions on travel to some foreign countries
- Impacts on opportunities to attend college or university and gain qualifications
- Impacts on being able to get a job

What is terrorist offending and terrorist content?

Terrorism is the use or threat of violence in order to achieve political, religious or ideological change.

In 2024 39 young people aged 17 or under were arrested for terrorism-related offences in the UK.

Terrorist-related offending can include:

- displaying the signs, symbols and slogans of terrorist groups
- creating extremist content that celebrates terrorists or terrorist groups
- sharing extremist content that celebrates terrorists or terrorist groups
- encouraging other people to commit terrorist crimes
- threatening acts of violence for terrorist causes online.

Terrorist content is content that would be illegal under the Terrorism Act if you were to create, share or celebrate it, or use it to threaten other people. It might include images of graphic violent acts being committed for terrorist causes; the signs, symbols or slogans of terrorist groups; or encouraging other people to commit terrorist crimes.

If you suspect you have been sent terrorist or any illegal content don't open it or share it. [Report it.](#)

Where can I report terrorist content?

- [Action Counters Terrorism \(ACT\)](#) – [Report material promoting terrorism or extremism online](#)

Where can get more information?

- [ACT Early](#) – Advice for parents, carers and others about what to do if you are concerned about friends or family being at risk of radicalisation
- [Educate Against Hate](#) – Advice and resources for teachers and schools on extremism and radicalisation
- [NSPCC](#) – Advice on talking to children about online safety
- [Childline](#) – Direct counselling and advice for children on a wide range of issues. 0800 1111
- [Counter Terrorism Policing](#) – more information about who Counter Terrorism Policing are and what they do.
- The Crime Agents podcast – [The secret world of child terrorists episode](#)

Always call 999 in an emergency



ACT

ACTION
COUNTERS
TERRORISM

WHAT YOU SHARE LEAVES A TRACE

