

Age 5-11

Just for Us

Issue 10 **The newsletter for looked after**
August 2006 **young people in South Tyneside**

Just for Us is the newsletter for looked after young people age 11 and under in South Tyneside. It is also for the children of foster carers. To receive your own copy of Just for Us write to us (our address is on the back page) and we will add you to our mailing list.

Summer holidays R here!



Don't forget to enter the competition on the back pages to win more prizes. Well done to Nikki, Brooke, Sophie, Chantelle and Rhobyn who all won a Roald Dahl book!



South Tyneside Council



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Lee's letter!

Just for Us



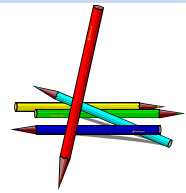
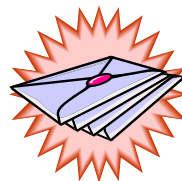
Hi it's Lee here!
Can you believe the summer holidays are here already? I'm sure you're ready for them! Well, to get you off to a bang this newsletter is full of exciting things to read and do!

Also make sure you read about the Wednesday activities group - a new project is starting in September and you won't want to miss out!

Also don't miss the article that's all about keeping healthy and fit this summer - not to mention getting sweaty!

Finally make sure you enter the competition - its dotty!

Send us your stuff!



Why don't you **send us your stuff** through the post or by email. We want things like poems, jokes, stories, what you think about being looked after, funny things that have happened to you - anything that you want to send in really! Remember that if you have **something printed in the newsletter** then you can win **up to £5**. Our address is on the back page so make sure you don't forget.

Wednesday activities group

The Wednesday activity group still meets at The PLACE every Wednesday from 4 until 5.30 pm and the last few months have been fun , fun, FUN!

Look out for more information after the summer holidays as we will be telling you all about the new great projects that we will be running.



The group went climbing at a local climbing wall - we didn't realise there were so many spider boys and girls around!



We made books illustrating a journey that we have been on - it could be a journey to school or a journey through life or any type of journey



We are always doing arts and crafts and all sorts of fun activities!



The group made their own felt name tags with help from the "felt man" - it was really interesting!

Why don't you come along any Wednesday at 4pm? Give us a ring on 424 4633 for more details.

What's on over the summer?

Check out what's on over the summer so that you have plenty to do!

Play Development team, Summer 2006, Holiday Play schemes

| | | | | |
|--------------------------------|---|---|---|------------------------|
| WEEK 1 24-28 July | All Saints Community Association | Lifestyle Centre | West Park Jarrow | Cornthwaite Park |
| WEEK 2 31-4 August | Simonside Youth Centre | Downhill School | Mundles Lane | Marsden Prim School |
| WEEK 3 7-11 August | Harton Junior School | School Street Hebburn | Monkton Stadium | The Cove Marsden |
| WEEK 4 14-18 August | Foreshore Skate- board Park | Boldon Community Association | Low Simonside Community Association | Jack Clark Park |
| WEEK 5 21-25 August | Cleadon Park Community Association | Lukes Lane Community Association | St Joseph's Fellgate | Excellence Centre |
| WEEK 6 29-31 August | Redhead Park | Hartleyburn Community Association | Hebburn Community Association | South Marine Park |
| WEEK 6 Friday 1 Sept | End of Summer Party South Marine Park | End of Summer Party | End of Summer Party | End of Summer Party |

Make sure you get along to some of these fantastic events - you've got six weeks to fill after all!



Arbeia Roman Fort:

| Date | Activity | Time | Description |
|---------|------------------------|-------------------------|---|
| 25 July | Caesar's School of Art | 10 am-12 noon and 1-3pm | Create crazy cartoons of cool Roman characters |
| 01 Aug | Marvellous mosaics | 10 am-12 noon and 1-3pm | Create your own finger paint mosaic |
| 08 Aug | Crazy Catapults | 10 am-12 noon and 1-3pm | Make your own catapult to take home |
| 12 Aug | Crafty Archery | 11 am -1 pm and 2-4pm | Make your own glittering bow and quiver of arrows |
| 15 Aug | Time Travellers | 10 am-12 noon and 1-3pm | Help to create a banner illustrating 3000 years of life at South Shields. |
| 22 Aug | Rangoli Art | 10 am-12 noon and 1-3pm | Get crafty with this art form |
| 29 Aug | Circus maximus | 10 am-12 noon and 1-3pm | Roman games |

summer playscheme week!

August
7th - 11th 06
11am - 3pm
Monkton Stadium
Jarrow

Sports!

Games!

Crafts!

For All Max Card Holders!



Bouncies!

Fun!

Circus skills!

Ending in Family Fun Day on Fri 11th Aug!

Activities aimed at ages 8 to 16 yrs Monday to Thursday and 4 to 16 yrs on Friday!

*Any child under 8 years of age must have a parent or guardian with them on site. All young people needing extra support must be accompanied by a parent or guardian.

Let's get sweaty!

Eating well and resting is very important, but you need to exercise if you're going to be really fit and healthy.

Exercise is a horrible word though, isn't it? It makes people think of going on long runs or lifting heavy weights, or taking part in sport that you might not like or be very good at.

But really, exercise is anything that gets you a little out of breath. This can be anything from playing football, netball, hockey or any other team game to just running around the back garden playing with your toys or exploring the trees and plants and creepy crawlies.

Getting a bit out of breath shows you are exercising really well. Your muscles need exercise to keep you fit and healthy. Your heart is a muscle too and exercise really helps it. Exercise also helps your body use up that lovely food you've been scoffing.

Doing an hour a day is just right. It doesn't have to be all at once, or even something sporty everyday. Chasing after your dog can be just as good for you. Whatever it is make sure it makes you feel slightly out of breath and a bit warm otherwise you're not exercising anything!

For more great tips on how to stay fit and healthy visit www.bhf.org.uk/cbhf



A date for your diary!

The Annual Celebration of Achievement awards night will be held on 12 October 2006 at South Shields Town Hall.

We will be sending out your invitations in September.

Make sure you keep this date free as last year was fantastic and this year will be even better!

Your poem - sent in by Chantelle

Always eat your bogies,
 Don't wipe them on your clothes
 Just pick them from your nose!
 They're full of crunchy goodness,
 They're best when green and long!
 So always eat your bogies-
 you'll grow up big and strong!



**Why
 don't you
 write a
 poem and
 send it in!**

Jokes

Patient: Doctor Doctor, my breath
 smells of coconut!
 Doctor: Well it's bounty!
 Chantelle



What should you
 give short elves?
 Elf-raising flower
 Sean

Boy 1: My teacher reminds me of the
 sea.
 Boy 2: You mean she's deep,, sometimes
 calm but occasionally stormy?
 Boy 1: No he makes me sick!
 Ryan

What breaks when you say it?
 Silence!
 Who is boss of the hankies?
 The hankiechief!
 What happened to the frog that broke
 down?
 It got toad away!
 Sophie

Knock knock,
 Who's there,
 An interrupting cow
 Interrupting....
 Moooooo!
 Thomas



Thanks to all you
 jokers out there
 for sending in
 your jokes!

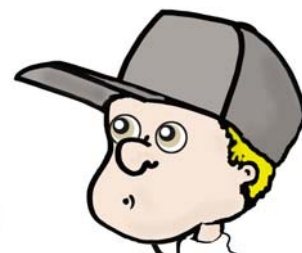
What kind of musical
 instrument can you
 use in the sea?
 A cast 'a' net!
 Nikki

Do U Care? website!

The DoUCare website is the place to go for information about being looked after, having a social worker or to find out about different people's jobs. There's also information on things to do and a section on other young people's experiences.



The website for all looked after children and young people in South Tyneside - you need to regularly check this site out as it is being updated all of the time!



Log on now!

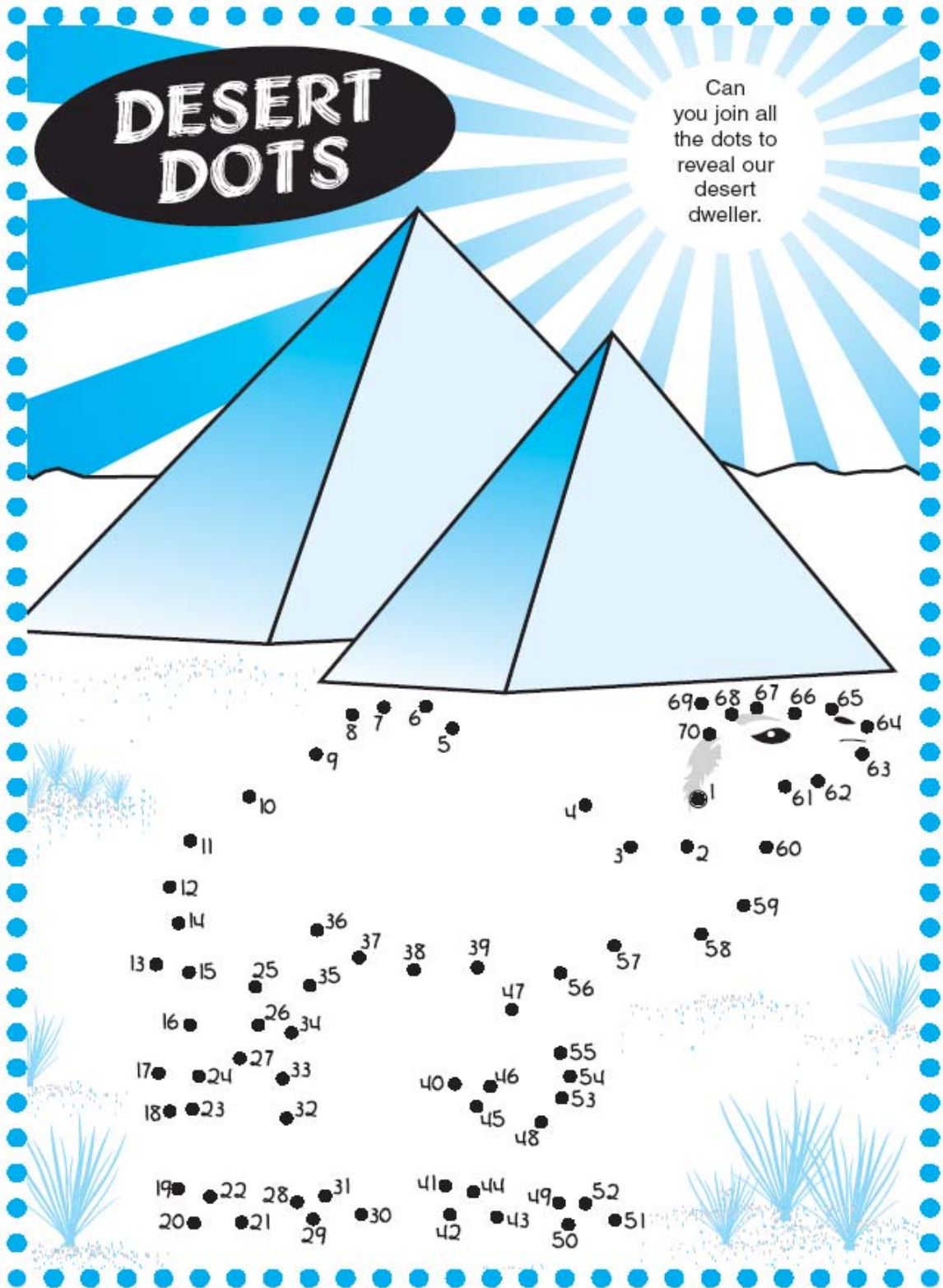


www.doucure.co.uk

COMPETITION ENTRY

DESERT
DOTS

Can
you join all
the dots to
reveal our
desert
dweller.



Return your entry by 20 September 2006
Send it to us in the pre paid envelope!



Please use this space to send us your pictures, poems, stories, jokes, about me articles, or anything else that you would like to send us.

My best summer holiday would be to

Name _____ Tel _____

Address _____ Email _____



What you told us about...

In the last edition of Just For Us we asked you to tell us what you liked and didn't like and this is what you told us -

Your favourite TV programs are:

| | | |
|--------------|--------------|------------------|
| The Simpsons | The Cramlins | Crash Test Danny |
| Trace Beaker | X Factor | Football |
| Dr Who | Cat and dogs | CBBC |

Your favourite music is:

| | | |
|-------------|----------|-----------------|
| Sugar babes | Greenday | Pop party |
| Magic radio | Madonna | Pussy Cat Dolls |
| Eminem | Violin | Shane Ward |

Your worst TV programs are:

| | | |
|-------------|-----------------|-----------|
| Balamory | The Sadhas | Emmerdale |
| Basil Brush | Deal or No Deal | Football |
| Shiny Show | Flower show | Sabrina |

Your worst music is:

| | | |
|----------------|------------|--------------|
| Britney Spears | West Life | Church music |
| Tiny pop | Tambourine | Guitar |
| Greenday | McFly | Old tunes |

If you could be an animal you would be a:

| | | |
|---------|-------|---------|
| Lion | Horse | Cat |
| Rabbit | Puppy | Dog |
| Giraffe | Shark | Dolphin |

One person you would like to meet is:

| | | |
|---------------|-----------|----------------|
| Lee Ryan | Real Dad | Britney Spears |
| Ant n Dec | The Queen | Mam and Dad |
| Lindsay Lohan | Madonna | David Beckham |

If I could do anything....

We asked you what you would do, if you could do anything for one day and this is what you said:

| |
|--|
| I would like to fly like a bird. (Chloe) |
| I would like to go on an aeroplane. (Terri) |
| I would like to foster some other children. (Brooke) |
| I would like to go to Alton Towers. (Chantelle) |

| |
|---|
| I would like to play football with David Beckham. (Nicky) |
| I would like to go to the moon. (Sean) |
| I would like to be Prime Minister. (Josh) |
| I would like to go out with my mam and dad. (Emma) |

**Service Development
team**

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Did YOU KNOW?

If you are looked after then you will have a looked after review meeting at least every six months.

Review meetings give you a chance to say how you want to be looked after and the meetings should be focused around you.

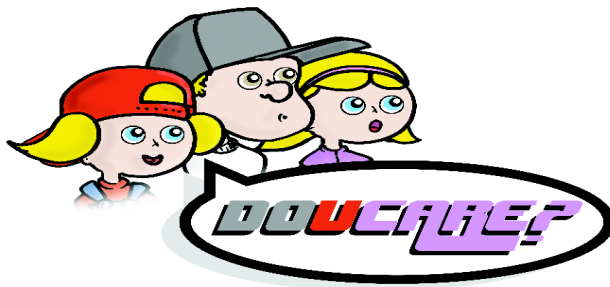
That means you have a say about when and where they should be and what people talk about.

We want all children and young people to come along to their reviews but if you don't want to go then you should think about how you can get your message across. You could draw a picture or write a letter.

For more information about this or to answer any other question about being looked after log onto the DoUCare website using the address above.

If you know someone who would like this information in a different format, please contact the Communications Unit on 424 7385.

**Check out the Do U Care?
website for loads more
information about being looked
after and other important information!**



www.doucare.co.uk

If you would like to receive any more copies of this newsletter— then please give us a ring on the numbers above and we will send one out to you!

