



Just For Us

Issue 3 The Newsletter for Looked After Young People in South Tyneside

Young Peoples
Engagement Team

January 04

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What is Just For Us?

Hi there - Welcome to the third edition of the Just For Us newsletter! Just For Us is the Newsletter for Looked After Young People in South Tyneside Aged 11 and Under. We hope you enjoy reading this issue of your newsletter as it's packed full of

exciting stuff!

Just For Us is produced by the Young People's Engagement Team (Lee and Jo) but the newsletter is designed by a group of young people called the "Just For Us Editors Group".

See inside for what this group does!

Remember everyone who has something printed in the newsletter receives a prize!



**Send Me Your
Stuff!**

So send in your articles now - see inside for more details!

Don't Forget To Enter The Competition On The Back Page To Win More Prizes! Well done to Lee who won the last competition!

Do U Care? - Log On To Find Out!

You will hopefully have been given your free Do U Care? mouse mats and pens along with your passwords and username for the website. We hope you have been online and checked it out! www.doucare.co.uk has been set up to give help and support to Looked After Young People in South Tyneside - so it was made with you in mind! We really want to know what you think about

it and will be holding some focus groups in the near future so that you can tell us about it. But we also need to hear from you with ideas of how we can develop make it even better - so if you would like to be contacted to get involved in a group to decide this then make sure you let us know on the competition form.



Just For Us Editors Group

This group is made up of Looked After young People and meets up before every issue is produced and helps to decide what will be going in to it. The Young Peoples Engagement Team also receive loads of stuff from you guys and the editors help to select what we put in.



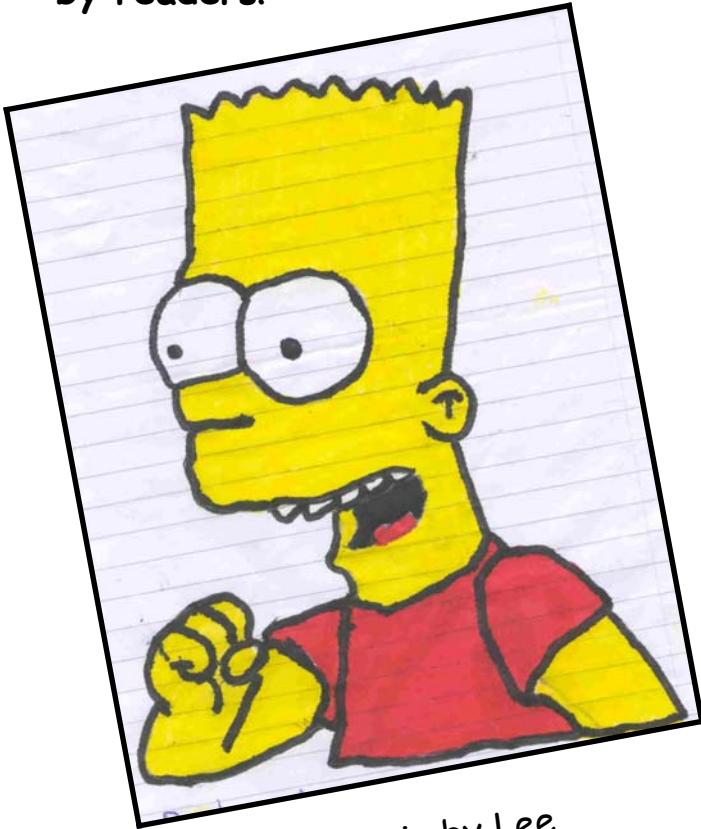
There is always a reward trip after each editors meeting - **last time we went to the cinema!** Anyone can come along to the editors group - the next one will be in March - just let us know if you are interested in coming by ticking the box on the competition sheet.

Send Us Your Stuff!

If you don't want to come to the editors group (or can't because you live outside of the borough) then you can still be involved by sending 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! And remember that if you have **something printed in the newsletter** then you can win **up to a £5 voucher**. Our address is on the back page so make sure you don't forget!

Picture page

Check out the pictures on the next two pages—they've all been sent in by readers!



Sent in by Lee

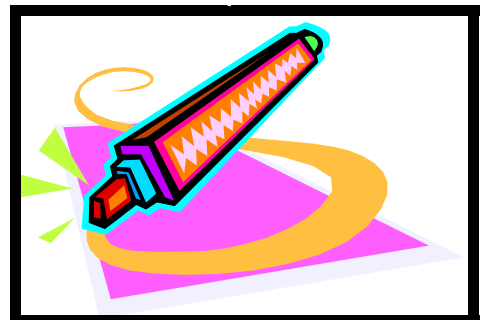
Thanks for these great Pics - Please send us some more!



Sent In by Sarah



Sent in by Laura



Get Drawing! And then send them in!



Sent in by Chelsea



Sent in by Paige

Jokes

Here are some jokes sent in by you guys so you can't blame the engagement team for bad jokes anymore!!

What fish tastes best with cream?

A jelly Fish!

Lee

Why did the skeleton cross the road?
To get to the body shop!

Rhobyn

What do you call a three legged donkey?

A wonkey

Ryan

Why did the chicken
cross the playground?
To get to the other slide!

What happens if you throw a green rock into
the red sea?
It gets wet!

Paige

Poems

Check out these poems sent in by readers-thanks for sending them but come on we want more!!

Sing me a song, tell me a rhyme.
Dance me a dance.
It's carnival time!
Put on a costume.
Paint your face.
Beat those drums all over the place!

Sent in by Ryan

S now is fun
N ow and then get
O ut there because the snow ball
W ar has begun!

Sent in by Anna

If you would like an information pack on writing your own stuff just let us know by ringing us on 424 4633.

Celebration Of Achievement Night - Organised by The PLACE

24th November 2003
Temple Park Leisure Centre

So hands up everyone who went to the Celebration of Achievement night at temple Park Leisure Centre in November!

That's quite a few hands I see... and that's exactly what made this night so special - you! Can you remember the balloons? I know some of you can! There were a few of you (I won't mention any names!!) who collected as many as you could off the chairs. I'm not sure who got the most by the end of the night!!

And what about clogs the Clown? I noticed lots of you trying to juggle and some of you were very good. His magic tricks were great too.

Did anyone figure out how he did any of them? Then it was time for the awards. Names were called out one at a time with a special achievement for each person, who then came up received their certificate and vouchers off the Lady Mayor and the Lady Mayoress.

A huge thank you must go out to everyone who

made the night so much fun and

so successful.

Most importantly we must say a big thank you to the young people and carers who made the event so special and such a success.

Without these fantastic achievements this night would never have been possible.

Keep up the good work everyone!



Calling all year 6's! Fancy a plate of Sausages and Toenails?

Hiya! My name is Vicky and I'm a teacher at The PLACE.

If you are in year 6 then you'll know that it's an important year



Vicky from The PLACE

for you. You are the oldest in the school and should be enjoying getting

treated with a bit more respect. Yeah right!

But before you get all excited thinking about going to the BIG school, me and you need to have a little chat about SATs.

Yes, as you probably already know, you'll be taking SATs tests at the end of year 6. SATs stands for **Sausages And**

Toenails and you'll be taking a test to see how many plates of Sausages And Toenails you can eat by the end of year 6. Yum. Nar, don't worry I'm only joking, they are actually much nicer than that, they simply test you on the English, maths and science work you've been doing. That's where I come in, if you want some fun and interesting ways of preparing for the SATs you can come along to The PLACE where you'll get loads of help and have a good laugh at the same time.

Also, if you still haven't collected your **Year 6 goody bag** then you can call into The PLACE to collect it or I can drop it off to you.

If you're interested, talk to your parent or carer about it and give us a call on 4273490.

Children's Trust

We are really excited to be one of the first 35 Children's Trusts in the country. For South Tyneside this means that the Council and the Health Services are joining together to de-

velop the type of services "you say - you need". The first two areas the Trust are looking at are disabilities and mental health (e.g. bullying) If you are interested in letting

us know your views or would like more information please contact Lee Taylor - (tel.424 4633) or email childrenstrust@s-tyneside-mbc.gov.uk

About Me....

This section is where you can write in and tell us something about yourself, what you have done where you have been or something that you like. It's up to you what you tell us!

In the last half term holiday we went to Wet and Wild and to the pictures to see ' Finding Nemo' it was a great film and we really liked it.. We met loads of other foster kids.

We also went to Beamish - the old town was really good. We went down the pit which was very dark and on the steam train. We also went into houses and they had big coal fires which were very hot and the toilet was outside the toilet paper was old newspaper torn into squares it was very hard YUK. We went on a tram to get round as it's a big place . It's close to were we live as it only took 25 minutes to get there by car so we want to go again.
from Rhobyn and Paige

Hello, my name is Lee. I like to do Taekwondo three times a week. I do taekwondo with my brother. We have been going there for two years. I am now a yellow belt with green tags. We both love taekwondo because it keeps us fit and healthy. We found out about taekwondo because it was in the Gazette, it said to come along to Brinkburn on a Wednesday night and try it out. So we did and we liked it. Anybody who thinks they might like to try taekwondo should go along to on a Wednesday night to Brinkburn at 6pm to 7:30.

The PLACE had an achievement awards night and I got a certificate of achievement and some vouchers for getting my yellow belt.



Hello, my name is Ryan. My favourite board game is monopoly. I really like monopoly Newcastle and Gateshead 'cos it's got like— Theatre Royal, Metrocentre and Shields ferry. My favourite card game is chase the ace. The one with ace at the end of the game is the loser!

Keep Sending in your stories - why not tell us your favourite things!

Young Peoples Engagement Team

The Young people's Engagement Team send you this newsletter - but what else do we do? We are here to make sure that your views, ideas and opinions are heard and listened to. We believe that if the services that you receive from the council are going to be the best then we have to listen to your ideas about how to make them better. We are interested in knowing what you think about being Looked After

and what you think about having a social worker or a foster carer.

We organise projects and groups that should help you speak to the important people in your lives and we are here to support you if you want to change something about how you receive your help. If you want to talk to us about being Looked After then please ring us on 424 4633 and ask for Jo or Lee.

Riddles — See if you can work out these riddles.

①

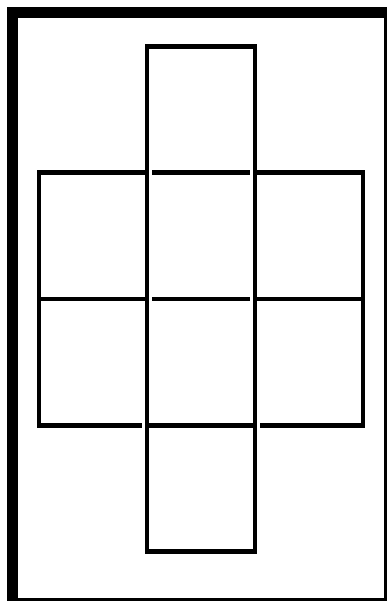
I have seas but no water,
coasts with no sand,
towns but no people,
mountains no land
What am I?

②

I can run, but never walk,
Often a murmur, never talk,
I have a bed but never sleep,
I have a mouth but never eat.
What am I?

Puzzles - Sent in by Josh and Scott

See if you can fit the numbers 1-8 into this grid making sure that consecutive numbers are not touching. E.g. 1 cannot touch 2 etc.



Why don't you send in your favourite puzzles or games - Remember you get rewards!

Answers - to riddles and puzzle
1) A map 2) A river
Starting from the top square
from left to right—write in the
numbers 7,4,1,3,6,8,5,2.

Why School days are NOT the best days of your life!

The editors group decided they were tired of grown ups telling them that school days were the best days of their lives - so they made this list to show people why they weren't the best!

If you haven't got a pen you get detention!

You get Homework!

You get told what to wear/not to wear!

Too much work!

Too many lessons in one day!

Exams!

Get up too early!

Get into trouble for not working hard!

You can't watch TV!

Sometimes aren't allowed to speak!

You have to eat school dinners!



But once they had thought about it for a while they came up with this list for why school days could be the best days of your life!

You get music lessons!

You get educated!

You can find out about the World!

You can play football!

You get break times!

You don't have to pay any bills!

You can meet new friends!

You can go on the internet!

You can have PE lessons!



**Write In And
Tell Us What
You Think
About School!
It Can Be
Good Or Bad!**

**Young Peoples
Engagement Team**

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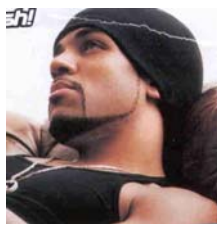
www.doucare.co.uk

Have you enjoyed reading this newsletter? We hope you have! We also hope that you will get involved in producing it. There are two ways that you can be a part of Just For Us—send us all your stories, jokes, book reviews or anything else that you would like to see in the newsletter by post just use the stamped addressed envelope that came with the newsletter. Or even better—come along to the next Just For Us editors group in March at The PLACE. You will have the chance to give us all your ideas, create articles, and put the newsletter together, as well as being able to come with us on our special Just For Us trip to the bowling alley. All you have to do is tell us you want to come along on the competition form and we will write to you and invite you!

Now that sounds good!!

Competition

Are you a natural born Celebrity Spotter? Have a go at spotting the celebrities below and you could win yourself a prize! All you have to do is write down the names of the celebrities on the competition form and you could win a £10 voucher for books or Cd's! But Watch out some of them have been disguised!!



**Do you know
Who's Who?**