

Embsay Echo

Summer Term 2024

Friday 3rd May

LIFE IN ALL ITS FULLNESS

Dear Parents / Carers

It has been another busy and productive week in school with lots of fantastic learning going on. Unfortunately, I have unfinished business with The Three Peaks Fell Race. Having run up Pen-y-ghent, along to Ribblehead and up and down Whernside, I was timed out at The Hill inn by 40 seconds. I have completed the race three times before, the last time was in 2011. Although disappointing, it is a good lesson in life and if I am fit and able, I will be on the start line next April.

Have a lovely weekend ahead! Mr T. Whitehead Interim Executive Headteacher

Now that the weather is finally improving, we would like to ask parents to do an initial thorough application of sun cream in the morning before school. You are welcome to send in a labelled sun cream to school which we can support the children to reapply before lunchtime. We would also request that children are sent in with sun hats too, however we do have some spares if needed. In Reception, the children do have free flow of going inside and outside so it's especially important that they have a thorough initial application of sun cream in the morning.

We would only apply suncream provided to your child due to different skin concerns. Thank you to parents who have already sent sun cream in, we will be keeping it all in a basket in the classroom for ease of access.

Thank you, the Key Stage 1 team



Year 3 Fair Trade Chocolate Day and Open Classroom

Línked to our learning on the Maya and Chocolate, we have organised a Fairtrade Chocolate Day, in school on **Tuesday 21st May**. The children will have a day packed full of crafts, games, cooking and of course, a bit of chocolate!

We will be playing some outside games and as it's their usual PE day, please can they wear appropriate PE clothing. To fit with our theme, if the children wish, their PE clothing can be in the Fair-Trade colours of blue and green.

Parents and carers are warmly invited to join us at 2.40pm on the day for our open classroom.



<u>Parent / Carer e safety online safety Zoom session</u> <u>Wednesday 8th May 4-5pm</u>

In partnership with Knowlsey City Learning Centre, all parents and carers are invited to an Online safety information session. During this session you will receive updates on the current trends, look at the risks associated with using technology, receive suggestions on how you can support your child online and find out what further support is available. To access the session please click <u>here</u>

attendees do not need to register, they simply click on the link at the above time to access the session. **Cameras and voice/audio will be switched off for all attendees.** Attendees can ask questions by typing in the Q&A box, but this will be explained during the session.

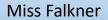
Please see the poster of this event further down this newsletter along with our e safety newsletter.



Reception Dressing Up Day!

We are planning to have a dress up day for Reception on **Tuesday 21st May**. As part of our learning about growing, we are asking children to come dressed as what they want to be when they grow up. Please don't feel you need to go out and buy a costume for this, we are just focusing on giving the children the opportunity to talk about different things they could be when they are older and think about the different jobs of people around them. Any creative/make do dressing up will be perfect!

Any questions, please just let me know!





Governor Meetings

For information, Embsay CE VC Primary School governor meetings will take place on the following dates:

9th May 2024—Curriculum Committee Meeting

18th July 2024—Full Governing Board Meeting

<u>Seeds or Seedlings wanted</u>

A shout out for any keen gardeners please. Year 1will be studying plants next half term. We have planted some seeds and would very much like to grow more flowers. If you have any spare seedlings or seeds, please can you send them our way? Thank you from all of Year 1.





YI Trip to Bolton Abbey

Year 1 are going to study trees at Bolton Abbey on Tuesday 14th May. Please can all Y1 parents check their ParentPay account for further details. Mrs Hayes.



Year 4 Multiplication Check

Year 4 children will be participating in the multiplication tables check (MTC) in June. The purpose of the check is to determine whether your child can fluently recall their times tables up to 12, which is essential for future success in mathematics. It will also help your child's school to identify if your child may need additional support.

What is the multiplication tables check?

It is an on-screen check consisting of 25 times table questions. Your child will be able to answer 3 practice questions before taking the actual check. They will then have 6 seconds to answer each question. On average, the check should take no longer than 5 minutes to complete.

What if my child cannot access the check?

There are several access arrangements available for the check, which can be used to support pupils with specific needs. Your child's teacher will ensure that the access arrangements are appropriate for your child before they take the check in June. The check was designed to be inclusive and accessible to as many children as possible, including those with special educational needs or disability (SEND). However, there may be some circumstances in which it will not be appropriate for a pupil to take the check, even when using suitable access arrangements. If you

have any concerns about your child accessing the check, you should discuss this with Mrs Speak.



Year One—Phonic Screening Check

week commencing - 10th June 2024

The phonics screening check is a test that Year One pupils in England are required to take.

The test is a statutory assessment that confirms whether or not pupils have met the expected standard in phonic decoding and can reveal which pupils may need additional support.

The check contains 40 words divided into two sections of 20 words. Both sections contain a mixture of real words and pseudowords ('alien words' - which are phonically decodable but are not actual words).

Teachers administer the check one-on-one with each pupil and record whether their

response to each of the 40 words is correct. Each pupil is awarded a mark between 0 and 40.

Please speak to Mrs Hayes or Miss Hodgson if you have any questions.



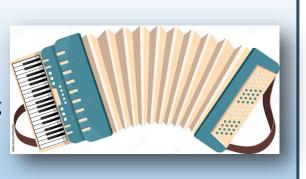
We have signed up for Walk to School Week at the end of May. Get the date in your diaries and your walking boots out!





Accordions

There are limited spaces for free accordion lessons with local musician Harry Hinchcliffe. These take place on Thursday afternoon during school time. Accordions provided.



Lost Property

We are gathering a huge amount of unclaimed clothing, mainly jumpers and some coats. Please can we stress the importance of naming clothing so we can reunite items with their owners.

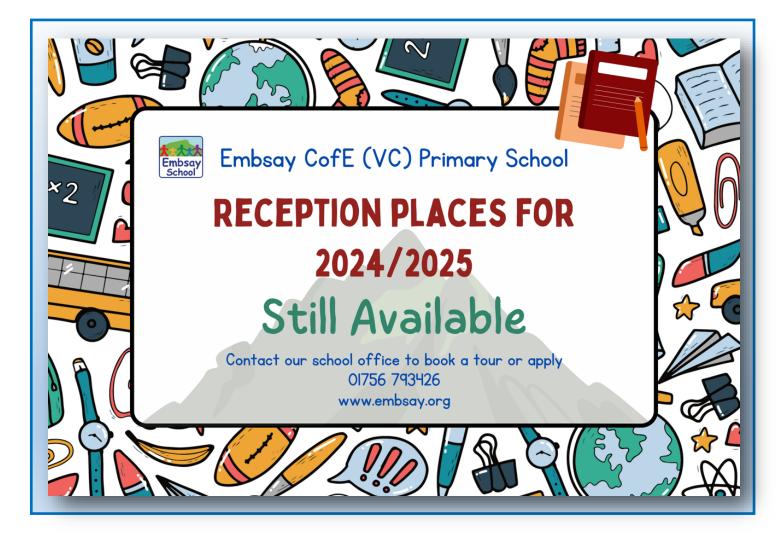


Kildwick Fell Race—Tuesday 21st May

Mr. Whitehead is the organiser for the Kildwick Fell race and this year it will take place on Tuesday the 21st May. There will be a full set of races open to all children (not just children from our school) aged 6 and over starting from 6.30pm. I will be sending all parents details and registration forms in book bags and via email over the coming weeks. These need to be filled in and brought to registration at the White Lion on the night. Registration will open at 5.30pm. The adult race will start at 7.30pm, is 3.5 miles and will be fully flagged and marshalled. It would be brilliant if we could get some of our running parents racing. It is a great route and I would be happy to show any prospective parents the race route. Please get in touch if you would like to know further details. The photo below is from near the back of a fell race (High Cup Nick) that I took part in last month. The PTA (Kildwick) will be serving refreshments and any help with this would be appreciated. If you would like to support with marshalling the fell races, then please do get in touch with the school office.

Thanks.





Sports Kit

We are looking to replenish the kit that we use when we represent school at various competitive and non competitive events. If you run your own business or know someone that does and they would like to sponsor some kit then please do get in touch via the school office.



Clubs—Summer Term 2024



Taskmaster Challenge KS2 Taskmaster challenge will be led by Mr. Dee and will take place on a Monday. Practical / Physical challenges will be set up and points will be awarded each week.

KS2 Taekwondo

Charlotte Jewsbury is a 4th Dan black belt and Master in Taekwondo. She is an experienced martial arts instructor and will continue leading a club for KS2 pupils at Embsay. See below poster for further details.



Kanga—KS1

Next half term Kanga will be running a Multi Sports after school club on a Thursday 3:20pm – 4:20pm for Years 1 and 2.

The club will run every Thursday from 18th April to 23rd May inclusive and the cost for the 5 sessions will be £10 per child.

Coding Club

KS2 Coding Club will continue on Wednesday 8th and 15th of May.

KS2 Fitness Class Heather Lewis a PT instructor who leads clubs in the local area will be leading a fitness / sport club on the following dates: 🔗 8th, 15th and 22nd May.

Art & Craft Club—KS1

Art and Craft Club will be on the following dates:

Monday 20th May

An email has been sent to parents about this club



Summer Term 2024 There will be other dates that will be added to the diary as the term

progresses, please keep an eye on emails and Newsletters.

May

w.c, 13th May Tuesday 14th May Tuesday 21st May Tuesday 21st May Tuesday 21st May Wednesday 22 May Friday 24th May

June

Tuesday 4th June Tuesday 4th June Friday 7th June Monday 10th June Wednesday 12th June Friday 21st June Friday 21st June Tuesday 25th June Wednesday 26th June

Thursday 27th June

Friday 28th June

July

Wednesday 3rd July Thursday 4th July Thursday 11th July Friday 12th July Tuesday 16th July Friday 19th July Year 6 SATs week Year 1 visit to Bolton Abbey Year 3 Fair Trade Chocolate Day & Open Classroom at 4pm Brownlee Foundation Triathlon – Year 4 Kildwick Fell Race Class Photos Break up for half term

Year 4 - National Park Ranger visit Reception - Ready, Steady, Pedal Non uniform - bring a bottle / chocolate for the summer fair Year 5 - Churches Count on Nature Year 3 & Year 4 - Churches Count on Nature Year 1—Sandylands – am Year 2—Sandylands – pm Skipton Academy – Transition Day Harlow Carr - Reception Skipton Academy – Transition Day Skipton Girls' Year 6 transition day Upper Wharfedale Year 6 transition day Skipton Academy – Transition Day Skipton Academy – Transition Day Skipton Academy – Transition Day

Year 3 - Bolton Abbey Sports Day - KS2 - 9.15am / KS1 -1.15pm Reserve Sports Day -KS2 -9.15am & KS1 -1.15pm End of year reports to parents Reception Teddy Bear's Picnic Last day of term

Stars of the Week...

Reception	Respect Award — Eva
	Achievement Award— Emmy / Arthur O
Year 1	Respect Award — Gilbert
	Achievement Award — Wilf / Jesse
Year 2	Respect Award - Tilda
	Achievement Award — Hattie / Brody
Year 3	Respect Award — Daisy
	Achievement Award — Wilf / Logan
Year 4	Respect Award — Jack
	Achievement Award — Adam / Elliott
Year 5	Respect Award — Aurora
	Achievement Award — Joshua / Issac
Year 6	Respect Award — Theo
	Achievement Award — Arthur

Extra Curricular Clubs this week

Monday	Taskmaster challenge Key Stage 2
Tuesday	Taekwondo - 3.20 to 4.20pm
Wednesday	Coding Club - 3.20 to 4.30pm
	Fitness club - Key Stage 2
Thursday	Kanga KS1 - 3.20 to 4.20pm



Our end of half term newsletter will be Friday 24th May 2024





Online Safety Newsletter May 2024

Smartphone Free Childhood

Smartphone Free Childhood is a parent-led movement whose mission is to protect children from the dangers of using smartphones too young.

The premise behind this movement is that all parents/carers of a class all agree not to give their children smartphones (therefore the level of peer pressure is reduced) for a set time or until a specific age. Are you ready to join? Find out more here: <u>https://smartphonefreechildhood.co.</u> uk

You may feel your child does need a phone, particularly if they are walking home by themselves but there are alternatives to the smartphone, including a watch, which are listed here:

https://smartphonefreechildhood.co. uk/alternatives

If your child already has a smartphone then Internet Matters have a section on their website with advice on smartphone safety: https://www.internetmatters.org/set upsafe/



Is being online affecting our child's mental health?

There are many positives to being online, but we do need to be aware of the negative aspects including those that may impact our child's mental health and wellbeing, for example:

- Social media (spending too much time on social media, comparing ourselves to others, filtered images and desire to achieve likes).
 - Cyberbullying
 - Seeing inappropriate content
 - Constantly connected/information overload
 - Excessive screentime
 - Negative impact on our sleep

Further information

 Childnet discusses digital wellbeing in more detail and includes top tips and conversation starters: <u>https://www.childnet.com/help-and-</u> advice/digital-wellbeing/

 The NSPCC provides further information about mental health including signs to look out for and how to get further support: https://www.nspcc.org.uk/keeping-children-safe/childrens-mentalhealth/depression-anxiety-mental-health/

WhatsApp Group warning

Whilst WhatsApp has an age rating of 13+ (recently lowered from 16), a BBC investigation has found that children as young as nine have been added to WhatsApp groups and seen inappropriate content. If your child is using WhatsApp, check their group settings as by default, group privacy settings are set to 'everyone,' which means anybody can add your child to a group without their approval. You can change this setting to 'My Contacts' so only contacts can add them to groups without their approval and if somebody who is not a contact wants to add them to a group then they will need to send them an invite.

You should talk to your child about the risks of joining groups and show them how to use the reporting/blocking tools. You can find out more about the BBC investigation here: https://www.bbc.co.uk/news/articles/cy0l4z8n1p9o

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.05.24.



Digital Addiction

Are you worried that your child is addicted to being online/on their device? Recent research from Ofcom reported that "34% of parents of children aged 3-4 said it was hard to control it, rising to half (49%) of parents of children aged 16-17."* Bark have produced a blog which discusses what addiction is, how to recognise the signs and examples of what digital addiction can look like. You can find the blog here:

https://www.bark.us/blog/digital-addictions/

[*source:

https://www.ofcom.org.uk/research-and-data/media-literacyresearch/childrens/children-and-parents-media-use-andattitudes-report-2024 accessed 24.4.24]

Misinformation online

There is a lot of information online that is incorrect/fake or misleading and it can sometimes be difficult for adults to distinguish between what is true and what is fake, never mind for younger people. We need to develop digital literacy skills in our children by encouraging them to think critically about what they read online and to fact check. Both the BBC and Channel 4 have fact checking areas on their websites:

- https://www.bbc.co.uk/news/reality_check
- https://www.channel4.com/news/factcheck/

One way to start the conversation would be to play a game such as 'Can you spot the signs of fake news?' from the BBC: https://www.bbc.co.uk/bitesize/articles/zwfm8hv

Further information

https://saferinternet.org.uk/online-issue/misinformation





Online Gaming Safety Tips: For parents/carers of neurodivergent young people

Internet Matters have published guidance outlining the benefits and risks of online gaming and how you can support your neurodivergent child. You can read the guide here: https://www.flipsnack.com/internetma ttersorg/guidance-for-parents-ofneurodivergent-gamers-internetmatters/full-view.html

Encountering violent online content starts at primary school.

New research commissioned by Ofcom reported that "all children who took part in the research came across violent content online, mostly via social media, video-sharing and messaging sites and apps. Many tell us this is before they have reached the minimum age requirement to use these services."

You can read more about Ofcom's findings here:

https://www.ofcom.org.uk/newscentre/2024/encountering-violentonline-content-starts-at-primary-school

Talking about online toxicity

Vodafone have published an article highlighting research which shows that "69% of preadolescent boys have encountered misogynistic content online". This article discusses how to approach this issue with your child and what to do if they start repeating negative views seen online. https://www.vodafone.co.uk/newscent re/smart-living/digital-parenting/howto-talk-to-your-teenage-sons-aboutonline-toxicity/

In partnership with Knowsley CLCs, all parent/carers are invited to an:

Online Safety Information Session

Current trends - / what children are doing online and what apps/games are popular amongst children. Understanding the Risks – a look at the risks associated with using technology, in particular when using social media, online gaming & live streaming.

What can you do? suggestions on how you can support your child with their online lives and what parental controls are available to help you.

Further Support – signposting to services that are

available to help you.

WEDNESDAY 8TH MAY 2024

4PM - 4.45PM



Autism Awareness Talk for Parents and Carers

Schedule

Thu May 16 2024 at 09:30 am to 11:00 am UTC+01:00

Location

Dyneley House Surgery | Skipton, EN



Awareness Talk with Q&A at the end.

About this Event

This talk is for Parents & Carers supporting a person who has Neurodiverse Needs, or waiting an assessment for possible diagnosis of Autism .

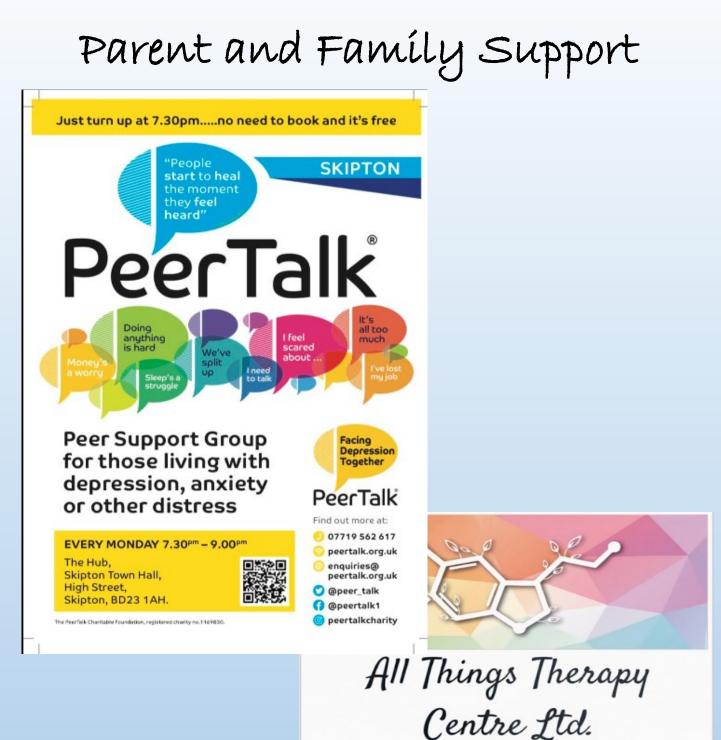
The health awareness talk will be led by GR8 Minds team from WACA Primary Care Network, who run a Children's Mental Health Service within local schools and GP practices.

There will be an opportunity to ask questions throughout the session , and there will be resources to take away with you .

This event is free of charge and open to anyone living within Craven (Skipton and nearby villages) .

Please note this event will take place in Dyneley Barn (behind the main surgery). Parking is not available at the Surgery as this is reserved for Patients who have medical appointments. There is plenty of free parking available in nearby streets.

For more information email : shameem.koser@nhs.net or helen.walker84@nhs.net



We are an Inclusive \$ Neurodiversity affirming therapy centre offering a range of services to all ages and abilities:

- Child, Teen & Adult Counselling and Psychotherapy
 - Play Therapy
 - Family Therapy
 - Couples Therapy
 - Neurodiversity Screening
 - Autism Assessments (5+)
 - ADHD Assessments (8+)
 - Cognitive Assessments

s www.allthingstherapycentre.co.vk

01756 639053





Parent/Carer Support Group

About Us:

healthy minds

The Parent Support Group is an online support group, facilitated by NHS mental health practitioners. The group is a safe space for parents to get together, share their experiences and build positive relationships. A different subject is discussed each month and parents will receive useful information and strategies around the chosen monthly topic. For an invite, please email: <u>mhstparentsupport@bdct.onmicrosoft.com</u>

Next Parents Support Group details: Tuesday 21st May 2024 Topic: "Supporting your child: Anger & Frustration".



In this months Parent Support Group, we will be discussing supporting children and young people when they experience anger and frustration. Within the session, we will think about helpful strategies that can be used to support with these feelings.

mhstparentsupport@bdct.onmicrosoft.com



Wild Explorers Where nature, fun and adventure collide!

WILD EXPLORERS

A child-led, fun and nurturing holiday club set in beautiful woodland on the Broughton Estate.

We are an OFSTED registered outdoor holiday club where children can play, enjoy a campfire, woodland crafts, tools and much more!



Price

£30 per child per day Childcare vouchers accepted

> Age Reception - Age 13

May Half Term

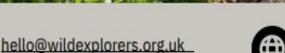
Tuesday 28th - Friday 31st May AND Monday 3rd June

Birthday parties also available year round email us for more info



Time 9.30am - 3.30pm

Location Broughton Hall Estate





www.wildexplorers.org.uk



WHAT IS IT?

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The wellbeing café is an afterschool group for children who would benefit from wellbeing support in a safe & inclusive environment.

Children are invited to attend the wellbeing cafe for a half-term (up to 7 weeks).

Different topics are covered throughout the year including: worries, anger, grief and managing emotions.

Fun activities such as crafts, experiments and exploring the outdoors are planned to ensure that each topic is engaging and accessible.





APPERSON AND AD

"EVERYBODY IS HERE TO HELP YOU"

FUN FACTS

Ages 7-11

SELFA, Broughton Rd, Skipton

Tuesdays

3.30pm-5.30pm

SELFA referral needed

admin@selfa.org.ul

Community Sporting Activities





EMBSAY Cofe (VC) PRIMARY SCHOOL **TAEKWONDO AFTER SCHOOL CLUB**

Hi.. I'm Charlotte, 4th Dan black belt and Master in Taekwondo, I am a mum of 2 primary aged children and run a Taekwondo club in Skipton. I am an experienced Martial Arts instructor, having being practicing Taekwondo most of my life and teaching for 15 years.



Does your child get bored with the usual PE activities? Do they have lots of energy to burn?

Why not move away from the traditional football, rugby, cricket and try Taekwondo? Appealing for both boys & girls alike. Taekwondo is excellent for fitness, flexibility, confidence, for stress & anger management

This is a complete beginners course and no experience is necessary to come and have a go!

TUESDAYS AFTER SCHOOL - 4.20pm finish Open to KS2 Classes at Embsay Primary £5 per session, per person. Bookable by term. To book, please email me directly. Charlotte@striketaekwondo.co.uk







the gateway Skipton culture

Events in 2024*

There's no shortage of events taking place in Skipton throughout the year.

	and the second
Community Fun Day	5th May
Sandylands	
Skpton Beer Festival	23rd - 25th May
Skipton Town Hall	
Skipton Car Show	2nd June
High Street	(4) Tune
80th Anniversary of D-Day	6th June
Various locations	8th June
Skipton Gala	8th June
High Street	30th June
Skipton Sheep Day	Soursune
Various locations	23rd Jul-29th Aug
Family Park Days Various locations	2010 Our 27 driving
Yorkshire Day Celebrations	1st Aug
High Street	iotricy
Yorkshire Regional Final for Young Traders	4th Aug
High Street	
Art in the Pen	17th & 18th Aug
Auction Mart	
Yarndale	28th & 29th Sept
Auction Mart	
Vintage Bus Sunday	13th Oct
Coach Street Car Park	
Remembrance Sunday	10th Nov
High Street	
Crafts in the Pen	16th & 17th Nov
Auction Mart	
Halloween Family Fun event	TBC
Santa Fun Run	24th Nov
Skipton Christmas Light Switch On	24th Nov
High Street	
Christmas Town Trail	TBC
Skipton Christmas Markets	1st & 8th Dec
High Street	
For event information visit welcometo	skipton.com