



**Embsay
School**

Embsay Echo

Spring Term 2024

Friday 12th January

LIFE IN ALL ITS FULLNESS

Dear Parents / Carers

Welcome back to the start of the Spring Term, I trust that you have all had a refreshing Christmas break and start the new year with renewed vision and energy. We have two very short half terms coming up which means they will be busy and bursting with learning experiences for the children. Please keep an eye on our ever changing diary dates, which can always be found on our weekly newsletter. The half termly parent plans are now on the school website, please do take some time to read them to find out about what your children are learning about this half term.

I would like to draw your attention to the 'Happy January' calendar further down this newsletter. I love the collective sentiment- 'Let's make this year a happier one'. We may not be able to change what's going on in the world, but our daily actions still make a big difference. Here are some ideas to help you get 2024 off to the best possible start.' One well being tip I would recommend is using the daily weather app to track the change in daylight hours. By the end of January sunset will be 5.14pm, giving us an extra 45 minutes of daylight.

One last thought, it was Epiphany last Saturday and I love this image that represents so many things for me. Keep half an eye out for the angels, and their like—trying to stir you from your slumber. You never know where it might lead! There is a light that never goes out!

Wishing you all a happy and healthy 2024, with every best wish from myself and all the staff at Embsay CE VC Primary School.

Mr T. Whitehead

Interim Executive Headteacher



New Appointment

Dear Parents / Carers,

My name is Julia Sanderson, and I am incredibly pleased to be able to take this opportunity to introduce myself as the new Special Education Needs and Disability Co-ordinator (SENDCo) and undergoing training to be DDSL at Embsay CofE VC Primary School.

We are very much aware, and appreciative of, the patience you have shown us whilst we address the need for a new appointment to be made for SENCo and I am privileged to be able to step into the role and begin supporting you all as soon as possible.

Whilst many of you will know me as Miss Sanderson, Year 6 teacher here at Embsay, my early career in fact saw me supporting many diverse needs across a very diverse populace; I have teaching and support experience across EYFS, Key Stage 1 and Key Stage 2. I began my career in the North-East of England in EYFS/Reception and over the years, have gradually (somehow!) found my way into Upper Key Stage 2, having taught in Year 1, 2, 3, 4 and 5 along the way... I have experience working in two and three-form entry schools in areas of diverse social demographics and as such, have supported pupils and families from many different social and cultural backgrounds. I moved to Embsay CofE Primary in late 2020 and have undertaken the role of HLTA, Year 6 Class Teacher and Computing Co-ordinator since then.

My priority as SENDCo is to familiarise myself with our wider student population and their needs, as well as provide opportunities for you, as our students' families, to meet me, get to know me, and voice your needs and the needs of your child, as well as any concerns / questions you may have. I would very much like to reassure you that we are here to support and listen to you; it will of course take time to build trust, I understand, however that is exactly what I intend to achieve, and I will not be able to do that without you. I welcome the opportunity to meet you all in the near future to discuss how we can best support you and your child on their journey through primary school.

With that in mind, one of the initial steps on my road map is to hold a SEND Parent Forum for which you will be able to submit general SEND related questions you would like addressed by me and the school. More information about this will be released in due course, however I hope you can appreciate that I do need to take a little time to take ownership of all the necessary information I need to undertake my role as effectively and efficiently as possible.

I have already contacted colleagues in other schools who I am networking closely with to provide the greatest support and guidance as possible for you and our students, and I will be working very closely with SEND agency, 'ADYS' who I will hold regular meetings with. They will also provide additional specialist support and input to our SEND provision as a school.

Miss Hodgson and I have a SEND Review meeting planned this coming week to begin addressing outstanding SEND requests and to continue to meet the needs of those already in place.

I look forward to being there to support you and your children on their journey with us at Embsay, from their first day in Reception through to their last in Year 6 and will endeavour to do so supported by an incredibly strong and supportive team of staff around me. I will of course keep you abreast of any significant changes or updates as the SEND provision in school is updated and our road map advances.

I would also like to reassure my Year 6 class and parents that I will continue to be your class teacher and, on any occasion where I need to take time out of the classroom to address my SEND duties, the class will always be covered appropriately and with planning and resources provided by me.

Thank you for your understanding and support throughout this time of transition; on behalf of the staff and school, I am immensely grateful.

In the interim, if you have any queries, please do contact me in the first instance via admin@embsay.n-yorks.sch.uk or 01756793426 and direct your email or call to 'Miss Sanderson'.

Many thanks.

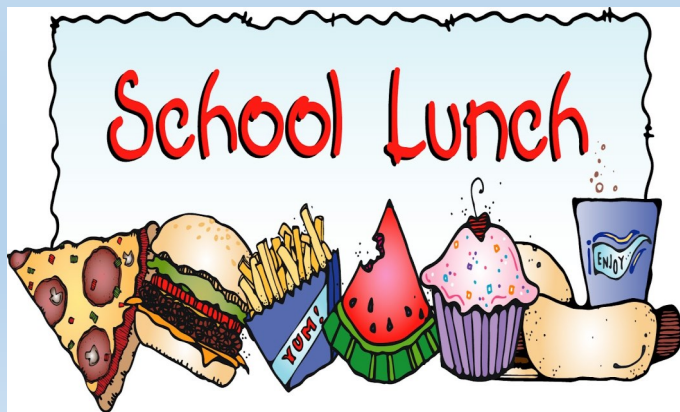
Julia Sanderson

Year 6 Class Teacher and SENCo

School Meals Low Balance reminder

Please can we remind all KS2 parents that school meals must be paid for in advance. SchoolGrid has a new feature that alerts parents when the credit on their child's lunch account is getting low.

To activate the 'low balance alerts' parents need to log into their SchoolGrid account and go to **Account - Make a card payment**. Beneath the standard meal price, there is a drop down box which is auto populated to 'No'. From the drop down box, change this to 'Yes' and select 'Change Balance Threshold' to state the figure you would like to receive the reminder.



Y1 Library books to be returned

Last term Year 1 visited Embsay library and chose their own book to take home. These library books now need to be returned to the library. Please can parents take them back to either Embsay or Skipton library. I am sure you will be welcomed and encouraged to choose a new book if you so choose. Thank you.

Library Book Returns



A message from the Children's Commissioner

I hope everyone at Embsay Church of England Voluntary Controlled Primary School has enjoyed the much-needed Christmas break. I just wanted to offer my final thanks for your support with my national campaign 'The Big Ambition' which will be closing on Friday 19th January.

I have been overwhelmed by the response the survey has received. Over 300,000 children, young people, parents and carers have participated, making it one of the largest surveys of its kind!

This is the final push to hear from even more children before the survey closes, it is so important that every child in England has an opportunity to tell policy makers what they want and need ahead of the General Election.

By sharing my survey with your pupils and parents or carers, you can make sure that the children and young people of North Yorkshire are fairly represented in the results.

Children and parents or carers can complete the survey here: www.childrenscommissioner.gov.uk/thebigambition

I am so very grateful for your support, and I am beyond excited to share the findings.

Dame Rachel De Souza
Children's Commissioner for England



Y5 Request

This term the children in Year 5 are learning about space. Are there any parents with have a camera drone who could help us to create a video about the scale of the solar system? The drone would need to have a range of around 1 mile and would need to come with an expert operator one morning or afternoon in the first half-term! If you think you might be able to help, please let the office know and Mr Hardman will be in touch. Thank You!



GROW *a pound!*

Year 6 will soon be taking part in a 'Grow a Pound' project in order to raise funds for a trip to Liverpool in early April.

The children will be given one pound coin each, which they will then have to try and 'grow' into more pounds by way of entrepreneurial expertise.

Through the development of a business plan, the children will work either individually, in pairs or in small groups, to create a money-earning business which will see their one pound grow into well-earned cash!

The simpler the idea, the most effective - and easy to implement.

They will be learning more about this in class next week, when they will also come up with their business plans and receive their first pound coin!

Please contact Miss Sanderson if you have any queries.

Liverpool here we come!

Healthy Families service is a remote **free, confidential 12 session programme** to fit around your family to support children and young people aged **4 - 19 years** in North Yorkshire, to achieve and maintain a healthy lifestyle.

Providing personalised support, your Health and Wellbeing Coach will guide you through your journey to keep you on track to achieve your healthy lifestyle goals.

Together we will explore a fully holistic approach to becoming more active and eating well by making small positive changes without breaking the bank.



For more information please contact our Brimham's Active Healthy Families team on: **01423 556106** or via our email active.health@brimhamsactive.co.uk

www.brimhamsactive.co.uk/families

BRIMHAM'S
Active

Funded by
 North Yorkshire
County Council



Spring 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.

Spring Term Dates

Thursday 18th January—PTA meeting—7pm Elm Tree

Friday 2nd February—Touch Rugby at Sandylands—Y6

Friday 2nd February—Valentine Disco - details tbc (PTA event)

Monday 5th February—Young Voices

Wednesday 7th February—Reception / Year 1 / Year 2— Chinese New Year celebrations

Thursday 8th February—Year 2 Open Classroom—2.40pm

Tuesday 6th February— Safer Internet Day

Friday 9th February—Last day of the first half term

Monday 19th February—First Day of Spring 2 half term

Tuesday 20th February—Swimming Starts—Year 3

Thursday 7th March—World Book Day

Thursday 14th March—Crucial Crew—Y6

Friday 15th March—Y3 / Y4—Sports Trilogy—Sandylands

Friday 15th March – Easter Eggstravaganza (PTA event)

W/B 18th March—Parent Consultations—Days TBC

Friday March 22nd—End of Spring Term

Friday 28th June – Summer Fayre (PTA event)



Stars of the Week...



Reception	<i>Respect Award — Reggie</i> <i>Achievement Award — Martha / Noah</i>
Year 1	<i>Respect Award — Arthur</i> <i>Achievement Award — Wilf / Christopher</i>
Year 2	<i>Respect Award - Mabel</i> <i>Achievement Award — Imogen / Esme</i>
Year 3	<i>Respect Award — Jenson</i> <i>Achievement Award — Kit / Darcey</i>
Year 4	<i>Respect Award — Arthur</i> <i>Achievement Award — Elliah / Teddy</i>
Year 5	<i>Respect Award — Rose</i> <i>Achievement Award — Thomas / Georgie</i>
Year 6	<i>Respect Award — Sophie</i> <i>Achievement Award — Jaya</i>

Extra Curricular Clubs this week

Monday	
Tuesday	Taekwondo—3.20– 4.20pm
Wednesday	Young Voices 3.20-4.30pm Coding Club—3.20-4.30pm
Thursday	Kanga KS1 —3.20-4.20 Rugby KS2— 3.20-4.30pm



Our end of term newsletter will be
Friday 9th February 2024



Autism Awareness Workshop For Parents & Carers 15th February -Settle

THE AIM OF THIS WORKSHOP IS TO PROVIDE PARENTS AND CARERS WITH UNDERPINNING KNOWLEDGE AND UNDERSTANDING OF THE AUTISTIC SPECTRUM DISORDERS/CONDITIONS, IN ORDER TO SUPPORT THEIR CHILD/YOUNG PERSON PRE OR POST DIAGNOSIS.

THE WORKSHOP WILL TAKE PLACE ON:
THURSDAY 15TH FEBRUARY 2024, 6:30-7:30PM AT TOWNHEAD SURGERY ,
SETTLE

TO BOOK A PLACE GO TO :
WWW.EVENTBRITE.COM/E/AUTISM-HEALTH-TALK-FOR-PARENTS-AND-CARERS-TICKETS-757622287657

FOR MORE INFORMATION PLEASE EMAIL HELEN.WALKER84@NHS.NET OR
SHAMEEM.KOSER@NHS.NET



Autism Awareness Workshop For Parents & Carers 18th January Skipton

THE AIM OF THIS WORKSHOP IS TO PROVIDE PARENTS AND CARERS WITH UNDERPINNING KNOWLEDGE AND UNDERSTANDING OF THE AUTISTIC SPECTRUM DISORDERS/CONDITIONS, IN ORDER TO SUPPORT THEIR CHILD/YOUNG PERSON PRE OR POST DIAGNOSIS.

THE WORKSHOP WILL TAKE PLACE ON:
THURSDAY 18TH JANUARY 2024, 09:30 AT DYNELEY HOUSE SURGERY,
NEWMARKET STREET SKIPTON.

TO BOOK A PLACE GO TO :
WWW.EVENTBRITE.COM/E/AUTISM-HEALTH-TALK-FOR-PARENTS-AND-CARERS-TICKETS-757622287657

FOR MORE INFORMATION PLEASE EMAIL HELEN.WALKER84@NHS.NET OR
SHAMEEM.KOSER@NHS.NET

National Child Measurement Programme (NCMP)

Information for schools to share with families - September 2023

Please share the following information with parents / carers in a school newsletter, via email, text and / or on the school website (there are some photos below that you could include too):

The National Child Measurement Programme (NCMP) - height and weight checks for children in Reception and Year 6

- The NCMP will soon be running in our school for children in **reception and year 6**.
- This involves health staff coming into school one day to do height and weight checks with each child.
- The measurements are conducted in a sensitive way, in a **private space** and away from other children.
- Children are measured fully clothed (coats and shoes off).
- Individual **results are not shared with your child or their school**.
- The weight and height information is shared only with the parent or carer in a letter.
- **These measurements will be taking place in our school soon (for those year groups). If your child is due to be measured you will receive a letter (via email) to explain more about it.**
- Have a look at this new **video** so you can see what happens:
[The National Child Measurement Programme - YouTube](#)
- If you have any **questions** please contact your local (North Yorkshire) NCMP team on:
nationalchild.measurementprogramme@nhs.net

More details (and other information) that you might like to include:

- The checks are carried out by trained health care providers, and are delivered in a COVID-safe way.
- Height and weight measurements are used to calculate weight status. This information is collected because it is in the public interest to understand how many children are overweight, healthy weight or underweight and so support and advice can be offered to parents.
- Once the measurements have been carried out, parents/carers get a letter with the results. They may also be contacted by the NCMP staff who will talk through their child's results and offer advice and support.
- If you are worried about your child's weight, growth or lifestyle, or your child would like some help with healthy eating and getting more physically active, please contact **Healthy Families – a new healthy living service for families in North Yorkshire**: active.health@brimhamsactive.co.uk or 01423 556106 [Healthy families – Brimhams Active](#)

If you are worried about your child's weight and growth, please have a look at:

[Children's weight - Healthier Families - NHS \(www.nhs.uk\)](#)

If you would like some information about cost saving ideas, free school meals, food banks, financial support etc. please go to: [Cost of living support | North Yorkshire Council](#)

School height and weight measurements

Every year, throughout England, more than a million children in Reception and Year 6 have their height and weight measured at school as part of the National Child Measurement Programme

PARENTS ARE NOTIFIED



Parents receive a letter about measurement day at their child's school. The letter tells parents how children are measured, what data is collected, and why.

SCHOOL HEIGHT & WEIGHT CHECKS



Measurements are carried out by trained staff e.g. school nurse assistant. Children take off their coat and shoes for a more accurate measurement.

PARENTS' FEEDBACK LETTER



Most areas send parents a confidential letter about their child's weight status within 6 weeks of measurement.

PARENTS' ACTION

A parent can speak to their school nurse or GP for further advice and support about their child's weight and growth.



Parents can visit the [children's weight](#) page at Better Health - Families for tips on healthier changes.

Parents can monitor their child's weight by visiting the [NHS healthy weight calculator](#).

DATA USE

The data is held by the local authority and sent to NHS England and Department of Health and Social Care, where it is stored securely and used for analysis. It builds a picture of how children are growing to help plan better health and leisure services for families.



Every year in England, over a million children in Reception (aged 4-5) and Year 6 (aged 10-11) have their height and weight measured to calculate their weight status.

87%

of parents say they find the NCMP feedback letter helpful.

What we know from the data collected so far

- Most children in Reception and Year 6 are a healthy weight.
- Around one in ten children in Reception is very overweight. This doubles to one in five children by year 6.
- The number of very overweight children in Year 6 is increasing year on year
- Most children who are overweight in Reception will remain so or become even more overweight for their age by year 6 without action to achieve a healthier weight.

Because many children are overweight, we are all becoming used to seeing heavier children as the norm. It means we cannot always tell when a child is overweight. That is why many parents find it helpful to have an objective measurement of how their child is growing. More than 8 in 10 parents say this information is helpful and they can then make decisions about their child's lifestyle and wellbeing to make changes, or seek support if necessary.

Why achieving a healthy growth is important

When children are a healthy weight, they feel better about themselves. They find it easier to play and learn. And they are more likely to grow up healthy too. Helping them to be a healthier weight when they are a child can set up their health and wellbeing for life.

You can encourage the whole family to enjoy eating healthily and being active which will help your child achieve and maintain a healthier weight. Children who see their parents, grandparents and carers following a healthy and active lifestyle tend to join in and learn by example. These habits become a normal part of everyday life for the whole family.

For more information on helping your family lead a healthy life, please turn over.

Happier January 2024



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Find three things to look forward to this year

2 Make time today to do something kind for yourself

3 Do a kind act for someone else to help brighten their day

4 Write a list of things you feel grateful for and why

5 Look for the good in others and notice their strengths

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech at least an hour before bedtime

12 Connect with someone near you - share a smile or chat

13 Take a different route today and see what you notice

14 Eat healthy food which really nourishes you today

15 Get outside and notice five things that are beautiful

16 Contribute positively to your local community

17 Be gentle with yourself when you make mistakes

18 Get back in contact with an old friend

19 Focus on what's good, even if today feels tough

20 Go to bed in good time and allow yourself to recharge

21 Try out something new to get out of your comfort zone

22 Plan something fun and invite others to join you

23 Put away digital devices and focus on being in the moment

24 Take a small step towards an important goal

25 Decide to lift people up rather than put them down

26 Choose one of your strengths and find a way to use it today

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Say hello to a neighbour and get to know them better

30 See how many people you can smile at today

31 Write down your hopes or plans for the future



ACTION FOR HAPPINESS

Happier • Kinder • Together

SUNDAY MORNING SPORTATHON

FREE MULTISPORTS FOR 3-5 YEAR OLDS
delivered by **Skipton Tennis Centre**

Continuing September 2023, sessions are held during term time at 9.30am on Sunday mornings and are **FREE OF CHARGE** for families living in Craven.

FUN Play Tennis and multi-skill activities as a family to encourage healthy, active lifestyles

LEARN New skills and games. Build PE confidence. Improve physical literacy and fundamental movements

WHEN? Each block runs term from September 2023

WHERE? Indoors in Sandylands Sports Hall, Skipton. Free parking available.

OPEN TO ALL FAMILIES ACROSS CRAVEN

"I've seen my child's confidence grow after receiving lots of praise and support when learning new skills. He has developed a **better attitude** and is now more willing to have a try when he finds an activity challenging. **This will definitely help him as he starts school.** It's also been **lots of fun** learning new games together!"

**try
learn
play
enjoy**

Call, Text or WhatsApp
Andrea at
HomeStart Craven
07903 892108
to book a place



GROUP COACHING PROGRAMME 2023

AWARDED LTA UK CLUB OF THE YEAR

**GO TO WWW.SKIPTONTENNIS.COM TO DISCOVER
WHICH COACHING SESSION IS BEST FOR YOU!**