



WEEKLY NEWSLETTER – 30TH JAN 2023

HEADTEACHER UPDATE

As we embark on this new calendar year and new term in school, there is already lots to celebrate and be thankful for, as well as much to look forward to. The children have made a fantastic return to school. It has been wonderful to see their continued engagement and enthusiasm.

The children's focus on their academic learning has been incredible to see in every class, as they continue to go from strength to strength and make excellent progress. It has been a pleasure to also see children's wonderful social and emotional development as they move through this academic year and further strengthen their relationships and skills.

I was delighted to conduct my first Parent Celebration Assemblies across the federation and a huge 'thank you' for all that attended. Please do remember to share the date and bring whomever you would like in order to celebrate our wonderful children.

It has been a delight to witness and hear about the Year 6 children's commitment to and enjoyment of SATS club and we thank both the children and teachers for their dedication to ensuring that confidence is high and the best possible outcomes are secured for the children.

You will also be aware that Beckwithshaw has now had it's Ofsted Monitoring Visit and, whereas I cannot give any information regarding the outcomes, what I can say is the hard work of all has been recognised and we eagerly await the letter.

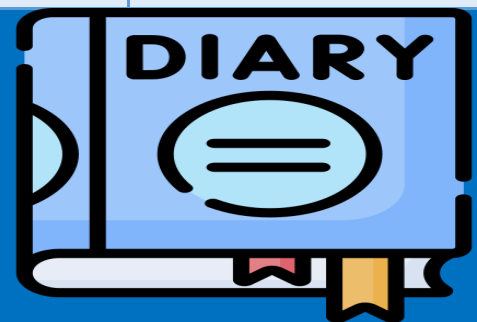
Over the coming weeks, we are excited to be participating in charity events to raise awareness for the incredibly important work that they do for children along with additional parent/carer evenings.

As we navigate our way through the Spring Term, thank you once again for your continued, positive support and I very much look forward to continuing the exciting journey of our federation of schools.

Miss Kirkman

DATES FOR THE DIARY

DATE	EVENT
30.01.2023	Childnet Parent Online Safety Zoom Event 6pm
03.02.2023	NSPCC Number Day
03.02.2023	Walk To School Day
09.02.2023	Year 5/6 Greek Day
06-10.02.2023	Mental Health Week
10.02.2023	Dress To Express Day
10.02.2023	Parent Celebrations Assembly
10-17.02.2023	Half-Term
20.02.2023	School Re-opens
02.03.2023	World Book Day



Please may we remind all parents/carers to continue reading at home with your child each evening and to complete the reading record when you have done so. Studies have shown that reading for pleasure with your child makes a huge difference to their educational performance.



UPDATES AND REMINDERS

Outstanding Payments

Please may we remind parents to check their Parent Mail accounts regularly and make payment on any outstanding balances showing. In this current climate, it is more important than ever that debts are cleared and payments are made in advance of any lunches/sessions taken. Thank you in advance.



NSPCC Number Day

We shall be joining other schools and nurseries across the UK on Friday the 3rd of February for a **mega maths fundraising day**. We will take part in Dress up for Digits and have a fun-filled day of maths activities and games, while raising money to support the NSPCC's services such as Speak out Stay safe and Childline. There is a suggested donation of £1 for this event, which can be paid via your Parent Mail account.

Dress To Express

On **Friday the 10th of February** The Federation will be taking part in Place2Be's Children's Mental Health Week, and fundraising to support the mental health of children and young people throughout the UK - a cause we feel is now more important than ever. Your child/children's Dress to Express outfit can be as simple or elaborate as they like! Dress To Express is an opportunity for self-expression and celebrating a diverse range of emotions. The day also provides a great opportunity to be open about mental health and start conversations within our school community. We look forward to seeing how you will all express who you are! There is a suggested dona-



House Point Tally

Fire—147

Earth - 129

Water - 136

Air - 126



Year 6 Reminders

Proposed Federation Residential

May we remind parents that the letter of interest for this year's residential needs to be completed and returned to school no later than 9am on Friday the 3rd of February. More information will then be sent home once we establish numbers.



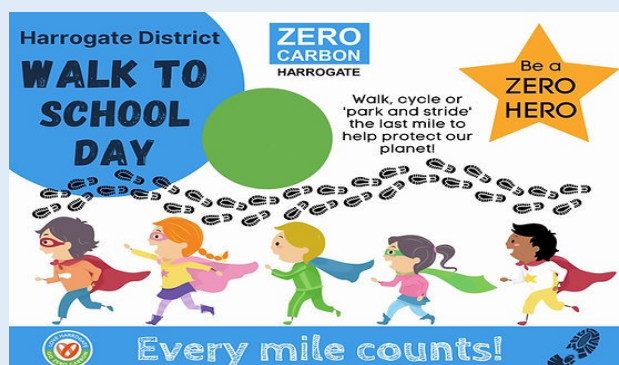
BikeAbility

Our Year 6 children will have the opportunity to take part in Bike Ability, which has been very kindly organised by our wonderful Friends committee. The children will take part over 2 days on Tuesday the 28th (Level 1) and Wednesday the 29th of March (Level 2). Bikeability is today's cycle training program. It's like cycling proficiency, but better! It's about gaining practical skills and understanding how to cycle on today's roads. Bikeability gives everyone the skills and confidence for all kinds of cycling. Information and consent forms will be sent home this week. If you have any further questions, please don't hesitate to speak to Miss Miller and consent forms and further information will be sent out shortly.



Walk to School Day

On Friday the 3rd of February we shall once again be taking part in Zero Carbon Harrogate's Walk to School Day. On this day, primary and secondary schools across the district are asked to ditch their cars and walk or cycle to school. If you are travelling to school by car, we would ask you to park a little further away than usual to get those extra steps in. Every mile counts!



Safeguarding

Cost of Living Support.

Please find below information from the North Yorkshire Early Help Service.. There are a wide variety of support schemes and organisations in North Yorkshire which may be able to help or advise if you are struggling to pay for essentials.

- The North Yorkshire Local Assistance Fund (NYLAF). This provides emergency financial support to those unable to meet essential living costs, such as energy bills or food. NYLAF can also make awards in kind, such as supplying basic necessities or household goods such as a fridge.
- Warm and Well North Yorkshire. People can also apply for hardship funding, or help with minor repairs to make their homes warmer under this scheme. Contact Warm and Well on 01609 767555 or email wnw@northyorksca.org.uk
- Council tax reduction and support scheme. If you're on a low income or claim benefits you can apply for a reduction in the council tax you pay. Find information about the council tax reduction and support scheme and a postcode checker that will take you to your local borough or district council.. There is also a range of national available on the Help for Households section of the government website and the cost of living support section of the government's website

FOOD

- The Trussell Trust runs foodbanks in a number of towns in North Yorkshire. You will generally need a voucher from a local referral agency to access their help. Find out if there is a foodbank near you and how you can get help on the Trussell Trust website.
- You can find foodbanks run by some other organisations on The Independent Food Aid Network website.
- Increasing numbers of communities have set up community fridges to give people access to food which might otherwise go to waste. These are generally open to anyone to use without any need for a referral. The Hubbub Foundation website lists some community fridges and your local Community Support Organisation may have information about other local free fridges or pantries in the area.
- In an article called every mouthful matters in our residents newsletter, NY Now, we have provided some tips on avoiding food waste that could also save you money.

ENERGY SAVING

- The North Yorkshire Home Efficiency Fund is offering a range of fully-funded energy-saving home improvements to eligible homeowners in the Scarborough, Ryedale and Hambleton districts. Properties could receive improvements including insulation, solar panels, air source heat pumps and high heat retention electric storage heaters, depending on property suitability. To qualify, residents must have a household income of £30,000 or less, or receive means-tested benefits. Find out how to apply on our home efficiency fund page.
- If you are a resident living in Selby, Craven or Harrogate and would like to know more about energy saving schemes in your area, the City of York Council is managing the North Yorkshire Local Authority Areas' energy improvement schemes on behalf of Craven, Selby and Harrogate and may have funding available for certain improvements. For more information contact the City of York Council on 01904 552300 or email betterhomes@york.gov.uk Further information is available from Better Homes Yorkshire
- Please check if you are eligible for a Warm Homes Discount of £150 over the winter period. Details are available on the warm homes discount scheme on the government website.
- Yorkshire Energy Doctor work with households to try and reduce energy costs and to try and ensure that people can afford to live in a warm home. For more information see the Yorkshire Energy Doctor website.
- There is helpful information on our winter health for older people page including tips for staying warm, more cost efficient and safe ways to heat your home, and details on how to claim winter fuel allowance.

Advice on Money & Debt or benefit entitlement

- Citizen's Advice North Yorkshire provide free, confidential and impartial advice to help people find a way forward with whatever problems they face, including money and benefits. You can get advice in person, over the phone, on a web chat or by email by contacting Citizen's Advice North Yorkshire direct.
- Libraries are another source of support with books and resources on personal finances, budgeting and debt.

Safeguarding

This month, ahead of Place2Be's Children's Mental Health Week on 6-12 February, we would like to focus on the importance of children's mental health and share their tips.

LET'S
CONNECT



TIPS FOR PARENTS AND CARERS

Let's Connect is about making meaningful connections by connecting with others in healthy, rewarding and meaningful ways. As parents and carers, you are an important role model to your child. How you connect with friends and family will influence your child, and how they develop their own friendships and relationships. For example, how you greet people and maintain friendships, but also how you forgive people or say sorry when you need to.

Here are a few simple ways you can connect with your child and help them to make meaningful connections.

- 1. Connect with your child in everyday ways** Moments of connection (and re-connection) are really important in child-caregiver relationships. For example, when you pick them up from school, or come in from work, try to give them your full attention and see if this helps you feel better connected as you hug, talk, smile and hear about their day. Watching your child play and joining in is really important to them – so put your phone away and have a bit of fun – being playful is good for adults, too! With your older child, you may find times such as car journeys a good time to talk, or to re-connect by playing music you both like. It is important to be accessible to a teenager when they need to talk. You may have to be there 'on their terms' and be ready to listen.
- 2. Talk to your child about important connections** This could include talking about family members, friends, neighbours, childminders, people in the local community and others in your faith group (if you have one). Remember it's ok to talk about people they miss, for example, family members who live in a different country or people who have died. Children learn a lot from their parents about how to express their feelings, including the joy that comes with feeling connected to others and the sadness that comes with missing others.
- 3. Talk to your child about their friends** As children become teenagers, their friendship groups become increasingly important to them. Be open to hearing about their friendships and try to listen without judgement. Ask them about their life in real life and online. You may not think online friends are 'real friends', but your child may feel differently. Losing friends, feeling left out or being bullied is very painful and your child needs to know you will support them through these difficult times.
- 4. Connect by taking an interest in your child's world** As adults we can sometimes be dismissive of the things that our children and teenagers are interested in, e.g. their music, fashion, what they watch etc. If you do take an interest in these things, however, you may feel better connected to your child and the important things in their world. This can lead to other conversations about other things in their lives that matter to them.
- 5. Find time to connect as a family** Family life can become busy and stressful, so it's important to find some time where you connect together. This could include simple things like cooking, watching a film, playing a game, going to the park or even doing the family shop together.
- 6. Try to resolve conflict and re-connect after arguments** Arguments and moments of disconnection are bound to happen in families - between your children, between yourself and your children and between yourself and your partner, if you have one. It is important that children learn how to disagree in appropriate ways, how to say sorry and how to make amends when they have done something wrong. They will learn a lot about how to do these things from you - so try to model the behaviour you want to see in your children. Talk to them about how to re-connect with friends after arguments including what they can do to help repair relationships.

Video activities from Place2Be

Puzzle Pieces – aimed at 4-7 year olds, this activity is presented by CBBC's Art Ninja, Ricky Martin, and will show children how we are all connected. Why not take part as a family? childrensmentalhealthweek.org.uk/puzzlepieces

Connecting Paperchains – developed by Place2Be's Art Room team for 7-11 year olds, this activity helps children think about the people, things and activities they feel connected to. childrensmentalhealthweek.org.uk/paperchains

Exchanging Postcards – developed by Place2Be's Art Room team for 11-14 year olds, this activity encourages young people to explore what connection means to them. childrensmentalhealthweek.org.uk/postcards

Looking for free practical advice to help you support your child?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. parentingsmart.org.uk

If you are concerned about a child's welfare please contact:

Miss Victoria Kirkman Designated Safeguarding Lead

Miss Rebecca Foy Deputy Safeguarding Lead

Ripley 01423 770160, Kettlesing 01423 770576 Beckwithshaw 01423 504642