

NEWSLETTER

Thursday 18th April 2024

Summer 1 Term

Hello everyone

Welcome back to the summer term. Our topic this half term is 'Journeys into the unknown' where the children will be exploring resilience and discovery. We had a wonderful Forest School launch day last week and I would like to thank Mr Mortimer for a superbly planned event that everyone enjoyed. Particular thanks to Miss Mitchelmore for her camp fire cooking skills; once a girl guide...

This term we welcome new children into our Leavening family. We have Rupert and Violet joining us in Acorns, as well as Isla in Conkers Class. Welcome to these children and their families to our school community.

We are saying farewell to Miss Normington, our trainee teacher in Conkers this week. On behalf of all of the children and staff, I would like to thank Miss Normington for all of her hard work this last term. The children have loved being taught by her and we wish her all the very best for her future and promising career in teaching.

As usual, we have lots going on, both in the curriculum and extra curricular this term so please do take a look at the dates and pop them in your diary.

Best Wishes

Sian Mitchell

School Attendance

25 March 2024 - 29 March 2024

Our school weekly attendance was: 94.9%

This was above the **primary national average: 93.5%**

Attendance **this week** so far: **96.0%**

Attendance **this term** so far: **95.3%**

DIARY DATES

APRIL

Fri 19th

Swinton Brass Band Workshop

MAY

Mon 13th-Thurs 16th

SATS exam week for Year 6

Fri 17th 3.30pm-5.30pm

FOLS Sausage Sizzle Event

JUNE

Thurs 6th

Sports Day

Tues 18th

York Castle Museum trip (Conkers)

Tues 18th & Weds 19th

Year 6 Transition days:

Malton School & Norton College

Weds 26th

Year 5 taster day: Malton School

Thurs 27th

Murton Park trip (Oak Trees)

Reports home

JULY

Weds 3rd

Rounders Tournament (Oaks)

Thurs 6th

Sports Day

Mon 8th-Fri 12th

All children to their new class

Weds 10th at 1.15pm

Dress rehearsal for summer show

Thurs 11th

Crucial Crew event (Yr 6 only)

Fri 12th

Summer production

Tues 16th

Flamingo Land trip
(Conkers and Oak Trees)

Weds 17th

Yr 6 treat day: Allerthorpe Lake

Fri 19th Last day of term

End of year celebration
assembly (9.30am-11am)

Yr 6 vs Parents rounders (11-12)

Yr 6 parents stay for lunch (12-1)

Pop-up Library Dates;

9th May | 6th & 27th June |

1th July (Collection only)

Our Safeguarding Team at Leavening CP School:

Our Designated Safeguarding Lead is: **Mrs Mitchell**

Our Deputy Designated Safeguarding Lead is: **Mrs Bennett** | Our Safeguarding Governor is: **Dr Neil Audsley**

Recent highlights from across school

The Conkers have made a flying start to the Summer term! We thoroughly enjoyed our Forest School day (blessed by the weather gods!) and enjoyed meeting a new friend in Year 2. A huge welcome to Isla Rose and her family into the Leavening Community! This week marks the last week with our lovely Miss Normington.

We thank her for all of her hard work and wish her all the best in her future endeavours.

We know that she will make a wonderful teacher!



Forest School Launch Day

1) Wand making using sticks, wool, feathers and tape.



For the launch of our latest topic; An Unexpected Journey, the children took part in 4 open ended activities using the House Groups renamed as **Earth (Williamson), Wind (Jarmon), Fire (Peaty) & Water (Raducanu).**

Wand making using sticks, wool, feathers and tape was creative and lots of fun!

3) Team challenges



Den building tested the children's knot tying abilities, whilst building teamwork and resilience.

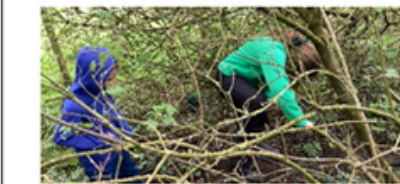
The team challenges involved moving tyres and transporting a hen, fox and sack of grain across the river safely!

Lastly, the obstacle course / spiders Web had everyone in a tangle!

2) Den building and knot tying.



4) Obstacle course / spiders Web.



Forest School Launch Day continued...

After lunch back at school the children returned to the forest for two final challenges. The first was stick whittling, led by Miss Templeman using peelers and our brand-new safety knives for years 5 and 6.



The second was campfire cooking led by Mrs Mitchelmore and Miss Cooke. The children made bread dough Dampers, cooking on sticks then sharing with a partner filled with chocolate or jam.



Finally the whole school gathered together and toasted marshmallows on the fire, singing along to Miss Templeman's guitar. A brilliant and memorable day!



Recent highlights from Oak Trees Class

Art Club

Before the Easter break, painting club were super busy working on their landscape paintings. Miss Templeman was super proud of all the hard work the club members put it over the term and for the maturity, support and kindness the girls showed to each other during the club each week. Well done girls!



Ancient Greeks

Oak Trees have had a great start to the term filled with lots of history, exploring our new topic "Ancient Greeks". Over the Easter holidays, some oak tree children were very busy completing the half term challenges - to research a Greek God or Goddess of their choice, to write a diary entry and to make a times table game. These children presented their findings to the class and shared their newfound information. Well done Oak Trees!



***We look forward to the brass day on Friday 19th April!
Brass players - Bring in your instruments!***

SCHOOL REMINDERS

Wrap around care survey. Mrs Mitchell would like to gauge requirements for wrap around care from September 2024. Please complete this short form by Monday 29th April <https://forms.gle/LRz6dp4HG5cLkfkB9>

Uniform reminder. Our [school uniform policy](#) can be found on our website. Please note- Make up, artificial nails and 'gimicky' hair accessories for pupils are NOT allowed.

PE is on a Friday for Oak Trees. Warm clothing and outdoor footwear is needed for the field- pupil will be doing athletics. Children MUST bring a water bottle to school.

Water bottles. Only water should be in bottles- no juice. Fruit juice or smoothie is allowed in pack up for lunch time but water *only* throughout the day.

Reporting absence. It is VITAL that you you MUST ring school and leave message on the absence line (or email the office Mon-Thurs) if your child is absent. Any absences on a Friday must be phoned through only. If we have not heard from you by 9.30am, we will ring to chase up reason for absence. Thank you for your support.

Overview

The Big Listen is an opportunity for us to hear from the professionals we work with, like teachers and other educators, carers, employers and social workers, and the people we work for: parents, carers, children and learners.

Our consultation asks about:

- how we report inspection findings
- how we carry out inspections
- how we can have a positive impact on the sectors we inspect
- what we need to do to be a world-class inspectorate and regulator, trusted by parents, children and the sectors we work with

We want to hear your views on the priorities for Ofsted that are important to you.

Our questions highlight the areas that we want to hear from you about and will inform our thinking going forward.

We want to know your views on the future direction of Ofsted.

The Big Listen is more than just this consultation. We have also commissioned research through focus groups with parents and education/care professionals, and will be holding a programme of events to speak directly to the different providers we inspect and regulate.

We will analyse your responses and set out our plans later this year.

Supporting documentation

The Big Listen page and other supporting material is available on the [Ofsted website](#). Please refer to it when completing the survey.

Closing date

The closing date for this consultation is 31 May 2024 at 11:59pm. If you experience any technical or accessibility concerns, please contact us at accessibilityandtechnicalissues@ofsted.gov.uk.

Healthier Together

Healthier Together is a new NHS website to help parents and carers make the best decisions about their children's health. Our advice is consistent and high-quality, developed by local health professionals.

You'll find clear information on common childhood illnesses, including advice on what 'red-flag' signs to look out for, where to seek help if required and how long your child's symptoms are likely to last.

[Visit the website today and whenever you're worried about your child.](#)



Bag2School

Thank you to all the families who supported this scheme last week.

We can confirm that £32 was raised towards school funds, for the receipt of the goods donated. The money raised will go towards fence and shed stain to spruce-up the outdoor areas. Thank you again.



Mental Health support in North Yorkshire

The Go-To has a number
of resources to support
children and young people.

www.thegoto.org.uk





HESLERTON JUNIOR FOOTBALL CLUB

Presents

SUPERSTARS

**FUN FOOTBALL
FOR 3-6 YEAR OLDS**



**SATURDAYS
FROM 13th APRIL 2024
9am - 10am**

**HESLERTON SPORTS FIELD,
SANDS LANE, WEST HESLERTON,
YO17 8SG**

FIRST SESSION FREE

**WITH A FEE OF £30 FOR A
BLOCK OF APPROX. 12 SESSIONS***

*WEATHER DEPENDENT

**FOR MORE INFO VISIT OUR FACEBOOK PAGE
ALTERNATIVELY**

EMAIL:- heslertonjfc.secretary@gmail.com



HESLERTON JFC

Proudly Introduces



Physical & Additional Needs Free Fun Football Sessions

Saturdays from
18th May 2024
9:30 - 10:30am

A safe space for PAN disabled
children aged 5+ to
kick start their football journey.

Ages 5-11 to pre book using the QR code.
Over 11 please contact Carrie on 07983 015519.

HESLERTON SPORTS FIELD, SANDS LANE,
WEST HESLERTON, YO17 8SG



10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

1 PRACTISE WORKLOAD WISDOM

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.

2 ADVISE CLEARING THE CLUTTER

A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.

3 MASTER THE MATERIALS TOGETHER

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.

4 RECOMMEND CREATIVE NOTE-TAKING

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.

5 USE VISUAL AIDS AND MNEMONICS

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.

SMILE

6 GATHER A 'TECH TOOLKIT'

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.

7 KEEP IT FUN

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.

8 SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.

9 ENCOURAGE A POSITIVE MINDSET

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.

10 HELP THEM TO SEIZE THE DAY

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at Penistone Grammar School.



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What Parents & Carers Need to Know about

WHATSAPP

AGE RESTRICTION
13+

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. This privacy issue has been in the spotlight recently, as the UK's Online Safety Bill proposes to end such encryption on private messaging; WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

WHAT ARE THE RISKS?

EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a "Forwarded many times" label and a double arrow icon. This makes users aware that the message they've just received is far from an original... and might not be entirely factual, either.

ONLINE

'VIEW ONCE' CONTENT

The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this 'disappearing' content – but a recently added WhatsApp feature now blocks this, citing increased privacy.

CHAT LOCK

Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safely on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

Advice for Parents & Carers ...TYPING...

EMPHASISE CAUTION

Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

THINKING BEFORE SHARING

Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

ADJUST THE SETTINGS

It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval: you can give permission to 'My Contacts' or 'My Contacts Except...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.

CHAT ABOUT PRIVACY

Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'Locked Chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



...HEY
OS#WakeUp
Wednesday

The National College

Source: <https://blog.whatsapp.com/an-open-letter> | <https://faq.whatsapp.com/1077018839582332> | https://faq.whatsapp.com/361005896189245/?helpref=hc_fnav | <https://www.whatsapp.com/security> | <https://blog.whatsapp.com/chat-lock-making-your-most-intimate-conversations-even-more-private> | <https://www.aura.com/learn/whatsapp-scams>

What Parents & Educators Need to Know about ENERGY DRINKS

WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



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Source: See full reference list on guide page at: nationalcollege.com/guides/energy-drinks