

NEWSLETTER

Thursday 18th July 2024

Summer 2 Term

Hello everyone

As we end a highly enjoyable school year, I would like to reflect on the highlights.

In September we welcomed a new teaching team and Mrs Bennett, Mr Mortimer and Miss Templeman have all made a positive impact and embraced our school values, embodying our vision of "together we can". November saw a much-anticipated Ofsted inspection recognise our success as a small and unique school. In April we extended our provision to include 2 year olds in the Early Years. All of this, combined with an engaging and rich curriculum and educational experiences and visits has seen 2023-24 bring much joy to all.

Thank you, as always, for your support towards staff and the education of your children. We feel fortunate to have a positive school community of parents, carers and family members.

I would like to thank all the staff and governors for their dedication to Leavening School this year. They are a truly exceptional team.

We are sadly saying goodbye to one of our longest serving governors this summer, Neil Audsley. Neil has served as a governor at Leavening for an astounding 22 years. I have had the privilege and pleasure of working with Neil for the last 12 years, since he appointed me into the role of headteacher in 2012. Neil's unfaltering commitment to the school and our community is to be admired. He has been a solid and steady leader over the years, steering Leavening in the right direction despite any challenges or turbulence faced. His own children attended the school and he will always remain part of our school. Thank you Neil for your service to the school.

Finally, I would like to wish you all a safe and pleasant summer holidays. Take good care and we will look forward to welcoming you back to school on Tuesday 2nd September.

My best wishes



Sian Mitchell
Headteacher

School Attendance

08 July 2024 - 12 July 2024

Our school weekly attendance was: 94.6%

This was above the **primary national average of 93.9%**

Attendance **this week** so far: **97.4%**

Attendance **this term** so far: **94.6%**

DIARY DATES

JULY

Fri 19th Last day of term

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

Yr 6 vs parents rounders
(11-12pm)

Yr 6 parents stay for lunch
(12-1pm)

SEPTEMBER

Mon 2nd

Staff training day

Tues 3rd

Start of term

Thurs 5th

Wonderdome visits school

Payment via ParentPay

Mon 23rd

FOLs AGM in school 2.30pm
All welcome

OCTOBER

Tues 8th

Seeing is believing session for
parents of children in all
classes 2pm-3.15pm

Looking ahead:

DECEMBER

Weds 18th

Whole school pantomime trip
(including Nursery)

Pop-up Library Dates;

12th September

3rd October

24th October

14th November

5th December (Collection)

**Please ensure you clear
any ParentPay balances
by the end of term**

A word from the Chair of Governors; James Robinson

Neil Audsley retires after 22 years of service to our school. We will all miss him and yet he's still going to be next door! For every football he has had to retrieve and boiler problem he has helped resolve (the access to the boiler house is through his garden) we are truly grateful. Neil will continue to support the school and the Leavening community with the best possible support offered by his wife, who has the pleasure of seeing him more frequently now the governor meetings no longer feature in their calendar.

If you do see Neil about, especially in the Jolly Farmers, you might like to know that his leaving present entitles him to free beer for a short period of time. It's been a pleasure to work alongside Neil and to learn so much about the value of community and public service. James

'Rock Bottom' Summer Production

Our two performances of our hit musical 'Rock Bottom' went really well last week. The children did amazingly well to learn so many lines and songs for such a long production. Thank you to all families for supporting with the costumes and coming along to watch and enthusiastically cheering the children on.



Thank you to Miss Templeman and Mrs Stockill who organised such a brilliant show. Leavening certainly knows how to put on a good performance with its talented children, staff and high aspirations!

Crucial Crew

Year 6 attended the "Crucial Crew" event which educated them on the following topics: Anti-social behaviour; drugs and alcohol awareness; fire safety ; smoking and vaping awareness; online safety and water safety.



The workshops were interactive and informative, and the children came away with lots of important knowledge.

Leavening School's Allotment

Here is our allotment, located at the very front of Leavening allotments. As you can see the children and staff have worked incredibly hard to design and start off our growing journey.

We are now looking forward to seeing it grow. Over the summer we are looking for keen helpers to carry out a bit of regular light weeding to keep on top of the growing and ensure it doesn't become too unmanageable for our return in September. Do you think you can help? If so please speak to Susie in the office. Thank you



Friends of Leavening School (FoLS)

A huge thank you to the FoLS team, those who have helped with events and everyone who has supported our fundraising over this academic year. We cannot run these events without the help of volunteers, so it is very much appreciated. Events over this year have made the following profits:

Halloween Disco: £155 | **Combined Christmas events:** £501 | **Movie afternoon:** £110 | **Valentines Disco:** £120

Chocolate Bingo: £213 | **Summer Disco:** £95 | **Summer Raffle:** £366

Ice-lolly sales and donations from refreshments at events: £70

The focus for the FoLS fundraising this year has been the Wider Opportunities (WOPP) music sessions. The next FoLS AGM, to discuss future school fundraising events and ideas, will take place in school on

Monday 23rd September at 2.30pm. All welcome!



School's Out Take an emotional health check



Head into the summer with a better understanding of your **child's brain development** and their **emotional wellbeing** as you support them into their next new phase.

FACT

Our brains develop most rapidly in childhood shaping our emotional health and wellbeing for the rest of our lives.

HERE FOR YOU

Online courses developed by clinical psychologists can help you to **understand your child, read their behaviour and help them look after their emotional health.**



inourplace.co.uk

Understanding your child online course has been paid for by **North Yorkshire County Council**, so you can access it **completely free** using the code **NYFAMILIES**

Short courses on **Understanding the impact of the pandemic on your child or teenager** also included.

What Parents & Educators Need to Know about SHARING INTIMATE IMAGES

An intimate image depicts sensitive – often sexual – content, and sharing these photos or videos is commonly known as ‘sexting’. As of January 2024, it is a criminal offence to distribute any intimate images shared by a third party without consent, with offenders facing prison time. Naturally, misuse of intimate images can lead to emotional distress and reputational damage.

WHAT ARE THE RISKS?

EMOTIONAL DISTRESS

Victims of the misuse of intimate images and so-called ‘sexortion’ (blackmail involving sexual material) often experience significant emotional distress. The threat of having these photos or videos shared publicly can lead to anxiety, depression and a sense of helplessness. This emotional turmoil can affect daily life, academic performance and personal relationships.

DAMAGE TO REPUTATION

Intimate images being made public can severely damage a person's reputation. This can lead to bullying, social ostracisation and long-term impacts on personal and professional relationships. If a blackmailer gets their hands on any intimate images, the fear of reputational damage can also make a victim far more vulnerable to ongoing extortion.

PRIVACY VIOLATIONS

Once intimate images are shared online, it can be difficult to quickly control where they wind up and who else sees them. This loss of privacy can have lifelong repercussions, including identity theft and persistent online harassment.

FINANCIAL EXPLOITATION

Perpetrators of sextortion may demand money from victims under the threat of releasing their intimate images publicly. This can lead to severe financial problems for victims and their families, compounding their emotional and psychological distress.

LEGAL CONSEQUENCES

If a child or young person creates and/or sends intimate images to others – especially adults – this is considered a form of child abuse under UK law. Having to disclose this type of abuse, although necessary, can be harrowing, leading to further trauma. It's crucial for parents, carers and educators to understand the legal processes and be able to provide proper guidance and support.

TRUST ISSUES

Sharing of intimate images without consent can lead to long-term trust issues. Victims may find it difficult to trust others, impacting future relationships and their ability to form healthy, supportive connections. This erosion of trust can have profound effects on mental health and social wellbeing.

Advice for Parents & Educators

FOSTER A CULTURE OF OPEN COMMUNICATION

It's vital to encourage open communication with children and young people about the dangers of sharing intimate images. Create a safe space where they feel comfortable discussing their online activities and any concerns they may have without fear of judgement. Be sure to respond to any worrying information with an attitude of support and learning.

PROMOTE DIGITAL LITERACY

Digital literacy is incredibly important for children and young people to understand how to protect their privacy online. Teach them about secure online practices, such as using strong passwords, enabling privacy settings and recognising suspicious behaviour. This empowers them to be proactive in terms of their own safety.

EDUCATE CHILDREN ON THE RISKS

Children and young people often want to understand why certain rules are in place. Educate them about the risks of sharing intimate images online, explaining the reasons for monitoring and other security measures. Highlight the potential for misuse, including sextortion, and the long-term consequences that can arise from these actions.

PROVIDE SUPPORT RESOURCES

Ensure that children and young people know where to seek help if they become victims of sextortion or any other online abuse. Help them identify in advance which adults they can turn to and provide them with information about trusted resources like helplines (e.g. Childline) that they can access if they need help.

Meet Our Expert

Gabriella Russo is a safeguarding and neurodiversity consultant with over 30 years' experience working with children, families and adults in education, local authority and mental health settings in the UK and abroad.



#WakeUpWednesday

The National College®

Source: See full reference list on guide page at: [what-parents-need-to-know-about-sharing-intimate-images](https://nationalcollege.com/what-parents-need-to-know-about-sharing-intimate-images)

What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.



DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.



WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.



THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.



THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.



ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.



Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.



CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.



TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.



SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.



Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.

