



**EBOR GARDENS**  
Primary Academy



# WEEKLY NEWS

Friday 6th September, 2024 - Issue 1

## A Message from Mrs Wathen and Mr Spink

Welcome back to the new academic year here at Ebor Gardens Primary Academy. It has been lovely this week to see our young people back in school and getting to know their new adults and their new routines. We look forward to our weekly message to you all with all the wonderful goings-on that happen each week. We have also welcomed new staff members to our school this week. In Year 2 we have welcomed Miss Potter as a graduate teaching assistant, in Year 4 Mr Ashton has joined 4RM as an apprentice teacher, Miss Smith has joined our teaching team as class teacher in 4CS and Ms Cuthbert has joined us as a trainee teacher who will be working in 3NB and 1AD across the Autumn term. In UKS2, we have been joined by Miss Dosanjh who is our new Assistant Principal - you will see her on the gates at the start and end of school. Next week, our weekly Celebration assemblies will resume on Fridays and we are looking forward to finding out who has certificates for their excellent effort and learning. We will let you know as soon as possible about food in the Community Hub as we are awaiting information from our charity providers. As soon as we know when the food bank will be open again, you will be the first to know.

Have a lovely weekend everyone, see you on Monday.

N -	RBT - 98%	RDO - 86%
1AD - 86%	1AD - 79%	2HW - 97%
2RK - 87%	3JH - 86%	3NB - 83%
4CS - 90%	4RM - 80%	5NP/LW - 82%
5HW - 88%	6FA - 86%	6LB - 97%

**Whole School attendance this week is 87%.**

**We are aiming for 96%+**

**Biscuit Bears will be back on their travels next week.**



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# 10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

## 1 LEARN WHAT EQUIPMENT YOU NEED

Figure out a list of all equipment needed for the start of the school year, so you can comfortably get your hands on the necessary items in time. If children have any financial issues and receive free school meals, the school may be able to provide some monetary aid or offer other support.

## 2 COMMUNICATE WITH THE SCHOOL

If you notice that a child is feeling anxious about a change of teacher or school, arranging a one-to-one meeting with their new teacher can be a good way to alleviate some of the anxiety. Just knowing that they understand the child's worries and will be able to help them if the need arises can build the foundations of a good working relationship. Knowing that you can contact them with any queries can also be reassuring.

## 3 CHECK THE SCHOOL WEBSITE

There will be plenty of information about the start of term on the school's website to keep you updated. Furthermore, you should be able to find other useful information such as contact details for staff, important school equipment, clubs, and news about any special events on the school calendar for the year. It could be helpful to look through this with children for anything which might reassure them.

## 4 HELP TO MANAGE FRIENDSHIPS

If a child is feeling anxious about making new friends – especially if they're moving up to secondary school – it can be a good idea to remind them of what they could do or say when meeting new classmates. Investigating the extracurricular activities available could be a good way to open a conversation about their hobbies and pastimes, and joining such clubs could allow new friendships to be built on this mutual interest.

## 5 PLAN SELF-CARE

Talking to children about how they can manage their self-care can be an effective way of helping them understand its importance. This might involve playing a computer game they love with friends, a weekly visit to the library, getting to bed at the same time each night, or a range of other activities that support their wellbeing and provide the familiarity and safety of a routine that works for them.

## 6 MANAGE TRICKY FEELINGS

Explain that it's okay to have difficult feelings around returning to school. This can help reduce any shame or embarrassment a child might be feeling over these emotions. Emphasise that other children – even some of the teachers – will be feeling the same way. Consider practical ways to manage these feelings and help children feel more in control of their emotions. Some examples include fidget toys, breathing exercises or a notepad for doodling.

## 7 SECURE A SCHOOL UNIFORM

Parents and carers should try to buy a child's uniform for the new academic year well in advance of the new term (although allowing for potential holiday growth spurts) and give them time to adapt to any changes. Make sure they can comfortably change into and out of it for PE lessons. Double check the requirements for PE on the school's website, as some schools will also have requirements for PE kits.

## 8 PREPARE FOR TRANSITION DAYS

Ensuring that children attend transition days is a vital step in preparing for the new year. Some schools also have transition evenings for parents and carers to attend, offering extra opportunities to reach out for any additional support.

## 9 READ THE MENTAL HEALTH POLICY

If a young person struggles with their mental health, it's important to understand their school's mental health policy and provision to know what support is available. This should be on the school's website. A range of aid is typically on offer – from individual timetable amendments to group sessions on emotional wellbeing. You can then discuss these options with the child to reassure them that help is there if they need it.

## 10 LEARN ABOUT SEN SUPPORT

If a child has SEN and receives help in school, try to confirm exactly what support is available, to ensure they'll be having their needs met. If they're moving up to secondary school, it's a good idea to meet with the SENCO to ensure that all teachers receive the most relevant, up-to-date information about the child's needs and have a contact to liaise with if these change over time.

### Meet Our Expert

Amy Sayer is a freelance mental health trainer for schools, an author and a content writer. She is an Associate for Diverse Educators, a fellow of the Chartered College of Teaching and a wellbeing coach. Amy has previously been a SMH coach, helping many different settings audit their mental health provision and support them to create and implement a strategic plan based on the specific needs of each setting.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/supporting-children-going-back-to-school>

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Leeds Community  
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# henry

Healthy Start, Brighter Future

Henry is so much more than a course about what we should eat and our kids should eat!

**HENRY is an 8-week programme aimed at families with children under 5 years old.**

In Leeds we offer all parents/carers the opportunity to join a HENRY programme. This programme is currently running either virtually or face to face.



Each week will help you develop a healthy, happy and supportive home for your whole family.

Please speak with a member of our 0-19 team to find out more information. The topics the programme covers are overleaf.



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# HENRY Programme

Over the course of eight weeks the topics we will cover are:

- What we eat
- Time for ourselves (parental health and wellbeing)
- Parenting styles
- Limits and guidelines/guided choices/ family reward systems
- Developing healthy eating habits
- Introduction of solid foods
- Thinking about portion sizes
- Looking at labels
- Let's focus on feelings
- Time to be active
- Healthy teeth



The facilitators and families offered a non judgmental and warm approach and helped us feel really safe to share some of things we were feeling challenged with.

The biggest takeaway for me was empowerment and confidence.



You can book onto a HENRY programme by accessing our Eventbrite page (search 0-19 PHINS), by scanning the QR code below, or by calling our **0-19 Single Point of Access (SPA)** on **0113 843 5683**. You can also speak with one of our 0-19 practitioners or your local Children's Centre.

**0-19** Public Health Integrated Nursing Service

[www.leedscommunityhealthcare.nhs.uk/0-19team/](http://www.leedscommunityhealthcare.nhs.uk/0-19team/)

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