



**EBOR GARDENS
Primary Academy**

WEEKLY NEWS

Friday 10th January, 2025 - Issue 16

A Message from Mrs Wathen and Mr Spink

Good afternoon everyone.

Welcome back to a rather chilly start to 2025 here in Leeds. The temperatures have plummeted this week all around the country, making the journey to school a little trickier for all our Ebor Gardens community. Despite this, attendance has been good and we are grateful to everyone for doing their best to get to school. Hopefully, next week is as the forecasters have predicted and we have a temperature that makes it into double figures!

Please remember that electric bikes and scooters should not be on the school site at all where possible. They should definitely not be ridden on the site. We are happy for you to leave them with staff on the gate while you drop off or pick up your children.

Apologies that the Community Food Hub wasn't open this week but we are hopeful it will be "business as usual" next week. Have a nice weekend everyone!

N - 70%	RBT - 94%	RDO - 85%
1AD - 88%	1MM - 95%	2HW - 98%
2RK - 92%	3JH - 93%	3NB - 100%
4CS - 96%	4RM - 99%	5NP/LW - 96%
5HW - 95%	6FA - 96%	6LB - 98%

**Whole School attendance this week is 94%.
We are aiming for 96%+**

Biscuit Bears: 2HW & 3NB
Extra Play (97%+): 2HW, 3NB, 4RM & 6LB
Pizza Party (100%): 3NB



Like us **Ebor Gardens Primary Academy**



Call us: **0113 248 2750**



www.eborgardensprimary.co.uk



Follow us @ **EborAcademy**



Email us
admin@eborgardensacademy.co.uk



DIARY DATES 2025

15th-17th January 2025 - Dog Safety Workshops

Thursday 23rd January 2025 - Y5 trip to Murton Park

Monday 27th January 2025 - School nurses in School

Wednesday 29th January 2025 - Y1 Trip to Skipton Castle

Thursday 30th January 2025 - Y6 trip to Murton Park

5th & 6th January 2025 - Y6 Parent Consultations

Monday 10th February 2025 - LKS2 Viking Workshop in school

Monday 10th February 2025 - Parents Healthy Eating Workshop
(more info to follow)

Wednesday 12th February 2025 - Young Voices concert

Thursday 13th February 2025 - School closes for Half-term
holiday

Monday 24th February 2025 - School reopens for Spring 2



Like us **Ebor Gardens Primary Academy**



Call us: **0113 248 2750**



www.eborgardensprimary.co.uk



Follow us @ **EborAcademy**



Email us

admin@eborgardensacademy.co.uk



10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY

Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school; whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently; so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



#WakeUpWednesday

The National College

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



@wake_up_weds



/www.thenationalcollege



@wake.up.wednesday



@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.01.2025



Like us **Ebor Gardens Primary Academy**



Call us: **0113 248 2750**



www.eborgardensprimary.co.uk



Follow us **@EborAcademy**



Email us

admin@eborgardensacademy.co.uk



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about JUSTALK KIDS

WHAT ARE THE RISKS?

JusTalk Kids is a child's version of the JusTalk app – a highly popular social networking platform – designed for users up to 13 years of age, allowing them to video call, message and participate in group chats. While adults can link their own JusTalk account to their child's and make use of parental controls, it's important to understand the risks associated with the app.

SUBSCRIPTION FOR PREMIUM ACCESS

While JusTalk Kids is free, there's the option to subscribe to a Kids' premium account or a premium family account. At a cost, this feature allows children to have access to more fun features such as games they can play with others in a call; exclusive stickers; a badge denoting them as a premium subscriber; and exclusive ringtones and themes.

RESISTANCE TO CONTROLS

JusTalk Kids endeavours to allow children the sense of having a chat-based app while allowing parents to set controls (within the app or from their own adult JusTalk account). The basis behind this is positive; however, some children are challenging their parents by refusing to use JusTalk Kids, preferring to use the adult version without any restrictions in place.

KNOWING THE PARENT PASSCODE

After downloading JusTalk Kids, parents can set a passcode which users must enter to add contacts. The parental controls help to manage which content can be viewed and who children can add as a contact; this then allows children to chat with friends in a controlled environment. However, prospective contacts don't have to know a specific username. In theory, someone could type in a random name and then add them as a friend.

POTENTIAL DATA LEAKS

JusTalk and JusTalk Kids claim to be secure and encrypted, going so far as to state that even the developers themselves won't access your data. However, a security lapse in 2022 highlighted that messages were not in fact encrypted – leading to concerns around the security of the app and the transparency of the development team.

CYBERBULLYING

Online chats can provide a sense of anonymity, leading some users to post things which they wouldn't normally say in person. Combined with the option of group chats, there's a risk that young people might join in with this kind of behaviour, escalating it further and potentially turning what should be a fun experience into something deeply negative.

TOO MUCH SCREENTIME

A report by the UK Parliament Education Committee highlighted a 52% increase in children's screen time between 2020 and 2022 – as well as finding that 25% of children used their smartphones in a manner consistent with screen addiction. Introducing children to social networking apps when they're too young can lead to bad digital habits and a reliance on technology from an early age.

Advice for Parents & Educators

JUSTIFY THE CONTROLS

If parents allow their child to use JusTalk Kids, they should explain that they're putting parental controls in place to make the app safer. Make sure the child knows not to put their full name on the account and doesn't use a photo of themselves as their profile picture. This type of open discussion will help to ensure that a child is aware of the app's potential risks and knows how to reduce them.

TALK ABOUT ONLINE FRIENDSHIPS

Young children could be excited to use this app. However, highlight that they must do so in a positive, respectful and responsible manner. While it can be easy to get caught up in a group chat, it's important to talk to others politely and call out any unpleasant behaviour. Discuss the importance of limiting their contacts to people they know in real life and use parental controls to enforce this.

DOS AND DON'TS OF SHARING

Some children might not understand the potential dangers of oversharing online. Set clear guidelines around what *is* and *isn't* safe to share on the internet, and discuss the concept of a digital footprint. Children need to understand that the things they say and share online can never be completely erased. Even if they delete it themselves, it can be saved and distributed by others.

ENCOURAGE OPEN COMMUNICATION

Apps like JusTalk can sometimes lend themselves to bullying behaviours. Parents should monitor what their child is sending and receiving, check in with them regularly and encourage them to share their feelings (both positive and negative) at home. Remind them that they can block a contact if someone is treating them disrespectfully.

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.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/justalk-kids>



@wake_up_weds

/wuw.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 08.01.2025



Like us **Ebor Gardens Primary Academy**



Call us: **0113 248 2750**



www.eborgardensprimary.co.uk



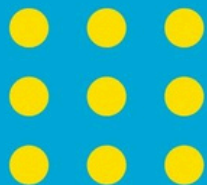
Follow us **@EborAcademy**



Email us

admin@eborgardensacademy.co.uk





Reception Places for September 2025

The application dates for Reception places in Leeds for September 2025

are:

1st November 2024 -

Applications open

15th January 2025 -

Application deadline

16th April 2025 -

National Offer Day

For children born between 01.09.20 - 31.08.21

<https://www.leeds.gov.uk/schools-and-education/school-admissions/apply-for-a-primary-school>



Contact the school office if you need support with your application: admin@eborgardensacademy.co.uk or speak to a member of the team (0113 248 2750).



Like us **Ebor Gardens Primary Academy**



Call us: **0113 248 2750**



www.eborgardensprimary.co.uk



Follow us @ **EborAcademy**



Email us

admin@eborgardensacademy.co.uk

