



EBOR GARDENS Primary Academy

WEEKLY NEWS

Friday 31st January, 2025 - Issue 19

A Message from Mrs Wathen and Mr Spink

Good afternoon everyone.

This week we have had two trips - one in KS1 and one in UKS2. Key Stage 1 went to visit Skipton castle. They had a wonderful time and explored the features of a castle as part of their learning. Upper Key Stage 2 visited Murton Park. They experienced what life might have been like for Roman soldiers. They had a wonderful time and their behaviour was exceptional - the staff at Murton Park thought they were amazing!

Next week we will be sharing further information about the Healthy Eating course that will be taking place on 10th February. There are still some spaces and if you would like to join us, please email our admin team.

Also, we now have our hoodies and PE t-shirts stocked at the uniform shop on Harehills Lane if you would like to purchase one.

Have a wonderful weekend everyone.

N - 80%	RBT - 91%	RDO - 97%
1AD - 97%	1MM - 84%	2HW - 96%
2RK - 89%	3JH - 80%	3NB - 94%
4CS - 93%	4RM - 98%	5NP/LW - 98%
5HW - 94%	6FA - 90%	6LB - 97%

Whole School attendance this week is 92%.

We are aiming for 96% or above.

Biscuit Bears: RDO, 1AD, 4RM & 5NP/LW

Extra Play (97%+): RDO, 1AD, 4RM, 5NP/LW & 6LB

Pizza Party (100%):



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

Wednesday 5th February 2025 – Y6 Parent Consultations

Thursday 6th February 2025 – Y6 Parent Consultations

Monday 10th February 2025 – LKS2 Viking Workshop in school

Monday 10th February 2025 – Parents Healthy Eating Workshop

Wednesday 12th February 2025 – Young Voices concert

Wednesday 12th February 2025 – Y2 Skipton Castle trip

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

Monday 24th February 2025 – School reopens for Spring 2

Thursday 6th March 2025 – World Book Day

Friday 14th March 2025 – Red Nose Day

Thursday 27th March 2025 – Class Photos

Wednesday 2nd April 2025 – Easter Discos

Friday 4th April 2025 – School closes for Easter



Like us **Ebor Gardens Primary Academy**



Call us: **0113 248 2750**



www.eborgardensprimary.co.uk



Follow us @ **EborAcademy**



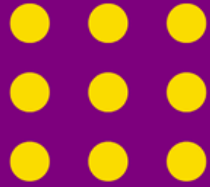
Email us

admin@eborgardensacademy.co.uk





EBOR GARDENS
Primary Academy



Community Pantry

With thanks to our charity partners, our
Community Pantry is open to our
families on **Wednesdays** at 2:30pm.

Due to demand our food is given on a
first come, first served basis. Please
only take one of each item that you
need.



Contact the school office if you need support at another
time: admin@eborgardensacademy.co.uk or speak to a
member of the team.



Like us **Ebor Gardens Primary Academy**



Call us: 0113 248 2750



www.eborgardensprimary.co.uk



Follow us @ **EborAcademy**



Email us

admin@eborgardensacademy.co.uk



Please be sure to park very safely and sensibly around school at Breakfast Club, morning drop-off and afternoon pick-up. On some occasions, the main gate has been blocked by parents/carers cars. Parents/carers and visitors must not park in front of the main gate so that cars (including emergency service vehicles) can get in and out at all times.



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

YOUTUBE

WHAT ARE THE RISKS?

Almost anyone with an internet connection knows YouTube. The Google-owned site lets anyone upload videos to be shared around the world, and as a result, it's an incredible resource with instant free access to material covering every conceivable topic. But with over 500 hours of video uploaded every minute, not all of it will be appropriate for young eyes.

INAPPROPRIATE CONTENT

YouTube is free and can be accessed via numerous devices, even without creating a YouTube account. Some content is flagged as 'age-restricted' (requiring the user to be logged into an account with a verified age of 18), but children can still view some mildly inappropriate content. This can include profanity and violence, which some young users may find upsetting.

CONNECT WITH STRANGERS

YouTube recommends videos related to what the user has previously watched on their account, aiming to provide content that will interest them. This is intended to be helpful but it can also lead to binge-watching and screen addiction – especially if 'auto-play' is active. Users without an account are shown popular videos from the last 24 hours, which might not always be suitable for children.

RADICALISATION

YouTube's algorithm tends to promote content that's getting the most traffic – a lot of which can be quite extreme. This can be fine for harmless topics, but YouTube isn't regulated like television, and that means that conspiracy theories, fake news and hateful ideologies can occasionally surface to warp impressionable minds all too easily. Remember – the more they watch, the more they'll be recommended.

CONNECTING WITH STRANGERS

YouTube is a social media platform which allows people to interact with other (usually unknown) users. Account holders can leave comments on any video they have access to, as well as message other users directly. Connecting with strangers online can potentially lead to children being exposed to adult language, cyberbullying and – in the worst cases – online predators. If a child is creating content themselves, this can increase the likelihood of them becoming a target.

TRENDS AND CHALLENGES

YouTube is teeming with trends and challenges, some of which are fun to watch and join in with. Children often find these immensely entertaining and might want to try them out. Most challenges tend to be safe, but many others may cause physical or emotional harm to the children who watch or copy them. The painful 'salt and ice challenge' – where people use these two ingredients to burn their skin – is just one of many examples.

SNEAKY SCAMMERS

The comments sections of popular content creators regularly have scammers posing as that influencer, attempting to lure users into clicking on their phishing links. Scammers impersonate YouTubers by adopting their names and profile images, and often offer cash gifts or 'get rich quick' schemes. Children may not realise that these users aren't who they claim to be.

Advice for Parents & Educators

APPLY RESTRICTED MODE

For older children, Restricted Mode is an optional setting that prevents YouTube from showing inappropriate material (such as drug and alcohol abuse, graphic violence, and sexual content) to underage viewers. To prevent children from changing across age-inappropriate content on the platform, we would recommend enabling Restricted Mode on each device that they use to access YouTube. It's worth also turning the auto-play feature off, to prevent YouTube's algorithm automatically recommending something inappropriate.



TRY GOOGLE FAMILY

Creating a Google Family account allows parents and carers to monitor what their child is watching, uploading, and sharing with other users. It will also display their recently watched videos, searches, and recommended videos. In general, a Google Family account gives a parent or carer oversight of how their child uses sites like YouTube and helps to ensure that they are only accessing appropriate content.

MONITOR ENGAGEMENT

YouTube is the online viewing platform of choice for billions of people, many of them under 18. Younger children will watch different content to older ones, of course. You may want to keep an eye on how children interact with this material – and, if applicable, with content creators – to understand what they're interested in. Remember that creators often share content outside of YouTube, so don't ignore their web presence elsewhere!

CONSIDER YOUTUBE KIDS

It's possible to sidestep most inappropriate content completely via Google's own YouTube Kids app for Android handsets and iPhone. This lets you filter content by "preschool" (4 and under), "younger" (ages 5 to 8) and "older" (ages 9 to 12). This isn't a perfect substitute for personal supervision, as the app's filtering system is automated, and Google can't manually review all videos.

CHECK PRIVACY SETTINGS

YouTube gives users the option of uploading videos as 'private' or 'unlisted' – so they could be shared exclusively with family and friends, for example. Comments on videos can also be disabled and channels that a child is subscribed to can be hidden. If the child is only uploading videos set as 'private', they are far less likely to receive direct messages from strangers.

LIMIT SPENDING

Although YouTube is free, it does offer some in-app purchases. For example, users can rent and buy TV shows and movies to watch. If you'd like to avoid children purchasing content online, limit their access to online payment methods. Many parents have discovered the hard way that a child happily consuming a paid-for series quickly leads to an unexpected bill!

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



The National College

X @wake_up_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Release date: 26.01.2023 Last reviewed: 31.05.2024



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.

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



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, an organisation that supports schools in improving their mental health provision.



#WakeUpWednesday

The National College

X @wake_up_weds

f /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: 29.01.2025



Like us **Ebor Gardens Primary Academy**



Call us: **0113 248 2750**



www.eborgardensprimary.co.uk



Follow us @**EborAcademy**



Email us

admin@eborgardensacademy.co.uk

