



EBOR GARDENS  
Primary Academy

# Weekly News

FRIDAY 5<sup>TH</sup> SEPTEMBER 2025 - ISSUE 1

## A MESSAGE FROM MRS WATHEN AND MR SPINK

Good afternoon everyone.

Welcome back to the new school year and welcome to our new families who are starting their Ebor Gardens journey.

This week your children have been brilliantly settling in to their new classrooms and getting to know the new adults that they will spend this academic year working with. It has been a real pleasure to see them getting on with their activities with smiley faces and calm enthusiasm.

Next week, Year 3 are heading on their first trip of the year to Cannon Hall Farm. As is always the case, pictures will be shared on Social Media. Also next week, our Friday celebration assemblies will begin. This year, KS1 and Year 3 will be at 2pm and the rest of Key Stage 2 will be at 2:30pm. You will receive a text from school if your child is receiving a certificate.

**News on the Community Hub** - as soon as we have news from our charity partners, we will share this year's plans for the Community Hub. Keep a look out for this information. For now, it will remain closed.

Have a lovely weekend - see you all on Monday. (Remember, Breakfast Club is open from 7:30am!) It's good to be back..... 😊

<b>N - 84%</b>	<b>RBT - 88%</b>	<b>RDO - 87%</b>
<b>1AD - 88%</b>	<b>1MM - 94%</b>	<b>2HW - 90%</b>
<b>2RK - 73%</b>	<b>3JH - 91%</b>	<b>3NB - 96%</b>
<b>4NP/RM - 89%</b>	<b>4RA - 91%</b>	<b>5CS - 89%</b>
<b>5HW - 92%</b>	<b>6FA - 88%</b>	<b>6LB - 97%</b>

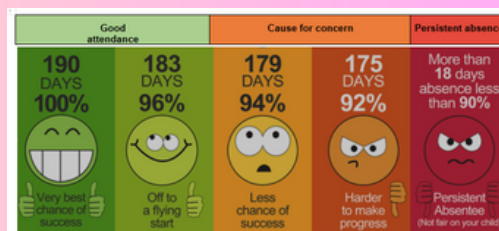
Whole School attendance this week is **89%**.

We are aiming for **96%** or above.

**Biscuit Bears: Starts next week**

**Extra Play (97%+): 3NB & 6LB**

**Pizza Party (100%):**



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## 1. Aims

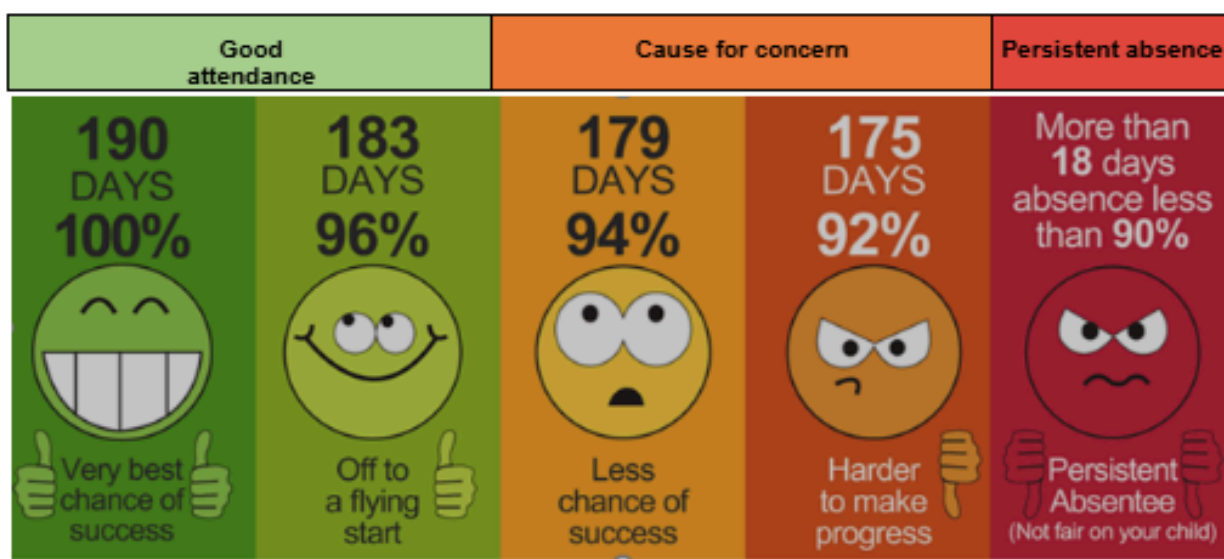
Victoria and Ebor Gardens Primary academies are committed to providing a broad, balanced and effective education for all the children who attend our academies. We believe that, in order for our children to gain the greatest benefit from their education and be best prepared for their secondary education, it is vital that our children are at school, on time, every day on which school is open unless the reason for the absence is unavoidable. We are committed to meeting our obligation with regards to school attendance through our whole-school culture and ethos that values good attendance, including:

- Setting high expectations for the attendance and punctuality of all pupils
- Promoting **good** attendance and reducing absence, including **persistent** (attendance below 90%) and **severe** (attendance below 80%) absence
- Ensuring every child has access to the full-time education to which they are entitled
- Acting early to address patterns of absence
- Building strong relationships with families to ensure pupils have the support to attend school

We believe good attendance is vital because children with good levels of attendance:

- Have full access to the curriculum and are more likely to achieve and enjoy their school life
- Build positive relationships and develop social skills
- Are able to develop their self-esteem, their sense of worth and their sense of belonging
- Develop a positive attitude to school and the world of work, punctuality and attendance
- Are safe from harm and remain within the law

For our children to achieve their full potential we encourage parents/carers and children to understand that **every day counts**, and by having excellent attendance and arriving at school on time, a child is more likely to succeed long after they have left us. We strive to achieve a goal of at least **96%** (good) attendance for every child.



We will also promote and support punctuality in attending lessons: every minute lost is equally important. Poor punctuality also impacts very significantly on a child's chance of success, as minutes lost each day quickly add up and impact on a child's attendance:

5 minutes each day	10 minutes each day	15 minutes each day	20 minutes each day	25 minutes each day
3 days lost	6.5 days lost	10 days lost	13 days lost	19 days lost

Being in school, on time, every day ready to learn is key to everyone's success.



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# DIARY DATES 2025

**Wednesday 10<sup>th</sup> September 2025** - Y3 Cannon Hall Farm Trip

**Thursday 25<sup>th</sup> September 2025** - Y6 Art Gallery Trip

**Thursday 2<sup>nd</sup> October 2025** - Y6 Art Gallery Trip

**Tuesday 21<sup>st</sup> October 2025** - Autumn Discos

**Friday 24<sup>th</sup> October 2025** - School closes for half-term

**Monday 3<sup>rd</sup> November 2025** - Return to school

**Monday 8<sup>th</sup> December 2025** - Pantomime in school

**Friday 19<sup>th</sup> December 2025** - School closes for Christmas (1pm)



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## 10 Top Tips for Parents and Educators

# RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

### 1 SPOT THE SUBTLE SIGNS

Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

### 2 KEEP CONVERSATIONS FLOWING

Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

### 3 MAKE MOVEMENT PART OF THE DAY

Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

### 4 SUPPORT HEALTHY SLEEP PATTERNS

Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

### 5 PRACTISE MINDFULNESS

Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

### 6 SET DIGITAL BOUNDARIES

Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

### 7 NURTURE SOCIAL CONNECTIONS

Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

### 8 PROGRESS OVER PERFECTION

Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

### 9 TEACH EVERYDAY PROBLEM-SOLVING

Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

### 10 BE THE MODEL THEY NEED

Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

### Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday

The National College

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**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.**



## **PICKING-UP YOUR CHILD EARLY**

**IF YOU NEED TO PICK YOUR CHILD UP BEFORE THE END OF THE DAY (FOR AN APPOINTMENT ETC), PLEASE LET THE SCHOOL OFFICE KNOW IN THE MORNING SO THAT THEY CAN HAVE YOUR CHILDREN READY FOR YOU IN THE MAIN OFFICE.**



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# EPEC ~ Being a Parent

*Because children don't come with instructions* 



## What is the EPEC ~ Being a Parent?

Empowering Parents Empowering Communities (EPEC) ~ Being a Parent (BAP) is a parenting programme designed to help you address behavioural difficulties, support child development and outcomes, parenting skills, family resilience and family relationships.

### *From melt down to magic !*

Join like-minded parents and carers in a supportive group, where you are encouraged and supported to explore:

- Positive behaviour management and discipline strategies.
- Managing parent and family stress.
- Understanding and managing children's feelings.
- Parent listening, communication, play and interaction skills.
- Attachment and parent-child relationships.
- Parenting roles, expectations, and culture.

## Why is it different?

Being a Parent groups runs over 8 weeks, 2 hours a week and is completely free.

### **It is run for parents by parents.**

Their experiences, backgrounds, skills, and qualities make each session inviting, engaging and fun.

## Who is it for?

All parents and carers in Leeds who have one or more children between the ages of 2 to 11 years. The content relates well to getting children school ready.

Before Being a Parent begins there is a welcome session where you can learn more about what is involved and meet the other parents that are interested in joining the group too.

*It's your time, no children, just you!*

## Where and when is it?

### Swarcliffe Community Centre (Shop)

65 Stanks Gardens, LS14 5LS

Wed 17<sup>th</sup> Sept, 9:30 ~ Tea & toast information session.

Wed 24<sup>th</sup> Sept, 11:00 – 1:00, 8-week group starts (no group at half term).

**Free lunch for group members**

Please note: there is no transport or childcare available

Interested in finding out more – Come along to the Tea & Toast info session

or email [Leeds.epec@leeds.gov.uk](mailto:Leeds.epec@leeds.gov.uk) Or call/message Barbara (EPEC coordinator) on 07891 270311



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