



EBOR GARDENS
Primary Academy

Weekly News

FRIDAY 5TH DECEMBER 2025 - ISSUE 13

A MESSAGE FROM MR SPINK AND MRS WATHEN

Good morning everyone.

It may well have been a cold and wet week outside but it has been another wonderful week here at Ebor Gardens. On Wednesday we held our annual Winter Fair. As always, it was a wonderfully attended event – the school hall was packed! We raised £1167.72 for school funds. Combined with the Autumn discos, that means you have helped us raise a massive £1762.72 for school funds. All of which contributes to exciting activities and opportunities for your children. THANK YOU!!!

Santa visited Ebor Gardens this week too. Many children were very excited to see the man himself in our exciting grotto (pictures to follow on our social media pages). Mrs Baum also talked to us in assembly about the start of Advent – a key feature in the Christian calendar. Keep an eye out next week for information about the Christmas performances in school in the final week of the Autumn term. **Remember school closes at 1pm on Friday 19th December.**

Have an amazing weekend (with an added extra day today!) and we look forward to seeing you on Monday

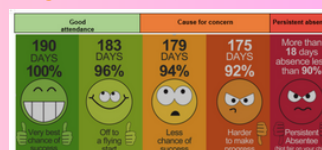
Mr Spink & Mrs Wathen

| | | |
|---------------------|-------------------|-------------------|
| N - 86% | RBT - 96% | RDO - 89% |
| 1AD - 87% | 1MM - 92% | 2HW - 98% |
| 2RK - 97% | 3JH - 95% | 3NB - 100% |
| 4NP/RM - 97% | 4RA - 95% | 5CS - 97% |
| 5HW - 97% | 6DD - 100% | 6LB - 97% |

Whole School attendance this week is **95%**.

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

Biscuit Bears: 2HW, 3NB & 6DD
Extra Play (97%+): 2HW, 2RK, 3NB, 4NP/RM, 5CS, 5HW, 6LB & 6DD
Pizza Party (100%): 3NB & 6DD



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DIARY DATES 25/26

Monday 8th December 2025 – Pantomime in school

Wednesday 10th December 2025 – Y3 Theatre trip

Wednesday 10th December 2025 – Christmas Dinner Day

Wednesday 10th December 2025 – Christmas Jumper Day

Monday 15th December 2025 – EYFS Christmas Performance (am)

Tuesday 16th December 2025 – KS1 Christmas Performance (pm)

Wednesday 17th December 2025 – LKS2 Christmas Performance (pm)

Thursday 18th December 2025 – UKS2 Christmas Performance (pm)

Friday 19th December 2025 – School closes for Christmas (1pm)



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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 ARE EXPECTING YOU - THANK YOU.



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WHY 'KINDNESS MATTERS' & HOW DOING GOOD DOES YOU GOOD

'WE MAKE A LIVING BY WHAT WE GET. WE MAKE A LIFE BY WHAT WE GIVE.'

SIR WINSTON CHURCHILL

THE FOCUS FOR THIS YEAR'S MENTAL HEALTH AWARENESS WEEK IS 'KINDNESS MATTERS'. IT IS AN OPPORTUNITY TO LOOK INTO THE BENEFIT OF HELPING OTHERS WHICH IS GOOD FOR IMPROVING OUR OWN MENTAL HEALTH AND WELL BEING. HERE ARE SOME IDEAS TO GET YOU THINKING:

ALTRUISM

Altruism is acting in someone else's best interests in order to improve their welfare. When we feel compelled to donate money, shop for someone, call a relative in need or help a neighbour, we are considering the needs of others even when we may not know them. Showing kindness like this, often motivated by empathy, creates a sense of purpose, making us feel good and developing our wellbeing. Children and young people can take part in altruistic activities at home or school. They could create a video for those in isolation, fundraise for a local cause, bake cakes for neighbours or write letters to older members of the community who may feel isolated.



GENEROSITY

In the context of kindness, being generous with our time, resources and words can provide a low-cost approach to helping others. A generous act is accessible to all. Giving compliments, for example, are a well-researched way of creating a sense of wellbeing and positivity in a community at school or with family. It helps us to recognise the positivity in others as we actively choose to notice and comment on what is valuable and meaningful in someone else. When compliments are given regularly, consistently and with meaning, the community benefits are far reaching!



GIVE TO GIVE, NOT TO RECEIVE

Sometimes when we are kind there is no payback, which can make it more difficult to keep being kind. Our natural reaction is to shrink back and withdraw our kind act, feeling frustrated that it has either not been reciprocated or that it has not been valued. This is probably one of the most difficult concepts for children to understand and where the 'random acts of kindness' approach is helpful. If it is a random act then it is 'just because' and for no other reason than a one-off act for someone.



HOLDING OTHERS IN MIND

By holding someone in mind we show that we have been thinking about them and that they matter to us. This act of kindness is so important now, more than at any other time, due to isolation. A simple text to say 'I saw... on the telly last night and it made me think of you!' or a quick call to say 'I was just thinking about you yesterday and was wondering how you're doing?' can mean so much. We probably all do this naturally as part of showing kindness and care to others, but perhaps may not appreciate the importance of this for wellbeing.



COMMUNITY

When we help others in our community, it improves our wellbeing by helping us to feel less isolated as we connect with others. When we show kindness, it is something which we feel we can control, particularly when things may feel a bit chaotic and unusual. Helping others can often give us a different perspective on our own challenges and our own problems. Peer support, for example, is often overlooked as an important part of improving wellbeing. Older students can often greatly benefit from sharing similar, shared experiences and can offer a level of empathy and understanding that adults may not be able to.



KINDNESS WITH CAUTION

There is a very helpful analogy that is used when we are in an emergency, 'we should put our own oxygen mask on before putting on someone else's'. What's helpful here is that giving to others can often improve our mental health and wellbeing. However, there are times when helping others can create stress or overwhelm us. This is sometimes called 'compassion fatigue'. So, we must balance our own wellbeing with the wellbeing of others. We should notice if we start to feel resentful or negative or if we start avoiding others, have difficulty concentrating or start experiencing unusual sleep patterns. If this happens it's a good time to take a break or ask someone for help or support.



'KINDNESS IS A SILENT SMILE. A FRIENDLY WORD. A HUB OF ENCOURAGEMENT. KINDNESS IS THE SINGLE MOST POWERFUL THING WE CAN TEACH CHILDREN.'

RA KTVIST

The National College

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



For further info, check out these online resources:

<https://www.mentalhealth.org.uk/blog/random-acts-kindness>
<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved>

Web: www.thenationalcollege.co.uk | Email: enquiries@thenationalcollege.co.uk | Facebook: [@thenationalcollege](https://www.facebook.com/thenationalcollege) | Twitter: [@thenatcollege](https://twitter.com/thenatcollege)

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Wednesday 10
December 2025

Ebor Christmas Day

fun for the
children at Ebor



Christmas Dinner Day



Christmas Jumper Day Donation of 50p



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**Nursery and
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