EBOR GARDENS Primary Academy

Weekly News

FRIDAY 16TH JANUARY 2025 - ISSUE 18

A Message from Mr Spink and Mrs Wathen

Good afternoon everyone.
We kick-started this week with an assembly about Honesty. "We Are Honest" is one of our Ebor Promises. The children talked about the importance of being honest with adults, peers and with themselves. The teachers have been praising children who have demonstrated this value throughout school.
The children have also had their school photographs taken this week - they all turned up looking smart. Please remember that, unless they are having a PE lesson that day, they should always turn up in school uniform and a reminder of the uniform can be found on the school website. There is also guidance on what they should be wearing for school on PE days.
Next week we have Bikeability in school which is always a valuable experience for our children.
Can we also just give a little reminder about litter on our site. There are green bins around the playground. Please encourage your children to put their litter in the bins before and after school.
Have a lovely weekend everyone.

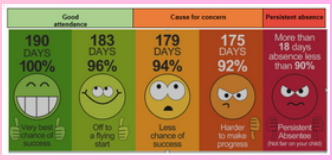
Mr Spink & Mrs Wathen

N - 82%	RBT - 94%	RDO - 88%
1AD - 92%	1MM - 93%	2HW - 97%
2RK - 97%	3JH - 93%	3NB - 100%
4MG - 94%	4RA - 96%	5CS - 99%
5HW - 99%	6DD - 99%	6LB - 99%

Whole School attendance this week is 95%.

We are aiming for 96% or above.

Biscuit Bears: 2HW, 2RK & 3NB
Extra Play (97%+): 2HW, 2RK, 23NB, 5CS, 5HW, 6DD & 6LB
Pizza Party (100%): 3NB



EBOR GARDENS PRIMARY ACADEMY
0113 248 2750
WWW.EBORGARDENSPRIMARY.CO.UK
@EBORACADEMY.BSKY.SOCIAL
ADMIN@EBORGARDENSACADEMY.CO.UK

DIARY DATES 25/26

Monday 19th January 2026 - Bikeability in school
Thursday 12th February 2026 - School closes for half term
Friday 13th February 2026 - INSET Day (School closed)
Monday 2nd March 2026 - Road Safety Team in school
Wednesday 4th March 2026 - Zoolab in EYFS
Friday 6th March 2026 - Science shows in school
Wednesday 11th March 2026 - Water Safety talk (Y5&6)

EBOR GARDENS PRIMARY ACADEMY
0113 248 2750
WWW.EBORGARDENSPRIMARY.CO.UK
@EBORACADEMY.BSKY.SOCIAL
ADMIN@EBORGARDENSACADEMY.CO.UK
Ofsted Outstanding Provider

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.

EBOR GARDENS PRIMARY ACADEMY
0113 248 2750
WWW.EBORGARDENSPRIMARY.CO.UK
@EBORACADEMY.BSKY.SOCIAL
ADMIN@EBORGARDENSACADEMY.CO.UK

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to military conflicts around the globe, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.

2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.

3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.

4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.

5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.

6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.

7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.

8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once: instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.

9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.

10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.

11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.

12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.

Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.

Sources: https://www.bbc.co.uk/newsround/60147906 | https://www.childnet.com/blog/supporting-your-child-with-upsetting-content/ | https://www.unicef.org/coronavirus/how-talk-your-children-about-conflict-and-war

National Online Safety®

#WakeUpWednesday

@natonlinesafety /NationalOnlineSafety @nationalonlinesafety @national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 18.10.2023

NSPCC Helpline

For any concerns about a child
help@nspcc.org.uk | 0808 800 5000

We're here for you

The NSPCC is the UK's leading child protection charity. We have been keeping children safe for over 140 years, and we are here to help with any concerns about a child, no matter how big or small.

Any of these worries sound familiar?

- My child is being bullied at school.
- My teenager hardly talks to me anymore.
- How can I talk to my child about healthy relationships?
- The child at youth club told me about a secret.
- It's not safe for me and my children at home.
- I'm struggling to feed my children.
- My neighbour's child is always crying.
- I don't know who my children are talking to online.

How can the NSPCC help?

The NSPCC Helpline can be contacted seven days a week, online or on the phone. Our child protection specialists are here to listen, offer advice, and support to take action if needed.

Whether you want to report child abuse and neglect, or are worried about a child and not sure what to do, we have advice for you.

It doesn't matter who you are — a parent, a family member, friend, neighbour or professional. Anyone can contact us for advice.

Do I have to say who I am?

There are lots of reasons why people want to be anonymous. You don't have to tell us who you are, where you live, or share your contact details. If you do choose to share any of these with us, you can ask us not to share them with other agencies – like the police or social services. However, if you told us something that made us worry that you or a child is being hurt or at risk, we would have to report this.

Call **0800 800 5000**
Visit **nspcc.org.uk/helpline**
Email **Help@NSPCC.org.uk**

©NSPCC 2025. Registered charity England and Wales 216401, Scotland SC037717 and Jersey 384. Photography by Tom Hull and Harry George Hall. Illustrations by Jonathan Calugi. J20255109.

EBOR GARDENS Primary Academy

Ofsted Outstanding Provider

Nursery and Reception Places available from September 2025

Ebor Gardens Primary Academy
Rigton Drive, Leeds, LS9 7PY

T. 0113 248 2750
E. admin@eborgardensacademy.co.uk
www.eborgardensprimary.co.uk

@EborAcademy
www.facebook.com/EborAcademy

WELLSPRING
We Make A Difference
Part of the Wellspring family

We Make a Difference

EBOR GARDENS PRIMARY ACADEMY | 0113 248 2750 | WWW.EBORGARDENSPRIMARY.CO.UK

@EBORACADEMY.BSKY.SOCIAL | ADMIN@EBORGARDENSACADEMY.CO.UK

Ofsted Outstanding Provider