

# Weekly News

FRIDAY 30TH JANUARY 2026 - ISSUE 19



## A Message from Mr Spink and Mrs Wathen

Good afternoon everyone.

It's been a dreary week outside with some unpleasant weather, but inside it has been another glorious week here at Ebor Gardens!

Year 5 finished their Bikeability training this week - they thoroughly enjoyed their time with Cycle North. Year 5 also have an exciting music project coming up later in the year and Mr Waugh and Miss Smith headed off to meet the team at Opera North for some opera training. We can't wait to hear their performances (including Miss Smith and Mr Waugh!).

Just a little safety reminder for school drop-off. We do ask that cars are not parked in front of any of the school gates at any point in the day. Please be mindful of this on a morning when dropping children off - especially for Breakfast club as this week, there have been lots of cars blocking the top of Rigton Green. With dark mornings and lots of rain, this can make it tricky for access to school by pedestrians and children navigating their way across to the school gates.

Have a lovely weekend everyone.

*Mr Spink & Mrs Wathen*

<b>N - 89%</b>	<b>RBT - 93%</b>	<b>RDO - 90%</b>
<b>1AD - 97%</b>	<b>1MM - 92%</b>	<b>2HW - 95%</b>
<b>2RK - 93%</b>	<b>3JH - 94%</b>	<b>3NB - 98%</b>
<b>4MG - 99%</b>	<b>4RA - 94%</b>	<b>5CS - 97%</b>
<b>5HW - 97%</b>	<b>6DD - 90%</b>	<b>6LB - 98%</b>

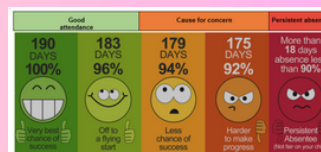
**Whole School attendance this week is 96%.**

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

**Biscuit Bears: 1AD & 4MG**

**Extra Play (97%+): 1AD, 3NB, 4MG, 5CS, 5HW & 6LB**

**Pizza Party (100%): -**



# DIARY DATES 25/26

**Thursday 12<sup>th</sup> February 2026** - School closes for half term

**Friday 13<sup>th</sup> February 2026** - INSET Day (School closed)

**Monday 23<sup>rd</sup> February 2026** - School opens

**2<sup>nd</sup> & 3<sup>rd</sup> March 2026** - Road Safety Team in school

**Wednesday 4<sup>th</sup> March 2026** - Zoolab in EYFS

**Friday 6<sup>th</sup> March 2026** - Science shows in school

**Wednesday 11<sup>th</sup> March 2026** - Water Safety talk (Y5&6)

**Tuesday 24<sup>th</sup> March 2026** - Y1 trip to Temple Newsam

**Thursday 26<sup>th</sup> March 2026** - Y2 trip to Temple Newsam

**Tuesday 31<sup>st</sup> March 2026** - Easter Discos

**Thursday 2<sup>nd</sup> April 2026** - School closes for Easter

**Monday 20<sup>th</sup> April 2026** - School reopens

**Thursday 30<sup>th</sup> April 2026** - Class Photographs

**Monday 4<sup>th</sup> May 2026** - School closed for May Day

**11<sup>th</sup> - 14<sup>th</sup> May 2026** - KS2 SATs Week for Y6

**Friday 22<sup>nd</sup> May 2026** - School closes for Spring Bank

**Monday 1<sup>st</sup> June 2026** - School reopens



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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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# 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's 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.



Source: <https://www.bbc.com/news/health-562905> <https://www.nhs.uk/health/2020/08/20200820-supporting-your-child-with-upsetting-content/> <https://www.unicef.org/press-releases/ask-your-children-about-conflict-and-war>

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#WakeUpWednesday



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**EMPLOYMENT AND SKILLS LEEDS**

## Looking for a job, training, volunteering or an apprenticeship?

### Join Give a Gift and Employment and Skills Leeds for a friendly information session!

- *Info about current opportunities in Leeds*
- *Advice and guidance from an advisor*
- *Information about the Leeds apprenticeship fair*
- *Refreshments provided*



Tuesday 3<sup>rd</sup> February 2026



9:30am- 11:00am



233 – 237 Roundhay Rd, Harehills, Leeds  
LS8 4HS

To join contact: [hana@giveagift.org.uk](mailto:hana@giveagift.org.uk)  
011393805677



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# FAMILY BRUNCH

Wednesday 18th Feb  
10am to 11.45

Join us for a morning of arts  
and craft, games and a light  
brunch.

Fun for all the family!

£2 per person

To book Call reception on 0113  
213 6813



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