



Weekly News

FRIDAY 20TH MARCH 2026 - ISSUE 25

A Message from Mr Spink and Mrs Wathen

Good afternoon everyone.

We have had a lovely week here at Ebor Gardens. Isn't it amazing how a little sun helps lift everyone's spirits?

On Thursday we held our annual Red Nose Day in school. Lots of children came into school wearing red (and adorned with red noses) and it was a joy to see so many children taking part in the fun. Thank you to those who helped with the fund-raising efforts. We have raised over £110.

Next week we have Y1 visiting Temple Newsam, the girls' football team will be playing White Rose Academies' team and Year 2 have a trip to Temple Newsam.

Have a super weekend everyone and to all our families celebrating Eid, have a lovely time and we can't wait to hear all about it on Monday.

Mr Spink & Mrs Wathen



What a picture...



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DIARY DATES 25/26

Tuesday 24th March 2026 - Y1 trip to Temple Newsam

Thursday 26th March 2026 - Y2 trip to Temple Newsam

Tuesday 31st March 2026 - Easter Discos

Thursday 2nd April 2026 - School closes for Easter

Monday 20th April 2026 - School reopens

Thursday 30th April 2026 - Class Photographs

Monday 4th May 2026 - School closed for May Day

11th - 14th May 2026 - KS2 SATs Assessments for Y6

Friday 22nd May 2026 - School closes for Spring Bank

Monday 1st June 2026 - School reopens



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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 YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

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, which works with schools on improving their mental health provisions.



#WakeUpWednesday

The National College

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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 children up to the ages of 11 years. 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 -

Thursday 23rd April – 9:30 - tea and toast information session –
group starts 30th April 11:00 – 1:00, for 8 weeks (no group at Half Term) - Please note: there is no transport or childcare available.

Interested in finding out more – Come along to the Tea and Toast info session
or email Leeds.epec@leeds.gov.uk Or call/message Kerry (EPEC coordinator) on 07712 215217



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