



Weekly News

FRIDAY 27TH MARCH 2026 - ISSUE 26

A Message from Mr Spink and Mrs Wathen

Good afternoon everyone.

This week both Year 1 and Year 2 headed off to Temple Newsam for an exciting trip. The children had a wonderful time and the staff at the house were keen to let us know how amazing your children are. *There are lots of photographs on our Facebook account.*

On Tuesday our girls' football team played against Alder Tree Primary and we won the game 6-2! Amazing effort, teamwork and skill from the Ebor Gardens girls.

Next week we have much Easter-based excitement with assemblies presented by Year 2 and our annual Easter Discos. There may even be a visit from the Easter bunny at some point..... - lets keep our eyes peeled!

Also next week, we break up on Thursday for our two week Easter holiday.

Have a superb weekend - see you all on Monday.

Mr Spink & Mrs Wathen



What a picture...



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DIARY DATES 25/26

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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Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY
MILK

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday

[@natonlinesafety](https://twitter.com/natonlinesafety)

[/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety)

[@natonlinesafety](https://instagram.com/natonlinesafety)

[@national_online_safety](https://tiktok.com/@national_online_safety)

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EPEC – Being a Parent

Because children don't come with instructions 😊



What is EPEC Being a Parent?

Empowering Parents Empowering Communities (EPEC) Being a Parent (BAP) is a parenting programme designed to help you 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?

It is run for parents by parents - Their experiences, backgrounds, skills, and qualities make each session inviting, engaging and fun.

Being a Parent is completely free



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?



Woodlands Co-op Academy
Foundry Lane, Harehills, LS9 6DA

- Tuesday 28th April for the Meeting and Greet session
- The group starts 5th May 9:15-11:15
- The group runs over 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 Meet and Greet Session** or email Leeds.epec@leeds.gov.uk or call/message **Kerry** (EPEC coordinator) on **07712 215217**



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

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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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