



Weekly News

FRIDAY 5TH JUNE 2026 - ISSUE 33



A Message from Mr Spink and Mrs Wathen

Good afternoon everyone.

Welcome back after, what we hope, was a restful half-term holiday. Summer 2 is always a busy and fun half-term. There are lots of things going on as we make our way to the end of the academic year and the Summer holidays. Please keep an eye on the 'Dates for your diary' page in this newsletter.

Also we will hopefully experience some lovely weather this half term so it is important to remember to apply sunscreen to your child before school and send them to school with a water bottle so that they can keep hydrated throughout the day. A sun hat may also be useful for when children are learning or playing outside.

Have a lovely weekend everyone.

Mr Spink & Mrs Wathen



EBOR GARDENS PRIMARY ACADEMY



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DIARY DATES 25/26

- Monday 15th June 2026** - Y4 Residential Trip
- Wednesday 17th June 2026** - Big Talk in school
- Thursday 18th June 2026** - Y5 Whitby Trip
- Friday 19th June 2026** - Dance-a-thon
- Tuesday 23rd June 2026** - Welling Choir Event
- Wednesday 24th June 2026** - Y5 Opera North Event
- Thursday 25th June 2026** - Y6 Whitby Trip
- Tuesday 30th June 2026** - Sports Day (LKS2 am, UKS2 pm)
- Wednesday 1st July 2026** - KS1 Yorkshire Wildlife Trip
- Thursday 2nd July 2026** - EYFS & KS1 Sports Day (pm)
- 2nd & 3rd July 2026** - Y6 Co-Op Leeds & Dixons Unity Transition Days
- Monday 6th July 2026** - Year 6 Cinema Trip
- Tuesday 7th July 2026** - Whole School Transition day
- Tuesday 7th July 2026** - New Reception Class visit (am)
- 8th, 9th & 10th July 2026** - Y6 Residential
- Friday 10th July 2026** - Ian's Farm to visit EYFS
- Monday 13th July 2026** - Summer Fun Day
- Wednesday 15th July 2026** - Art Gallery
- Thursday 16th July 2026** - Y6 Prom
- Friday 17th July 2026** - School Closes for Summer (1pm)



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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!

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 schoolworkers and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



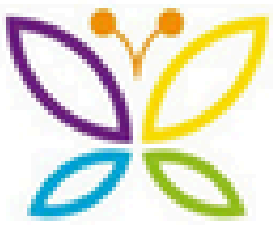
DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday



EBOR GARDENS
Primary Academy

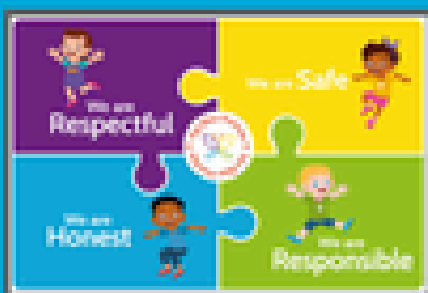
Healthy Snacks at Ebor Gardens

**Lots of children bring snacks for
break times.**

**These should be healthy snacks
consisting of fruit and vegetables.**



**Children should also have lots
of water throughout the day.
Please send a water bottle into
school with your child.**





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Get into Teaching

Are you ready to inspire the next generation?

Whether you're a graduate, a career changer, or someone who's always wanted to teach – now is the perfect time to start.

Applications are OPEN for a September 2026 start

- ✓ Expert-led training
- ✓ Real classroom experience
- ✓ Achieve Qualified Teacher Status (QTS)
- ✓ Mentor support throughout your training



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