



WEEKLY NEWS

FRIDAY 3RD JULY 2026 - ISSUE 37

A Message from Mr Spink and Mrs Wathen

Good afternoon everyone.

This week we have enjoyed three Sports Days. We started the run with LKS2 on Tuesday. This was followed by UKS2 in the afternoon. It was lovely to see so many parents attend these events and enjoy watching their children take part in a range of fun sporting activities. On Thursday, Early Years and Key Stage 1 enjoyed an afternoon jam-packed with sporting fun – again a well attended event (and a parents race!). A huge thank you to Miss Pedder, Mrs Wright and Mr Waugh (our PE team) and some Year 6 children for organising these events.

Some of our Year 6 children have also enjoyed their transition days at their future high schools. There are a few more of these to come and we're sure they will enjoy finding out all about their new schools so that they are ready to start in September (albeit with some nerves we're sure).

A group of children travelled to represent our school at an NFL tournament with Mrs Wright and Miss Tomlinson. Mrs Wright informs us that they played well and represented the school impeccably – well done guys!

Today you will have received a letter letting you know which class your child will be in for the next academic year. On Tuesday next week, the children will be spending the day in their new classes to get a feel for what it will be like in September. For yourselves, you just need to drop them at school like any normal day. They will be back in their normal classes at the end of the day too. Enjoy a restful weekend.

Mr Spink & Mrs Wathen



EBOR GARDENS PRIMARY ACADEMY



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DIARY DATES 25/26

- 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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What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health – so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.



1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 325 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0800 800 3000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent "fighting their battles for them". In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

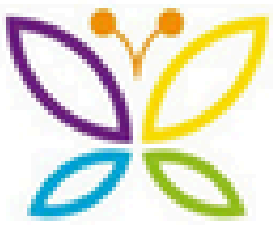
If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#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.**





LARK in the PARK

free family fun day

**SATURDAY 18TH JULY 2026
12NOON TO 4PM**

East End Park, LS9 9NG

Councillors Nkele Manaka, Asghar Khan and Luke Farley, are proud to invite all our community to attend the festival supported by local partners and organisations



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