



Weekly News

FRIDAY 17TH JULY 2026 - ISSUE 39



A Message from Mr Spink and Mrs Wathen

Good afternoon everyone.

We have made it to the last day of this academic year! So many wonderful things have gone on at Ebor Gardens this year and we are incredibly proud of our lovely children and all they have achieved. We also thank each and every parent and carer for their support over the course of the year.

We have a few goodbyes this academic year also. Miss Holland, who has worked in our Early Years setting for the past few years, will be leaving us to head back London-way to be with her family. We wish her well on her future career and all the joy life brings her. Miss Potter will be leaving us today too as she has completed her teacher training with us. Miss Potter started her Ebor Gardens journey as a volunteer and then became a graduate teaching assistant. This year she has completed her teacher training and we wish her well as she heads off into a bright future.

We also wish an early congratulations to Miss Tosney who is getting married over the Summer holidays - don't worry, she will still be Miss Tosney when she returns in September!

Speaking of September, children will return to school on Thursday 3rd September to embark upon the 2026/27 academic year. We've no doubt it will be a good one!

Have a lovely Summer break everyone. See you on the third!

Mr Spink & Mrs Wathen



EBOR GARDENS PRIMARY ACADEMY



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It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?

47%
of parents
said they thought their
children spent too much
time in front of screens

What parents need to know about SCREEN ADDICTION

HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



**National
Online
Safety**



Top Tips for Parents



LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their outdoor activities to show your support.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

STATISTICS

52% of children aged 3-4
go online for nearly 9hrs a week

82% of children aged 5-7
go online for nearly 9.5hrs a week

93% of children aged 8-11
go online for nearly 13.5hrs a week

99% of children aged 12-15
go online for nearly 20.5hrs a week

SOURCES:

<https://www.mindmatters.co.uk/Children-and-Parents/Media-Use-and-Addiction-Report-2018> & <https://www.nos.co.uk/Reports/How-Apps-Addiction-Report-2018>

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www.nationalonlinesafety.com

Twitter - @natonlinesafety

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Views of this guide do not represent our own. Content is of the date of release 12.06.19



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Expect trips,
sports, arts, crafts
games & more!

BreezeTM Camps

Summer Holiday Camps

Young people aged 8-12yrs

Fairfield Carr Community Centre, Whinmoor

Tuesday's to Friday's from 28 July - 21 Aug
9.30am - 2.30pm

To secure a place visit:
healthyholidays.leeds.gov.uk

Does your child receive income related free school meals? Are you looking for something exciting for them to do this Summer?

Sign up to our Summer Holiday Camps!
You'll need to register with Healthy Holidays before you can book. If you're not already registered you can do this NOW!

Sessions will go LIVE for BOOKING on:
Thurs 25 June 2026.

To book your place with us, search for your Event group name 'Fairfield Carr Community Centre, Breeze Summer Camp'

Be sure to select every session you want them to participate in. Please note: your child must be eligible for income related Free School Meals.

If you'd like any additional support please visit a community hub or library or email HHBooking@leeds.gov.uk



Healthy
Holidays
Fund

Leeds
Community
Foundation



Leeds
CITY COUNCIL

Department
for Education



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Better Together
Healthy Communities, Healthy Lives

HALTON MOOR Family Fun Day

SATURDAY, 25 JULY 2026

12:00 NOON - 3:00 PM

HALTON MOOR PLAYING FIELD

NEVILLE ROAD, LEEDS LS9 0HD

Fun for the
whole family for
a day filled with
laughter,
excitement, and
memories

Event Highlights

**EXCITING GAMES
SPORTING ACTIVITIES
CRAFTS & WORKSHOPS
COMPETITIONS**

Join us for a
spectacular
Family Fun
Day!



FOR MORE INFORMATION:

**SYRETTA LIBURD
07519387417**

SYRETTA@FGFLEEDS.ORG

WWW.FGFLEEDS.ORG



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Crossgates and Whinmoor,
Temple Newsam,
Garforth & Swillington,
Kippax & Methley Wards



Paddle Boarding
31.07.2026

E-Karting
C&W, TEM
06.08.2026

Flamingo Land
11.08.2026

E-Karting
G&S, K&M
12.08.2026

Doncaster Dome
18.08.2026

Go Ape
20.08.2026



Young People who wish to take part must reside in the Crossgates & Whinmoor, Temple Newsam, Garforth & Swillington or Kippax & Methley Ward and be within the ages of 11-17 Years. Places are limited and are booked on a first come first served basis. Only one Trip per Young Person. Priority will be given to those who regularly attend Youth Work sessions. For more information and to book a place, contact Chelsy (including name, age, Ward area and trip interested in) at: Chelsy.Harris@leeds.gov.uk



Youth Service South, South East



@youth_service_sse



@sseyouthservice

Funded by Outer East Community Committee and Local Ward Councillors



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TEMPLE
NEWSAM

Plant Power!

22 July -
30 Aug

Drop-in artist led
workshops every
Wednesday & Saturday,
1pm-3pm

Build a LEGO garden

Fun crafts, activities &
trails

Giant paper flower
sculptures

**All included in house
admission.**

**Children go
free in the
house on
Tuesdays**

(1 free child per paying adult)

More info: bit.ly/PlantpowerTN



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