

Weekly News

FRIDAY 2ND OCTOBER 2026 - ISSUE 5



A Message from Mr Spink and Mrs Wathen

Good afternoon everyone.

At the start of the week, 3RK and 4NB went on their trip to Herd Farm to take part in a Stone Age workshop. The children had a brilliant time and they enjoyed being immersed in what it may have felt like to live during the Stone Age. Trips to enhance our curriculum are an important part of bringing learning to life for our children.

Year 1 have enjoyed a Seed Workshop this afternoon and there were smiles all around. Upper Key Stage 2 enjoyed working with Leeds Rhinos on Thursday afternoon.

This week we have had a group of trainee teachers working in our Community Hub with Miss McKail and Miss Dobbie with a focus on phonics and reading. Each and every one of them has enjoyed seeing our children working really hard and have commented very positively about the building and the atmosphere in school. Ebor Gardens really is a lovely place!

Please remember that the gates are open for arrival on a morning from 8:30am and that Breakfast Club is open from 7:30am every day. The gates will be locked at 8:45am promptly. After this, you must take your children into the main office to sign in late.

Mr Lee Spink & Mrs Natalie Wathen



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Diary Dates 26/27

Monday 5th October 2026 – 3JH/4RA Herd Farm Trip

Friday 2nd October 2026 – Year 1 Seed Workshop

Monday 5th October 2026 – Africa Reborn Assembly (Y5/6)

Friday 16th October 2026 – Year 1 Seed Workshop

Friday 16th October 2026 – Wear Red Day

Wednesday 21st October 2026 – Autumn Discos

Thursday 22nd October 2026 – School closes for half term

Monday 2nd November 2026 – School reopens for Autumn 2



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Please be sure to park very safely and sensibly around school at Breakfast Club, morning drop-off and afternoon pick-up. On some occasions, the main gate has been blocked by parents/carers cars. Parents/carers and visitors must not park in front of the main gate so that cars (including emergency service vehicles) can get in and out at all times.



PICKING-UP YOUR CHILD EARLY

IF YOU NEED TO PICK YOUR CHILD UP BEFORE THE END OF THE DAY (FOR AN APPOINTMENT ETC), PLEASE LET THE SCHOOL OFFICE KNOW IN THE MORNING SO THAT THEY ARE EXPECTING YOU - THANK YOU.



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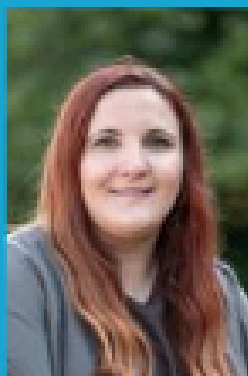


Are you concerned about a pupil?

**If you are worried about a pupil, make a written record of your concern (include the date, time, concern and your signature).
You must share your concerns without delay.**



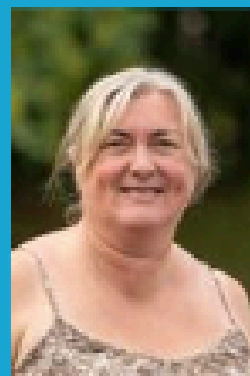
Mrs Wathen



Miss Gallagher



Miss Dooley



Mrs Brooks



Mr Spink

Online Safety Lead

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthral young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area of the home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

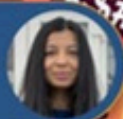
Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shasta Sarwar-Azmi is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shasta is a fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



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#WakeUpWednesday

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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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