

Weekly News

FRIDAY 16TH OCTOBER 2026 - ISSUE 7



A Message from Mr Spink and Mrs Wathen

Good afternoon everyone.

Our week this week started with a special assembly focusing on “Show Racism the Red Card”. This is a week we take part in every year but something we have in mind every day. This charitable work was established in 1996 after a Newcastle United football player was the victim of racial abuse. Due to his status as a role model, he decided to use his platform to work with education professionals to tackle racism in society. This work continues with various sports (and other) personalities ‘challenging racism through empowering role models within communities, organisations, and sports, in order to dismantle racism in society’. Our week culminated in many pupils and staff wearing red in school.

We break up on Thursday 22nd October at 3:15pm for the half-term holiday. We hope you have a wonderful weekend and look forward to seeing you on Monday.

Mr Lee Spink & Mrs Natalie Wathen

SHOW
RACISM
THE
RED
CARD



EBOR GARDENS PRIMARY ACADEMY



0113 248 2750



WWW.EBORGARDENSPRIMARY.CO.UK



@EBORACADEMY.BSKY.SOCIAL



ADMIN@EBORGARDENSACADEMY.CO.UK



Diary Dates 26/27

Monday 19th October 2026 – Harvest Festival (Y2)

Monday 19th October 2026 – Football Match with St Peters

Wednesday 21st October 2026 – Autumn Discos

Thursday 22nd October 2026 – School closes for half term

Monday 2nd November 2026 – School reopens for Autumn 2

Thursday 5th November 2026 – Y1 Hearing Tests

Monday 9th November 2026 – Flu Vaccinations

Friday 20th November 2026 – Children in Need

Tuesday 1st December 2026 – Y3 Panto trip

Friday 4th December 2026 – School Closed (INSET)

Monday 7th December 2026 – Panto in school

Wednesday 9th December 2026 – Christmas Dinner & Jumper Day

wb 14th december 2026 – Christmas Performances

Friday 18th December 2026 – School closes for Christmas



EBOR GARDENS PRIMARY ACADEMY



0113 248 2750

WWW.EBORGARDENSPRIMARY.CO.UK



@EBORACADEMY.BSKY.SOCIAL



ADMIN@EBORGARDENSACADEMY.CO.UK



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.



EBOR GARDENS PRIMARY ACADEMY



0113 248 2750

WWW.EBORGARDENSPRIMARY.CO.UK



@EBORACADEMY.BSKY.SOCIAL



ADMIN@EBORGARDENSACADEMY.CO.UK

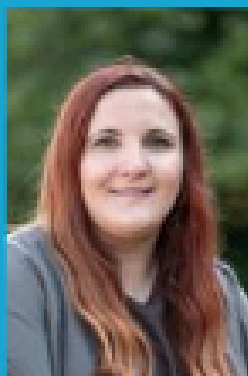


Are you concerned about a pupil?

**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.**



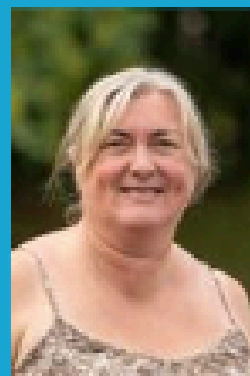
Mrs Wathen



Miss Gallagher



Miss Dooley



Mrs Brooks



Mr Spink

Online Safety Lead

What Parents & Carers Need to Know about 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. Top tip: 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 225 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 5000

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.



NOS National Online Safety
#WakeUpWednesday





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.



EBOR GARDENS PRIMARY ACADEMY



0113 248 2750

WWW.EBORGARDENSPRIMARY.CO.UK



@EBORACADEMY.BSKY.SOCIAL



ADMIN@EBORGARDENSACADEMY.CO.UK

