



WEEKLY NEWS

Friday 25th October, 2024 - Issue 8

A Message from Mrs Wathen and Mr Spink

Good afternoon everyone.

Can you believe that it is the end of the first half-term already? As always, it has been an action-packed one. The children have got well-and-truly “stuck in” to their learning and their new learning environments. The atmosphere around school is beautiful as always and there is lots to look forward to as the school year progresses.

Our OFSTED report was published on OFSTED’s website this week and you will be able to find it at the following link:

<https://reports.ofsted.gov.uk/provider/21/142629>

We break up today for one week, returning to school on Monday 4th November. In that week, our new Afterschool clubs will commence. Please double check Arbor to make sure your child has their place. Clubs run until 4:00pm unless they are paid-for clubs. They end at 4:15pm. Please collect your children promptly following clubs.

We hope that you have a lovely half-term break and enjoy some lovely family time before returning to school for another busy half term leading us up to..... Christmas!

N - 94%	RBT - 97%	RDO - 93%
1AD - 95%	1MM - 100%	2HW - 98%
2RK - 94%	3JH - 99%	3NB - 99%
4CS - 96%	4RM - 98%	5NP/LW - 95%
5HW - 99%	6FA - 99%	6LB - 99%

Whole School attendance this week is 97%.

We are aiming for 96%+

Biscuit Bears: 1MM, 3JH, 3NB, 5HW, 6FA, 6LB

Extra Play (97%+): RBT, 1MM, 2HW, 3JH, 3NB, 4RM, 5HW, 6FA 6LB

Pizza Party (100%): 1MM



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DIARY DATES

Friday 25th October 2024 – School closes for half term

Monday 4th November 2024 – School opens for Autumn 2

Monday 4th November 2024 – Clubs begin

Monday 11th November 2024 – Antibullying Week

Friday 15th November 2024 – Children in Need

Friday 15th November 2024 – 4RM Leeds Lieder Concert

Tuesday 19th November 2024 – Parent Consultations

Wednesday 20th November 2024 – Parent Consultations

Monday 9th December 2024 – Pantomime in school

Wednesday 11th December 2024 – Christmas Fair

Thursday 12th December 2024 – Christmas Dinner/Jumper day

Tuesday 17th December 2024 – EYFS Christmas Performance

Wednesday 18th December 2024 – KS1 Christmas Performance

Thursday 19th December 2024 – KS2 Christmas Performances

Friday 20th December 2024 – School closes for Christmas (1pm)

Tuesday 7th January 2025 – School reopens for Spring term



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10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



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Community Pantry



With thanks to our charity partners, we have been able to open our Community Pantry again on **Wednesdays** at 2:30pm.

Please come along to our Parent/Carer sessions at 2:30pm and then you will be able to access our pantry.



Contact the school office if you need support at another time: admin@eborgardensacademy.co.uk or speak to a member of the team.



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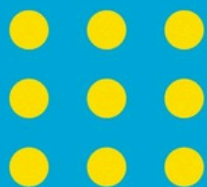


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Reception Places for September 2025

The application dates for Reception
places in Leeds for September 2025
are:

1st November 2024 -

Applications open

15th January 2025 -

Application deadline

16th April 2025 -

National Offer Day

For children born between 01.09.20 - 31.08.21

<https://www.leeds.gov.uk/schools-and-education/school-admissions/apply-for-a-primary-school>



Contact the school office if you need support with your
application: admin@eborgardensacademy.co.uk or speak to
a member of the team (0113 248 2750).



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