

# Gargrave C of E Primary School Thursday 2nd October 2025



Issue 3



## White Ribbons

Joanna—Fantastic blending in phonics  
Jack—Good listening and sharing ideas in maths  
Joshua—Fantastic reading  
Amelia—A great attitude to learning, always joins in  
Grace—Amazing group reading  
Jessie—Fantastic presentation  
Isabel & Ava—A fantastic attitude to learning  
Arty—Excellent school values  
Shereen—Fantastic teamwork  
Amelia—Excellent school values  
Sienna—Fantastic science vocab recall  
Theo & Jenson—Excellent knowledge and engagement in science  
Phoebe—Amazing maths—multiplication  
Jack—Great engagement in WCGR

## Bags 2 School

It's that time of year for a good clear-out. Your child has brought home a bag for you to fill with your unwanted clothing/shoes/belts/bags. Please note they no longer accept uniforms, soft toys, towels, bedding and curtains/duvets, cushions or pillows. Please bring your filled bag (use a bin liner if you need more) to school by Monday 20th October ready for collection on Tuesday 21st. The more weight we have, the more money we receive. Thank you.

## Nativity in Church

We can now confirm the date for the Nativity—Wednesday 10th December at 1.30pm in Church. Parents of KS1 children are all invited. If you come to watch, you may take your child home directly from Church, otherwise everyone will be brought back to school until 3.15.

## Flu Vaccinations—Reception—Year 6

Vaccination UK is attending our school to provide flu vaccinations on Friday 28th November. For your child to receive their nasal flu vaccination in school, please complete a YES consent form using the link below. The nasal spray is quick, painless and is the most effective option for under 18's.

If your child cannot have the nasal spray, the injectable flu vaccine is available, and you will be able to choose that method on the consent form.

If you DO NOT wish for your child to have a flu vaccination, please complete a NO consent via the same link.

<https://yny.schoolvaccination.uk/flu/2025/northyorkshire>

## Clubs

The clubs list for this term is attached. This was also sent individually to those enlisted. Please note the dates carefully as some are not running every week.

## Parents Evening

Your child has brought a slip home today asking for your preferred time slot for parents evening. We will endeavour to give you what you want but this is not always possible. Please return by Monday 6th October.

Gargrave CE (VC) Primary School, Neville Road, Gargrave, BD23 3RE

Tel: 01756 749433

Email: [admin@gargrave.n-yorks.sch.uk](mailto:admin@gargrave.n-yorks.sch.uk)

Website: [www.gargrave.n-yorks.sch.uk](http://www.gargrave.n-yorks.sch.uk)



@gargraveprimary

# Menu

This is the main choice—there is a vegetarian option available every day.

## Monday 6th October

Vegetable Lasagne  
Lemon Muffin

## Tuesday 7th October

Sweet & Sour Chicken  
Banana Mousse

## Wednesday 8th October

Roast Chicken  
Winter Berry Cobbler

## Thursday 9th October

Sausage & Mash  
Coconut Cake

## Friday 10th October

Pizza & Wedges  
Chocolate Krispie

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## Monday 13th October

Cheese, Leek & Potato Pie  
Blueberry Muffin

## Tuesday 14th October

Chicken Curry  
Mini Waffle & Fruit

## Wednesday 15th October

Honey Roast Gammon  
Bananas & Custard

## Thursday 16th October

Spaghetti Bolognaise  
Chocolate Cake

## Friday 17th October

Fish & Chips  
Rock Bun

### Lunchtime Specials

A couple of changes to the usual menu to celebrate these two occasions:

#### Halloween Special - 23rd October

Teacher's fingers with curly worms and spook-etti  
(Hotdogs with curly fries and spaghetti hoops)  
Zombie Slime and Ghost Blobs  
(Jelly and Ice Cream)

#### Bonfire Night Special - 5th November

Chilli Con Carne Loaded Wedges with sour cream and mixed vegetables  
Ginger Parkin and Custard

Mrs Robinson has also had a look at the current menu and considered what is going well and what is not through children's voices and waste. Through this process, she has replaced Meat Free Mondays with new recipe's and moved a couple of dishes to different days. This will come into effect after half term (starting on week 3) Please see revised menu attached.

### Accordion Assembly

Mr Hinchliffe came in last week to demonstrate the accordion. If your child showed an interest and due to funding received, new starters would receive 10 lessons no charge including instrument use free for this period. If you are interested, please email him at [cravenschoolofmusic@hotmail.co.uk](mailto:cravenschoolofmusic@hotmail.co.uk).

### Harvest—Friday 10th October

Please bring donations of tinned produce or dry goods for us to give to Milton House. We will also donate to the Food bank and they are collecting tinned meat, instant coffee, tinned tomatoes, sauce, jars, spreads, washing detergent and washing up liquid. Thank you.

### Sickness

The bug season is upon us. A reminder that if your child has been sick or has diarrhoea, our policy is that you must keep them off school for 48 hours after the last episode to avoid the spread of the bug. If they have cold symptoms, there is no policy regarding time off school but if you think they are unwell and not able to learn, please keep them at home. A reminder that we are not able to give calpol/medication unless it has been prescribed by a doctor. If you do have medication that is prescribed, please complete a form at reception.

### Gargrave PTA

The PTA is really struggling for volunteers please contact school if you would like to take on a role. Current roles – Chair, Treasurer, admin (taking minutes of meetings etc), general volunteers to attend meeting to plan events and volunteers to help run events. Without parent volunteers children are going to miss out on events and also the benefits of any fundraising. The PTA has previously supported in purchasing laptops for school, helping towards costs of school trips and purchasing end of year treats for the year 6 leavers and the raving readers trip.

### Cross Country

We are intending to take part in the cross country event as we did last year. The dates for this years Keighley Schools XC are currently planned as follows. If your child is in year 3-6 and would like to take part in the first one on 8th October, please let us know ASAP.

8th Oct 2025 Cliffe Castle, Keighley @ 3.15pm  
13th Nov 2025 Highfield Recreation Ground, Keighley @ 3.15pm  
4th Feb 2026 Cliffe Castle, Keighley @ 3.15pm  
10th Mar 2026 Marley Playing Fields, Keighley @ 3.15pm

You will need to take your child there and back yourself for these events.

## Autumn Term Clubs

Please check dates carefully (overleaf) as the clubs are not running every week.

<b>Mondays</b> <b>Football</b> Kanga (R-Y6) (Max 32) 3.15-4.15pm	<b>Tuesday</b> <b>Art Club</b> <b>(LUNCHTIME)</b> Mrs McLean (R-Y2) 12.30-1.00pm	<b>Tuesday</b> <b>Lego &amp; Engineering</b> Mrs Rigby (Y3-Y6) 3.15pm-4.00pm	<b>Tuesdays</b> <b>Running Club</b> Mrs Peel & Mrs Abbey (Y3-Y5) 3.15pm-4.00pm	<b>Thursday</b> <b>TTRS &amp; Numbots</b> Mrs Dawson (Y2-Y6) 3.15pm-4.00pm
Landon (Y1) George (Y1) Maddison (Y2) Millie (Y2) Bertie (Y2) Isabel (Y2) Ava (Y2) Cooper (Y2) Elliot (Y3) Jacob (Y3) Talia (Y4) Rosie (Y4) Jack (Y5) Jenson (Y5) Lenny (Y6) Thomas (Y6) Betsy (Y6) Romey (Y6)	Erin (R) Cora (R) Amelia (R) Mabel (R) Caoimhe (Y1) Daisy-Mae (Y1) Isabel (Y2) Miko (Y2) Emilia (Y2)	Elliot (Y3) Henry (Y3) Jude (Y3) Ari (Y3) Ezrha (Y4) Elliot (Y4) Mabel (Y4) Jenson (Y5) Jemima (Y5) Harriet (Y5) Elsie (Y5) Fern (Y6)	Elena (Y3) Jacob (Y3) Teddy (Y4) Zach (Y4) Rosie (Y4) Lily (Y5) Miya (Y5)	Hazel (Y2) Bertie (Y2) Emilia (Y2) Isabel (Y2) Maddison (Y2) Elena (Y3) Ari (Y3) Mabel (Y4) Jenson (Y5) Lily (Y5) Elsie (Y5) Miya (Y5) Imogen (Y5) Finn (Y6) Yulian (Y6) Romey (Y6) Fern (Y6)

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	16 places	14 places	16 places	16 places
22.9.25	30.9.25	23.9.25	23.9.25	9.10.25
29.9.25	7.10.25	30.9.25 (NO CLUB – STAFF TRAINING)	30.9.25 (NO CLUB – STAFF TRAINING)	16.10.25
6.10.25	14.10.25	7.10.25	7.10.25	23.10.25
13.10.25	21.10.25	14.10.25 (NO CLUB – PARENTS EVENING)	14.10.25 (NO CLUB – PARENTS EVENING)	6.11.25
20.10.25	4.11.25	21.10.25	21.10.25	13.11.25
	11.11.25	4.11.25	4.11.25	20.11.25
	18.11.25	11.11.25	11.11.25	
		18.11.25	18.11.25	

	MEAT FREE MONDAY	TUESDAY	ROAST DINNER WEDNESDAY	THURSDAY	FUN FOOD FRIDAY
WEEK ONE	Vegetable & Mixed Bean Chilli  Served with potato wedges & garlic bread  Mini Waffle & Fruit	Chicken Curry  Served with rice, peas and naan bread  Bananas & Custard	Honey Roast Gammon  With all the trimmings  Blueberry Muffin	Spaghetti Bolognese  Served with garlic bread and veg  Chocolate Cake	Fish & Chips  Served with mushy or garden peas  Rock Bun
WEEK TWO	Tomato & Basil Pasta Bake  Served with garlic bread, peas & sweetcorn  Peaches and Yoghurt	Hunters Chicken  Served with baby potatoes and vegetables  Apple Flapjack Crumble & Custard	Roast Pork  With all the trimmings  Chocolate Muffin	Beef Stroganoff  Served with rice and vegetables  Carrot Cake	Chicken Burger & Fries  Served with beans or sweetcorn  Fruit Jelly
WEEK THREE	Mac 'N' Cheese  Served with garlic bread, peas and sweetcorn  Banana Mousse	Sweet & Sour Chicken  Served with noodles and stir-fry vegetables  Winter Berry Cobbler & Ice Cream	Roast Chicken  With all the trimmings  Lemon Muffin	Sausage, Mash & Gravy  Served with mixed vegetables  Coconut Cake	Pizza & Wedges  Served with beans or sweetcorn  Chocolate Krispie



# Online Safety Newsletter

Oct 2025

## Risks of using AI for mental health

AI chatbots and wellness apps are becoming increasingly popular, which may lead to your child accessing them to support their mental health.

### What should I be concerned about?

- The information/advice given may not always be accurate.
- Privacy concerns of how data is collected and used.
- Children may use these apps rather than seeking help from an adult.

### What can I do?

- Chat to your child regularly about what apps and websites they are using and why.
- Remind them AI is a tool and not a substitute for qualified professionals who provide tailored advice/support.
- Talk to them about how they should fact check information.
- Check age ratings.

### Further information

<https://stigmafreementalhealth.com/blog/supporting-youth-mental-health-with-ai-a-guide-for-parents-and-caregivers/>

Would you like to read this newsletter in a different language? You can use the translate tool on our web version: <https://www.knowsleycscs.org.uk/october-2025/>

## YouTube

YouTube is one of the most popular platforms, available across many different devices - phones, tablets and Smart TVs etc.

**YouTube is intended for users over the age of 13**, however, younger children can still access YouTube with consent from a parent/ guardian. There are different options available to access YouTube, depending on your child's age:



**1. YouTube Kids** – a separate app that includes a smaller selection of videos based on the age category you select: Preschool (ages 4 and under), Younger (ages 5–8) or Older (ages 9–12).

**2. Supervised accounts** – a parent-managed version of YouTube that allows you to control the content your child can access. You can select one of the following options:

- **Explore** - Generally for viewers aged 9+.
- **Explore more** - Generally for viewers aged 13+
- **Most of YouTube** - This setting includes almost everything except for videos marked as 18+.

Find out more: <https://support.google.com/youtube/answer/10315420>

### What do I need to be aware of?

Whilst YouTube can be educational and fun, it is important to be aware of the potential risks, such as:

- **Inappropriate content**
- **Excessive Screentime** – particularly due to the autoplay feature.
- **Unwanted contact / cyberbullying** – particularly via comments if your child is sharing videos.
- **Algorithms** – algorithms influence what we see to keep us engaged. This can lead to a user being exposed to large amounts of content about one topic/theme, which may not be helpful if it is negative.
- **Adverts** that may not be aimed at or suitable for your child's age.

### What can I do?

- Set up appropriate parental controls.
- Show your child the reporting and blocking tools available.
- Watch YouTube together or supervise use.

### Further information

<https://www.internetmatters.org/parental-controls/entertainment-search-engines/youtube-app/>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.10.25. The inclusion of any links does not imply any affiliation with or endorsement of the linked websites, documents, or videos, nor are we claiming any ownership or copyright in the content of the linked materials.



# WhatsApp

WhatsApp is incredibly popular with young people and is used for group chats, voice messages and video calls. **Users should be at least 13 years old to use WhatsApp.**

We frequently receive reports of children using WhatsApp inappropriately, such as sharing images to embarrass others, sending hurtful messages, spreading rumours, or excluding people from group chats to make them feel left out. Since WhatsApp lacks parental controls, it is important to think about whether it is really the right platform for your child. For example, you should consider if your child has the critical thinking skills to recognise bullying. Furthermore, do they understand how to manage peer pressure and refrain from joining in on hurtful behaviour?

## What should I be aware of if my child is using WhatsApp?

- **Group chats:** Everyone within a group, even if they are not one of your child's contacts, will be able to see all messages within that group. If your child is added to a group with someone that they have previously blocked, that person can still see their messages and send them messages within the group chat.
- **Inappropriate content:** users can be exposed to content that is not suitable for their age.
- **Location sharing:** talk to your child about the potential danger of sharing their location.
- **Chat lock/secret code:** users can lock chats as well as apply a secret code setting so a chat does not appear in the main chat.
- **Screentime due to addictive nature**
- **AI:** WhatsApp includes Meta AI.

## What can I do?

- Check privacy settings, for example check who can add them to groups.
- Ensure your child understands that they can leave a chat at any time, Find out more here: <https://faq.whatsapp.com/424124173736394>
- Show your child how to block and report other users. Find out how here: <https://faq.whatsapp.com/1142481766359885/>
- Use parental controls such as screentime controls or do not disturb to reduce alerts.
- Talk about who they are chatting with, encourage them to think carefully about the messages they send and how they might be received by others. Talk about positivity and not saying anything hurtful. Ask them to think about whether they would say what they are messaging, face to face.
- Chat to your child about the groups that they belong to.

## Further information

Find out more here:

- <https://www.bbc.co.uk/bitesize/articles/zc8vxg8>
- [https://faq.whatsapp.com/773166357950949?helpref=faq\\_content](https://faq.whatsapp.com/773166357950949?helpref=faq_content)

## Italian Brainrot

Have you heard of Italian Brainrot? It is a viral trend consisting of AI generated characters featuring in memes and videos. It originally started on TikTok but can now be seen on other platforms such as YouTube and Instagram. There are also lots of spinoff content including a game on Roblox.

Whilst the content is generally nonsensical and children will find some of it funny, some content can include inappropriate/offensive language and content that might not be suitable for your child's age.

## iOS 26

Apple have released their new operating system – iOS 26. Protect Young Eyes have published an article detailing the changes relating to your child's safety, including content filtering in Safari. Find out more here:

<https://www.protectyouneyes.com/blog-articles/a-parents-guide-to-ios-26>

## Managing Digital Spending

Parent Zone have created a guide to help teach your child how to manage their online spending. You can read it here:

<https://parentzone.org.uk/article/managing-digital-spending-guide-parents>

## ADHD, Screen Time, and Healthy Boundaries

Bark have created this guide for parents of children with ADHD to support you in helping your child create a healthy relationship with technology. You can access it here:

<https://www.bark.us/blog/adhd-kid-and-tech/>



# FUEL YOUR... LITTLE HEROES!



Dear parent/guardian,

As you may be aware your child's school has a milk scheme, administered by Cool Milk. Mid-morning milk provides a much-needed nutritional boost and keeps children hydrated between breakfast and lunch. Children receive free milk until the age of 5. After that, they can continue to reap the benefits of fresh mid-morning milk at a subsidised\* cost.

If you'd like to opt in and have not already done so, simply register your child at [www.coolmilk.com/register](http://www.coolmilk.com/register). Your child(ren) will continue to receive free milk whilst under the age of 5 and Cool Milk will get in touch with further information by email shortly before their 5th birthday.

For children who are already over 5, it's not too late – our scheme is flexible! As well as being able to register and make payment straight away, you can join and cancel the scheme at any time. We offer yearly, termly and half termly payment periods and a recurring payment option to give you one less thing to remember.

If you already have an online Cool Milk account for a sibling, you can manage your account, make payment and add extra children by logging in at [www.coolmilk.com/parents](http://www.coolmilk.com/parents).

Should you have any questions or need any help, send us a message at [www.coolmilk.com/contact](http://www.coolmilk.com/contact) or give us a call on the number listed below – we're here to help!

Kind regards,

*Cool Milk*

☐ : 0800 321 3248  
☐ : [www.coolmilk.com](http://www.coolmilk.com)



SCAN TO REGISTER

\*Milk for under-5s is fully funded by DHSC via the Nursery Milk Scheme. Milk for over-5s is subsidised by Defra via the School Milk Scheme.





# OCTOBER HALF TERM HOLIDAY CLUBS



For Primary School Age Children

**SPORTS - ARTS & CRAFTS - NATURE -  
COMPETITIONS - FANCY DRESS -  
LASER TAG - UV DODGEBALL**

☎ 07526 600 793    ✉ [office@kangasports.co.uk](mailto:office@kangasports.co.uk)

## VENUES

**SKIPTON - RAWDON  
SALTAIRE - QUEENSBURY  
ELLAND - BINGLEY**

Book here



[kangasports.co.uk/holidayclubs](http://kangasports.co.uk/holidayclubs)



# WOULD YOUR CHILD LIKE TO PLAY IN THEIR OWN ROCK BAND AT SCHOOL?

## ROCK STEADY

Hi Parent or Guardian,

### Would you be interested in fun and inclusive band lessons coming to your school?

With Rocksteady Music School, children learn to play an instrument through weekly rock and pop band lessons. It's the perfect way to master new musical skills, make friends and have fun – all at school! Rocksteady lessons are also shown to boost confidence, wellbeing, social skills and even academic achievement.

Your child will learn to play songs instantly through listening and playing. There's no music theory involved, and lessons are designed to be fun, inclusive and accessible. They will be making progress in every lesson and can also achieve an Ofqual-regulated music qualification, accredited by Trinity College London, without having to take a single exam!

### Here's what else you need to know:

- Most lessons take place during the school day. There's **no experience necessary** and **all instruments for lessons are provided**.
- You can choose if they shine on **vocals, keyboard, drums, guitar or bass**.
- Proudly watch as your child performs in their **end of term concerts**, showing just how far they have come!
- Rocksteady band leaders are professional musicians who inspire a passion for music and support your child every step of the way.

Lesson are £44.68 per month with nothing to pay in August. There's a **money-back guarantee** for the first month and you can **cancel at any time**. Places are offered on a first come, first served basis.

If you would like Rocksteady to come to you school, please register your interest in lessons by completing this form today: <https://form.jotform.com/RocksteadyMusic/gargrave-primary-parent-interest-JK>

Best wishes,

Rachel Hawker | Director of Education

0330 113 0330

(Mon-Thurs 8am-8pm, Fri 8am-6pm, local rate)

[rocksteadymusicschool.com](http://rocksteadymusicschool.com)

Find out what parents say about Rocksteady →








# OCTOBER CAMPS


Awarded LTA UK Club of the Year | Reception to Age 12




TENNIS | FOOTBALL | MULTISPORTS

Mon, 27 Oct 2025 - Fri, 31 Oct 2025

 9:00am - 3:30pm

 £25 per day / £125 per week

 FREE Early drop-off  
8:30am - 9am

 Late pickup 3:30pm - 5pm  
£7.50 per day

 Reception to 12 yrs



SCAN  
TO BOOK





UNRIVALLED FACILITIES : 5 Tennis Courts | 3 Padel Courts | Club House | 4G All-Weather Pitch | Sports Hall

BOOK YOUR PLACE ONLINE AT [skiptontennis.com](https://skiptontennis.com)

**SKIPTON**  
**TENNIS CENTRE**

 07875 643780

 [info@skiptontennis.com](mailto:info@skiptontennis.com)

 [www.skiptontennis.com](https://www.skiptontennis.com)





# AUTUMN ROCK CLIMBING



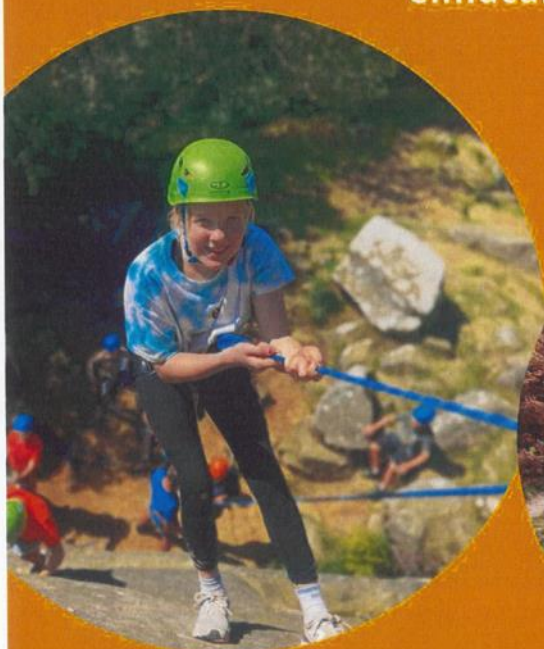
Our holiday climbing sessions are an ideal way for kids to get out and enjoy the great outdoors during the holidays. With activities including climbing, abseiling and weaselling, it is an action-packed day.

**Holiday Session - £55.00 (7-16 years old)**

**Ilkley Cow & Calf:** Monday-Wednesday, 10:00-16:00


**Brimham Rocks:** Thursday-Friday, 10:00-16:00

**Childcare Vouchers accepted**



**Book online or contact us via email**



 [WWW.MYEXPEDITIONROCKS.COM](http://WWW.MYEXPEDITIONROCKS.COM)  [INFO@MYEXPEDITIONROCKS.COM](mailto:INFO@MYEXPEDITIONROCKS.COM)