

Gargrave C of E Primary School Thursday 3rd October 2024



Issue 3



White Ribbons

Daisy-Mae—Great attitude to learning
Finley—Persevering with his drawing
Bobby—For settling into Apple class so well and having a super week
Grace—Super phonics—both in school and at home!
Cooper—A super start to school each morning
Jude—Trying hard in every lesson
Skylar—Personifying school values and being super kind
Isabel—Consistently working hard
Ava—Super focus during group read
Esme—Perseverance
Talia—Excellent contribution in class and curiosity to her learning
Jenson - attitude towards his learning and other classmates
Mabel—Giving 100% in maths this week
Imogen—Showing good guided reading skills and great contribution in English
Amber—Excellent research and knowledge in WCGR
Yulian—Amazing knowledge of countries in the world
Finley—Perseverance & working hard in music
Amelie—Great working attitude

Parents Evening

Appointment times have been allocated and your child has brought home the slip. Please look carefully at the date as there were a number of different options available for each class. A reminder that appointments are for 10 minutes in order to fit everybody in. If you need longer, a follow up time can be arranged.

Harvest Festival—Tomorrow (4th October)

Just a reminder that it is our harvest festival within the school day on Friday. We are preparing hampers for Milton House Nursing Home and The Food Bank. We would be grateful for donations of non perishable items. Thank you.

New Chair of Governors

I'd like to introduce myself as the new Chair of Governors. My name is Claire Davey and I've lived in this area for nearly 40 years. I'm delighted to take over the role of Chair although I know there are some big shoes to fill! Jane Ellis has worked tirelessly for the last 10 years and the whole team would like to say a huge thank you to her.

We had our first Governors meeting last week where we discussed the key priorities for this school year. We also explored some options for an early years provision following the closure of this facility recently. We have some ideas which we will be working on.

I promise that we will keep you updated throughout the year and I look forward to taking up this important role, working closely with Sarah and the team.

Reverend Andrew is the governor responsible for safeguarding who will work closely with the safeguarding leads in school (listed on previous newsletter).

Willow Class

We look forward to welcoming Mrs Holme back to work on Monday 14th October. A huge thank you to Mrs Bowers for covering Willow class in her absence.

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

Tel: 01756 749433

Email: admin@gargrave.n-yorks.sch.uk

Website: www.gargrave.n-yorks.sch.uk



@gargraveprimary

Menu

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

Monday 7th October

Salmon Stars
Apple Whirligig & Custard

Tuesday 8th October

Cottage Pie
Oaty Bites

Wednesday 9th October

Pork & Apple Plait
Chocolate Crispie

Thursday 10th October

Chicken Pitta Pocket
Banana Pudding

Friday 11th October

Lasagne & Garlic Bread
Grannies Crunch

Monday 14th October

Margarita Pizza
Super Seedy Flapjack

Tuesday 15th October

Chicken Fajitas
Very Berry Cobbler

Wednesday 16th October

Minced Beef & Yorkshire Pud
Crumbly Custard Biscuit

Thursday 17th October

Creamy Chicken Pasta
Tangy Lemon Drizzle Bun

Friday 18th October

Sausage Rolls
Eve's Pudding & Custard

Flu Immunisation—29th November 2024

Vaccination UK is attending school for flu vaccinations. For your child to receive their Nasal flu vaccination in school, please complete a YES consent form using the link below. 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. Last year, a few missed this and it does not get repeated.

<https://yny.schoolvaccination.uk/flu/2024/northyorkshire>

Free school meals for all years for pupils whose families receive financial support

If you get certain benefits, your child could also qualify for free school meals during all school years. **This is different to the Universal Infant Free School Meal all children in Apple and Ash currently receive and you should still apply if you think you qualify.** To qualify you must be receiving:

Universal Credit, provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods (£616.67 per month)

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- support under part six of the Immigration and Asylum Act 1999
- the guarantee element of Pension Credit
- Child Tax Credit, provided you are also not entitled to Working Tax Credit and have an annual household gross income that does not exceed £16,190 (as assessed by HMRC)
- Working Tax Credit run-on, paid for four weeks after you stop qualifying for Working Tax Credit

Please note that contributions-based benefits, including contribution-related Jobseekers' Allowance do not entitle you to claim free school meals.

You will receive an instant decision on whether your application is successful. If it is, we will fully process the application in 5 working days and notify the school. Once the school have received this your child can begin enjoying free school meals. You should continue to pay until confirmation comes through. Schools may be able to arrange reimbursement of payment made while your entitlement is being confirmed.

Free school meals claims cannot be backdated. They are awarded from the date we receive the application, once eligibility is confirmed. This is because there is a legal requirement for a request to be made, before a free school meal can be provided. If you are not entitled to free school meals, you will be notified in writing.

Reading Morning 21st October @ 9am

We will be holding a reading morning for parents of Apple and Ash to go through how children are taught phonics and reading skills across the EYFS and KS1 (approximately 30 minutes). There will be information on the phonics screening check, reading skills and SATs. This has been a useful session for parents in the past to understand how we teach phonics. Please stay after dropping your child off if you are able.

Open Morning—19th November

We will be holding an open morning in school from 9am. Please come along if you have a child starting school next September. Please also pass the message on to anyone else you may know who might have a child of any age and is interested in joining Gargrave School.

Free Eye Tests

- Please take your child for a FREE eye test.
- Check this website to find your local opticians: [Sight Tests - NHS \(www.nhs.uk\)](http://www.nhs.uk)
- Encouraging children & young people to manage their screen time and get outdoors more often can help their eyesight.

Please see attached leaflet for more information.

Achievement Assembly—21st October

We are holding an assembly on 21st October within the school day. Please bring any awards/certificates/photos of achievements from out of school that your child would like to share. It is always nice to hear of the activities that children take part in and how proud they are of their achievements.

Willow Class Poem

As writing is one of our focuses this year, we thought it would be nice to share this great poem that Willow class have written (also shared in assembly).

Free as a bird...

Freedom is drawing pictures (Elliot)

Freedom is having fun (Willow)

Freedom is football (Jack)

Freedom is hugs from my Mum (Everyone)

Freedom is riding my bike with the breeze in my hair (Rosie)

Freedom is helping those in need (Talia)

Freedom is climbing a tree (Ezra)

Freedom is everything. (Mabel)

Freedom is playing in nature (Taylor)

Freedom is having all the space you need (Zach)

Freedom is being able to do anything (Stanley C)

Freedom is to be creative. (Violet)

Freedom is sitting in my happy place (Imogen)

Freedom is running with the sun on my face. (Livvy)

Freedom is no more getting told what to do (Amber)

Freedom is having time for thinking (Jensen)

Freedom is being out of the house (Harriet)

Freedom is playing outside with my friends and family (Jemima)

Freedom is peace (Ted)

Freedom can be exotic. (Lily)

Freedom is homework (sometimes) (Ethan)

Freedom is positive (Shereen)

Freedom is joy (Orla)

Freedom is being you! (Teddy)

Freedom is watching TV (Charlotte)

Freedom is taking quiet moments just for me (Stanley B)

Freedom is when I am with my friends (Arty)

I don't want my freedom to ever end. (Everyone)

I am free as a bird.

Brownies, Guides & Rangers

Malhamdale Brownies invite you to come and try Brownies next Tuesday (8th Oct) from 6pm - 7.15pm in the school hall, for girls age 7, 8 or 9. Email malhamdalebrownies@gmail.com to let us know you are coming, or come along with an existing brownie. There's no cost to the session and no obligation to join. Wear practical clothes and trainers.

Rainbows, Brownies, Guides & Rangers meet at school on Tuesday evenings. Spaces are available in all three units.

Email carly.halls22@gmail.com for information.



Has your child had their eyes tested yet?

This leaflet provides important information on looking after your child's eyes and booking an eye test for children

Children in North Yorkshire should visit an optician for a free eye test

When should you get your child a free eye test?

Ideally children should start having regular eye tests from the age of 4. But they can be tested at any age, even if they can't read or speak.

How do you book a free child's eye test?

Please book your child an eye test at an opticians, even if you have no concerns about their vision. To do this contact your local opticians - use this link for local practices [Find an optician - NHS](#).

What will it cost?

Children under 16 are entitled to NHS-funded (FREE) eye tests. If your child needs glasses, they will receive a voucher to help with the cost.

Why should you get your child's eyes tested?

- ✓ Being able to see clearly will mean your child is able to learn and develop at school and socially.
- ✓ Eyes are still developing in early childhood. An eye test helps pick up and treat any problems. This can help to avoid or prevent longer-term eye problems.
- ✓ Even if you think your child has normal vision it is still important to get their eyes tested.
- ✓ They are no longer tested in school.

How can you tell if your child has an eye problem?

Some eye problems don't show any signs, so it is always best to take your child for an eye test.

Signs of a possible eye problem can include:

- having one eye that turns in or out
- difficulty concentrating
- behavioural problems
- headaches
- rubbing their eyes a lot
- sitting too close to the TV
- screwing up/closing one or both eyes
- holding things close to them



An eye test is very important especially if there's a history of early glasses use, childhood eye problems, squint or lazy eye, in your family.

Did you know?

Short-sightedness is on the rise and has been linked to a range of factors including screen use. Help your child's eyes stay healthy by managing screen use and encouraging them to get outside often (this helps their eyesight).

More Information:

- NHS information: nhs.uk/conditions/eye-tests-in-children/
- Find an optician: [Find an optician - NHS](#)
- Information on Vision/Eye tests [Humber and North Yorkshire ICB](#)
- Information on Vision/Eye tests for families in [Craven, West Yorkshire ICB](#)
- Looking After Your Children's Eyes - [College of Optometrists](#)
- Children's eye health - [Association of Optometrists](#)

iOS 18 Launch

Apple have recently released their latest operating system, iOS 18. iOS 18 offers lots of new features (some are restricted to newer phones) but one feature that you should be aware of is the ability to now lock and hide apps.

When an app is locked, Face ID, Touch ID or your passcode will be required to open it. This also means that notifications will no longer be shown for that app. Additionally, apps can now be hidden so they can only be accessed through a hidden apps folder that is also locked. This new feature illustrates the need to have regular chats with your child about what they are using their phone for.

Vault (secret) Apps

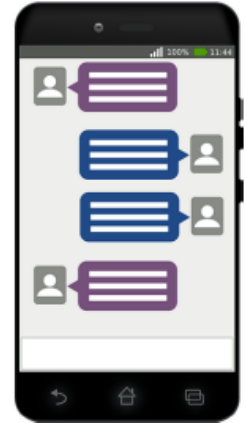
Have you heard of Vault Apps? They are basically secret apps that are concealed by looking like a normal, less conspicuous app. For example, one of these apps looks and works like a working calculator when opened, but when a passcode is entered, it reveals photographs, videos, documents and contacts. One way to prevent your child from using these apps is to ensure parental controls are set up so you can review all app purchases. You can find out more here:

- <https://www.bark.us/blog/find-hidden-apps/>
- <https://www.safes.so/blogs/vault-apps/>

Mobile phones: do you know the risks?

We know that children having access to a smartphone can expose children to risks including:

- Viewing inappropriate content
- Excessive screen time/use, which in turn can affect their mental health and sleep pattern.
- Contact from inappropriate people/grooming
- Cyberbullying
- Spending money on in-app purchases/scams



What effects do mobile phones have on children's mental health?

Compass discuss the research around this important topic, outlining the positive and negative effects that mobile phones have:

<https://www.compass-uk.org/services/compass-changing-lives/what-effects-do-mobile-phones-have-on-children-and-young-peoples-mental-health/>

EE launches Age Guidance

EE has launched age guidance for smartphone usage to improve children's digital wellbeing. In summary, they recommend that children under 11 should use non-smart devices, for children aged 11-13, they advise that if a smartphone is used, then parental controls should be enabled and access to social media restricted. Finally, for 13-16-year-olds they still recommend that parental controls are implemented and appropriate restrictions set up. You can read the full guidance here:

<https://newsroom.ee.co.uk/ee-launches-age-guidance-for-smartphone-usage-in-drive-to-improve-childrens-digital-wellbeing/>

Could you delay when your child is given a smartphone with Smartphone Free Childhood?

The premise behind this movement is that all parents/carers of a class all agree not to give their children smartphones (therefore the level of peer pressure is reduced) for a set time or until a specific age:

<https://smartphonefreechildhood.co.uk/>

What device?

When you think it is the right time for your child to have a phone, then Which? provide an overview of some options available:

<https://www.which.co.uk/reviews/mobile-phones/article/buying-a-first-mobile-phone-best-dumb-phones-and-smartphones-for-kids-aA03C3Y8aTzr>

Instagram: new Teen account features

You must be over 13 years of age to set up an account.

Instagram is used to post photos and videos as well as send direct messages, make voice/video calls and send disappearing messages. Users can also upload to 'Stories' (which disappear after 24 hours), broadcast live and upload reels (short videos).



Teen accounts – NEW feature

Instagram have introduced Teen Accounts to try and create a safer experience for them. With a Teen Account, who they can contact is limited and the content they access will be set to the most restrictive setting to reduce exposure to sensitive content. If a teen would like to override any of these settings, then they will need their parent's permission by setting up parental supervision. These changes will be in place for all new users straightaway so any users that sign up that are under 16 will automatically be given a Teen Account. Existing users will be moved over to Teen Accounts over the next couple of months (in the UK).

Supervision settings – new features

Instagram already offers a supervision facility, but they have added to the features to include:

- The ability to see who your child has messaged in the past week (you will not be able to see the contents of these messages)
- The option to block your child from accessing Instagram at certain times e.g. during school or at night.
- The ability to see what topics your child has chosen to see.

Read the press release from Instagram, which outlines all the upcoming changes: <https://about.fb.com/news/2024/09/instagram-teen-accounts/>

You may not be seeing everything!

Did you know that you can hide your stories and live videos from specific people so your child could be uploading content but restricting your account from viewing it?

Safety Features

Ensure your child knows how to report posts and people, how to unfollow and block people, delete and turn off comments. View here: <https://help.instagram.com/269765046710559>

Make sure your child understands that there is a risk that content they upload can be shared with others without their permission as other users can screenshot it.

More information

- Visit the family centre to learn more about the features available: <https://familycenter.meta.com/uk/>

Learn Through Play with Sesame Street

The Sesame Street website has a whole host of resources, activities, and games from supporting with learning ABCs to discussing tough topics such as grief.

<https://sesameworkshop.org/>

Expert Approved Apps for Learning at Home

On the Google Play Store, you can find a list of expert approved Apps for learning at home suitable for children up to the age of 12.

<https://play.google.com/store/apps/category/FAMILY>

Be aware of what you share

Get Safe Online have produced a set of tips to help you avoid oversharing and outlines what the consequences might be if you do:

<https://www.getsafeonline.org/whatdoyoushare/>

Staying safe online with Google Families

Google have a one stop resource to help you and your family stay safe online. It includes how to set up parental controls and important steps on how to keep your children safe online. You can find out more here:

<https://families.google/>



NHS

Bradford District Care
NHS Foundation Trust

Children's Learning Disability Team – Craven

Sleep workshop

for parents and carers of children with additional needs living in Craven.

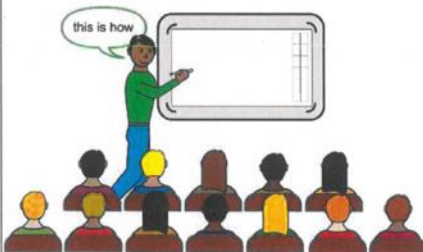
Evidence based advice and strategies on how to improve your child's sleep routine and environment.



Wednesday 16th October

1000-1200

@ Skipton Children and Families Hub,
Brougham Street, Skipton, BD23 2ES



 or via Microsoft Teams

Book your place today! call: **01274 221 203** or
email: **ChildrensLearningDisabilities@bdct.nhs.uk**



OCTOBER CAMPS 2024

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

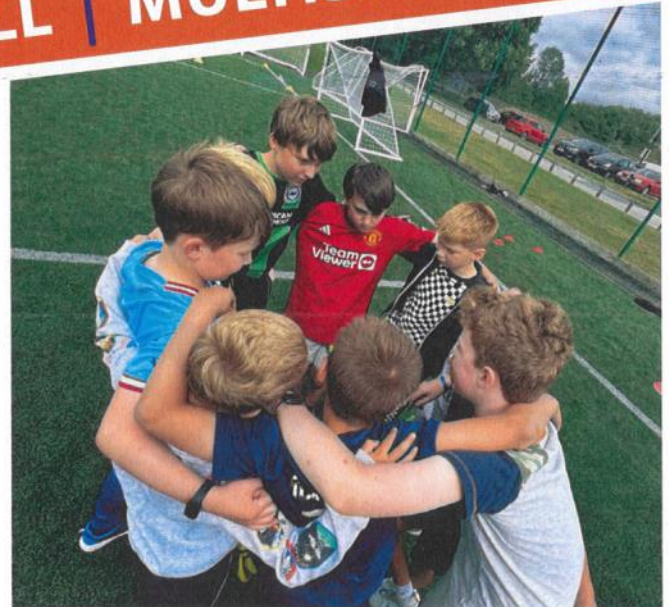
TENNIS | FOOTBALL | MULTISPORTS

Dates : Mon, 28 Oct - Fri, 01 Nov 2024

Drop off : FREE from 8:30am

9:00am - 3:30pm : £25 / day

3:30pm - 5:00pm : £5 / day



SCAN
TO BOOK

UNRIVALLED FACILITIES :

5 Tennis Courts | Padel Court | Club House
4G All-Weather Pitch | Sports Hall

BOOK YOUR PLACE ONLINE AT skiptontennis.com

**SKIPTON
TENNIS CENTRE**

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