

East Ardsley Primary Academy Newsletter

21/05/2021

Menu Week no: 2



Attendance: Congratulations to classes 2, 4 and 12 had 100% attendance this week - you were our attendance stars. (Children absent due to isolating are not included in these numbers) Well done to you all!

What we have been up to this week:-

Moving on from the children sharing the things we have enjoyed during lockdown and what to keep last week, we have been looking a lot more closely at the things they want to improve and enhance our Forest School and Trim Trail.

Of course they have lots of fantastic ideas and suggestions and have even started to think of ways we could raise some additional funds to add to and extend our Trim Trail. Over the next half-term we will be planning a number of different fund raising activities to get this kick-started so that we can start to build on to our Trim Trail as soon as possible. In the meantime I have promised to get some costings together so that we can set ourselves a target and decide what items we want most.

Year 1 and 2 have started to have their Assemblies socially distanced in the hall. Whilst we are still having to be very mindful of the COVID restrictions it is wonderful to be able to get together and share things such as our Merit Assemblies face to face.

Next week we are looking forward to our Wake Up Shake Up competition, again we have had to change it slightly to accommodate all the children and still meet COVID regulations. We were hoping to host it outside so that the children could see all the routines altogether but the weather does not look like it wants us to do this. Instead we will be having two year groups at a time in the hall, socially distanced, competing for the title. It is such good fun and the children have all been working so hard towards it so we want to make sure we are able to do it safely.

We have also been able to start going into classes to do some learning walks looking at how the children are engaging with their learning ready to make any necessary changes to the way we do things to help the children to fill those gaps in learning whilst ensuring they are still getting the full curriculum. All our staff are working incredibly hard to make sure the children are well taught and their needs are well met.

The behaviour of the children throughout school is excellent, they are fully engaging in their lessons, working hard to ensure they are doing the right thing and making the most of their time together when playing outside. They are all benefitting from the additional PSHE and circle times focusing on how to manage their friendships and developing a positive attitude to learning.

After half-term, unless we get any guidance to the contrary, we will be moving back to having the tables in groups in all classes and not just in KS1 as has been the case since returning from lockdown. The children need to be able to work together, to share ideas and to talk to one another to support them in their learning. I know the teachers are longing to get the furniture moved and to take the next step towards normality.

Ms Talbot

Dates for your Diary:

Any dates prior to 22.6.21 parents will not be able to attend.

Some of the activities listed below have changed and may still have to be moved if changes to Government guidelines are made.

27.5.21	Wake Up Shake Up Day
27.5.21	School closes
28.5.21	Inset Day
7.6.21	Inset Day
8.6.21	School opens
8.6.21	Year 2 Creepy Crawly Show
10.6.21	UKS2 Sports Day
14.6.21	LKS2 Sports Day
28.6.21	Assessment Week
1.7.21	KS1 Sports Day
5.7.21	Year 6 Concert Week
12.7.21	Year 5 Concert Week
12.7.21	Growth Mindset Week
19.7.21	Transition Week
23.7.21	School closes

**Remember to wear
your mask on school
grounds and to
socially distance on
the playground.**

Class Photographs

The class photographs are now ready to view and purchase on line at a cost of £7.50 each.

There will be a "deliver to school" option open for approx. 14 days, otherwise home delivery is available for £5 postage and packing.

If you need assistance please call Tempest Photography on 01736 751555 (option 3) or click on contact us on the home page.

To view and order please click on your child's class below:

<http://htmp.st/EastArdley-CLASS11>

<http://htmp.st/EastArdley-CLASS12>

<http://htmp.st/EastArdley-AMNURSERY>

<http://htmp.st/EastArdley-CLASS4>

<http://htmp.st/EastArdley-CLASS1>

<http://htmp.st/EastArdley-CLASS2>

<http://htmp.st/EastArdley-CLASS5>

<http://htmp.st/EastArdley-PMNURSERY>

<http://htmp.st/EastArdley-F2A>

<http://htmp.st/EastArdley-F2B>

<http://htmp.st/EastArdley-CLASS7>

<http://htmp.st/EastArdley-CLASS8>

<http://htmp.st/EastArdley-CLASS9>

<http://htmp.st/EastArdley-CLASS6>

<http://htmp.st/EastArdley-CLASS10>

<http://htmp.st/EastArdley-CLASS3>

ParentPay

Could you please ensure that any ParentPay accounts are always kept in credit. Payments are accepted in advance and the system will automatically deduct when applicable. If your child stops either lunch, Breakfast or Nursery and your account is left in credit then the money will be refunded or put into a different account.

If any debt is not cleared within a specific time frame then actions will be taken to remove the service and debt collection procedures will be enforced. School can no longer fund the debts occurred by parents as the school budget does not allow for this.

Wake-up-Shake-up Competition

On Thursday 27th May all Years 1-6 children will need to come to school in their PE kits as they will be taking part in the Wake-up-shake-up competition.

Dear parents,

Parent Gym is coming back to Leodis Academies Trust This time it's virtual!

We know from talking with parents that many of you wonder what you can do to give your children the best start in life (and make your life as a parent a bit easier too).

This is why we're delighted to offer Parent Gym, a well-established, six-week programme that shares and explores practical tips and strategies to make family life easier and help your children thrive. You are now able to attend Parent Gym virtually, so we can still run it and you don't even have to leave your house.

All parents are welcome to apply and places will be filled on a first come first served basis. Through our relationship with Parent Gym the programme is free for parents.

Each weekly session lasts two hours, and will take place on Zoom. Invitations will be sent out to before the sessions.

Thursday 17th June , from 9.30-11.30

17.06.21: Chat (2 hours) – Help your family talk and listen to each other

24.06.21: Love (2 hours) – Build self-esteem and independence through secure attachments

01.07.21: Behave (2 hours) – Bring calm and order to your home

08.07.21: Care (2 hours) – Looking after ourselves and our families

15.07.21: Discover (2 hours) – Support your children to learn and explore

22.07.21: Together (2 hours) – Look to the future and recapping key techniques

To **confirm** your place, please email hayden.v@woodkirkacademy.com or speak to your School.

A free online safety guide on 12 Top Tips to Supporting Mental Wellbeing Through Nature.

'Nature' is a superb choice as the theme of this year's Mental Health Awareness Week, as there's clear evidence that getting access to nature is excellent for our mental health. With Covid-19 restrictions beginning to ease, it's the perfect time of year to rediscover the natural world and give ourselves a calming, uplifting treat. You don't have to drag the family on a four-hour hike, either – just 10 minutes each day in the garden, in the local park or your nearest green space could really help. Here are 12 suggestions for ways you can benefit from nature ... both online and off.

In the guide, you'll find tips such as giving Geocaching a go, ditching your phone and playing sports.

12 Top Tips TO SUPPORT MENTAL WELLBEING THROUGH NATURE Online and Offline

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ONLINE

OFFLINE

1 Give something back to nature

A swift internet search should bring up details of any local conservation projects you could volunteer for, or litter-picking events that you could enrol the family in. It doesn't have to be a long-term commitment: most schemes are grateful for every bit of help!

1 Ditch the phone

Now the weather's improving, go for a walk in a green space nearby. If you're already familiar with your chosen route, you could always leave your phone at home to be completely free of the usual distractions and notifications.

2 Tranquil streams

Search your preferred music player for some soothing natural sounds. A few minutes' gentle audio of rainfall, ocean waves or birdsong are all great ways of unwinding at the end of the day to get you ready for an excellent night's sleep.

2 Put down some roots

Planting flowers, shrubs, herbs or vegetables can be extremely rewarding. Not only does it help us to connect with nature – it also provides an ongoing project to draw pleasure from. If your home doesn't have a garden, no problem: a window box will do the job just as well!

3 Give geocaching a go

If you've not heard of it, geocaching is a modern twist on the traditional treasure hunt. Participants look for items hidden in outdoor locations, using a GPS-enabled device like a mobile phone or tablet. We'd recommend that an adult accompanies young adventurers!

3 A different kind of tweet

Most gardens in the UK attract a wonderful variety of birds, and just watching them for a few minutes can be immensely therapeutic. There are some excellent apps and sites to help you name any species you don't already know or even play a game: identifying bird song. The bird song bingo!

4 Share what you see

While you're out exploring nature, take a photo or video of anything you find that inspires you. Not only will it be a nice memory for you to look back on, but you could also share it safely on social media and maybe motivate others to engage with the natural world!

4 Feed your feathered friends

Hang a bird feeder where you can easily see it from a window. Then enjoy the feel-good factor of satisfied avian visitors perching where you can see them. For something more advanced, you could try building a nesting box to fix onto a fence or under a windowill.

5 Watch the stars

Looking at the night sky can be incredibly calming. There are some comprehensive targeting websites and apps to help you locate and recognise different stars. It can take 20 minutes or so before you can see stars fully in the dark, even on clear nights, so allow your eyes time to adjust.

5 Park your worries

If you're lucky enough to live within easy travelling distance of a park, you'd benefit from using it. Whether it's to play ball games, get on your bike, walk the dog or just get some fresh air into your lungs, the potential bonuses for mental health are enormous.

6 Wildlife on the web

A Google search will bring up lots of sites that stream webcam footage of nature. From seals to barn owls, rabbits to badgers, you can get an intimate, heart-warming view of all kinds of animal communities from inside the comfort of your own home.

6 Art and soul

Younger children will enjoy drawing or painting animals or nature scenes, or writing a poem or song lyrics about nature. For extra art or crafting fun, you could collect natural materials – leaves, feathers, tree bark or seeds, for example – to use in your creations.

Meet Our Expert

Anna Coleman is passionate about placing prevention at the heart of every school. Integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising the monthly mental health green paper.



NOS National
Online
Safety
#WakeUpWednesday

Sources: <http://nhs.uk/mentalhealth/coronavirus-tips-we-need-nature-now-more-ever> | <https://www.nationalgeographic.com/magazine/article/call-to-wild/> | Mental Health and Nature, Mind, 2018



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Information: EU Settlement Scheme (EUSS)

With the EU Settlement Scheme (EUSS) application deadline now less than 50 days away, the Home Office would appreciate your continued support in reminding parents, families, young people and staff that if they are an EU, EEA or Swiss citizen, they and their family members may be eligible to apply to the Settlement Scheme.

It is crucial that eligible parents apply to the Scheme themselves and check whether they need to do so on behalf of their children. Eligible children are required to have an application in their own right and no child of any age is covered by a parent's application to the EUSS. There's [more information on this here on GOV.UK](#).

To provide additional guidance, an [EUSS leaflet](#) has been produced by the University of Liverpool, in partnership with the Home Office. It has been designed with children in mind and is intended to support both children and parents with information to help them apply to the EUSS. A set of accompanying [FAQs](#) are available too.

We would be grateful if you could signpost this leaflet and our other [EUSS resources](#) across your own communications channels to encourage eligible parents to apply on behalf of themselves and their children. A [list of organisations providing additional EUSS guidance and information](#) is available on GOV.UK.

Applications to the EUSS are free and can be made online at www.gov.uk/eusettlementscheme, where you can also find out more information about how to apply.

Helpful telephone numbers- Leeds Anti - Social Behaviour Team: 0113 222 4402

Childline: 0800 11 11 Leeds Domestic Violence 24 hour helpline: 0113 2 460401

Out of hours service for ongoing noise 6.00 pm -3.30 am: 0113 395 0143 NSPCC: 0808 810 800 Leeds Domestic Violence 24 hour helpline: 0113 2460401

Home Start-Support and friendship for families 0113 244 2419 or email office@home-startleeds

Testing Summary

Around one in three people with COVID-19 have no symptoms and will spread it without realising. Regular rapid testing (using Lateral Flow Tests) can help find cases of COVID-19 and stop the spread of the virus. There are a number of options in Leeds for residents to access testing.

Where to access rapid asymptomatic testing:

[Order a test kit to your home.](#)

Use the link here to order: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

[Collect a home test kit from a](#) local pharmacy.

Find your nearest pharmacy here: <https://maps.test-and-trace.nhs.uk/>

Test on-site at Leeds Beckett University test centres:

City Campus, LS1 3HE (Monday to Friday 8.30am to 2pm)

Headingley Campus, LS6 3QS (Monday to Friday 9am to 2pm)

[Collect a home test kit at a local PCR test site after 2.30pm:](#)

Mandela Community Centre, Chapeltown Road, Chapeltown LS7 3HY

Temple Green, drive-through centre near junction 45 of the M1

Bridge Community Church, Rider Street, Burmantofts LS9 7BQ

Gryphon Sports Centre, University of Leeds, Woodsley Rd, Leeds LS2 9LZ

Pudsey Civic Hall Car Park, Dawsons Corner, Stanningley, Pudsey LS28 5TA

Fearnville Leisure Centre Car Park, Oakwood Lane, Gipton, LS8 3LF

[Collect a home test kit at a](#) local Community Hub:

Armley Community Hub & Library, 2 Stocks Hill, Armley, LS12 1UQ

City Centre Community Hub, Woodhouse Lane, LS2 8LX

Deacon House Centre, Seacroft Avenue, Leeds, LS14 6JD

Dewsbury Road Community Hub & Library, 190 Dewsbury Road, LS11 6PF

Halton Library, 273 Selby Road, LS15 7JR

The Compton Centre Community Hub & Library, Harehills Lane, Harehills, LS9 7BG

The Reginald Centre, Chapeltown Road, Leeds, LS7 3EX.

Opening hours 10am to 4pm Monday to Friday, and 10am to 1pm on Saturdays (except City Centre Community Hub which doesn't open Saturdays).

Key messages:

Rapid community testing is only for people with **no symptoms**.

If you have symptoms of coronavirus, including:

A high temperature

Continuous cough

Loss of / change in taste or smell

You will need to book a different test, called a PCR test, at nhs.uk/coronavirus or by calling 119.

You should take two rapid asymptomatic tests during a week-long period.

If you do take tests at home, you'll need to report your results online or on the phone.

If you test positive, you, and everyone you live with, must self-isolate immediately for 10 days. Only leave home for your follow-up test. You should arrange your confirmatory PCR test immediately by booking online at nhs.uk/coronavirus or by ringing 119.

If you test negative, you should continue to follow the preventative measures currently recommended for stopping the spread of the virus. To protect yourself and others, you must remember: **Hands. Face. Space. Fresh Air.**

For more information:

Please see the Leeds CCG website for local information about testing <https://www.leedsccg.nhs.uk/health/coronavirus/coronavirus-where-to-go-for-testing/>

Please visit the gov.uk website to order a home test kit or to find your nearest local pharmacy collection point

<https://www.gov.uk/find-covid-19-lateral-flow-test-site>.