

East Ardsley Primary Academy Newsletter

16/07/2021

Menu Week no:



What we have been up to this week:-

This is the final newsletter of the year so it feels like the right time and place to say a huge THANK YOU to all the children, staff and parents for their support and co-operation during a very challenging year. As a school we have done our very best to keep as many activities and events up and running as possible. The children have all been kept active and engaged and made good progress in their learning. Throughout it all their behaviour and attitude has been exemplary and we thank them for that. Despite many false starts, disappointments and struggles our families have kept on board with us and been amazingly supportive. That said, we are not done yet as the children move up to their new classes next week so that they are settled and ready for September.

From Monday the guidance on contact tracing changes and schools are no longer required to close bubbles where there is a positive case of COVID. The school will continue to send any children home with symptoms and ask that they go for a COVID test, but it will then be up to the NHS to manage the contact tracing. If we have excessive numbers of positive cases in a particular year group we may be advised to close. We will inform you if this is the case. If a member of your household tests positive for COVID you will be required to self-isolate in the same way you do now. This guidance continues until 16th August 2021.

Despite the bubble closures and children being off self-isolating we have managed to move the filming of our concerts to next week. It does mean that the finished films may not be ready for you to view before the summer break but we will upload the link on Tapestry as soon as it is available. Please do look out for them as they will be fab. The Year 6 children who are leaving us will have their Tapestry accounts held open for them until September so that you will not miss out.

This week in school has been our Growth Mindset week so that the children have been trying lots of challenges and retrying and improving on them all. Our thanks to Mrs Wootton who has kept us uplifted and positive throughout the week to make sure we are all up and running for the last week of term. It is an important week next week as the children move up into their new classes so we all want to be on top form and ready. Please make sure your child is here everyday. We want to make the very most of our last week of term.

Sadly for us some staff will not be returning to our school next term. Alongside Mrs Wigglesworth, we have Mrs Bailey who is leaving to start a new job and Mrs Walker who has started her maternity leave. We wish them all the very best and thank them for the hard-work, commitment and expertise they have brought to our school. They will be missed.

Miss Ahmed will be joining our school as a Year 1 teacher. She will be with us next week so that the children going into her class will be able to meet her and get to know her properly.

Ms Talbot

Dates for your Diary:

Unfortunately we cannot have parents to any of our planned activities prior to the end of term.

I'm sorry our diary looks so empty and forlorn at a time when we are usually bursting with activities. Be assured the children are all having lots of fun learning opportunities in school.

| | |
|---------|------------------------------|
| 19.7.21 | Transition Week |
| 20.7.21 | Year 6 concert filmed |
| 21.7.21 | Year 6 Take Over Day |
| 21.7.21 | Year 4/5 concert filmed |
| 22.7.21 | Ace Club Fun Day |
| 22.7.21 | Year 6 Leavers Celebrations |
| 23.7.21 | Ace Club Fun Day |
| 23.7.21 | School closes |
| 6.9.21 | Inset Day |
| 7.9.21 | School opens to the children |

Teachers for September

| | | |
|----------------|------------------------|-----------|
| Beech Class | Miss Edward | (Nursery) |
| Blossom Class | Mrs Crisp | |
| Willow Class | Miss Holdsworth | |
| Birch Class | Miss Ahmed | |
| Sycamore Class | Mrs Brown | |
| Class 3 | Miss Hawley | |
| Class 4 | Miss Lidgate | |
| Class 5 | Mrs Smith/Mrs Trickett | |
| Class 6 | Mrs Stuart/Mrs Wailes | |
| Class 7 | Miss Oliver | |
| Class 8 | Miss Fisher | |
| Class 9 | Mr Quinn | |
| Class 10 | Miss Mallinson | |
| Class 11 | Miss Matthews | |
| Class 12 | Miss Meadows | |

ParentPay

Could you please ensure that all ParentPay accounts are settled before the end of this Academic .

Dear parents and pupils

We have recently been sent the attached flyer about an exciting opportunity for pupils aged 9 -14 to attend a summer school in Leeds from 16th-20th August. It is being organised by Leeds Youth Opera and has an environmental theme and will include songs from a range of hit musicals from West Side Story to Matilda. The programme for the week will include singing, games, teamwork and, above all, a huge amount of fun! The summer school is likely to be extremely popular so do get in touch sooner rather than later if you want to secure a place. All the details about costs and venue are in the attached flyer. The contact details are: leedsyouthopera_group@outlook.com

It is based at Adel and Ireland Wood Community Centre and costs £125 (Siblings £100)

We know this will not be of interest to all students but wanted to share the fantastic opportunity with you.

Mrs Trickett

A free online safety guide on how not to be a screen zombie.

It's not always easy to tell if you've been spending too much time on your device. Mobile phones, tablets, game consoles, TV's; the list of devices you might have access to seems never-ending and switching between them can be seamless. However, too much time on your device could lead to certain problems and could be an indicator of an addictive habit. It's impossible therefore that you try and manage your screen time as much as possible and avoid becoming a 'screen zombie'.

In the guide, you'll find tips on a number of potential risks such as mental wellbeing, screen addiction and grooming.

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

LEEDS YOUTH OPERA SUMMER SCHOOL



A youth movement has one year to prove to the adults that environmental sustainability is possible. If they fail, the consequences will be apocalyptic. Join Leeds Youth Opera's summer school for a week of singing, games, teamwork, and fun. Featuring songs from *West Side Story* to *Matilda*, with dialogue by YOU!

Monday 16th - Friday 20th August, Ages 9-16. Cost: £125 (siblings £100)

Venue: Adel and Ireland Wood Community Centre, New Adel Lane, Leeds LS16

Contact: LeedsYouthOpera_Group@Outlook.com

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A GUIDE ON HOW NOT TO BE A SCREEN ZOMBIE

It's not always easy to tell if you've been spending too much time on your device. Mobiles phones, tablets, games consoles, TVs; the list of devices you might have access to seems never-ending and switching between them can be seamless. However, too much time on your device could lead to certain problems and could be an indicator of an addictive habit. It's important therefore that you try and manage your screen time as much as possible and avoid becoming a 'screen zombie'.

TAKE CARE OF YOUR BRAIN

Spending too much time on social media, watching YouTube or playing games online can result in you becoming a screen zombie. This can affect your mood, how much sleep you get, how you perform at school and how you behave around others. Limiting your screen time will keep you alert, keep your mind focused and help to look after your own mental health and wellbeing.



BE PRESENT, NOT A ZOMBIE

Screen zombies often find that they spend a lot of time alone in front of their tablet or their mobile phone and reduce the time they spend with their friends or talk with their family. Zombies often lack communication skills. Always try to limit your screen time as much as possible – there's so much fun you can have with others!



SCREEN-FREE BEDROOMS

Keeping your phone in your bedroom means that it can be tempting to check every notification you get. Your phone could be the last thing you see at night and the first thing you see in the morning. This can contribute towards poor sleep and a lack of focus the next day. Try to keep your phone out of your bedroom or turn off all notifications before bedtime. This will mean you'll get a good night's rest and be ready for the next day.



DON'T GET TRAPPED INSIDE

Screen zombies usually find that they spend a lot of time inside as they lose interest in other things that don't include their device. It might seem obvious, but meeting your friends outside or doing outdoor activities like playing sports, trampolining, camping or just going for a walk are all healthy replacements for screen time and can help keep your mind fresh and active.



ZOMBIE-FREE MEALTIMES

Mealtimes can be seen as a good time to sit down, relax and switch on your tablet or phone as you eat your food. But it can also mean that you're not interacting with others, sharing jokes at the dinner table or just talking about your day. Keep mealtimes for family time. Eating your food and staring at a screen means you're turning into a zombie.



BEWARE OF OTHER DANGERS

Spending too much time on your device and online can increase your chances of potentially encountering other online dangers. This could range from viewing inappropriate or harmful content to online bullying, grooming or fake news. Controlling how much time you spend online will reduce your risk of exposure. If you do see anything that makes you upset or if you're concerned about contact with others, always report it to a trusted adult.



BEWARE OF SNEAKY TRICKS

A lot of apps and games use certain ways of keeping you online and using their platform for long periods of time. This can include simple things like unlimited scrolling on a newsfeed, 'streaks' or uncovering hidden levels. Be mindful of how much time you're online and try to remember you're in control. You decide when you've had enough, not your device.



SAVE YOUR PARENTS!

Even though your parents will often be the ones telling you to limit your screen time, turn off your tablet or switch off your phone, sometimes they will forget to take their own advice. So it's up to you to make sure you remind them of the dangers of becoming a screen zombie!



UN-ZOMBIFY YOURSELF

If you think that you've already become a screen zombie, then don't worry, it's never too late to get help and support from your friends and family. Talk to your parents if you feel you've become addicted to your device, try to understand why and work with them to help you limit your screen time so that you can leave your zombie character behind.



Meet our expert

Pete Bath is content specialist with over 10+ years in research and analysis. He has written various expert pieces around online safety for children and parents and previously worked in a specialist role for the police, contributing work which was pivotal in successfully winning high profile court cases and writing as a subject matter expert for industry handbooks.



**National
Online
Safety®**

#WakeUpWednesday

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>.