# Sowerby Primary Academy Newsletter No. 30





Anyone interested in registering their child for a nursery place please contact Mrs. Clark Tel: 01845 523037. Or email: admin@sowerbyacademy.org

#### 'Sowing seeds of success: growing courageous learners'

Tel: 01845 523037 www.sowerbyacademy.org Date: 8th May, 2024

Newsletter 30

Dear Parents, Carers,

Hope you had a lovely Bank Holiday Weekend and managed some time with family to relax and enjoy the little bit of sunshine we had. Next week is a big week for our Y6 children and a time for them to shine and just do their very best. Their talents will not always be demonstrated through tests and exams. We know that many of them have qualities we value and admire that are not measured in this way. Whatever as long as they have tried their best we will be very proud of them. Early nights and a good breakfast helps too.

Year 1/2 are also looking forward to their trip to National Railway Museum on Wednesday 15th and should have an amazing time. Thank you to FOSS for supporting this.

**Keeley Ungerechts** 

**Executive Headteacher** 

#### **Saplings Nursery**



**Rosie O'Keeffe** 

**Nursery Teacher** 

#### Trip to Railway Museum on 15th May, 2024

The children and staff are really looking forward to their upcoming trip to the National Railway Museum. This will be a great experience, our thanks go to FOSS for their funding and their teachers for taking them.



#### **On-line Safety Information**





# **Application for Free School Meals**

Dear Parents and Carers,

As you may know, students from families who meet certain criteria (see below) may be eligible for Free School Meals and/or Pupil Premium funding. We want to ensure that we provide the best possible education here at Sowerby Primary Academy, supporting students to climb their own personal mountain to the best universities or professions. A healthy meal at lunchtime is an essential part of this. We want to support our families to apply to receive this for free wherever possible.

As a school we are given addition funding for Pupil Premium Free School Meal children that is pooled and used for extra support and initiatives throughout school. More details of how this is spent is on the school website. This also entitles your child to the FEAST free activities which take place throughout the school holidays.

If you receive one of the following benefits, please apply for your child's Free School Meals using the link <u>https://apply.cloudforedu.org.uk</u> from 1st December 2023

- Universal Credit with an annual net earned income of no more than £7,400
- Income Support

- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part 6 of the Immigration and Asylum Act 1999
- The guarantee element of Pension Credit
- Working Tax Credit run-on (paid for the four weeks after you stop qualifying for Working Tax Credit)
- Child Tax Credit (with no Working Tax Credit) with an annual income of no more than £16,190

More details of how this is spent is on the school website.

If your application is successful your child/children will be eligible for one free hot meal at lunch time and also a free breakfast in Breakfast Club at 8.30am each day during term time.

You will need the below in order to apply:

- Your own name and date of birth
- Contact details
- National Insurance Number (or National Asylum Seekers Number)
- Child's name and date of birth
- School your child is attending/will attend

We are now moving onto an online tree school meal system (OFSM).We would be very grateful if all our families could fill in their details on this form, even if you have applied unsuccessfully in the past, or if you believe you are not entitled to additional funding. Our experience is that families often qualify without realising. The system re-checks details every term, and will automatically update our records if your status changes.

If your child already receives pupil premium free school meals, we would like you to input your information on this form also. In the first instance, it may say you are not entitled but the status will change as the system checks your details.

If you would like help with applying please contact Val Clark in the school office admin@sowerbyacaemy.org.

Yours faithfully,

Keeley Ungerechts

Mrs K Ungerechts

**Executive Headteacher** 

#### Year 3/4 Curriculum Assembly - Friday 24th May

The children have started planning this today. They are busy writing a script to be able to tell you about their learning this year. This will be a whole Year 3/4 assembly including Parks, Rashford and Rowling classes. We will start as soon as we can after 9am and will be finished by 10.30 am We estimate that we will be able to accommodate two adults per child. More details to follow nearer the time.

#### New Starters Meeting - MONDAY 13TH MAY, 2024

Please note that the meeting for the parents of the children starting in September is **Monday 13th May**, **2024 at 5.30 p.m. and not the 23rd as previously stated**.

#### **Summer Preparations!**

With the promise of better weather, please remember to send your child with a hat, sun cream and water bottle. Fingers crossed for some sunny weather, we live in hope!



ONLINE SESSIONS For Parents/ Carers



#### UNDERSTANDING YOUR CHILD'S NEEDS

For parents/carers of neurodiverse children

(with a diagnosis or awaiting assessment)

Presented by NYC Children and Families Service:

**Early Help** 

WEDNESDAY 1ST MAY, 18:00 - 19:00

Supporting you to support your child through shutdown, meltdown and crisis

Click here to join the session

WEDNESDAY 5TH JUNE, 18:00 - 19:00

Supporting you and your child with their emotional and sensory regulation

Click here to join the session

WEDNESDAY 3RD JULY, 18:00 - 19:00

Supporting you and your child with sleep

Click here to join the session

For more information contact candfhubhambleton@northyorks.gov.uk or candfhubrichmond@northyorks.gov.uk

OFFICIAL

#### **FOSS News**

The FOSS change race is coming to an end on **Friday 10th May.** The difference between 1st and 2nd place is less than £7, so it's going to be a close one! We'd like to thank you all for your amazing commitment to this new event and are so grateful that each and every one of you have been involved. Did you know that so far FOSS volunteers have had to count over 20,000 coins weighing in at 96kg, which is the same as an adult Panda!

The winning class will be announced next week.

Thank you

Team FOSS



#### **Nut Free School**

Due to allergies, we are a nut-free school. Please be aware of this when sending food into school for snacks and packed lunches. Thank you for your co-operation.



#### **Health and Wellbeing**

This term our PSHE focus is health and well being. We would like to kick this off with a reminder about healthy snacks and packed lunches. A bag of apples for the week also tends to be a cheaper option than some of the more unhealthy snacks. Please also observe our **nut-free school policy**.

Follow the link for further information. <u>https://www.nhs.uk/healthier-families/food-facts/healthier-snacks/</u>



#### **IMPORTANT: Parent Pay Reminder Information**

Please can we politely remind parents to keep their Parent Pay account in a positive balance to pay for school meals, breakfast club, Before and After School Club services etc.

School meals and Breakfast Club attendance must be paid on a weekly basis.

Nursery fees and Before and After School Club needs to be paid by the 7th of the following month.

We regularly send text messages as a reminder. Please do not ignore these.

All negative balances must be cleared by the end of each month. Thank you.

Parents Guide to Safety Settings



# Keeping children safe online

# A Parent's Guide to Safety and Privacy Settings





#### When you give a child access to the Internet, you give them access to the adult world.

The Internet treats everyone as adults and there are many things, they are not yet ready to know, which is why it is vital that some form of safety settings are in place. Doing something is better than doing nothing.

What happens online has and effect to what happens offline and what happens offline has an effect to what happens online.

Skips



Online safety is when young people know who they can tell if they feel upset by something that has happened online.

www.skipssafetynet.org

**Parents** please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipsed.com Tel: +44 121 227 1941





scan the QR code with your phone's camera for Parent Guides on how to help keep your children safe online



In addition there are several parent apps to monitor your child's activity on phones and build in curfews etc. so they cannot be on during the time they should be asleep. We have never before had so many of our Y5/6 children involved in these apps and at some point experienced mean and unkind comments and feelings of being excluded or picked on. This causes anxiety and worries that then make it hard for them to feel comfortable coming into school the next day. Despite many lessons and PSHE coverage they are still feeling left out if they do not take part and picked on if they do. Too much pressure for our youngsters to be dealing with. Most happen outside school so we have very little we can do to help but sadly have to support anxious children with the aftermath.

https://www.safetydetectives.com/blog/best-really-free-parental-control-apps/

#### **Sickness**

There seems to be a nasty tummy bug about at the moment and we have cases of Chickenpox too. We are encouraging pupils to wash hands and be careful.

Our policy is that children who have a virus which means that they are sick or have diarrhea, or both, need to stay away from school until **48 hours have passed** after the last bout of sickness or diarrhea. This helps prevent the spread of infection in the school.

Chickenpox is a minimum of five days from the appearance of the first spots and depending if your child is well enough to return to school. Thank you.

#### **School Uniform/Lost Property**

#### Uniform

We believe a uniform allows all children, regardless of background, to feel equal to their peers and confident in their appearance. We also believe it is important for activities to be facilitated by specialised and appropriate clothing such as sports-specific attire.

Can I take this opportunity at the start of term to remind parents of the expectations for uniform.

Blue School jumpers or cardigans

White/Blue polo shirts

Grey trousers, shorts, skirts, pinafore dress or summer 'gingham' dress.

Sensible black school shoes

Grey, white or black socks, or grey tights

#### PE kit:

PE kits should be worn on PE days. No football tops and those with logos, expensive trainers etc. You will be directed by your child's class teacher if they require an indoor or outdoor P.E kit, or both.

#### Indoor Kit:

Black shorts and a plain white T-shirt & pumps or trainers.

#### Outdoor Kit

Black shorts, school sport hoodie, tracksuit bottoms or leggings, plain white t-shirt, trainers (that are suitable for outdoors), hat/cap if necessary.

#### Jewellery and make up

Children should not wear jewellery to school. If your child has pierced ears, 'studs' must be worn on school days and these must be removed for PE and swimming.

Nail varnish/ acrylic nails / make up are not allowed.

#### Lost Property

There is a significant amount of lost property in the box in the hall. Please come and check this/ask to check this at the end of the school day in KS1 playground. Please name ALL uniform so it can be returned.

#### Short Break Funding - 2024 - 2025

The Short Break Grants for this year opens 1st May 2024. The deadline for submitting applications is 5pm on the 31st May 2024.

Parents and Carers with children who have a disability, but are not open to DCS, can apply for up to £350 to enable:

- Their child to take part in an enjoyable play or leisure opportunity
- Parents/Carers to have a short break from their caring responsibilities
- Have an opportunity for children and young people to meet with their friends, or a chance for their child to learn or develop a skill.

Please promote to the families that you are supporting and have a look at the link below for the further information about Short Breaks Application process and eligibility criteria.

Short breaks for disabled children and young people | North Yorkshire Council

Many thanks Siobhan MacDonald Senior Early Help Consultant Children and Families Service : Early Help

#### Dragonflies

Please can we ask that you inform Dragonflies if your child is not attending a pre-booked session, i.e if they are going home with a friend etc. This can be done by contacting Miss Richardson on <a href="mailto:dragonfly@sowerbyacademy.org">dragonfly@sowerbyacademy.org</a>.

#### **Turn on the Subtitles**



Did you know that turning on the subtitles on your TV at home is the easiest way to get your child reading?

Doing this can double the chance of your child becoming a good reader. Yes, it's really that simple.

Please visit <u>https://turnonthesubtitles.org/parents/</u> to see Hollywood legend Jack Black explain how you can turn screen time into reading time in 10 seconds.

If you found this helpful, please share it with as many other parents as possible.

# Sensory Garden



May we request any unwanted/grown out of wellies for use in our sensory garden. Thank you.

# NATIONAL FOODIES DAY - 9th May, 2024



Ham pizza with peas or beans and potato wedges (DF available)

Or

Cheese pizza with peas or beans and potato wedges (DF available)

Tuna sandwich with salad

Or

Jacket with beans and salad

Sticky toffee pudding with or without custard

Or

Fresh fruit and yoghurt



## Year 6 Take Over the Menu! Thursday 16th May

To celebrate the end of SATS! Our cooks have asked the children in Year 6 to choose their favourite meal. The menu below is for all children.

#### Thursday 16th May, 2024

Sausage Roll with peas or beans and potato wedges

Or Cheesey Wheel with peas or beans and potato wedges Ham sandwich with salad Or

Jacket with baked beans and salad

Jelly, Fresh fruit and yoghurt

# Next week's menu choice will be Week 2.

#### Menu week 1

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Margherita pizza with baked potato wedges	Chicken korma with 50/50 rice	Ham & chesse panini ( DF available)	Bolognese with rice	Crispy battered fish & chunky chips
	Tomato & basil pasta	Veggie korma with 50/50 rice	Cheese panini	Creamy Quorn chicken bake	Vegan sausage & chunky chips
	Peas & sweetcorn	Peas & carrots	Seasonal salad	Broccoli & sweetcorn	Baked beans
DESSERTS	Fruit flapjack	Jam & coconut sponge	White chocolate cookie	Berry sponge	Ice cream
FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
JACKET POTATO AND SANDWICH SELECTION	Jacket with tuna and sweetcorn. Ham sandwich	Jacket potato with cheese. Tuna and sweetcorn sandwich	Jacket with beans. Egg sandwich	Jacket with cheese. Ham sandwich	Jacket with cheese. Cheese sandwich



# Menu week 2

WEEK 2	C MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Beef burger with baked potato wedges	Chicken dinner with a yorkshire pudding and creamy mash potato	Meatballs in tomato sauce served with wholemeal pasta	All day breakfast	Crispy battered fish & chunky chips
	Quorn™ burger with chips	Quorn chicken dinner with yorkshire pudding and creamy mash	Quorn™ in a Spanish style tomato sauce with rice	Vegetarian all day breakfast	Cheese and onion quiche
	Baked beans	Peas & carrots Salad bar	Seasonal salad	Sweetcorn & broccoli Salad bar	Peas & sweetcorn
DESSERTS	Ginger biscuit	Oaty biscuit	Chocolate brownie	Lemon drizzle	Ice cream
FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh or Yoghurt	Fresh or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
JACKET POTATO AND SANDWICH SELECTION	Jacket with tuna & sweetcorn. Ham sandwich.	Jacket with beans. Tuna & sweetcorn sandwich.	Jacket with cheese. Ham sandwich.	Jacket with beans. Cheese sandwich.	Jacket with cheese. Ham sandwich.



#### Menu week 3

WEEK 3	C MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Hot dog served in a bun with chips	Mild Chicken curry with rice	Chicken goujons with half a jacket potato	Sausage and tomato pasta	Crispy battered fish & chunky chips
	Veggie sausage hotdog with baked wedges	Quorn chicken in a savoury rice	Quorn sausage roll with half a jacket potato	Cheesy wheel with rice	Quorn™ nuggets with chunky chips
	Baked beans	Pea & carrots	Salad	Sweetcorn and broccoli	Veggie sticks
DESSERTS	Shortbread	Gingerbread person	Custard cream cookie	Chocolate crunch	Ice Iolly
FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
JACKET POTATO AND SANDWICH SELECTION	Jacket potato with tuna & sweetcorn. Ham sandwich	Jacket with baked beans. Tuna & sweetcorn sandwich	Jacket potato with cheese. Egg sandwich	Jacket with beans. Cheese sandwich	Jacket with cheese. Ham sandwich



#### **Dates for your diary**

Colour Run - Thursday, 20th June, 2024

Sports Day -Friday, 21st June, 2024

Year 5/6 Performance - Dress Rehearsal Monday 24th June at 1.30 pm

Performance for Parents Evening 25th and 26th June

Year 5 Enrichment Day at Thirsk School - 27th June, 2024

Thirsk Music Festival (Joint Primary Schools) Tuesday 2nd July, 2024

Summer Fair Thursday 4th July, 2024

Rock Steady Concert for participating parents - Tuesday 16th July 2.45 - 3.15pm

Leavers Assembly - Thursday, 18th July, 2024 at 1.30pm

**NEW STARTERS** 

13th May - Parents meeting at 5.30 pm

Stay and Play 1.30pm 25th June

Teddy Bears Picnic 1.30pm on 1st July

Forests Schools 3.45 on 3rd July

#### **Bradley Lowery Foundation**



Hello,

I am writing to you today regarding our annual event "Cancer Has No Colours"

The Bradley Lowery Foundation established in August 2017 after Bradley Lowery, a young football fan passed away after a long battle with an aggressive childhood cancer, Neuroblastoma.

The charity supports families nationwide to help them access treatment or equipment, not yet available on the NHS.

We run our "Cancer Has No Colours" event from the 7th-14th of July, which was the day Bradley passed to the day of his funeral. To be involved, all we ask is that for 1 day, during this week, you allow children to attend school wearing either their favourite football tops, or their favourite team colours and donate £1 to the BLF.

All funds raised then go to the BLF to help support the families we work with to access treatment or equipment, helps fund research, or towards our holiday which we are building to offer much needed time away from long hospital stays.

If you have any questions, please don't hesitate to contact me directly on Brooke@bradleyloweryfoundation.com

Donations to be sent directly to the Bradley Lowery Fund.

# York City Foundation at Thirsk Sports Village

York City Foundation at Thirsk Sports Village on Friday Evenings - various ages for boys and girls! Please follow the links below for further information.

Book Thirsk Skills Centre 10 - 13 Summer Term from York City (officialsoccerschools.co.uk)

Book Thirsk Falcons Fledglings 4 - 6 Summer Term from York City (officialsoccerschools.co.uk)

Book Thirsk Skills Centre 7 - 9 Summer Term from York City (officialsoccerschools.co.uk)

Book Thirsk Falcons Wildcats Session Girls Only 5 - 11 Summer Term from York City (officialsoccerschools.co.uk)



#### Simon Carson's Sports School



#### **All Stars Cricket**

What is All Stars Cricket?

All Stars Cricket provides a fantastic first experience for all children aged 5-8 years old where they're guaranteed 8 weeks of jam-packed fun, activity and skills development. The programme is designed to introduce children to the sport, teaching them new skills, helping them make new friends and have a great time doing so.

With an emphasis on FUN! Children will learn fundamental movement skills including catching, throwing and batting. Soft balls and plastic bats are used by everyone and all participants are given their very own All Stars Cricket T-Shirt which is personalised with their name on!

Happening at a local club near you for 8 weeks! Find your local cricket club at: <u>https://www.ecb.co.uk/play/all-stars</u>

#### What is Dynamos Cricket?

Dynamos cricket provides a fantastic next step for those graduating from All Stars Cricket and the perfect introduction for 8-11 year-olds new to the sport!

Complementing junior cricket, Dynamos provides children with a more social offer focused on developing fundamental movement skills and applying them in an exciting game of Countdown cricket.

Every child who registers will receive their very own Dynamos Cricket New Balance t-shirt, personalised with their name and number!

Happening at a local club near you! Find your local cricket club at: <u>https://www.ecb.co.uk/play/dynamoscricket</u>"

# all starts with.

All Stars Cricket is the best cricket experience for **5-8 year-olds** 

All kids are guaranteed to develop **new skills** while **having fun** and **making friends** 

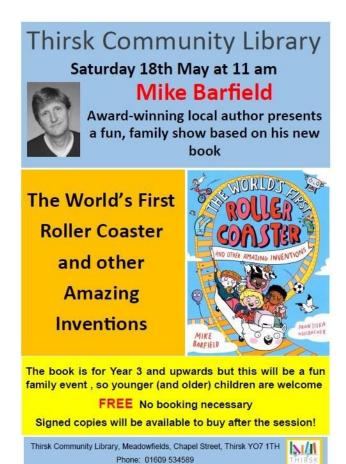
Participants receive a **personalised t-shirt** 

Sign up today at allstarscricket.co.uk









## What's On and Thirsk News from Thirsk Tourist Information

Email: librarv@thirskcommunitvlibrarv.org.u

Please follow the link for the latest newsletter:

https://visitthirsk.uk/pages/whatson.php

#### Term Dates Academic Year 2024/2025

The term and holiday dates for the academic year 2024/2025 are on the school website. Please click on the link below to view these. Thank you. <u>https://www.sowerbyacademy.org/home/term-dates</u>

#### Attendance and Authorised Holiday

I am sorry but we are not able to authorise any holidays in term time. Its is imperative that we close educational gaps created by lost learning and we must follow DfE guidance on this. Thank you for your understanding. Exceptional Circumstances Leave <u>Request form must be submitted prior to leave being taken</u>. This is also available on school website (parents tab/parents information)

Attendance is very important and this is monitored for every child. Any child with attendance below 90% is classed as PA Persistent Absence and we have a duty of care to follow this through to see how we can support this getting better. We would communicate concerns about attendance, in the first instance, by letter. Letters for last term will be sent out this week.

Attendance last week of term

Whole School: 95.7%

Unauthorised Absence: 1.08%

Best class attendance last week: 98.35% Rashford Class Well done!

School Calendar



Please follow the link to calendar of events this term on our website.

Up and coming events