



BULLETIN

Friday 12th April 2024

Welcome back!

It has been wonderful to see so many happy children entering the school building this week following the Easter break. The North Rigton team all hope that you had a relaxing and enjoyable holiday with your children.

This week our pupils have began their new summer term projects and unpicking their new provocations. The school website has been updated with all the information about what they will be covering, along with new Enjoying Learning Together at Home grids for each of the KS1 and KS2 classes. Please do have a look at what we are going to be getting up to over the next few months.

Thank you to all the parents who were able to join the parent information session regarding the KS1 optional SATs this morning—we try to hold information sessions wherever possible to allow for questions to be answered and do hope that this was informative.

The summer term calendar is already pretty jam-packed. Please do check the diary dates section of the Bulletin regularly so that you know what we have lined up.

Have a wonderful weekend.

Mrs Gardiner

Summer Term Clubs

We are fortunate to be able to provide more exciting clubs for our children this term. If you would like further information about how to sign up, please contact the school office:

LUNCH

Monday Lego Club (by invitation only) with Mrs London

Tuesday Recorder Club with Mrs Littlewood (Y3-Y6)

Wednesday TTRockstars Lunchtime Club with Mrs Gardiner (Y3-Y6)

Music Club with Sadie the Music Lady (KS1)

Thursday Maths Club (by invitation only) with Miss Byrnes

AFTER SCHOOL

Y6 Target 100 Club with Mrs Gardiner (running until 6th May) 3.30pm—4.30pm

Athletics Club with Rob Mason from Harrogate Town (Y1-Y6) 3.30pm—4.30pm **WAITING LIST**

KS2 Rugby with Harrogate Rugby Club (Y3-Y6) 3.30pm—4.30pm held at **All Saints** (children who join the club will need to be collected from school at 3.15 and taken to All Saints)

Friday

Summer Term Diary Dates (more information to follow in due course)

17.04.24 –	Fellowship Reception Class trip to Born of the Forest
06.05.24 -	May Day Bank Holiday (school closed)
13.05.24 -	Year 6 SATs Week
20.05.24 to 24.05.24 -	Tigers Activity Week
03.06.24—	Training Day (school closed to pupils)
04.06.24—	2024 New Starters meeting for parents—3.45pm
07.06.24 –	Class photographs (full school uniform required on this date)
11.06.24 -	Busy Bees - Countryside Live trip
12.06.24 -	The Great Ogden Trust Science Share (selected pupils only)
14.06.24 -	FONR Mount Everest event
17.06.24 to 28.06.24—	Tigers production fortnight in collaboration with Harrogate Theatre
18.06.24 -	Busy Bees Sacred Space trip
19.06.24 -	FONR - Tigers market place event
25.06.24 -	Crucial Crew trip (Year 6 only)
26.06.24 -	Pears trip to Kith Homestead
28.06.24 -	Busy Bees trip to Kith Homestead
	Tigers Production (10.00am and 2.30pm in the school hall)
01.07.24—	Sports Day supported by Harrogate Town
03.07.24 -	Tigers trip to Kith Homestead
04.07.24 -	Apples trip to Kith Homestead
05.07.24 -	Year 6 Special Service at Ripon Cathedral
08.07.24 -	Reserve Sports Day supported by Harrogate Town
11.07.24 -	School transition morning
	2024 New Starters drop in Stay and Play 9.30am—11.00am
19.07.24 -	Y6 Leavers Service—10.00am in the school hall
	Break up for summer holidays at 3.30pm

Celebration Worship Weekly Music

Today during Celebration Worship we listened to and enjoyed Proud by Heather Small:

[Heather Small - Proud \(Official video\) \(youtube.com\)](https://www.youtube.com/watch?v=...)



Reader of the Week and Golden Writer Awards

Congratulations to our Reader of the Week, Casey (Y2), for doing so much reading in and out of school and making amazing progress.

Golden Writer Award this week goes to Harry G (Y4) for incredibly neat handwriting and brilliant content.

The children have enjoyed a trip to the North Rigton Shop to choose their prizes with Mrs Gardiner. Well done!



Apples:

Cassia—Positivity

Rufus—Perseverance

Pears:

Heidi—Positivity

Max M—Independence



Busy Bees:

Arthur—Koinonia

Mia—All values

Evelyn—Independence

Tigers:

Harry— Respect

Jake—Independence

HOUSE POINTS

Willow - 159

Hawthorn - 95

Rowan - 144

Maple - 118

Well done to Willow this week!

YELLOW RIBBONS

Smartphone Free Childhood

Please see the below link with regards to how you could be involved in the pledge for a smartphone free childhood for our children.

[Get involved — Smartphone Free Childhood](#)

Charity Updates

As this is a cause close to the heart of one of our team members, this term we are focussing our fundraising efforts on supporting Motor Neurone Disease and in particular, Leeds Hospitals Charity who are fundraising for the Rob Burrow Centre for MND. More information will follow about events we have lined up in due course.

Wellbeing

April is Stress Awareness Month. This year's theme is Little by Little becomes a lot. The Stress Management Society want to emphasise how even the smallest steps taken each day towards self-care and stress reduction can yield significant improvements in mental health over time. Think of it like building a house – laying down a single brick may not seem significant, but without it the hand will not stand. You might start small e.g., taking deep breaths during a stressful moment, or writing down one thing you're grateful for each day. You can reduce some stress by these small actions; - Connect with someone - Prioritise Sleep - Move in your own way - Spend time in Nature - Breathe deep - Practice Mindfulness For more information, please visit the following website for more information: <https://www.stress.org.uk/SAM2024/>

In addition to this, Miss Vickers and Mrs Gardiner, who are both accredited yoga instructors for children, will be leading some self-regulation and meditation sessions for each of the classes this half term. Please look out for further information in due course.

Small Actions To Make Big Changes

CONNECT WITH SOMEONE
Are they okay? - Are you okay? - Check in with your support network - Connect with someone new - A sense of belonging and community can help reduce feelings of loneliness.

PRIORITISE SLEEP
Take small steps to improve your bedtime routine. Wind down before bed by minimizing your screen time - Make your bedroom a 'tech-free' zone - Create a clean and restful sleep environment - Jot down what's on your mind and set it aside for tomorrow - Avoid caffeine after 4pm.

MOVE IN YOUR OWN WAY
Get moving the way you want to. This could be walking, running, yoga, stretches, doing some gardening. Move in a way you'll enjoy, get those endorphins flowing and let off some steam.

SPEND TIME IN NATURE
Take some time out of your day to step outside, get some fresh air and spend time in nature. This could be eating your lunch outside, or taking a short walk after work. Stimulate your senses and look at the beauty of nature.

BREATHE DEEP
Your breath is a powerful tool to help with stress reduction and relaxation. Short, shallow breaths can heighten anxiety so being conscious and taking time to breathe deep helps us shift into a relaxation mode.

PRACTICE MINDFULNESS
Practicing mindfulness allows you to focus on the here and now. It aids self-awareness, helps you practice emotional regulation and control. You can actively practice during a designated mindfulness session or be mindful of your all five of your sense whilst participating in an activity, such as a nature walk.

#LittleByLittle

THE SEND DANCE ACADEMY

SEND DANCE CLASSES FOR CHILDREN OF ALL AGES
COMING TO HARROGATE AND RIPON SOON!

THESE CLASSES OFFER CHILDREN WITH ALTERNATIVE NEEDS A FUN ENVIRONMENT, WHERE THEY CAN EXPRESS THEMSELVES AND LEARN NEW MOVES THROUGH DANCE.

To find out more and to book onto our taster session, please contact thesendacademy@gmail.com

Places are limited and on a first come first serve basis, early booking is advisable to avoid disappointment!



**POOL AFC
GIRLS FOOTBALL**

Come and join in the Girls Football coaching sessions at Pool AFC. Make friends, get active and learn new skills in a fun and inclusive setting.

Every Saturday, 10-11am
Ages 5 to 10 (school years 1-5)

New Teams for 2024 / 25

Already play football? We're looking for new talent to join our existing girls teams:
Ages 9 to 14

Pool AFC
Arthington Lane
Pool in Wharfedale
LS23 3JG

#LET GIRLS PLAY

- Fantastic, long established community club
- Growing participation in Girls' football at all levels
- Welcoming, inclusive atmosphere
- Excellent playing facilities incl access to 4G all-weather pitch
- Newly refurbished clubhouse with bar and live sports

CONTACT: Mark Wilkinson 07867 534835 mwilkinson1309@gmail.com



Come and play cricket at Pool

All ages from 6+ welcome

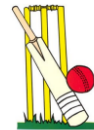
**Junior training every Monday starting on 15th April
from 6pm-7pm**

To find out more or give it a try, just come down at 6pm on Monday and speak to one of the junior coaches.

For more information contact junior coordinator

John Goldthorp 07762 331344

j.goldthorp@aol.co.uk



Y6 Transition to Secondary School

https://youtu.be/L70lf2UJ0F4?si=N2i_zVHIzXUIkaB

This film is for parents and families of older school-aged children and looks at how you can encourage a healthy move up to secondary school. Children at this age begin to understand other people as well as themselves much more. They have an increased awareness of where they stand in relation to others and can commonly feel anxious to please while seeking out a middle position so as to not stand out from their peers. Children aged between 9 and 11 years old are growing in independence while their emotional development is also maturing. As a result, they are likely to feel emotions more deeply and a move to a new school can therefore naturally bring a range of emotions to be processed. But how can you prepare them for this change and how can you look after yourself during this transition too? All children are different and may express how they are feeling in unique ways. NHS Consultant Clinical Psychologist and Headteacher of Balsall Common Primary School talk about the importance of tuning into your child to learn about their individual needs and to equip them with the practical skills and empower their growing independence so they can make a positive move up to secondary school. Moving up and changing school is a big change for children and parents or caregivers. It's a new stage of growing independence and separation. Fears and worries are normal as well as excitement, as with each stage of childhood development. As parents, your role is to help children cope with and overcome their fears, to nurture them to feel brave and capable. New resources created by psychologists and primary schools are now available at www.inourplace.co.uk/moving-up to promote connected relationships between parents and children to help children to learn and thrive as they grow in independence.