

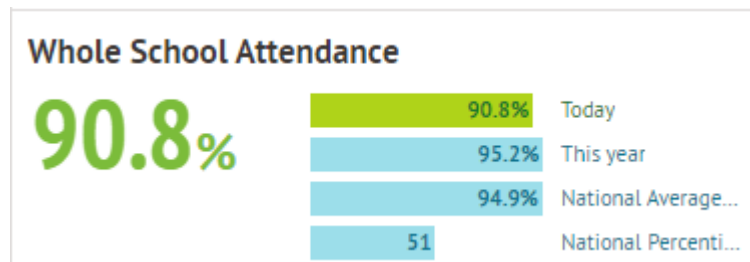


## Weekly Newsletter 6<sup>th</sup> December 2024

### Diary dates

10 <sup>th</sup> December 1.30 and 5.30	EYFS and KS1 Nativity
10 <sup>th</sup> December	Christmas Raffle
16 <sup>th</sup> December 2:30	Piano Concert
19 <sup>th</sup> December	Christmas Jumper Day
19 <sup>th</sup> December 1.30	Christmas Service & Christmas Lunch
20 <sup>th</sup> December	Non-uniform day – proceeds to school
6 <sup>th</sup> January	School Closed – staff training
7 <sup>th</sup> January	School Open
16 <sup>th</sup> January 2025	School Disco

### Research shows a direct link between high attendance and educational outcomes.



### What about taking leave during term time to go on holiday?

It is highly unlikely that a leave of absence will be granted for the purposes of a family holiday. Only the most exceptional circumstances warrant authorised absence. Each application will be considered individually, considering the specific facts and circumstances and relevant background context behind the request. If a leave of absence is authorised, it is the head teacher's job to determine the length of time the pupil can be away from school.

It is important that parents and carers are aware that they are not legally entitled to take their children out of school for the purposes of a family holiday during term time. This has been the case since September 2023, when amendments were made to the School Attendance Regulations (2006). These removed references to family holidays and extended leave as well as the statutory threshold of ten school days.

The amendments made clear that Headteachers may not grant any leave of absence during term time unless there are exceptional circumstances.

### Wraparound Care

Due to increased popularity after school places **MUST** be booked to ensure that we have space. We understand that things may change last minute, in that instance phone or email the school.

### A little help for FOSS

We need baking donations for the Nativity performances to help raise funds for resources for our children. Please leave in the office on Tuesday morning.

Tickets for the Christmas raffle can be bought today after school, at the Nativity and at the Carol concert. We have 2 x sets of Light Water Valley tickets, a huge 'Pamper Hamper', the school Christmas tree and lots of other goodies. Please encourage extended family to buy tickets to help us raise as much as possible.

### **Christmas Baubles**

Thank you to Nigel and Tracey Baldwin for once again giving our school such a beautiful Christmas tree from Tate's nursery.

Now that the tree is up, we would like to invite each child in school to hang a bauble on the tree. The baubles could even have the child's name on so that we can remember them every year when we redecorate. The baubles must be shatterproof and weatherproof. Please supervise your children when they are hanging them on the tree.

### **Christmas Cards**

There is no onus to bring Christmas cards in and we recognize some families opt to donate to their chosen charity. For families that wish to exchange cards we will have the cream bin at the gate each morning from Monday 9th December until Wednesday 18th. The full name and class of the recipient must be on the envelope. The cards will be sorted and distributed Thursday 21<sup>st</sup> December to take home.

### **Piano Concert**

There will be a piano concert on Monday 16th at 2.30pm. All the children in school who play the piano are invited to take part and you are all welcome to join us to enjoy their performances. To make sure we have enough seating, please complete the following link <https://forms.office.com/e/hyxUCWwYhe>

### **Parent Forum**

Notes from the meeting are now on the website [Parent Forum - Sharow CofE Primary School](#)

### **Reception Starters 2025**

North Yorkshire Council have provided a letter for parents and carers of children starting school in September 2025. Follow this link to view [Starting Primary School Admissions Letter.pdf](#) ([northyorks.gov.uk](http://northyorks.gov.uk)) If you know anyone who would benefit from this letter, please share it with them.

### **Learn to play a stringed instrument**

Ms Clare would like to offer some one-off taster group sessions for interested pupils. There will be a small charge for it, £5 each and a minimum of 4 pupils, 30 minutes. More than 4 can be split into 2 groups.

Joanna Claire Music

I'm one of the top music teachers in the area, offering Violin, Viola, Cello, Piano and Music Theory to pupils of all ages and abilities, with training and experience in working with SEND.

Music is my life and my passion, both as a performer and a teacher. My goal as a teacher is to help every student achieve their full potential and develop a life long love of music.

### **3.15 Club Waste Recycling Campaign Game - Rescue Me!**

Representatives from North Yorkshire's recycling team will be joining 3.15 Club on the 10<sup>th</sup> December to deliver a fun workshop. They will be playing a new game which aims to engage pupils in fun and interactive ways to learn about the importance of recycling. By participating, the children will not only gain valuable knowledge but also develop a sense of responsibility towards our planet. The session held in After-School club on the 10.12.24 between 3.30 and 4.30pm. Usual charges apply and children can stay till 5.15pm.

## Do Your Part

### Do Your PART This Holiday Season

Remember these key steps to Do Your PART:

- **Protect:** Enable parental controls on devices, set strong passwords, and review privacy settings.
- **Advise:** Talk to your children about the importance of online safety, emphasising responsible sharing and the risks of oversharing.
- **Report:** Encourage open communication so they feel comfortable reporting anything that makes them feel uneasy.
- **Teach:** Show them how to recognise phishing attempts, secure their accounts, and spot inappropriate content.

#### Protect

##### Security and Parental Settings.

Use the parental control settings on your devices to restrict access to inappropriate content. Take time before gifting to understand how this can be done – we know that it's a lot harder to set this up when you have an excited child on your hands on Christmas day!

Follow step-by-step guides to set up parental controls on your smartphone or tablet.

[NSPCC](#): Offers comprehensive advice on setting up parental controls to keep children safe online. They provide guidance on managing content filters, screen time, and privacy settings.

##### Wi-Fi Security.

Enable content filters on your home Wi-Fi to block adult content.

Many ISPs (Internet Service Providers) implement safety restrictions at the network level when setting up home internet. These restrictions are designed to block access to potentially harmful or inappropriate content; however, checks need to be done with individual suppliers to understand the level to which this has been done. Parents can check with their provider or via websites such as [Internet Matters Network](#), which offers comprehensive guides on setting up parental controls for various ISPs, including step-by-step videos and visual instruction.

Please be aware that further controls can be applied to devices themselves and at game or app level, and that wi-fi restrictions will not operate if children are using their devices on mobile data – these need to be set up separately.

##### Parental Control Options – Devices.

Remember that devices have content filters built in that require set up, which can include time management settings, for example on SMART TV's that can manage what your child can watch/access.

##### Platform Guidelines.

There are privacy and data sharing policies of online platforms, apps and games, as well as recommended age limits. These can help you understand how your child's data is used. Age limits are applied for a reason and are not just limited to data protection. Age limits aims to protect children from risks such as cyberbullying, exposure to inappropriate content, and online harms.

Group messaging such as WhatsApp is a great way to keep in touch with multiple friends, however, they can quickly turn into a headache when the messages start piling up. Parents need to be aware of all features such as location sharing, and chat lock which will remove a chat thread from the app's regular onscreen inbox and place it into a new folder that can only be opened by a password or biometric, such as facial recognition or a fingerprint.

Internet Matters has step-by-step guides to support users and outline key functions. [Internet Matters Social Media Settings](#)

#### Advise

##### Managing Screen Time.

Set a daily screen time limit for recreational use on all devices. Set realistic and flexible screen time schedules that account for school, leisure, and family activities. We recognise that every family and

child is different, and parents will know how device usage impacts their own child, so set goals and limits that are realistic and workable for you. Children could be asked to contribute to what they think is fair.

Encourage the use of apps with educational value, and balance screen use with physical play and outdoor activities. Know what works for your child, and what impacts their mood and wellbeing. You can use screen time management apps to set reminders for breaks.

We know that our children will role model what they see, so it may be that we need to be mindful of our own device use, no matter how difficult that can be!

## **Report**

### **Agree on Family Device Usage.**

Be clear on rules from the outset. Ideas include creating a family charging station in a common area to keep devices out of bedrooms and non-shared areas and drafting a family agreement to ensure everyone's on the same page regarding device usage. Commonsense Media and Internet Matters both have contract templates to download. [Commonsense Media Device Contract](#).

### **Open Communication.**

Regularly ask your child about their online activities and friends. We know that they will love to tell you about their latest Roblox or Minecraft adventures! Fostering open and honest conversations about online usage allows interests to be shared and for children to understand the many positives of online life as well as the pitfalls. Encourage co-viewing of online content to discuss and understand their interests and discuss the content.

Discuss acceptable online behaviour with your children, emphasising kindness and respect in digital interactions. Arm them with knowledge of how to mute groups, leave and to share worries with you. Make sure your children know they can come to you with any concerns about their online experiences without fear of punishment.

For older children, talk about consent, the sharing of images and how to report and get help.

CEOP – Think You Know has information on this, online sexual harassment, healthy relationships and more. [11-18s | CEOP Education](#). They also have information for younger children as well as professionals, parents and carers.

Use shared accounts for younger children to keep tabs on their activity, and schedule regular check-ins to discuss any concerns or questions.

## **Teach**

### **Health.**

Promote a healthy balance of on and offline activity – with the understanding that our children's lives are different to ours with much of their socialisation online.

Keep devices out of bedrooms overnight to promote better sleep habits. Explain to children how device activity before bed can hinder their sleep.

### **Start Early.**

Preschoolers: Begin with basic concepts like not talking to strangers online and asking for permission before using devices.

Primary KS1: Introduce the idea of personal information and why it should be kept private. Use simple language to explain the risks.

Tweens and Teens: Discuss more complex topics such as cyberbullying, online predators, and the importance of a positive digital footprint.

### **Use Real-Life Scenarios.**

Role-play situations where your child might encounter a stranger online or receive a suspicious message. Discuss how they should respond. Teach Critical Thinking. Encourage your children to question the authenticity of online information and to think before they click on links or share personal details.

## Parental Advice Websites for Online Safety and Device Setup

NSPCC - Offers comprehensive advice on setting up parental controls and keeping children safe online. [Keeping children safe online | NSPCC](#)

Internet Matters - Provides detailed guides and resources for setting up parental controls on various devices and platforms. [Keep Children Safe Online: Information, Advice, Support - Internet Matters](#)

UK Safer Internet Centre - Offers a parents' guide to technology, including safety tools and advice for responsible use. [Homepage - UK Safer Internet Centre](#)

CEOP - **The National Crime Agency's CEOP Education team.** [CEOP Education](#)

Common Sense Media - Is an independent voice for kids, families, and communities everywhere. They combine original research with game-changing advocacy efforts to make the digital world work better for all kids. [Common Sense Media: Age-Based Media Reviews for Families | Common Sense Media](#)

## Cost of Living Support

**As winter approaches, many households face increased financial pressures due to higher heating bills and other seasonal expenses. The following organisations and schemes are available to support families that may need it.**

**Foodbanks:** Foodbanks provide emergency food supplies to those in need. Organisations like the Trussell Trust operate foodbanks across North Yorkshire. You typically need a referral from a local agency to access these services.

**Clothing Banks:** Clothing banks offer free clothes and shoes to those in need. For example, the Harrogate Clothes Bank provides pre-loved clothing to the community, as does [theclothingbank.org.uk](http://theclothingbank.org.uk)

**Community Support Organisations:** Various local organisations offer support, including Warm Welcome Spaces where people can find a warm place to stay and access other resources.

[Warm & Well - North Yorkshire Citizens Advice and Law Centre \(NYCALC\)](#)

## Emergency Payments:

Local Assistance Fund

The North Yorkshire Local Assistance Fund (NYLAF) provides emergency support for essential items such as food, utilities, and household goods. Applications are made through authorised agencies such as Children & Family Hubs, Living Well, IDAS.

[North Yorkshire local assistance fund | North Yorkshire Partnerships](#)

## Budgeting Loans:

If you're on certain benefits, you may be eligible for a budgeting loan to help with unexpected expenses. These loans are interest-free and repayable over time.

For further information, please see an extensive guide at - [Cost of Living Support | North Yorkshire Council](#)

Citizens Advice: Offers free, confidential advice on a range of issues, including benefits, debt, and housing. They can help you navigate the various support options available. [North Yorkshire Citizens Advice & Law Centre](#)

[Food Banks > Healthy Schools North Yorkshire](#) – Information on Foodbanks  
[Vulnerability Commitment - Energy UK](#)

[Tackling Financial Insecurity Together | Turn2us](#) – For advice, grants and support.

## **Emotional and Mental Health**

The holiday season can be a challenging time for mental and emotional health. Here are some valuable resources to support both adults and children during Christmas:

### **For Adults**

Mind: Mind offers tips and advice on coping with the holiday season, including managing stress, dealing with loneliness, and maintaining mental well-being.

[Christmas and Mental Health](#)

Samaritans: Provides 24/7 support for anyone struggling to cope. They offer a safe space to talk about whatever is troubling you.

Call 116 123 or visit [-Contact Us | Samaritans](#)

NHS: The NHS offers advice on managing mental health during the holidays, including tips on dealing with stress and where to find support.

NHS Mental Health Support - [Mental health - NHS](#)

### **For Children**

The Go To: **The Go To website** is the home of wellbeing and mental health for young people in North Yorkshire and provides a wealth of information and practical advice for children, young people, their carers and professionals.

[The Go-To - Emotional wellbeing and mental health](#)

YoungMinds: Offers advice on supporting children and young people with their mental health, including how to handle anxiety around Christmas.

[Helping Your Child with Anxiety at Christmas](#)

The Children's Society: Provides tips for managing children's mental health during the festive season, including maintaining routines and understanding their needs.

[Supporting Children's Mental Health at Christmas](#)

Childline: Offers free, confidential support for children and young people. They provide a safe space to talk about any worries or concerns.

Resource: Call 0800 1111 or visit Childline - [Childline | Childline](#)

Kooth: Kooth is a free, safe and anonymous **online wellbeing service** for children and young people. The Kooth team provide free, safe and anonymous online support and counselling. The whole team are made up of friendly and experienced individuals and are a bacp accredited service. [Home - Kooth](#)

Shout!: Shout is the UK's first and only 24/7 text service for anyone in crisis. Get free, confidential mental health support anytime, anywhere. Text 'Shout' to 85258.

[Shout: the UK's free, confidential and 24/7 mental health text service for crisis support | Shout 85258](#)

## **Out of School Achievements**

If your child has any out of school achievements, we would love to hear about them. Send pictures and information to [admin@sharow.n-yorks.sch.uk](mailto:admin@sharow.n-yorks.sch.uk)

### **Help your child with KS2 maths**

Adult Learning North Yorkshire is offering a free online course, '**Supporting Your Child with Key Stage 2 Maths**'.

Starting on Monday, 11th November, from 6:30 PM to 8:30 PM, this 6-week course is designed for parents and caregivers who wish to enhance their child's mathematical skills while also improving their own understanding of the subject.

Participants will:

- Explore the current Key Stage 2 maths curriculum.
- Learn effective strategies to support their child's learning.
- Engage with other parents in a collaborative environment.

To enrol, please visit the link: <https://tinyurl.com/KeyStage2Maths11>

### **School Disco**

This will be held in the church on Thursday 16th January 5-7pm.

### **Community Notices**

Please see below for fliers about activities in and around Ripon.

# Sensory Christmas Trail

20th December 2024 - 6th January 2025

Follow a nativity trail for the senses  
and be immersed in the fragrant  
smells that symbolise the wonderful  
birth of baby Jesus.



RIPON  
Cathedral







# Join us this Christmas

## TOY SERVICE

Sunday 8th December, 10:30am

Join us for a special child-centred service. At this service we collect Christmas presents for children in need in the local area.

## JOURNEY TO BETHLEHEM

Tuesday 24th December, 11:00am

This is an opportunity for children to experience the Christmas story for themselves by dressing up and becoming part of it! Followed by Christmas refreshments.

## CHRISTMAS TRAIL

Thursday 19th December – Tuesday 7th January

A Christmas trail for all the senses!



RIPON  
Cathedral

[RIPONCATHEDRAL.ORG.UK](http://RIPONCATHEDRAL.ORG.UK)



# Journey to Bethlehem

Christmas Eve  
11am

Become a part of the Christmas story in this fun interactive service where we bring the story of Jesus' birth to life.

Come dressed up as your favourite nativity character (or anything else you like – everyone is welcomed at the birth of Jesus!)

All children and their families are welcome.

Christmas refreshments served afterwards.



RIPON  
Cathedral

[RIPONCATHEDRAL.ORG.UK](http://RIPONCATHEDRAL.ORG.UK)

St John's, Sharow

Sunday 22<sup>nd</sup> December

5pm Service of Lessons and Carols



Tuesday 24<sup>th</sup> Christmas Eve

4pm Nativity Story



Please come dressed as Nativity characters.  
Some costume material available in church  
including adult sizes!

Wednesday 25<sup>th</sup> Christmas Day

10am Holy Communion





# AUTUMN WOODLAND WELLBEING

Supporting children with  
their physical, social and  
emotional wellbeing

For children aged 6-12yrs



**SATURDAYS 10.30-12.30**

16th, 23rd, 30th Nov and 7th Dec

In the grounds of Moorside School, Ripon

- ✓ Small group session, with qualified, experienced staff, using a therapeutic approach
- ✓ Individuals are supported to have the space to flourish in nature
- ✓ Natural craft, tools, fire lighting, den building, tree climbing, hammocks and much more....

Call Rachel on 07739420136 or email:  
outdooradventuresbookings@gmail.com

**Enquire Now!**



# **Squigglers is back!**

**the art and craft club for children**

**at Ripon Workhouse Museum every Monday during  
term time, 4:30 to 6 pm, £2.00 per session**

**We are currently doing leatherwork with Andy Bates from  
the BBC's 'Make it at Market'**



**For more details message Andy at [andy.bates@riponmuseums.co.uk](mailto:andy.bates@riponmuseums.co.uk) or  
just come along!**