

The following NHS page helps parents/carers by providing guidance on common childhood illnesses: [click here](#)



Acting Headteacher's Message

At Ralph Butterfield Primary School, safeguarding and promoting the welfare of children is everyone's responsibility and our top priority. Everyone who comes in to contact with the children and families who comprise our community has a role to play. Everything that we do has the children at its centre. Their wellbeing, their safety, their achievement, their happiness underpins every decision we make. Often when safeguarding is mentioned, the immediate thought is about child protection – when a child is suffering harm, or is in danger of suffering harm. However, safeguarding is much more complex than this and encompasses a very wide range of areas. At Ralph Butterfield Primary School, we ensure that all of our staff are well trained in all aspects of safeguarding and this training is regularly updated and frequently revisited throughout the year. We also ensure that our curriculum provides the children with age-appropriate opportunities to learn how to keep themselves healthy and safe.

We believe that one of the best ways to safeguard children is to equip them with the knowledge and skills to be able to keep themselves safe. Safeguarding themes are interwoven throughout our curriculum and the opportunities we offer in school. Some examples include:

- Our recent 'Safeguarding' assembly which was delivered to all children from Yr 1 to Yr 6
- Our 'Values' assemblies which are delivered to all children from Yr 1 to Yr 6
- Online Safety days with age-appropriate lessons
- Online safety discussions within computing and other relevant lessons
- Involvement in Anti-Bullying Week and Mental Health Awareness Week/Days
- Relationships, Sex & Health Education (RSHE) lessons
- Personal, Social, Health and Citizenship Education (PSHCE) lessons

If you are worried about a child's safety, please do not hesitate to contact myself the Designated Safeguarding Lead or our Deputy Safeguarding Lead (Mrs Robinson) via the school office, ralphbutterfield.school@york.gov.uk or call 01904 768325 (Option3). If a child is in immediate danger, call the Police on 999.

Helen Stephenson



Lower KS2 Netball Tournament

Congratulations to all children in Year 3 and Year 4 for taking part in the LKS2 Netball Tournament. A fantastic afternoon was had by all. It was so lovely to see the joy on the children's faces, how well they encouraged each other and for how they all congratulated the winning house. Thank you to all who were able to come along and watch.



The ZONES of Regulation®

Tools and Strategies for Regulation

There are multiple tools and strategies that we can use to self-regulate, and what each person finds helpful will be different. There are certain types of activities that generally support regulation in each zone.

Blue Zone tools help to wake up our bodies and release endorphins so we can regain focus and feel better.

Green Zone tools help us to stay calm and focused. These are often proactive strategies.

Yellow Zone tools help us regain control and calm ourselves.

Red Zone tools help us to stay safe and begin to calm down.

Tools and strategies are organised into three categories:

1. **Sensory Supports.** These include physical activities that can help in the blue zone to wake you up, or in the yellow zone to use any extra energy. It also includes strategies that involve different textures or sounds, e.g. stroking a pet or soft toy, or listening to music. Here are some more examples:

- Squeeze some Play Doh or make some Play Doh shapes.
- Build a Lego tower.
- How many wall pushes or jumping jacks can you do in one minute?
- Hug yourself tightly, then stretch your arms out as wide as you can. Repeat 10 times.
- Touch the floor and then reach up as high as you can. Repeat 10 times.
- Run/hop/skip around the playground or garden for two minutes.
- Touch your right elbow to your left knee 10 times. Now do the same with your left elbow and right knee.



2. **Calming techniques.** These include activities that help us to relax and ground ourselves and which may help us to feel calmer when we are in the yellow or red zone.

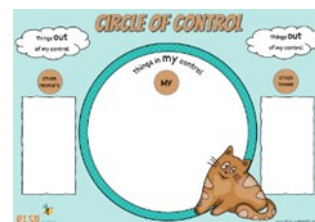
- Blow bubbles
- Helping Hand: use a finger from your other hand to slowly trace up and down your thumb and fingers as you breathe in and out. Breathe in as you trace up your thumb or finger; breathe out as you trace down. Do this 3 times.
- Calm-down cake: Breathe in slowly through your nose, like you're smelling a delicious birthday cake... Now blow all the air out of your lungs in one go, like you're blowing out the candles! Repeat.
- 54321 Grounding: Look around and count 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, then take 1 deep breath.
- Fiddle with a sensory toy.
- Do something that requires steady concentration, like colouring or threading.



Continued overleaf

3. Thinking strategies. These strategies are effective in all the coloured zones and support us to think through our feelings and make a conscious decision about the best way to deal with them.

- Size of the problem. Pause, and think about what's happening from the outside. Does the size of your reaction match the size of the problem?
- Positive self-talk. Listen to your inner coach, not your inner critic, and challenge/reframe negative thoughts. E.g. instead of 'I can't do it', think 'I will do my best'.
- Circle of control. If something causing you worry is out of your control, you can try to let it go. If it is in your control, plan to do something about it!



The ZONES of Regulation

Next week: using the Zones of Regulation at home



Children in Need

Children in Need is a charity which supports disadvantaged children and young people all over the UK and on Friday 15th November we'd like to join the nation in raising money for this very popular charity. Children are invited to come to school wearing their own clothes on this day, in exchange for a donation to the charity (please ensure clothes are suitable for a day at school). Your child could wear spots or yellow clothes like Pudsey or a Children in Need accessory.



During the week 11th – 15th November, if you would like to and are able to make a donation, please do so via Parent Pay. We will then notify you in due course, of how much money has been raised for this very worthy cause.

Thank you



Vacancies

City of York Council have a vacancy for a School Crossing Patroller, working directly outside our school on Station Road. This role is for 8 hours per week @ £12.13 per hour, paid for 44.65 weeks per year. [Click here for more info](#)

North Yorkshire Council have a vacancy for a School Cleaner, working in our school. This is for 12.5 hours per week @£12 per hour and includes a recruitment payment of £200.

[Please click here for more info](#)



Parking

Please park safely, respectfully and legally near our school.

Parking services, a department within City of York Council, enforce parking restrictions in the York area and take action against people who park illegally.

Vehicles are parked illegally if they are 'in/on or adjacent to' a number of things, to include:

- Yellow lines (waiting restrictions)
- Disabled bays
- Pavements
- Bus stops
- Dropped kerbs
- Zigzag lines outside of schools

Parking services can issue a parking ticket (penalty charge notice, or PCN) - a parking fine - for each of these offences.

Parking Hotline

To report a vehicle which is parked illegally call the **Parking Hotline** on telephone: 0800 1381119



Please [click here](#) to view additional information



Admissions Consultation

City of York Council have asked us to share the following with you:

The Coordinated Admission Consultation for admissions in 2026 – 2027 is opened **Monday 7th October 2024**.

This year's Admissions Consultation is being jointly held by admissions authorities in the City of York between **7th October and 18th November 2024**. The consultation includes the admission policies and planned number of places available at each school in the year(s) of entry 2026-2027.

All documents can be found in their draft (pre-determined) form at <https://www.york.gov.uk/SchoolAdmissions2026To2027> during the consultation period.

Responses are being collated by an online survey, schools, trusts, parents/carers and any interested parties may all contribute to the Admission Consultation. If you wish to contribute you are invited to go to <https://www.york.gov.uk/SchoolAdmissions2026To2027> and complete the appropriate survey online.



Any comments received regarding a Multi Academy Trust policy or PAN change will be forwarded to the relevant Trust, who are their own admission authority, to consider within their own admission consultation. Please be aware that if there are no proposed changes an admission authority may not be holding a consultation.

Following the consultations, each admission authority will formally set ('determine') their admission arrangements for admission in 2026 - 2027 by 28 February 2025. Determined policies will be on the City of York Council website by 15 March 2025 after which objections can be raised.

All documents can be found in their draft (pre-determined) form at <https://www.york.gov.uk/SchoolAdmissions2026To2027> Determined policies for the 2024-25 and 2025 - 2026 can be found at <https://www.york.gov.uk/SchoolAdmissionPolicies>

If you require a paper copy of any document, you can request this from education@york.gov.uk or 01904 551554.

York Walk to School Week



Next week-21st-25th October is

York walk to school week, where schools in the York area compete to see how many children they can encourage to walk, scoot or cycle

to school that week; instead of taking the car. We would very much appreciate your support and to enjoy a little exercise every morning on the way to school. Each morning, the class teachers will record how the children have travelled to school. This will then be collated and sent to the council, who will let us know who the winners are. Please help to support your child and the school in this event wherever possible. Thank you



Walk to School Week

Mrs Atkinson - PE Leader



Cross Country Competition



On Monday after school, lots of children from Years 1 to 6 braved the elements of the British weather and took part in the York Schools cross country competition. Everyone gave 100% effort and we are very proud of them for representing the school and taking part. Thank you to all of the parents and carers who took the children to the event and stayed and supported.



A special thank you to Miss Dawson and Mrs Newsome for giving their time to support the children who attended.

Mrs Atkinson - PE Leader



Be Bright, Be Seen



Stay safe on our roads.
Let's look out for each other.

www.itravelyork.info



Early Years Foundation Stage (EYFS)



This week in **phonics**, we have revised all of the phonemes which we have learnt over the half-term. This totals twenty and we are extremely impressed with how quickly children have learnt these, are recognising them, and are beginning to use them to also sound out and blend words to be able to read. It has been a pleasure to see children getting excited when they have read new words! We are very much looking forward to this continuing.



In **maths**, the children have learnt about circles and triangles. They have done this through exploring the properties of the shapes, identifying them in a collection of everyday objects, through stories and doing a shape walk around school. The children also learnt about the artist Kandinsky who painted this picture using concentric circles. The children painted their own concentric circle pictures exploring colour, shape and paint brush skills.

As part of our Marvellous Me topic, this week we have explored people who help us in our local community. We took a virtual walk, on Google maps, through Haxby, to investigate the services where people help us, for example, the dentist surgery, hairdressers and church. The children also enjoyed using the maps, on the interactive whiteboard, to find their houses and places familiar to them.

Harlow Carr visit

On Wednesday 23rd October, we will be visiting Harlow Carr. Please ensure all children have a waterproof coat, sturdy shoes/boots, trousers and a packed lunch (if required) on that day. If you have any questions regarding the visit, please do ask.



It has also been fantastic to be able to chat with many of our Reception families this week during parents'/carers' evening appointments. We really do value this opportunity to discuss how well your child is settling into their school life. We are looking forward to speaking to the remaining families next week, during our online appointments. Please don't hesitate to contact us, if you wish to discuss anything.

Your child is entitled to free milk until their 5th birthday. If you would like them to continue to receive this, past their birthday, please visit the Cool Milk website (using the link) to sign up and pay for this. Thank you <https://www.coolmilk.com/>



Thank you for your continued support.

Mrs Robinson, Mrs Greenwood and the Reception team



We hope you have enjoyed browsing the latest Scholastic leaflet that your child/ren brought home last week. As well as this month's leaflet, there are hundreds of fantastic, discounted children's books to choose from online. They have a huge selection of classic stories, new books and activity packs to pick. Here is a selection of this month's best sellers.



Many thanks to everyone who has already placed an order. **If you would like to order, please place your order online by Wednesday 30th October** (<https://schools.scholastic.co.uk/ralph-butterfield-primary/digital-book-club>). For every £1 you spend, it will earn 20p for our school in Scholastic Rewards that we can use to buy a wide range of wonderful books for the children to access in school. Thank you for your continued support of our Scholastic Book Cub.

Miss Clapham



Key Stage 1 (Years 1 & 2)

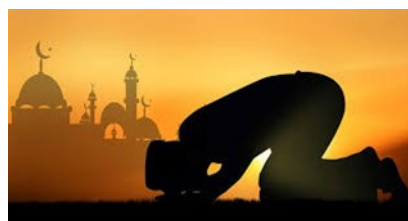
What a busy week it has been! This month is Black History Month and we have been thinking about other cultures. On Tuesday, we came together as a key stage for a special online assembly that explained about Black History Month and the reasons why it is important to tell stories about the past that are from different perspectives. As part of the assembly, CBBC and radio presenter Swarzy spoke about her experiences growing up in London as a Guyanese-Mauritian child and shared details about her family's rich cultural heritage. Linked to Black History Month, Key Stage 1 have been enjoying the story "Handa's Surprise" which is centered on a little girl in an African village. We were writing interesting coherent sentences, using the elements from Colourful Semantics. The children were able to use adjectives and adverbs effectively to write some amazing sentences.



In science, we were exploring the question "Are all humans the same?" We have been learning about parts of the body and the five senses. There are some things that are the same about all humans and some that may be different from person to person, such as hair, eyes and skin. We enjoyed drawing pictures of ourselves, our friends and investigating the similarities and differences.



In RE, we have been learning about Islam and how the Prophet Muhammad inspires good and kind behaviour. We thought about the qualities that make a good leader and that the Prophet Muhammad has inspired people all over the world for more than 1400 years. We explored stories about him, including "Muhammad and the Cat" and thought about what they teach people about, how to behave and how to live. We were very thoughtful and it was lovely to see the care and respect that our children so clearly have for each other.



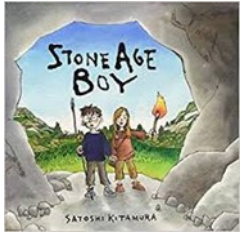
Well done Key Stage 1. Keep being amazing!

Mrs Atkinson, Miss Tattersley, Miss Griffiths and Mr Merrall



Lower Key Stage 2 (Years 3 & 4)

Another great week in Lower Juniors!



In English this week, the children have independently written their own versions of the Stone Age Boy. They did amazingly well by following the 5-part story structure: introduction, build up, problem, solution and ending. They also included a variety of writing features, making their writing engaging and interesting to read. We were particularly impressed with the amount of topic related vocabulary and description that was used to bring their stories to life.

During our pencil to pastels art topic this half term, the children have used different grades of pencil, charcoal and pastels to create different cave painting images. After experimenting with all three, the children designed their own cave paintings, choosing which media to use. The detail added, colour choices made and the technique used to shade and blend colours was just fabulous!



As part of celebrating Black history month, the children have taken part in an online class assembly from Picture News. This year's theme is 'Reclaiming Narratives' and the assembly focused on BBC radio 1 Swarzy's experience of growing up in Britain as a black person. She spoke about her parent's backgrounds and her experience of the educational system.

Class 6 were very lucky to attend the 'Whole Life Community Garden' situated behind the doctor's surgery in Haxby on Tuesday. We were extremely lucky with the weather and we all thoroughly enjoyed our afternoon planting bulbs ready for the Spring. Alongside this, the children also took part in a nature trail around the gardens spotting signs of autumn, different animals and plants.



Please do come and speak with us if you have any queries, questions or would like to share any news with us.

**We hope that you have a great weekend.
Mr Daniel, Miss Hodgson, and Miss Clapham**



**Be Bright,
Be Seen
Be Safe**

Travel York
North Yorkshire
City of York
CITY OF YORK COUNCIL



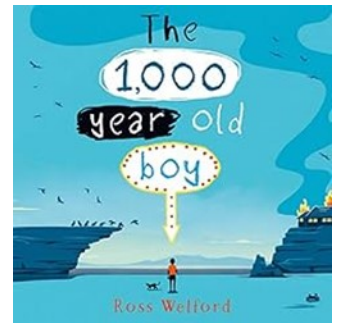
Upper Key Stage 2 (Years 5 & 6)

During English, we have been writing descriptions of a setting and a character. We have enjoyed improving our range of higher-level vocabulary, whilst also including a wide range of grammatical features. We also considered the use of figurative language through similes, metaphors and personification. It has been fascinating investigating authorial intention behind different techniques in descriptive writing.



In history this week, we continued our study of the Vikings and Anglo-Saxons. Through our research, we began to understand how they lived and the decisions they had to make. This included their day to day lives as well as selecting which ruler they wanted to follow. We compared the lives of Anglo-Saxons living in the South of England and the Vikings living under Danelaw in the North, identifying similarities and differences between them.

In reading, we continued to expand our understanding of different question types and discussed how to find and use evidence from the text in our answers. We read our class novel, 'The 1000 Year Old Boy', and then found synonyms for a range of vocabulary from the chapters we had read; we recorded these words into our personal vocabulary books for use later in English lessons. In our follow-up task, we considered what each of the main characters could have been thinking when they first met each other following a devastating fire. At the end of the week, we completed a series of formal comprehension questions based on what we had read.



Please contact us or speak to us directly if you have any news, questions or concerns.

Mr Bennett, Mr Carpenter, Mrs Fitzpatrick and Mr Tod



**Apply
online**

Secondary school
admissions



Apply by:
31 October 2024

If your child was born between 01 September 2013 and 31 August 2014, apply online now for a Year 7 secondary school place in September 2025.

• Log onto: york.gov.uk/ParentPortal





PTA News

Joining the Team

If you are interested in joining as a member, would like to be kept in mind to help volunteer for any PTA arranged events or have any other questions about what it means to be part of the PTA, then please do email us at ralphbutterfield.pta@gmail.com. We also have a [Facebook page](#) where we share information and where you can also contact us.

Thank you for all of the Christmas card and gift orders! We will update you with a delivery date as soon as we are informed but that will most likely not be until after half term.



Bags2School – Thank you!

Huge thanks for all of the unwanted clean and usable old clothes, sheets, towels, bags and paired shoes that you have donated. We will update once we know how much this raised has for school.

Uniform - The PTA continues to take donations for any unwanted RB school uniform to re-sell (all money made goes to the school). If you are having a sort out – please do keep it for us! Any donated uniform can be handed in to the school office.

ASDA Cashpot

Reminder: Please do select Ralph Butterfield School in the 'ASDA Rewards' App when you shop and scan at ASDA. ASDA will donate (0.5% of your total spend) to our school! Please let friends and family know meaning we can raise more for school. What a fabulous amount so far!



Cashpot for Schools
⌚ 44 days left

Ralph Butterfield Primary School
Station Road Haxby, York, YO32 3LS

UK total raised
£235.84

Last updated on 17 October 24

CLARE'S KITCHEN - LITTLE CHEFS CLUB



RALPH BUTTERFIELD PRIMARY SCHOOL

Clare's Kitchen after-school Cookery & Baking Club starts at the end of the school day, **for 2 hours** on a **Tuesday**. Children plan, prepare and cook their own nutritional meal, then dine together. They learn a whole range of independent skills, as well as having fun and gaining confidence. There are fun 'Bake Offs' around celebrated holidays and special days such as Halloween, Christmas, St Valentine and Easter. Our weekly sessions are £12.50 each, which are payable upfront. A warm snack with bread is provided when we bake and little chefs may take home anything they do not eat. Do you have a little chef at home who would like to join us?

Email: clare@clares-kitchen.co.uk Contact: 07813182216



FAMILY MATTERS YORK

In partnership with



HANDLING ANGER IN THE FAMILY

5 FREE PARENT/CARER SUPPORT SESSIONS
OCT/NOV 2024

ALL families experience anger & conflict.
It's normal!
But how often do we talk about it?



Join us for these FREE sessions
to understand more about

- Anger as a big emotion
- Anger triggers
- Boosting self-esteem
- Realistic expectations in relationships
- Communicating calmly
- Handling conflict well

Share with others & find
you're not alone!

HEADLANDS
PRIMARY
SCHOOL
HAXBY
YO32 2YH

STARTING THURSDAY
17TH OCTOBER 2024
9AM CUPPA.
9.30 - 11.30AM SESSION
5 WEEKLY SESSIONS

FREE
COURSE

SIGN UP:

www.fmy.org.uk/york

jenwootten@fmy.org.uk

Tel: 07393 147259



CHAT . SHARE . SUPPORT

