



## Headteacher's Message

Good afternoon

### [Keeping children safe online](#)

Please could I urge all parents/carers of children who have a phone and/or use social media, to regularly, if not daily, take a look at the content they are interacting with and what they themselves are posting/messaging? Whilst these interactions take place out of school, and can be great when everything is going well, it is important to let us know when there are issues; we will always do everything we can to support resolutions and alert parents/carers to information they may not be aware of. This week some of our older children have particularly experienced upset through the use of Snapchat. We have put a 'keep your child safe on Snapchat' guide on our 'online safety information' page on the school website, which can also be accessed by [clicking here](#). This guide, along with others for applications (apps) such as Minecraft, Roblox, TikTok and What's App, is a highly informative and useful read. I also particularly wish to alert parents/carers who may not know, that it is possible on Snapchat to join random groups, which can result in children receiving messages from people that they do not know. I am sure you would agree that this is highly dangerous and leaves children in a very vulnerable position. Please consider the age restrictions on apps, as these are applied with good reason. Thank you.

### [Zones of Regulation](#)

At the end of this letter you will be able to read part 2 of our 'Zones of Regulation' guide for parents/carers, courtesy of Mrs Bennett. This week's guide shares information about really useful tools and strategies for supporting the regulation of emotions.

### [Year 6 Residential](#)

I just wanted to take this opportunity to mention how fabulous our Year 6 children were on their residential trip this week. We are really proud of all of them for how they approached activities and conducted themselves whilst there. They were amazing. I would also like to thank the staff who willingly volunteered to be on 24/7 duty! Mrs Craig, Mrs Atkinson, Mr Keaney, Mr Bennett and Mrs Stephenson – thank you for making it possible for these children to have the opportunities experienced on the residential. I'm sure these staff and the Year 6 children will be sleeping extra soundly this weekend!

### [Remembrance](#)

This school really does have the most wonderful, considerate and respectful children. They did themselves so proud during our morning assembly, around the act of remembrance, then again at 11 am this morning. It felt very special and poignant to have our in-school community sharing a one minute silence together, on the playground, in consideration of all those individuals and families impacted by war and conflict from World War I up to the present day.

I hope that you can have an enjoyable weekend.

*Liz Clark*



## Early Years Foundation Stage (EYFS)

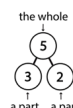


This week, we have continued to explore our theme, **'Let's celebrate'**. The children have shared their own experiences of how birthdays are celebrated in your families (thank you for sharing these on Tapestry) and also learnt about how birthdays are celebrated differently around the world.

As part of our work on understanding the world, we have also joined the children throughout the school in learning about the significance of Armistice Day. Every child has made a poppy and taken part in our one minute silence with the whole school on Friday, in a very respectful manner.

In **phonics**, it is fantastic to see the enthusiasm for learning that our children display. They continue to be excited, on a daily basis, when we learn new phonemes. We are also so pleased with how the children are retaining and using the GPCs learnt so far! We have learnt four new phonemes this week; **v, w, x and y**.

In **Maths**, this week, the children have continued to explore their understanding of number with a focus on the number 4 and 5. They have experimented with addition skills and counted on 1 more; matching this to a part-part-whole model or a number sentence.



This week, the children have also begun to learn our nativity songs. We hope they will soon be singing them to you at home!

We are delighted to see that parents/carers are beginning to use Tapestry. We hope you are enjoying seeing all the wonderful learning that your children are doing at school each day. If you would like to add an observation of something that your child does at home, please do. We would love to see it! Also, please do ask if you have any questions about how Tapestry works.

Thank you for your continued support.



**Mrs Robinson, Mrs Daniel, Mrs Greenwood and the Reception team.**

## Key Stage 1 (Years 1 & 2)

What a busy week we have had learning about correspondence and writing our very own letters. After our very exciting letter from the Mayor of York and launch activities, we decided to write back to him to tell him all the wonderful activities we had done. Everyone did a fantastic job of setting out their letters, using detail to explain what we did and using question sentences to gain more information. Super letter writing skills everyone!

We have enjoyed our gymnastics lesson this week and have further developed our shapes including tuck, star, straight, straddle and pike. We have thought carefully about different ways to make these shapes on the mats as well as low apparatus. Everyone was very sensible and showed great respect when using the apparatus which was fantastic!



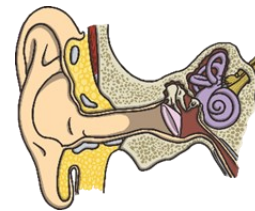
In PSHE this week, we have explored our behaviour and how we should behave in different surroundings and circumstances as well as knowing what to do if we feel uncomfortable. We acted out different scenarios and discussed what we would do and why. The adults were very impressed with everyone's maturity in dealing with the different scenarios as well as their answers of what they would do. Well done everyone, great discussions and team work!



**Mrs J Atkinson, Mrs Reeves, Mrs K Atkinson.**

## Lower Key Stage 2 (Years 3 & 4)

Our science topic this half term is sound. We began the topic by sharing what we already knew about sound, looked at topic related vocabulary on our knowledge organisers and stated what we would like to find out during our topic. The children came up with some very interesting questions such as 'How could you soundproof a room?' Afterwards, we discovered sounds are created with vibrations. Following this, we completed a school sound survey to identify sounds around school and discussed what the source of the sound was. We learnt lots about how sound travels and how we hear things. We were all fascinated with the extra large model of the human ear which helped us to label the different parts of the ear.



In French this week, we have continued to learn the months of the year by creating a months washing line, singing songs and practical activities. We all thoroughly enjoyed the challenge of organising a mixture of individual letters into the correct order to spell out the months of the year in French.

We have continued working with 2Calculate (spreadsheets) in computing this week. We quickly learnt last week that we all needed to use our maths knowledge, as well as our computing skills, when working with spreadsheets and learnt how to input information and use a formulae to work out percentages. This week, the children have continued to develop their knowledge of spreadsheets and played a timetables game and then adapted the game for a different times table.



Well done Year 3 and 4 for a fantastic week!

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

**Mr Daniel, Miss Hodgson and Miss Clapham**



## Upper Key Stage 2 (Years 5 & 6)



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. As a class, we reflected upon their choices and what we would have done in their shoes.

In English, we completed a series of 'slow writes'; these are opportunities for us to work together as a class to write text. We spent time carefully selecting our sentence structures for effect; considered thoughtfully the cohesion of our paragraph, whilst trying to avoid repetition, and discussed choosing the most appropriate vocabulary. As a result, we finished the lessons with a better understanding of how to structure a piece of writing.



In reading, we continued to expand our understanding of different question types and discussed how to go about finding an answer. The children studied texts carefully before attempting each question. We then worked collaboratively to discuss the strength of their answers and how they could improve upon them.

Please do not hesitate to contact us or speak to us directly if you have any questions or concerns.

**Mr Bennett, Mrs Stephenson and Mr Tod.**



For all parents whose children have not told you what they did whilst at Robinwood, here is a brief summary. All staff and pupils, thoroughly enjoyed the range of activities on offer: canoeing, archery, caving, trapeze, giant swing, zip wire, night line, Knight's quest, dungeon of doom, climbing, team challenge and the infamous piranha pool.

The activities varied across each day and challenged them in a range of areas: mental, physical, overcoming fears and teamwork. All children completed every task to the best of their individual ability which at times took them out of their comfort zone.



We are very proud of all the children and what they achieved on an individual basis. Their approach to this whole experience was fantastic and the children were a pleasure to take and spend time with. We thoroughly enjoyed being able to spend time with the children outside of the normal school environment, which helped to deepen our relationship with each individual.



Thank you for all your kind messages and we wish all a restful weekend (apart from the washing).

**Mrs Stephenson, Mr Bennett, Mrs Atkinson, Mrs Craig & Mr Keaney.**



## Remembrance Assembly



This week the school joined together for a special Remembrance Assembly on Friday. Everyone was very respectful and showed great maturity when discussing why we remember.

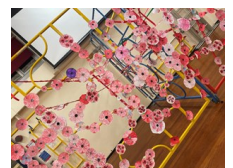
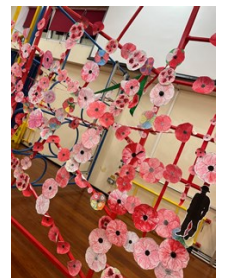
During our assembly, the children all saw their poppies that they had coloured in, as we made them into an art installation in the hall to represent the power of coming together in support.

We enjoyed learning more through song as well, as we sang 'On the 11<sup>th</sup> hour'. If you would like to listen, click here.

(Link for the click here song - [https://www.youtube.com/watch?v=EcDzcJmgtNs&list=RDEcDzcJmgtNs&start\\_radio=1](https://www.youtube.com/watch?v=EcDzcJmgtNs&list=RDEcDzcJmgtNs&start_radio=1))

The whole school joined together at 11am on the playground, to pay our respects in a one minute silence, followed by the Last Post.

**Mrs Reeves, History Lead.**







BBC Children in Need is a charity that provides grants and funding to projects based in the UK that have the aim of helping disadvantaged young people; this help comes in a wide variety of forms. For example, a lot of Children in Need's invaluable work involves supporting charities that help children who have been affected by poverty, disabilities, abuse, and mental health difficulties. On Friday 18th 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 14th – 18th November, please make any donations on Parent Pay. We will then notify you in due course, of how much money has been raised for this very worthy cause.

**Thank you**

*Please note: there will be a change to the school menu on Friday 18th November to celebrate Children In Need.*



Friday 18<sup>th</sup> November 2022

### CHILDREN IN NEED

**Main Option**  
Sausage in a Bun  
*Served with Wedges, Peas, and Sweetcorn*

**Vegetarian Option**  
Vegan Sausage in a Bun  
*Served with Wedges, Peas, and Sweetcorn*

**Pudding**  
Pudsey spotty cake



## Anti-Bullying Week 2022

Anti-Bullying Week will take place next week (14<sup>th</sup> to 18<sup>th</sup> November), and has the theme Reach Out. The week will kick off with Odd Socks Day on Monday 14<sup>th</sup>

November, where adults and children will be asked to wear odd socks to celebrate what makes us unique. The children will come in their normal school uniform, and shoes, but will wear odd socks. Throughout the week, each class will participate in activities based on identifying different forms of bullying and how to seek help if they, or someone they know, is being bullied.





**York Concert Band** will be performing their Christmas Concert in our school hall on **Friday 2<sup>nd</sup> December from 7.30-9.30pm**. They approached us after their original venue let them down and have said all the ticket sales will go to our school. This is an amazing opportunity to hear some wonderful Christmas songs and even a carol or two!

York Concert band are a thriving 50-piece band with brass, woodwind and percussion sections, so it will be quite a show! Please tell your family and friend, get your tickets and get in the festive mood!

A letter has come out today inviting you to buy tickets for this event. We will also publicise it to the wider Haxby community so please get your tickets quickly. Tickets are £6.00 for adults and £3.50 for children. Payment details are in the letter.



Please return your form to school by **Wednesday 23<sup>rd</sup> November**

### Christmas Eve Treat Bags

Order Forms for Christmas Eve Treat Bags will come out early next week.

The Treat Bags will be **£5** and include:

- \* Hot chocolate and marshmallows
- \* Reindeer food (bird safe)
- \* A candy cane
- \* Elf kisses
- \* A decoration to paint
- \* Marshmallow snowman to build
- \* Plus one or two other little Christmas activities



They are perfect little gifts for Christmas Eve for your own children or friends. All profits go to the school and we know the children love them! **Please order by Friday 2<sup>nd</sup> December 2022**

*There are also details on the Order Form for those who receive free school meals through the pupil premium scheme.*

### The BIG Christmas Prize Draw

Next Week we will launch our BIG CHRISTMAS PRIZE DRAW!



We have been overwhelmed with amazing prizes from local and national business. It will be **£1 a ticket** and will be drawn on Friday 9<sup>th</sup> December at 4.30pm.

We have food and chocolate hampers, £50 Amazon voucher, Boden vouchers, Bettys hamper, Beauty and hair treatments, lots of family days out and of course our star prize a Nintendo Switch Lite. There are over 25 prizes to be won!

It will be an online prize draw and we hope you can support it – more details and the link next week.

### CHRISTMAS FILM NIGHT on THURSDAY 1<sup>st</sup> December

(this is different to the date in the last newsletter).



**Year 1-3 – 4.30pm – 5.45pm**

showing 'Shrek the Halls' and 'Ice Age Mammoth Christmas'

We find that the younger children sometimes struggle with long films especially in the excitement of being in school with friends...it's understandable, so we will be showing two short Christmas themed films with hot dogs, crisps/popcorn and squash will served with a break in between.

**Year 4-6 – 6.00pm – 7.45pm**

showing Home Alone



Again, hot dogs, crisps/popcorn and squash will served. There will be vegetarian hot dogs available.

Christmas onesies, PJs, jumpers and a cushion/rug to sit on are encouraged but not essential (please label with names!)

# 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:

**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.



**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.



**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!



Next week: using the Zones of Regulation at home.





the national sleep helpline

# Does your child suffer with sleep issues?

Do you struggle with your child's bedtime?

Will your child not sleep in their own bed?

WE CAN HELP

**03303 530 541**

Sunday - Tuesday & Thursday 7pm - 9pm  
Wednesday 9am - 11am

the national sleep helpline

**50%**

**Around 50% of children will have a sleep issue at some point\***

**WHAT IS THE NATIONAL SLEEP HELPLINE?**

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

**HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?**

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

**03303 530 541**

Sunday - Tuesday & Thursday 7pm - 9pm  
Wednesday 9am - 11am

POWERED BY the sleep charity

IN PARTNERSHIP WITH Furniture Village

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St Leonard's Hospice  
Caring for Local People

# Christmas Fair

- \* Get a present from Santa
- \* Christmas choir and entertainment
- \* Festive food & drink
- \* Stalls \* Tombola
- \* Games and prizes

...and much, much more!

York RI  
Hamilton Drive, Acomb, YO24 4NX

**12-4pm, Sunday**

**20 November**

ENTRY FEE DONATION  
**£1**

St Leonard's Hospice, York is a registered charity, no. 509294 and a company limited by guarantee, registered in England and Wales, no. 01421533

