



Dring Digest w/e 10 February 2023

**Wishing you all a happy and safe half term break,
see you back in school on Monday 20th February.**

Dear Parents/Carers,

➤ **School Attendance Matters**

Going to school every day can help your child experience new things.

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can help your child experience
new things.

#GoingInNotMissingOut

For more information on school absence in York visit:
www.york.gov.uk/SchoolAttendance



➤ **Playtimes at Dring are changing...**

We are currently investing some time and money into the development of play at Dringhouses and this involves changing the culture around play and our play offer. To help us develop this project we are asking if you have any of the following resources at home which you might be able to donate to the school to help us get ready for the project launch later this month (look out for more information on this)

- Small world (cars, dolls, trains, playmobil, figurines etc)
- Puzzles/Games
- Dressing up costumes or hats
- Crates
- Off cuts of guttering/drain pipes
- Planks of wood or slices of wood
- Off cuts of artificial grass
- Large plastic drums/buckets or cable drums
- Pine cones and acorns (perhaps an afternoon in the spent in the woods seeing who can find the most might be lots of fun)
- Old pots and pans and other cooking utensils (no glass please)
- Chalks and crafting materials

Please bring your donations to the main school office. Thanks

➤ **Proposed redevelopment of the front of the school**

We are planning on making the front of the school more beautiful and inviting.

The ideas that we have so far are to include:

- A few benches
- A small pond with a solar powered water fountain
- Science equipment such as an outside thermometer and rain catcher
- A water butt to collect rain water
- Weather proof rugs
- A pebble patch - this will be a place for each child to add a painted stone to.
- Hardy plants such as lavender and rosemary which can attract insects and smell lovely.
- Stepping stones
- A herb area for the kitchen to use.

If you are able to help us source any of the above, have ideas of how to help create this area or are able to donate any of your time to help build the area once we have the materials we would love to hear from you...

Please let us know by popping in or email csmith@dringhouses.co.uk and we will get back to you as soon as possible.

➤ **Spring 2 – Class PE Timetable**

Please note the days that your child has PE in school.

Hall Timetable- Spring 2 2022/2023

M O N				Class 11	
T U E S	Class 1		Class 2	Class 5	
W E D		B R E A K		Class 7	Class 9
T H U R S	YSSN 9-10 Class 8		YSSN 10:50 - 11:50 Class 4	YSSN 13:45-15:00 Class 10	
F R I	Class 3			Class 6	SMA

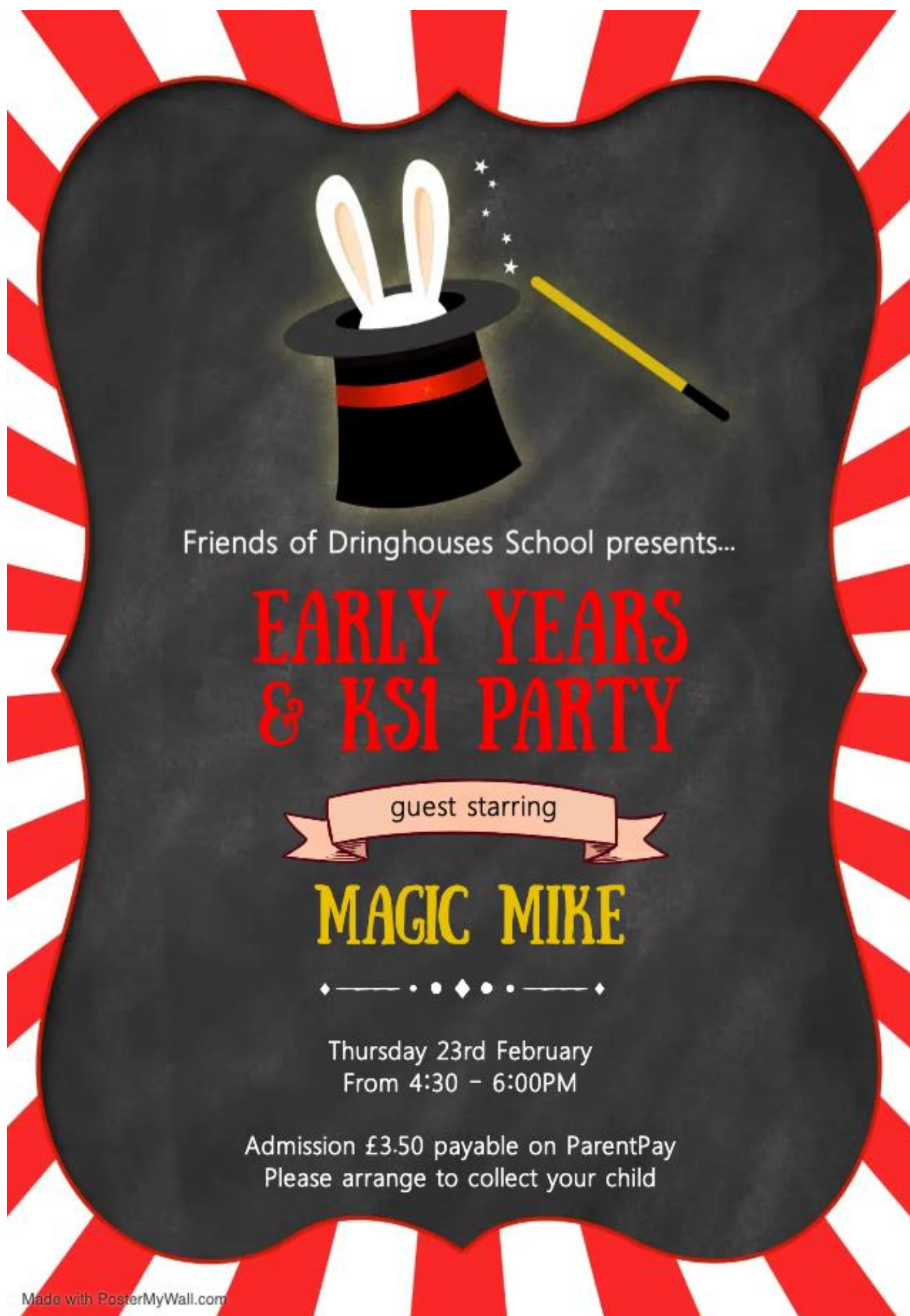
➤ **Recording Attendance – 1st February Day of National Strike Action**

Some families have been asking about the recording of their child's attendance on the 1st February, the day of National Strike Action for teachers. The DfE issued guidance to all schools on how attendance should be recorded on this date. In our case the school closed and we were instructed to record all pupils with a Y code for this day. The Y code is essentially an absence code because your child was not in school on this day but it does not affect their overall attendance percentage and will not be viewed negatively.

➤ **World Book Day – 2nd March 2023**

Unlike previous years and in response to the current cost of living crisis we will not be dressing up as our favourite book characters this year. Instead we will be enjoying a focused whole school assembly, a visiting book fair and a book swap event. Please see the reading newsletter Vol.03, for more details.







PAY HERE

KS2 DISCO

YRS 3/4 3:30-4:30PM
YRS 5/5 4:45 -5:45PM

Wednesday 8th
March 2023

£4 per child payable on
Parent pay

10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage ...

THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. Those emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fail or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance: striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity: it's like listening to a favourite song that always makes you feel happy or confident.

ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

Meet Our Expert

Daniel Lipscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.



Source: https://www.ofcom.gov.uk/_data/assets/pdf_file/0024/234809/childrens-media-use-and-attitudes-report-2022.pdf



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National
Online
Safety®

#WakeUpWednesday

COMMUNITY NOTICES

YorOK and Shine

<https://www.yor-ok.org.uk/young-people/shine-new.htm>

Our [Yor OK Shine](#) page has information on what is happening in York throughout the school holidays, for children of all ages, young people and families. This includes a page for [Holiday Activities and Food, HAF](#)

You can also search for activities and services for families by visiting our [online search](#)

York Family Information Service offers information to families on anything to do with family life in York, so no matter what your query, just ask!

Dringhouses Cricket Club

Our local cricket club is inviting children to give the game a try this year – with training at indoor nets starting on Friday February 17.


Dringhouses Cricket Club offers a friendly, local and supportive atmosphere to earn the basics of the game and develop skills. There will be a lot of activity including the ever-popular All Stars programme in the summer, but children of all school ages are welcome to get some winter practice in at the nets sessions.

You don't need experience, equipment or to know a sweep from a silly mid-off (but bring your bat if you've got one).

The club runs teams for under 9s and under 11s but all ages are welcome.

Indoor nets run on Friday evenings on Feb 17 and 24, March 3 and 10, 5-6pm, 6-7pm and Just come along to Copmanthorpe Sports Hall, Barons Crescent York YO23 3YR

Puttstars Discount Offer



**CLASSROOM TO LANE TO
PUTT TO CLASSROOM**

**FOR ALL YORK SCHOOL PUPILS & STAFF ACROSS FEBRUARY HALF
TERM**



25% OFF ONLINE BOOKINGS BEFORE 10:30

**SIMPLY INPUT CODE YRLFC25 @ CHECKOUT FOR YOUR
BOOKING**

**SELECT TO APPLY THE DISCOUNT TO EITHER BOWLING OR
GOLF**

SUBJECT TO AVAILABILITY

***OFFER AVAILABLE BETWEEN 11TH & 19TH FEBRUARY 2023**

Level 2 Support Work in Schools & Colleges FREE Online Course

Would you like to gain a level 2 qualification in Support Work in Schools and Colleges and gain experience of volunteering in a local school?

The course seeks to develop the knowledge and understanding that those working in a school or college setting will need. Content includes safeguarding, health/safety, children and young people's development, equality, professional communication and understanding the school and college context.

The course will enable students to develop an understanding of working in a support role in a school and will promote parental engagement with children and young people's learning.

It is a course requirement that all students attend an Initial Assessment session



Skills Check session

Date: Friday 10 Feb 2023

Time: 09.30 – 12.00

Online session on Zoom & Canvas
Course ID: C3681618 **PIN:** 64593

Level 2 Support Work in Schools Course

Dates: Fridays 24 Feb – 14 July 2023
(no sessions in school holidays)

Times: 9:30 am – 2:30 pm
(with a 1 hour lunch break)

Online course on Zoom & Canvas
Cost: FREE
Tutor: Katie Croft
Course ID: C3681116 **PIN:** 66497

*Course is for York, North Yorks, Hull, E Riding, N & NE Lincs residents only

Contact Diane Quinney for course information dquinney@wea.ac.uk

Enrolments: online at wea.org.uk or phone: 0300 303 3464

The WEA is a charity registered in England and Wales (no. 1113775) and in Scotland (no. SC039239).



Helping in Schools

WEA
Adult Learning
Within Reach

Time out for Parentsspaces still available

Fancy a break? A bit of 'Time Out' for yourself?

The demands and routines of parenting children and young people mean that sometimes we need a bit of space to stop, think and catch our breath! Join our parenting events and courses to make some space for yourself and to take time to invest in your family. Our courses and events aim to support, encourage and equip you to 'keep going' as a parent, even when things are tough.

Check out our parenting courses - starting soon - and sign up. We would love to see you. <https://fmy.org.uk/york/>

For an overview of our upcoming Feb/March 2023 courses, click [here](#)

Is your child.....Anxious?

Stressed? Feeling down?

Lacking confidence?

Knowing how to support the emotional and mental wellbeing of our children and young people is one of the biggest challenges parents & carers face today. Join us for a single session parenting event to share, discuss and learn strategies to equip our children and to support them in building their emotional well being and resilience.

New FREE Event
'A Mind Of Their Own' Sat 11th March
9.30am - 12 noon @ The Belfrey Hall, 52a Stonegate, YO1 8AS

For flyer click [here](#)

Tuesday evenings

7.30 - 9.30pm (5 weeks) starting 28th February at St Andrew's Church, Huntington Rd, York January at St Lawrence's CE School, 99 Heslington Rd, York YO32 9PX

For flyer click [here](#)

Thursday mornings

9.30 - 11.30am (4 weeks) starting 2nd March

at Cornerstone, Millfield Lane, York YO10 3AP

For flyer click [here](#)

Thursday evenings (online)

7.30 - 9.15pm via Zoom starting 2nd March

For flyer click [here](#)

Sign me up

To book a place or for further information please contact:

Jen Wootten Tel: 07393 147259

Email: jenwootten@fmy.org.uk

Or you can find more information about our courses on our website <https://fmy.org.uk/york/>

We also offer Reconnect, a 5 session couple to couple mentoring service, focusing on relationship skills to help you strengthen your couple relationship. For details contact Emma

at emmamarshall@fmy.org.uk

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