

**Dringhouses**  
Primary School | York

## 10.02.23 Spring Half-Term 1 - Newsletter

1. A word from the Head
2. Wellbeing Watch
3. Whole school dates ahead
4. SEND update / Neurodiversity
5. Come paint with us....

Welcome to another half-termly newsletter.

Another half-term down as we scoot towards the halfway mark of this academic year. This half-term has been fantastic, and busy, as ever. The school's Instagram feed is a testament to the exciting stuff that we've got going on day-in-day-out...



We've had massive rabbits taking residence in the hall, KS1 completing their swimming adventures, circus clubs, and learning by the bucketload!

With any luck - and some careful planning, of course - next half term will be just as exciting, as the days get lighter and brighter; the daffodils are starting to spring up on the bank and in the flowerbed outside my office - [insert your own motivational quote of choice...something deep and philosophical about giving us all a sense of hope and positivity here].

Enjoy the break, and we'll look forward to seeing you all back safe and sound in a week!  
See you on the playground,

Ben Sutton | **Headteacher**



St. Helen's Road, York, YO24 1HW | 01904 553940

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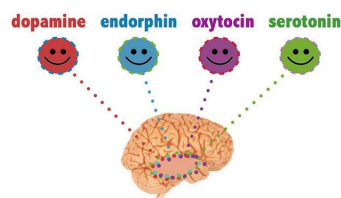
## Well being Watch



In a recent Wellbeing assembly, the children learnt about the benefits of practising gratitude. We know that by being grateful we produce serotonin in our brains which helps us feel good.

Practising gratitude has lots of health benefits including:

- Improving sleep quality
- Decreasing blood pressure
- Increasing energy levels
- Reducing stress



Following the assembly, I found myself winding down my car window and calling out, 'Thank you!' to a workman who had been holding the 'stop' and 'go' signs by some road works. I instantly felt good seeing the surprise on his face and it helped me focus on the fact that the road was being fixed rather than the time I'd had to wait in traffic... why not try it the next time you are held up in a queue - it's wonderful to see the ripple effect of your actions.

Some classes have started adding a gratitude slot to the end of their daily timetable; using a gratitude jar in class or writing notes to each other to say thank you. How could you introduce gratitude into your daily routines at home?

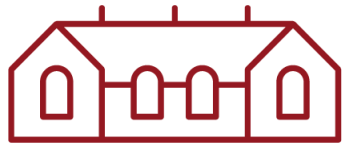
Here is a good link which gives top tips on how to get us started on our gratitude journey: <https://www.mindful.org/an-introduction-to-mindful-gratitude/>

With thanks,  
Clare Smith



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## Whole school dates:

Friday 10th February - Break up for half term

Monday 20th February - School Opens

Thursday 23rd February - Fods Early Years and KS1 Party 4.30 - 6.00

Monday 27th February - FODS meeting 7.30PM in school

Wednesday 1st March - Drop in review for parents / carers of Dringhouses Special  
Educational needs offer. 8.35 - 9.35 am

Thursday 3rd March - World Book Day

Wednesday 8th March - Fods LKS2 Disco 3.30 - 4.30

Wednesday 8th March - Fods UKS2 Disco 4.45 - 5.45

Monday 13th March - neurodiversity week

Wednesday 29th March - Drop in for parents / carers at 1pm to discuss neurodiversity

Thursday 30th March - School Break up for Easter

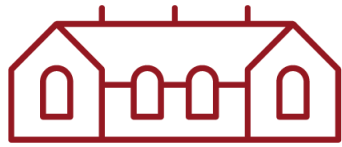
Friday 31st March - INSET DAY

Monday 17th April School Opens



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## 4. SEND / Neurodiversity Update

### Neurodiversity week

March 13<sup>th</sup> marks the start of neurodiversity week. Here at Dringhouses we like to promote and support neurodiversity every week but this week gives us an excuse to really shout about it. During this week our pupils will get the chance to tell each other about their unique qualities and discuss neurodiversity and what it means to them. On Wednesday 29<sup>th</sup> of March we will host a neurodiversity drop in for parents and carers from 1pm. This year we will focus on mental health of both children and parents and carers. We will also be inviting parents and carers to come into to school to share their experiences with our pupils. Please let me know if this is something you feel you could be part of. For more information on neurodiversity week please visit <https://www.neurodiversityweek.com/>

On Wednesday 1<sup>st</sup> March I will be hosting a drop in for parents and carers from 8.35 - 9.35 to review the Dringhouses special educational needs offer. At our last neurodiversity drop in lots of parents had some wonderful ideas how the school can better the offer through communication routes and support networks. It would be fantastic if we could all get together again to further embed these processes. To read through are current offer please visit <https://dringhousesprimary.org/send/>  
Your ideas matter.

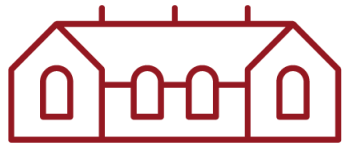
Best Wishes

Sarah Murray



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## 5. ...Come paint, come paint, let's paint!

The ever-persuasive, community-award winning Carly Fewes has commandeered an army of Aviva volunteers to come in on Tuesday 14th February and paint some rooms/corridors/spaces! If you have any spare time to join them, we'd be ever so grateful...there will be pizza to keep your energy levels up too! If you're keen/available/can be coerced - please let us know! Give Claire Neal a shout on [hello@dringhouses.co.uk](mailto:hello@dringhouses.co.uk)



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