



Dring Digest w/e 17th March 2023

Dear Parents/Carers,

➤ **School Attendance Matters**



#GoingInNotMissingOut

➤ **Nut Free School**

Polite reminder that we are nut free school. For health and safety reasons please ensure that any snacks or packed lunch items **do not** contain any nuts. Thanks.

➤ **Pre-ordering School Meals – ACTION REQUIRED**

- The cost of food and ingredients is continuing to rise at an alarming rate.
- We want to be able to offer all of our children a nutritious and healthy balanced meal each day at a price that is affordable for all.
- To do this, we are looking at ways we can control our food production costs.

The best way that we can do this is by asking our families to pre-order their child's meals **at least one week in advance** so we can accurately predict our required food order for production the following week to avoid unnecessary over-spends and reduce waste.

**Please pre-order your child's meal requirements for the following week
by Thursday of the current week at the latest.**

Pre-orders can be made using your child's parent pay account.

If pre-orders for meals have not been placed for the following week or your child does not have a packed lunch from home, then your child will be offered the option of a jacket potato with the filling of the day or you will be asked to bring them a packed lunch into school.

We hope that by families helping us with this mitigating measure that we can continue to hold our current meal price and avoid any cost increases.

➤ **OPAL Bingo**

Introducing OPAL bingo! Each class has been given a bingo board with lots of items to collect – anything from a wooden spoon to a scooter – when a class collects all the 'loose parts' on their board and calls bingo they will get 15 minutes extra OPAL time! If a class calls bingo and has collected their starred item, they will win 30 MINUTES extra time!! Please see our websites 'Play' page for your Childs/Children's bingo board, under the 'Help Us Out' tab. <https://dringhousesprimary.org/play/>

➤ **Parents Evening – 21st & 23rd March 2023**

The booking system is now live. You should have received a link and a 'how to' guide showing you how to use the booking system via email. Any problems please speak to Claire in the office.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND



- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT



- ✓ If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST



- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD



- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Ingage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



**National
Online
Safety®**

#WakeUpWednesday

Easter Play at Dringhouses



**Indoor & Outdoor Games • Trips & Visits •
Baking and Craft • Planting**

Friday 31st of March
(teacher training day) to
Friday 14th of April (excl.
bank holidays)

**Dringhouses out of School
Club**

**> Book via Cheqdin or email us at
dringhouses@dringhousesoosc.co.uk or call
07704 069078**



EASTER

STORYWORLD ADVENTURES

EGGSTRAVANZA!

The Easter bunny has packed his basket full of eggs, but there's too many and he can't carry it! Can we find a way of helping deliver the eggs to save Easter for all the boys and girls across the world?

The 1.5 hour experience includes:

- * Easter basket craft
- * Easter wreath
- * Egg Hunt

Tickets £15
Siblings £10

FRIDAY APRIL 7TH

**WILBERFOSS COMMUNITY CENTRE,
10.30-12.00**

**FOXWOOD COMMUNITY CENTRE.
2.00-3.30**

Children up to 6yrs, older siblings welcome, babes in arms free.

HAPPY EASTER

FREE


TO KIDS WHO
RECEIVE
BENEFITS
RELATED FREE
SCHOOL
MEALS

KEEP YOUR
CHILDREN BUSY
THIS EASTER WITH OUR


HAF Sports & Dance

ACTIVITY CAMPS


**FREE
MEAL
PROVIDED**


 **Ages:** 5-12 years

 **Poppleton Road
Memorial Hall**
Oak Street, Holgate,
York YO26 4SE

 **HAF Holiday Camps**
9:30am - 1:30pm

 **Easter Holidays:**
 **Week 1:** 3rd-6th April
 **Week 2:** 11th-14th April

 **Require Help?**
Call 01482 218 753

 **Information**
Children will be provided
with a free, healthy lunch
and will take part in a
nutritional workshop


**COVID-19
SAFE**



BOOK TODAY

bit.ly/poppleton-easter-23

Happy Healthy Holidays

WHAT: Holiday Football Fun Course

WHEN: Monday 3rd - Thursday 6th April

WHERE: Huntington Secondary School YO32 9WT

TIME: 10am to 3pm

REFRESHMENTS: Water, snacks and packed lunch will be provided

WHO: Families eligible for benefits-related free school meals living in York



FOUNDATION



How to book: Enter the following code YCF23 at https://officialsoccerschools.co.uk/yorkcity/york-city-courses/multi_activity.html

This secures your space and means you are COMMITTED to attend all course dates. You can book one or both courses. Spaces are LIMITED with bookings closing Friday 17th Mar 4pm. These FREE Holiday courses are designed to give young people the opportunity to get active this school holiday. Please note that if you booked onto a previous course and did not take up your space we reserve the right to withdraw bookings.

Underwater Hockey – Why not give it a go.....?

We're currently looking for new members, and as part of that aim we're hoping to get some interest from younger people, as historically the club had many junior members who even competed at junior national tournaments. We are running a free "Give it a go" session on Saturday 11th March 15:00-16:00 at Yearsley Swimming Pool and would be delighted if we could introduce the sport to some new, enthusiastic members! I'm hoping to reach out to Year 5 and 6 aged students to foster some interest and was wondering if it is any way possible to facilitate this through local schools, which would be very much appreciated! I'm happy to discuss any appropriate means that we can reach out in coordination with schools.

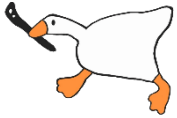
Further details about our club and specifics of the event can be found in the link to our facebook page in the email signature below, but the only requirement we have for people who want to give it a try is that they are confident swimming at least a length of a pool, and happy with trying to dive to the bottom of the pool. All that people need to bring is a swimming costume and some socks to wear under fins. We will supply all equipment including:

- Fins
- Mask
- Snorkel
- Hats
- Gloves
- Sticks

As the club is a British Octopush Association member, we are also covered by their insurance policy, and have attached a letter with details. I have also attached a leaflet detailing the time and place for the session.

Apologies if this is not the best contact to use for this request, please let me know if a more appropriate contact exists!

Best Regards,
Sam Birt



York Octopush Club

Underwater Hockey...
The Reason You Learnt To Swim!

FUN for aquatic animals of all kinds!

Contact:
yorkoctopush@gmail.com
Give it a go! 3-4pm Saturday 11th March
Yearsley Swimming Pool

BRITISH OCTOPUSH ASSOCIATION

WWW.GBUWH.CO.UK

The poster features a blue-tinted underwater scene with a tiled floor. Various aquatic animals are depicted playing hockey: a green frog is on the left, a blue walrus is on the right, a brown otter is at the bottom left, and a blue turtle is at the bottom right. A red puck and a hockey stick are also visible on the floor.



The Mini Athletics Superstar Holiday Camp

Monday 3rd – Wednesday 5th April
Manor Church of England Academy
8.30am -12.30pm

Open to children in Reception, Year 1, Year 2 and Year 3
£15 per child per day

FREE PLACES for children who are in receipt of benefits related free school meals through the Government's Holiday Activities and Food (HAF) programme.

Email rwilson@miniathletics.com to book your free place

All children will receive a healthy breakfast and packed lunch.
To book your place go to www.miniathletics.com/holiday-camps

THE SUPERSTAR HOLIDAY CAMP



www.miniathletics.com



Easter Holiday workshops

A programme of free events, for children eligible for free school meals. All sessions are 10:00-12:00 and children will get a choice of meal in the library cafe afterwards.

Circus Skills for ages 8+

Lively and creative circus skills session. Scarf juggling, plate spinning, diabolo flipping, balloon balancing fun!

Acomb Explore Monday 3 April
Tang Hall Explore Tuesday 11 April
York Explore Wednesday 12 April



Hoglets Workshop for ages 5+

We will be using drama, puppetry, craft, movement, storytelling and fun to explore how we think and feel.

Workshop 1 will be investigating how our feelings look to those around us with the use of craft, music and movement.

Workshop 2 will be exploring how our feelings affect our bodies using drama, puppetry and storytelling.

York Explore Session 1 Mon 3 April, Session 2 Thurs 6 April
Acomb Explore Session 1 Tues 4 April, Session 2 Thurs 13 April
Tang Hall Explore Session 1 Weds 5 April, Session 2 Weds 12 April

Children can attend one or both sessions.

All children aged 8 and under must be supervised by an adult



Craft & Create for ages 5+

Get creative and enjoy making some spring themed crafts. Have hands on fun and choose from seasonal activities such as sock bunnies and Easter garlands.

Tang Hall Explore Tuesday 4 April
Acomb Explore Friday 14 April

All children aged 8 and under must be supervised by an adult



Comic Illustration for ages 11+

Whether your head is already filled with ideas, or you have a passing interest in comics, learn tips and tricks to tell your story! No prior knowledge is required, only an interest in drawing and telling stories

Acomb Explore Saturday 1 April
York Explore Monday 3 April
Tang Hall Explore Saturday 15 April

Booking essential.

Please email lyndsay.glover@exploreymork.org.uk to secure your place.

explore
Libraries and Archives