



Dring Digest w/e 30th March 2023

Reminder that school will be closed to all pupils on 31st March for an inset day.

Dear Parents/Carers,

➤ **School Attendance Matters**

Not going to school every day can make your child more worried about going in.

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

#GoingInNotMissingOut

➤ **Amendment to the Newsletter - UKS2 PE Days**

An incorrect PE day was put on the newsletter before printing and it was not reprinted in order to save paper. Please note the correct PE days below:

	Class 9	Class 10	Class 11
PE Day	Thursday	Wednesday	Friday

➤ **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/>

➤ **Calling all local businesses - Would you like to sponsor a planter?**

You could have your business name on one of our 3 new planters outside the front office for all visitors to see. An 8 x 6 inch plaque with your business name on would cost you just £50. The money raised would help fund the planters and the front garden of our school.

Your business name would be on the planter for at least 2 years - that's 2 years of advertising for your business for just £50

If you are interested - please contact Clare smith on csmith@dringhouses.co.uk or call in to the office. Thank you

➤ **BAGS 2 SCHOOL**

Are you planning a spring clean and declutter at home? Don't forget we have a bags 2 school collection coming up after the Easter holidays.

➤ **Garden Update**

We have been busy planting lots of seeds over the last two sessions!

In the salad bed, Henry planted lettuce and radish, Mason planted spring onions, and Brody and Bradley planted spinach. Jatou planted cabbage and Poppy planted beetroot. Oliver planted cauliflower and Jack planted lots of peas!

Still a lot of seeds to get in the ground next month, when we also start sowing some flower seeds to grow alongside our salad and vegetables.

We are really looking forward to seeing our seeds grow.

➤ **#wakeUpwednesday**

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.

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

WHAT ARE THE RISKS?

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.

National Online Safety
#WakeUpWednesday

Source: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answer/>
<https://www.org.gov.uk/people/population-and-community/for-mean-justice/bulletin/childrens-online-behaviour-in-england-and-wales/year-ending-march-2020>

@natonlinesafety /NationalOnlineSafety @nationalonlinesafety @national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 29.03.2023



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

! **FREE**
MEAL
PROVIDED

HAF Sports & Dance


ACTIVITY CAMPS


 **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



EASTER HOLIDAY MULTI-SPORT CLUB

 **FOOTBALL THURSDAYS!** 

**ALL CHILDREN
AGED 5 -12 (YR 1 - YR 7)
WELCOME!**

**ACOMB
PRIMARY SCHOOL**

8.30AM - 4.30PM

**MON 3RD - THU 6TH APRIL
TUE 11TH - FRI 14TH APRIL**

**£26
PER DAY**
(10% SIBLING DISCOUNT)



**FUNDED HAF PLACES FOR FREE
SCHOOL MEAL ELIGIBLE CHILDREN!**

(LUNCH AND SNACKS INCLUDED FOR HAF PLACES ONLY)

**CHILDCARE
VOUCHERS
ACCEPTED!**

BOOK HERE - WWW.IGNITESPORTSCOACHING.CO.UK



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.

York **mumbler**

HEAD OVER TO YORK MUMBLER TO FIND OUT WHAT'S GOING ON THIS SCHOOL HOLIDAY.

WHAT'S ON IN YORK



FREE THINGS TO DO



CHILDCARE & HOLIDAY CLUBS



VISIT: YORK.MUMBLER.CO.UK

Find us on social: @yorkmumbler



SCAN QR TO FIND OUT MORE & JOIN THE NEWSLETTER





**MINI
ATHLETICS®**

**SUPERSTAR
HOLIDAY CAMP**



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

SIVIK
ACTIVE

FREE KIDS **EASTER**
ACTIVITIES **IN**
40RK



EASTER HOLIDAYS
April
3rd, 4th, 5th, 11th, 12th, 13th



Millthorpe School
9.00am-1pm



Free Healthy
meal included

Delivered by

SPEEDKIX

Zorbing
Archery
Problem solving
Nerf
Fun games
and more!!

AGES 10-16

For children eligible for free
school meals

REGISTER NOW

www.sivikactive.co.uk

go to: **FREE SPORTS ACTIVITIES**

Easter Activities

Better is a social enterprise, which offers a wide range of **inclusive physical activities** in venues in and around York.

<https://www.better.org.uk/mob-kids-activities>

SENses, a group for the children and families who attend Hob Moor Oaks and Applefields (main site) Tuesday and Thursday each week at The Sports hall at Burnholme Sports Centre. (inflatables, soft play, football and games)

9am to 11am - all SEN

11am to 1pm - SENses families only

FREE No booking required.

Friday 14th April inflatables at Yearsley Swimming Pool

2pm to 3pm - SENses families only

3pm to 4pm - all SEN

IMPs Holiday Club: Inclusive Music Projects
Gamalan

When: Monday 3rd April New Earswick Folk Hall,
Hawthorne Terrace

Ages 5-10 years old: 10.30am-12pm

Ages 11+ years old: 1-2.30pm

Cost: £10 payable on the day by cash or card

IMPs Holiday Club: Rock School

When: Friday 14th April New Earswick Folk Hall,
Hawthorne Terrace

Ages 5-10 years old: 10am-12pm

Ages 11+ years old: 1.30-3.30pm

Cost: £10, payable on the day by cash or card

<https://www.aamedia.org.uk/holiday-clubs/>



Yiks all about autism easter activities see

<https://yiksaaa.org/holiday-club/>

The YorOk website has a variety of different family events and young people's activities to check out.

<https://www.yor-ok.org.uk/young-people/Easter>

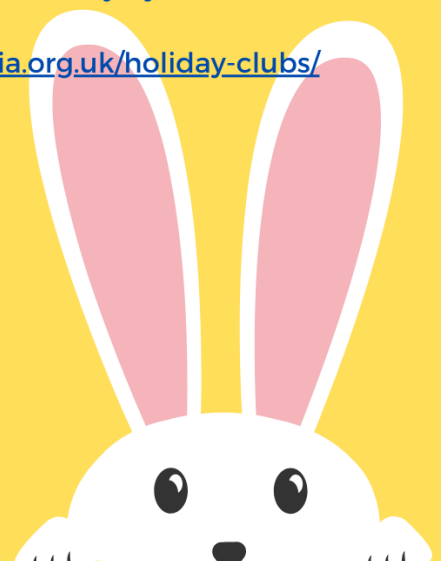
Club Wilber Inclusive Easter Egg Hunt
The Wilberforce Trust, Wilberforce House, The Grove off Tadcaster Road, York, YO24 1AN

Sunday 2nd April

<https://www.wilberforcetrust.org.uk/club-wilber-events/>



Next edition Friday 21st April
engagement@yiks.co.uk



Nature Rangers Day

Wednesday, 5 April 2023
10:00 am to 3:00 pm

Yorkshire Arboretum
Castle Howard
YO60 7BY

Indoor and outdoor activities to explore the arboretum and learn about the creatures we share it with. There will be hands on activities, so bring a bag to take your creations home with you. We recommend bringing a packed lunch or money for lunch in the Arboretum Café.

Event Information

Our Nature Rangers Day is suitable for children aged five and over. It costs £15 to attend. Booking is essential. Children to be accompanied by an adult. Please bring outdoor clothes and footwear and a bag to take your creative crafts.



#RHSBigSeedSow



**YORK ARMY
MUSEUM**

We're taking part in the

RHS Big Seed Sow

on 1st & 2nd April

at 1:30-3:30pm

Make origami seed packets
Make paper plant pots
Collect free seeds to grow at home:
broad beans, sunflowers, pumpkins and
poppies

 @rhsgrassroots
 @rhsschoolgardening @rhscommunitygardening
 @RHSSchools @RHSBloom





NEWSLETTER

Easter Edition
24th March 2023

We are hosting our first LISTENING EVENT. We want to hear about your experiences with CAMHS.
What is working well?
What is not working well?
Abi Collins from CAMHS will be there to hear what you have to say.
When? Monday 27th March 6.45-7.45pm
Where? St. Bede's Pastoral Centre, York
or join us online.
Book your place at
<https://YIKPCF.eventbrite.co.uk>



Come Join us for a **peer support coffee** morning Monday 27th March, The Range Cafe, Huntington.

All welcome



SPOTLIGHT ON: CYC

What is the Parent Carer Forum?

We are a group of parents and carers with a city of York postcode and a young person (0-25) with SEND. We work with health, education, social care and the local authority to improve provision for SEND. If you are interested in finding out more email Mary@engagement@YIKS.co.uk

Laura Brown is the Participation and Engagement Officer for CYC. She focuses on a range of work including the Local Offer



Website, engaging with and working in partnership with families and young people (co-production). Laura will become a familiar face as she visits schools and attends events to listen to families and young people.

Laura and us at the Parent Carer Forum (PCF) will be advertising through this newsletter a variety of ways in which you can be involved.

Autism Support Group

Virtual Drop in Session



for Parents and Carers

Grab a cuppa and join us for a chat twice a month

- **6-7pm On the first Wednesday of every Month.**
- **10-11am On the third Tuesday of every Month.**

Hosted via MS Teams

To attend please email

susan.mcnaught-boyd@northyorks.gov.uk

lois.boothman@northyorks.gov.uk

louise.rowley@northyorks.gov.uk



Autism
Community
Connector and
Engagement
Team



OFFICIAL

Supporting young autistic person?

DROP IN...

PEER SUPPORT FOR PARENTS & CARERS OF AUTISTIC YOUNG PEOPLE & THOSE ON THE DIAGNOSTIC PATHWAY

AT
ACOMB GARTH
COMMUNITY CAFE CENTRE

2 OAK RISE, YORK, YO24 ELJ

APRIL

Thursday 6th April
11-2pm

Thursday 13th April
11-2pm

Thursday 20th April
11-2pm

Thursday 27th April
11-2pm



FOR FURTHER INFORMATION CONTACT
ACCET - YORK'S AUTISM COMMUNITY
CONNECTORS & ENGAGEMENT TEAM

LOUISE ROWLEY

LOUISE.ROWLEY@NORTHYORKS.GOV.UK



Specialist Teaching Team for Autism

Wednesday Parent Support Summer 2023

Parent Group: Topic Talks virtual (a.m.) and repeated in person (p.m.)

Topic Talks led by the Specialist Teaching Team for Autism, including time for peer support.

Virtual: 10-11 a.m. On Microsoft Teams. Due to confidentiality issues, we will be unable to discuss named children during this time.

In Person: 1.30-2.30 p.m. at The YIKS All About Autism Hub, Clifton Children's Centre, (In front of Clifton Green School), YO30 6BF.

Topic Talks Summer Term 2023:

Sleep Wed 26th April 10-11a.m. online & 1.30-2.30 p.m. in person

Managing Meltdowns Wed 10th May 10-11a.m. online & 1.30-2.30 p.m. in person

Social Stories Wed 24th May 2023 10-11a.m. online & 1.30-2.30 p.m. in person

Starting School or Changing Class Wed 14th June 10-11a.m. online & 1.30-2.30 p.m. in person

Help for the Holidays Wed 28th June 10-11a.m. online & 1.30-2.30 p.m. in person

Establishing Routines Wed 12th July 10-11a.m. online & 1.30-2.30 p.m. in person

To book your **virtual place** on a Microsoft Teams session, please email your name and contact email address, stating which session(s) you would like to book to:

parentcarerautismsupport@york.gov.uk

This is an admin email address and we are unable to forward or respond to queries via this email.

Bookings close the Thursday before the session.

For **in person sessions**, you do not need to book and are welcome to simply arrive on the day. Please be aware, sessions may be busy.



Specialist Teaching Team for Autism

Wednesday Parent Support Summer 2023

Parent/Carer Phone Line and Drop-in

The Specialist Teaching Team Autism are offering parents/carers the opportunity to talk to a member of the team regarding general issues and concerns about children/young people with autism.

Phone line support: 9-12 noon 20 minutes is allocated per phone call.

In person drop-in support. 1.30-3 p.m. at **The YIKS All About Autism Hub, Clifton Children's Centre, (In front of Clifton Green School), YO30 6BF**

Phone line (mornings) and drop-in (afternoons) dates and times:

Wednesday 19th April 9 a.m. -12 noon & 1.30 - 3 p.m.

Wednesday 3rd May 9 a.m. -12 noon & 1.30 - 3 p.m.

Wednesday 17th May 9 a.m. -12 noon & 1.30 - 3 p.m.

Wednesday 7th June 9 a.m. -12 noon & 1.30 - 3 p.m.

Wednesday 21st June 9 a.m. -12 noon & 1.30 - 3 p.m.

Wednesday 5th July 9 a.m. -12 noon & 1.30 - 3 p.m.

Wednesday 19th July 9 a.m. -12 noon & 1.30 - 3 p.m.

To **book a phone line call**, please email: parentcarerautismsupport@york.gov.uk

This is an admin email address and we are unable to forward or respond queries via this email. Bookings close the Thursday before the session.

We require your name and a contact telephone number for us to contact you. We will then send you an approximate time slot for your 20 minute call.

If we receive a high volume of requests we may need to allocate spaces on the session on a first come, first served basis.

For in person drop-in sessions, you do not need to book and you are welcome to simply arrive on the day. Please be aware, sessions may be busy and you may need to wait to speak to a member of the team.





Monthly Drop In Sessions



PARENT AND CARER SESSIONS

We understand that it is important to be heard and support received where needed. Drop along to one of our monthly sessions to support you whilst you support your young person.

YORK INSPIRATIONAL KIDS CIC

**Pathological
Demand
Avoidance
(PDA)**

Emotionally Based
EBSA
School Avoidance

ADHD

**Challenging
Violent or
Aggressive
Behaviour:**

4 May
8 June
6 July

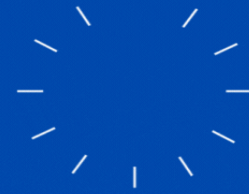
11 May
15 June
13 July
Young people welcome

20 April
18 May
22 June
20 July

27 April
25 May
29 June

All sessions 9.30-11am Clifton Children's Centre, YO30 6JA
For more information tel 07563232838
www.yiks.co.uk

A FREE COURSE FOR PARENTING HANDLING ANGER IN THE FAMILY



Tired of the tantrums?
Overwhelmed by the outbursts?
Shattered from the shouting?

Join us to explore ways to create a calmer family environment and restore peace to family life.

Starting on **Wednesday 26th April 2023**

4 weekly sessions: 7.30pm - 9.30pm

The Gateway Centre, Front Street, Acomb,
York, YO24 3BZ

family
matters_york

Visit www.fmy.org.uk/york to find out more & sign up

TIME OUT FOR PARENTS: Handling Anger in the Family

5 Wednesday sessions

Starts Weds 26th April

7.30 - 9.30 pm

@ The Gateway Centre,
Front Street, Acomb
YO24 3BZ



family
matters_york

This course, led by trained facilitators, will help you to better understand, recognise and manage anger in your family and give you the chance to share your own thoughts and ideas. You will quickly see you're not alone!

For more information contact Jen Wootten

Tel: 07393 147259

Email: jenwootten@fmy.org.uk

TIME OUT FOR PARENTS: THE PRIMARY YEARS

5 Thursday sessions

Starts Thursday 27th April

9.30 - 11.30am

**@ The Barnabas Centre,
Salisbury Terrace, York
YO26 4XP**



family
matters_{york}

A course led by trained facilitators to help you support your child as they begin to find out how the world works & learn how to manage their feelings. You'll get evidence based information and an opportunity to share ideas with other parents, quickly learning that you are not alone.

For more information contact Jen Wootten

Tel: 07393 147259

Email: jenwootten@fmy.org.uk

Website: <https://fmy.org.uk/york/>