

7TH
FEBRUARY
2025



SCHOOL NEWSLETTER

Dear families,

What a positive week it has been at Dringhouses Primary School! This week, our school has been buzzing with energy as we have focused on the well-being of our children in honour of Children's Mental Health Week. Throughout the week, our assemblies have been centered around this year's theme: Let's Connect. We have been linking this to the important themes of confidence and positivity, encouraging the children to support one another and be kind to themselves.

As we reflect on the messages shared in assembly, I reminded the children of a beautiful quote from The Boy, the Mole, the Fox, and the Horse by Charlie Mackesy: "The greatest gift you can give yourself is the gift of being kind to yourself."

At home, here are a few tips to help support your child's mental health and well-being:

- Encourage open conversations: Let your child express their feelings and listen without judgement.
- Promote physical activity: Whether it's a walk, a dance-off in the living room, or a game outside, physical activity is great for mental health.
- Establish routines: A consistent bedtime and daily routine can help children feel secure and reduce stress.
- Practice mindfulness: Take a few moments each day to pause, breathe, and reflect together. It's a wonderful way to ground ourselves.

Thank you for your ongoing support in promoting positive mental health for all our children.

Have a lovely weekend,
Miss Swiers

DATES FOR THE HALF TERM

12th February: Year 1/2 Dinostar workshops

13th February: Neurodiverse and Wellbeing drop in (8.35am)

13th February: Class 1 and 2 outdoor school

13th February: EYFS and Year 1/2 disco (4:30-6:00pm)

14th February: Special Valentines Lunch Menu

14th Feb: FODs Valentines Bake Sale

ATTENDANCE AT DRINGHOUSES

Please see below our attendance for each year group this week. Please remember that each missed session has an impact on your child's educational journey. Please see the attendance for this week below.

Reception: 96% Year 1: 96% Year 2: 96% Year 3: 95% Year 4: 96% Year 5: 96% Year 6: 95%

The class with the highest attendance this week was Class 1. Well done for an excellent 98% attendance. 'Attendi Pengi', our giant (very cute!) penguin will be spending the week with them.



PARENT SURVEY

We are excited to announce that today, we will be emailing over our Parent Survey! This survey will be available via a Google Form and is an important opportunity for you to share your feedback with us. Your thoughts and suggestions play a vital role in helping us continually improve and move the school forward in a collaborative way. We value your input, and we are eager to hear from you on how we can enhance the learning experience for all our students. Please take a few minutes to complete the survey – your voice truly makes a difference! Thank you for your continued support.

RESOURCES

Is being online affecting our child's mental health?

There are many positives to being online, but we do need to be aware of the negative aspects including those that may impact our child's mental health and wellbeing, for example:

- Social media (spending too much time on social media, comparing ourselves to others, filtered images and desire to achieve likes).
- Cyberbullying
- Seeing inappropriate content
- Constantly connected/information overload
- Excessive screentime
- Negative impact on our sleep

Further information • Childnet discusses digital wellbeing in more detail and includes top tips and conversation starters: <https://www.childnet.com/help-andadvice/digital-wellbeing/>

The NSPCC provides further information about mental health including signs to look out for and how to get further support: <https://www.nspcc.org.uk/keeping-children-safe/childrensmentalhealth/depression-anxiety-mental-health/>

EARLY YEARS UPDATES



A visit from York Bird of Prey Centre!

As part of our exciting "What's in the Sky" topic, the Early Years children had an unforgettable experience when the York Bird of Prey Centre visited us today! Two expert falconers brought along a variety of birds, allowing the children to interact with them up close. They had the opportunity to handle the birds gently, learn about their unique characteristics, and ask plenty of questions.

The children were fascinated by the incredible skills of the birds, and it was a fantastic way to bring our learning about wildlife to life. Thank you to the York Bird of Prey Centre for such an engaging and educational visit – it was a truly memorable experience for all involved!

PE UPDATE

Our play leaders continue to do a great job out on the playground at lunchtimes and it has been fantastic to see their skills and confidence develop over the weeks! They have used their initiative and really worked as a team to provide some great experiences for the rest of the school at lunchtimes. Keep up the great work!

FODS

13th February, 4.30–6pm EY (Reception) and KS1 disco

It's almost time for Early Years and KS1 to get their party hats on! If you can spare any time to help set up or at the disco itself then please let Vicki Adam know (an email will be coming out soon with further information). We would be very grateful for any extra pairs of hands!

The payment item is live on ParentPay now!

14th February – Bake Sale

We'll be holding an end-of-half-term bake sale after school on 14th February. We would be very grateful for any donations of nut-free cakes and biscuits to sell. These can be home-made or shop-bought – we're not fussy! We'll make sure that children at choir have the chance to buy cakes too – please remember to send them with some money if they would like to join in.

YORK LADIES FOOTBALL

The MinsterBelles request the company of our whole York community at the LNER, on 12th February!

We are excited to have launched ticket sales for our next home game on Wednesday 12th February against Middlesbrough FC Women, with a 7:45pm kick off.

All our games are aimed at the whole family with Under 11's FREE for general admission. We would love to see lots of you cheer on the Minsterbelles at the LNER Community Stadium.

A Variety Of Ticket Options Are Available:

General admission prices are: Standard £7 / 11 and under FREE.

A £1.20 booking fee will apply for all tickets purchased.

Hospitality Lounge admission prices are: Standard £12 / 11 and Under £5 What's included: Hospitality lounge ticket includes an executive padded seat on the halfway line, access to the hospitality lounge with a bar offering hot and cold drinks. Opportunity to meet York City Ladies players and lounge entertainment.

Tickets are on sale via: <https://yorksmc.co.uk/buy-york-city-ladies-tickets/>

All tickets bought in advance will be sent an emailed matchday programme.

We can't wait to host everyone and hope to expand our fanbase and see as many fans down as possible to cheer on the MinsterBelles. Please spread the word, look at the various ticket options, and get along to join us on Wednesday 12th February.

From all at York City Ladies, we can't wait to welcome you to our big game!



SENSORY-FRIENDLY SWIMMING AT YORK SPORT

York Sport is delighted to announce the launch of its first Sensory Friendly Swim sessions, designed to create an inclusive and serene swimming environment for individuals with sensory needs and anyone seeking a peaceful aquatic experience. The new sessions offer thoughtful adjustments and interactive elements to ensure participants can fully enjoy the benefits of swimming in a calm, supportive setting.

Find out more or book online: <https://www.york-sport.com/families/family-swimming>

SENSORY-FRIENDLY SWIMMING AT YORK SPORT

Enjoy relaxation and fun with Sensory Friendly Swim sessions at York Sport Village, offering a calming, inclusive environment for all.

 **Sundays**
8am to 9.15am

BOOK NOW AND FIND OUT MORE
www.york-sport.com/families/family-swimming

EYFS & KS1 Party

FODS IS EXCITED TO WELCOME
CHILDREN IN RECEPTION, YEAR 1 AND
YEAR 2 TO A PARTY!

ON: 13TH FEBRUARY
AT: 4:30PM TO 6PM

£4.50 INCLUDES A DRINK AND
PARTY TEA

WITH A MAGICIAN AND DISCO

