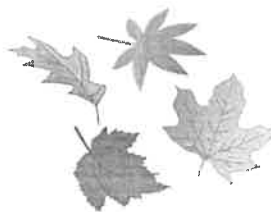




7th October 2019

## Autumn Newsletter



Dear Parents, Carers and Colleagues

### Ingleborough Residential

Seventy of our Year 5 children enjoyed a very successful weekend at Ingleborough Hall, helped in part by the excellent weather. Children (and staff) overcame many personal challenges in our caving and walking activities with excellent behaviour and give-it-a-go attitudes shown throughout the weekend. There were a few bleary eyes on Monday morning so an extra well done for our children's efforts with their attendance! Thanks go to Mr Pool for his hard work in organising the trip and to the fifteen staff members who gave up their weekend for the visit.

### Parent Presentations and Workshops

Thank you to everyone who attended the year group parent presentations and the Reception Reading at the beginning of September. Information that was discussed can be found on our website at: <https://www.westerton.leeds.sch.uk/parents/parent-presentations-1>

There will be a Nursery Parent Workshop on Wednesday 9th October at 5.00 pm and we will look forward to meeting everyone there. The workshop is not suitable for children so we would recommend that only adults attend please.

### European Day

Our children in Years 1 - 6 celebrated European Day on Friday 20th September. Each year group learnt about a different country, tasted traditional food and came to school dressed in the colours of their flag.

### Recycle Week

The whole school have been learning about the importance of recycling and the effect on the environment. Year groups completed work in their English lessons by creating posters and poetry. They also reused recycled materials to create jewellery, bags and costumes. The assembly fashion show was spectacular!

### Residential Trip Payments

We pride ourselves on offering a wide range of trips including residential weekend visits and hope that these continue in the future. For all residential visits, a non-refundable deposit is required to reserve your child's place with a payment schedule provided. Where school receives a deposit, your child's attendance is assumed unless we are informed otherwise. Tickets, accommodation and activities are booked and paid for months in advance and we are unable to recuperate these costs at short notice.

Therefore, where places have been reserved, full payment will be required following the final payment deadline regardless of your child's attendance. If cancellations are received before the payment deadline, the place may be offered to another child and no further payment will be required however deposits cannot be refunded.

Please note: for the London Trip, the payment schedule has separate non-refundable thresholds due to the specific costs in booking event tickets up to a year in advance. Thank you for your support in this matter.

### Harvest

Our Harvest Services will soon be upon us. On Thursday 17th October, Reception and Year 1 will be holding their celebration at 9.30 am and on Friday 18th October, 9.30 am will be for Years 4, 5 and 6 and 10.30 am for Years 2 and 3. We hope that many of you will be able to come along to support the children and, if you are able to, we would like donations of non-perishable food eg cans, packets etc. This will then be donated to the Leeds South and East Food Bank who help families out providing food in an emergency.

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### **Monster Disco**

Our annual monster disco is being held on Friday 18th October from 6.00 - 8.00 pm. Virtual tickets will be on sale from 4.00 pm on Monday 7th October and cost £3.00 per person. Tickets need to be purchased for everyone attending apart from babies. Come along in your fancy dress costumes for a frightfully good time. There will be a licensed bar, snacks and goodies to purchase. All children must be accompanied by an adult.

### **Music**

Year 6 choir attended the Harvest Festival at the Methodist church this Sunday. Thank you to Mrs Bedford and Mrs Gudgeon for supporting them.

Orchestra have had their first rehearsal last night and are preparing for the Christmas concert.

On Thursday 19th September, we had the privilege of a visit from Craig Lees who is a contemporary vocal coach, choir director and arranger who taught some of our Year 4 - 6 children during the day. They then performed an amazing rendition of 'Lean on Me' and 'One Love' to the rest of the school at the end of day. Thank you to Mrs Downes for arranging this wonderful experience for the children.

### **Manchester United Visit**

Mr Whawell and Mr Emmett were invited to take some children to watch the Manchester United v Rochdale match on the evening of 26th September. It was a very exciting game with it ending up with penalties! The children had a wonderful evening and were very excited when they returned home.

### **Goodbye and Welcome**

We are sad to say goodbye to Mrs Sullivan who has been a Learning Support Assistant with us since 2012. We wish you all the best in your new role at the accountants and please do let us know how you are getting on.

We will be welcoming Miss Shaw as a Learning Support Assistant to our team.

### **Get Well Soon Mr Mitchell**

We have the enormous privilege of having a living organ donor on our staff team. Mr Mitchell was approached by the NHS, because of his very rare blood type, to consider donating part of his liver to save a young patient. The operation went ahead last Tuesday, 1st October, and we are delighted to say both recipient and donor are doing very well. We are very proud of Mr Mitchell and wish him a speedy recovery.

### **Open Day**

We are having an Open Day on Tuesday 22nd October at 4.00 pm for prospective Nursery and Reception parents for admission in September 2020. If you know anyone who may wish to attend, please ask them to contact the school office.

### **Parent Well-Being Workshops**

As part of our package of support for Children and Families at Westerton, the Well-Being Team are offering **FREE** access to a series of informative and supportive workshops in the 2019-20 academic year. Each workshop will run twice at 9.00 am - 10.30 am and 5.00 pm - 6.30 pm, offering a chance to access a morning or evening session. Please email Sam Eustace, our Emotional, Health and Well-Being Leader, via office@westerton.org.uk or ring the school office to book a place.

Wednesday 9th October - Workshop 1: Promoting Emotional Literacy

Tuesday 10th December - Workshop 2: Supporting Anxiety

Tuesday 11th February - Workshop 3: The Impact of Video Games in the Classroom

Tuesday 12th May - Workshop 4: Supporting Anger

Tuesday 7th July - Workshop 5: Sleep

### **Playtime Snacks**

Please be aware that requirements of our Healthy School Status mean that only certain healthy snacks for morning break-times are permitted. Fruit, vegetables and cereal bars are allowed with fruit and fruit juice available for 25p in Years 3 - 6 from our tuck monitors. Other snacks e.g. chocolate bars, crisps or cheese strings are not allowed at break-time though can be eaten at lunchtime when balanced with healthier food within a packed lunch. Please note snacks containing nuts of any kind are not permitted. Milk is provided by Cool Milk to children under 5, but if you wish your child to continue receiving milk you can register your details at [www.coolmilk.com](http://www.coolmilk.com). Please allow two weeks for this to be implemented.

Please remember to let us know if you change your email address or if you would like to subscribe to electronic newsletters please send an email to [office@westerton.org.uk](mailto:office@westerton.org.uk)



**LOTTERY FUNDED**

### Well Done!

Connie in Year 4 held a Gluten Free Tea Party in the Summer holidays to raise money for Coeliac UK. The charity were very impressed with the £335 raised. Congratulations Connie!

### Non-Uniform Day

We will be having a non-uniform day on Friday 25th October to raise funds for our school. Donations should be made via ParentPay please.

### Scholastic Books

Our Scholastic Book Club is up and running! Go to <http://schools.scholastic.co.uk/westerton-primary> to browse the latest books and order online. For **every £1 you spend** on this month's Book Club, **our school will earn 25p** in Scholastic Rewards. Please place your **order online by October 16th, 2019**.

### Parking

May we remind anyone driving and parking around school and the surrounding roads to be considerate and keep to the 20 mph speed limit. Please be patient and polite to keep everybody safe. Thank you for your cooperation in this matter.

### Dates for your Diaries

Wednesday 9th October	5.00 pm Nursery Parent Workshop
Friday 11th October	9.15 am Year 2 Assembly
Thursday 17th October	Year 6 to London
	9.30 am Reception and Year 1 Harvest
Friday 18th October	9.30 am Year 4, 5 and 6 Harvest
	10.30 am Year 2 and 3 Harvest
	6.00 - 8.00 pm Monster Disco - booking via ParentPay from Monday 7th October
Friday 25th October	Non-Uniform Day
	9.15 am Year 5 and 6 Assembly
	End of Half Term

Yours faithfully



S R Makin  
Principal

Please remember to let us know if you change your email address or if you would like to subscribe to electronic newsletters please send an email to [office@westerton.org.uk](mailto:office@westerton.org.uk)



LOTTERY FUNDED

# WESTERTON PRIMARY ACADEMY WELL-BEING NEWSLETTER

In an Academy as big as Westerton it feels impossible to make contact with each and every Parent, Carer and Child.

The purpose of this newsletter is to spread the knowledge, give helpful tips and advice, and offer some practical strategies for supporting physical, emotional and mental well-being.

## Cooking with Kids!

As the seasons roll on it can become increasingly difficult to spend time outdoors. Games consoles and Electronics can be increasingly tempting. Why not get out the pans and cook up a storm instead?!

## TOP TIP S

- 1/ Take your time
- 2/ Expect a lot of mess
- 3/ Plan ahead
- 4/ Get them ready
- 5/ Teach children about food hygiene
- 6/ Talk through the recipe
- 7/ Experience touching and tasting
- 8/ Make it fun!



## Childrens Yoga Pose



## of the Month

### Quick Tip

Count to 10 and breathe before you step in and before you give a consequence



## Muffin Tray Tortillas

### Ingredients

4 flour tortilla wraps    6 tsp tomato purée  
100g (4oz) mozzarella

### Method

1) Preheat the oven to gas 6, 200°C, fan 180°C. Grease a 12-hole muffin tin.

2) Using a 7cm (3in) biscuit cutter, stamp out 12 rounds from the flour tortilla wraps. Spread each round with 1/2 tsp tomato and pop one in each hole. Cut the mozzarella into cubes and divide between the shells. Add extra fillings, such as veg, olives and sultanas, if you like. Bake for 10 minutes, or until melted and golden.

## Well-Being Warriors!

*A short piece of advice monthly, to support emotional well-being.*

*FEELINGS are OK. Some BEHAVIOURS are not. Separate them.*

*"I can see you are feeling really angry. Its Ok to be angry about it. Its not OK to throw things."*

*Remember we want to encourage the discussion of feelings. So after any incident it is important to reconnect with your family and talk it through.*

### *Reconnecting*

*When people are calmer. Come together and talk about it. What happened? What can we try differently next time? How did people feel?*

*Use I STATEMENTS rather than blaming. "I felt sad".*

*Take Ownership. "I shouted and I shouldn't have"*

