

**LOVE LEARN SHINE**  
*Shine in the light and love of God*

Friday 10 May 2024

Dear Parents and Carers,

I am pleased to write with this week's newsletter. This letter and previous versions can be found in the [letters section](#) of our website.

**Safeguarding, Welfare & Wellbeing**

Safeguarding and Welfare will always be our very highest priority in helping us achieve our vision of [Love Learn Shine](#). We will use this section of the newsletter each week to keep families up to date with a range of key safeguarding and welfare information.

**Emotional Wellbeing**

Mental Health Awareness Week 2024 takes place from 13 to 19 May, on the theme of "Movement: Moving more for our mental health".

Movement is important for our mental health. But so many of us struggle to move enough. We know there are many different reasons for this, so this Mental Health Awareness Week we want to help people to find moments for movement in their daily routines. Going for a walk in your neighbourhood, putting on your favourite music and dancing around the living room, chair exercises when you're watching television – it all counts!

There are more tips and ideas [here](#).

**EMPOWER HALF HOUR**  
30 minute activities to boost your wellbeing at work

**Move**  
Moving is good for our physical and mental health.  
Try:  
- A walking meeting  
- Chair yoga  
- Lunchtime exercise club

**Discover**  
Try new things as a team to open your mind.  
How about:  
- Meditation  
- Getting creative  
- Turning off your tech

**Bond**  
Support and celebrate one another.  
Take time to:  
- Highlight you colleagues' qualities  
- Get to know other teams  
- Share your favourite foods

**Motivate**  
Goals and games can bring people together.  
Try:  
- A scavenger hunt  
- Setting personal and teams goals  
- A team quiz

**Connect**  
Share more of yourself with your colleagues.  
Talk about:  
- Lived experiences  
- Hobbies  
- Weekend plans

Visit [mhfaengland.org](http://mhfaengland.org) for more ideas to improve the mental health of your workplace.  
Share your activities online [#EmpowerHalfHour](#)  
Mental Health Awareness Week 13-19 May 2024

**Sun Safety**

It has been lovely to see some warmer sunnier weather in recent days. As we hopefully begin to welcome the summer weather on a more regular basis it is a good time to remind ourselves about keeping safe in the sun.

We request that families ensure children have appropriate sun hats and water bottles available every day in school and apply a high factor (50+) sun screen before school.

There is further advice in relation to sun safety from the NHS which can be accessed [here](#).

**SUN SAFETY**

**✓ COVER UP**  
Wear clothing that covers your skin.

**✓ APPLY SUNSCREEN**  
SPF 30 or higher. 20 minutes before sun exposure. Reapply every 2 hours.

**✓ WEAR A HAT & SUNGLASSES**  
Broad-brimmed hats provide better protection.

**✓ SEEK SHADE**  
Reduce UV radiation by taking shelter under a tree, umbrella or another shady spot.

## Diary Dates



### Important Diary Dates

The term dates for both 2023-2024 and 2024 -2025 are published on our website and can be accessed [here](#). Please check when planning any holidays or appointments.

Date	Activity	Year Group(s)
<b>Easter Holiday</b>		
Monday 13 – Thursday 16 May	End of Key Stage Two SATS Assessments.	Year 6
<b>May Half Term Holiday</b>		
Monday 3 – Friday 14 June	Year 4 children will undertake their <a href="#">multiplication check</a> during this period	Year 4 children
Week Beginning Monday 10 June. Days and times TBC	Open classrooms chance for families to see children’s work.	All classes
Thursday 13 June 2.00pm in school	Strawberry Tea Music Event	All welcome
Monday 10 – Friday 14 June	Year 1 children will undertake their <a href="#">phonics screening</a> assessment one day during this week.	Year 1 children
Saturday 22 June 1.00pm – 4.00pm	FOSP Sumer Fare	All welcome
Tuesday 25 June am	Sports Day Whole School	All classes, families welcome
Wednesday 26 – Friday 28 June	Year 6 Residential to <a href="#">East Barrnby</a>	Year 6
Monday 1 July – Friday 5 July	Prayer Spaces in School Event	All classes
Monday 1 July afternoon	Crucial Crew Trip – Harrogate College	Year 6 children
Tuesday 2 July	KS1 Saltburn Trip	KS1 Classes Kingfishers, Finches, Sparrows
Tuesday 2 July 6.00pm St Paul’s Church	Year 6 Production performance	All welcome
Wednesday 3 July	Leeds City Museum History Trip	Ravens and Eagles
Thursday 4 July	Leeds City Museum History Trip	Hérons
Thursday 4 July 1.30pm & 6.00pm St Paul’s Church	Year 6 Production performances	All welcome
Tuesday 9 – Thursday 11 July	Harrogate Grammar School Transition Days	Yr 6 children going to HGS in September .
Thursday 11 July	St Aidan’s School Transition Day	Yr 6 children going to St Aidan’s.
Friday 12 July	Leeds City Museum History Trip	Owls and Starlings
Thursday 18 July 9.30am	Leavers Service St Peter’s Church	All classes and families welcome
Thursday 18 July 6.00pm – 8.00pm	FOSP end of Year Disco	All welcome
Friday 19 July – 2.00pm	School closed for end of summer term.	All classes
<b>Summer Holiday</b>		

## Shine Awards

Early Years and Key Stage One	Year 3/4	Year 5/6
<b>Wrens</b> Sava & Kayleigh <b>Kingfishers</b> Thomas & Sameeah <b>Finches</b> Lylah & Florrie <b>Sparrows</b> Naomi & Harvey	<b>Owls</b> Sarena & Alfie <b>Starlings</b> Florence & Rosie	<b>Hérons</b> Jack & Elijah <b>Eagles</b> Nell & Lola <b>Ravens</b> Karson & Luna

## Whole School

### Good Luck Year 6

We would like to wish good luck to all our children in Year 6 who will be completing their end of Key Stage Two assessments next week.

We know how hard everyone has been working all year and we know you will shine throughout the week. As mentioned in a previous letter Year 6 can attend a special breakfast club Monday – Thursday from 8.30am. Some morning playtimes for the whole school may vary slightly to fit around the test timetable.



### Labelling & Lost Property

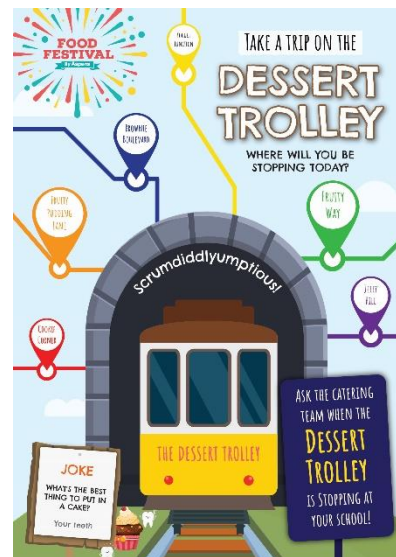
Sadly, we continue to see an increase in lost property due to the large number of unnamed items. This is a mixture of all items including uniform, coats, hats, packed lunch boxes, water bottles and snack boxes.

Please can you clearly label all uniform as well as coats, bottles, packed lunch boxes and snack containers. Please can you label with the full name of the child as we have multiple children with the same initials. If labelling with a pen please ensure this does not 'run' when washed and become illegible. Many thanks for helping us to support the children in looking after their belongings.



### Lunches

Thursday 16<sup>th</sup> May there will be a themed lunch day, titled 'Dessert Trolley'. The lunch will be different to the usual menu and there will be more choice for desserts. Please see the [menu](#) which will be on offer that day.



### Key Stage One Maths

Year 1 have been continuing their learning about money in maths this week. They have looked at the value of different coins, used their knowledge of counting in 2s, 5s and 10's to help them make amounts using the same coin, and even practiced making amounts in different ways using different coins. Great work year 1!



### Year Four Residential Herd Farm

This week children from Year Four enjoyed a fabulous two-day one night residential at Herd Farm outdoor activity centre just next to Eccup reservoir. Throughout a fun packed two days they took part in climbing, orienteering, 'blind line', shelter building and archery. We were all incredibly impressed with the enthusiasm they showed for giving everything a go including having to make their own beds.

*I loved Herd Farm as we got to do a lot of activities. My favourite was climbing!*

Murphy

*My favourite part of going to Herd Farm was the 'blind line'. I improved at building dens and bushcraft!*

Maddie

*I really enjoyed Herd Farm and my favourite activity was archery!*

Archie



There are more pictures in the [News Section](#) of our website.



### Collective Worship

This half term we are exploring the theme of Friendship.

This week we reflected on how we might be able to help our friends at different times and in different ways. We heard the story 'Down Through The Roof' of four friends who had carried their friend to see Jesus to be healed.



## FOSP News

### Junior Parkrun Take Over THIS SUNDAY

We are looking forward to seeing lots of you at the Junior Parkrun in Valley Gardens this Sunday 9.00am. Emma Braunton will be there bright and early to help set up and guide anyone that's feeling a bit lost. If you are coming and are able to help marshal the course, please email this address: [harrogatejuniors@parkrun.com](mailto:harrogatejuniors@parkrun.com)

Whether you have been able to collect some sponsorship money for the school or not, all are welcome and we look forward to having a fun run together in the sun!"



## Community News

**MAY HALF TERM 2024**  
28TH - 31ST MAY

**ACTIVITIES THEY'LL LOVE!**

- LEGO ANIMATION
- MINECRAFT CODING
- 3D PENS
- CIRCUITRY
- SMART ROBOTICS
- LAZER TAG
- VR
- ENGINEERING EXPERIMENTS

**What to bring to camp?**

- Smartphone
- Headphones
- Water Bottle
- Snacks
- Comfortable Clothing

**Kids love NextThing!**  
My child had a fabulous time, and this is the first type of STEM holiday club I've seen in our area. I'd definitely recommend and book again!  
Parent - St John's College School

**£5 OFF**  
WITH CODE MAY24

FOR BOYS & GIRLS AGES 5-11, 9 AM - 4 PM DAILY  
FIND YOUR NEAREST CAMP ON OUR WEBSITE  
[www.nextthing.education](http://www.nextthing.education)

W: [www.nextthing.education](http://www.nextthing.education)  
E: [info@nextthing.education](mailto:info@nextthing.education) T: 01442 873150

**HHCC's**  
**It's a Knockout**  
2024

Harrogate Hospital & Community Charity  
Registered Charity Number: 1008089

TEAMS OF 10!

**SUNDAY 30 JUNE 2024**  
10AM - 3PM  
HARROGATE RAILWAY ATHLETIC F.C., HG2 7JA

Join HHCC for an action packed, fun filled day to remember!

This inflatable games arena is full of wacky games, inflatable obstacles and not forgetting the foam!

**£25 per person**

Or set up a virtual donation page on the HHCC website!

FOR MORE INFORMATION CONTACT:  
01423 557408  
HDFH.HHCC@NHS.NET  
WWW.HHCC.CO.UK

SCAN TO SIGN UP

FR Registered with FUNDRAISING REGULATOR

**HHCC's**  
**Summer Extravaganza**  
featuring  
**It's A Knockout**

Harrogate Hospital & Community Charity  
Registered Charity Number: 1008089

**SUNDAY 30 JUNE 2024**  
10AM - 3PM  
HARROGATE RAILWAY ATHLETIC F.C., HG2 7JA

**FREE ENTRY!**

**It's A Knockout**  
Bouncy Castle • Kids Rides  
Food Stalls • Face Painting  
Donkeys

FOR MORE INFORMATION CONTACT:  
01423 557408  
HDFH.HHCC@NHS.NET  
WWW.HHCC.CO.UK

SCAN TO FIND OUT MORE!

FR Registered with FUNDRAISING REGULATOR



**HARMONY ENERGY**  
**PLUS KIDS FUN RUN**  
**RUN HARROGATE 10K**

10AM SUNDAY 30 JUNE 2024  
 ENTER NOW ONLINE [WWW.HARROGATE-HARRIERS.CO.UK](http://WWW.HARROGATE-HARRIERS.CO.UK)

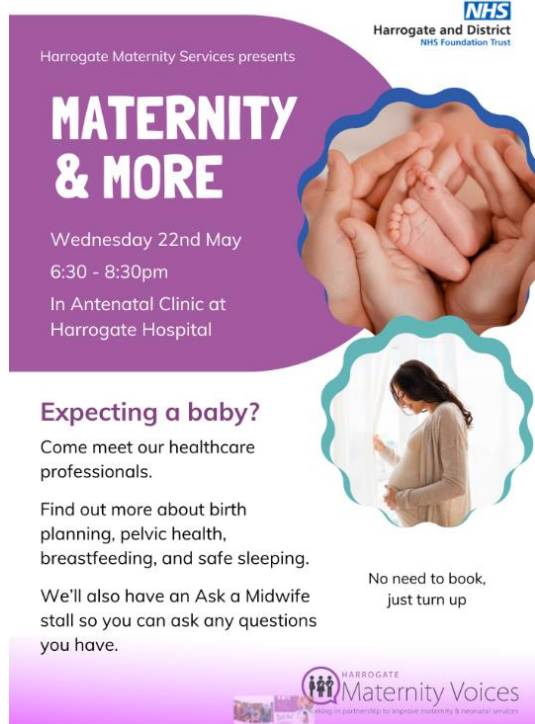


**adventure babies**  
 Sensory Storytelling Classes for babies, toddlers and preschoolers  
 Mondays - north Leeds  
**HAREWOOD**  
 Wednesdays & thursdays harrogate  
**CRIMPLE**  
 Fridays - wetherby  
**cub**

The Original Sensory Storytelling Class

- lights • bubbles • sensory play • messy play
- books • reading • props • eys • music

Email - [helenhg@adventurebabies.co.uk](mailto:helenhg@adventurebabies.co.uk)  
 Socials - @adventurebabies\_harrogate  
 Book Online [adventurebabies.co.uk](http://adventurebabies.co.uk)



**NHS**  
 Harrogate and District  
 NHS Foundation Trust

Harrogate Maternity Services presents

**MATERNITY & MORE**

Wednesday 22nd May  
 6:30 - 8:30pm  
 In Antenatal Clinic at Harrogate Hospital

**Expecting a baby?**  
 Come meet our healthcare professionals.  
 Find out more about birth planning, pelvic health, breastfeeding, and safe sleeping.  
 We'll also have an Ask a Midwife stall so you can ask any questions you have.

No need to book, just turn up

**HARROGATE Maternity Voices**  
 Working in partnership to improve maternity & neonatal services

# Support for young people's Mental Health in North Yorkshire

There is national and local support available on the Go-To website, for parents, carers and professionals.

[www.thegoto.org.uk](http://www.thegoto.org.uk)



SCAN ME



**The Go-To**  
For healthy minds in North Yorkshire



# Support for parent and carers

The Go-To provides advice for parents and carers, on how to support their young people when they are struggling with their mental health.

[www.thegoto.org.uk](http://www.thegoto.org.uk)



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