



## Collective Worship Theme this half term = Peace and Advent

Attendance this week is, Wrens 91%, Robins 87.3%, Owls 87.8% (Overall: 88.7% target is 96%)

15 Dec 2023

### School News and Message from the Headteacher

What a busy week we have had across the school. A huge congratulations to our Wrens for kicking off the festive season with their cheerful and entertaining nativity, Baaarmy Bethlehem. Many thanks to everyone who was involved in the preparation and rehearsals which allowed this to take place.

Today's Pantomime trip was a wonderful day, and the children were thrilled to witness the theatre 'in the round' which really immersed us all in the experience.

We were visited by the Kirkbymoorside Mayor, who spoke to the children about the poster competition for the Kirkby 10K. We were also joined by Reverend Bridget who led our Worship as we reflect on the message of Hope in the Advent period.

We hope to see as many of you as possible for Carol Singing on Wednesday next week, which will be our last community event before the end of term.

Mrs Elsey

**Carol Singing**—KS2 children will lead the singing, but please join us with younger (or older!) ones as we move through the village. We will meet at school at **5pm on Wednesday 20th December** and sing at a few locations before returning to the green outside the pub for our final carol. Please bring the family and join in. Christmas hats, tinsel other festive wear are encouraged, but wrap up warm!

**School Clubs** We have sent home club forms for completion and return to school by **MONDAY 18 DECEMBER**. We will unfortunately, not be offering the opportunity for clubs in cases where an outstanding balance remains on Parent Pay for clubs in this term. Please contact school if you are experiencing difficulty in paying, so we can look at what we can do to allow your child to join us for clubs. If you did not receive the clubs form, but have since paid any money owed, please let us know and we can send one home.

### Bags2School

Raised £115!

Thank you to everyone for their donations.

*First the blade, then the ear,  
then the full grain.*

@SchoolGillamoor

Gillamoor C of E Primary School

This week's winning house is  
**ASH**

Last week's winning House was  
**ELM**

### DATES FOR YOUR DIARY

19 Dec—Return Xmas Hamper number sheets

20 Dec—Xmas Hamper Draw  
20 Dec—Juniors Carol Singing 5pm



21 Dec—Christmas lunch and party

10 Jan- Pupils return to school  
11 Jan—Swimming Y2-Y6  
15 Jan—Cultural New Year's Exhibition 2:30pm—3:30pm.

26 Jan—Film Night

9 Feb—Careers Event



**PLEASE BE REMINDED THAT WE ARE A NUT AWARE SCHOOL. WE KINDLY REQUEST NO NUTS OR NUT DERIVATIVES ARE BROUGHT INTO SCHOOL IN PACKED LUNCHES OR AS SNACKS. .**



Hamper squares. All sheets need to be back in school by **19th December** for the Hamper draw to take place on the **20th December**. If you need anymore sheets please let Rachel Patterson or school know.

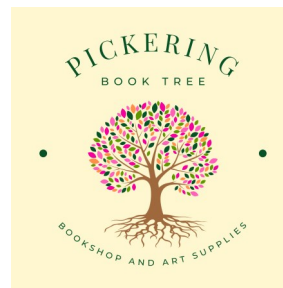
**Swimming**—Swimming day will be moving to **Thursdays** after Christmas, and we will be using Pickering pool for our lessons. We will be taking all children from Year 2 through to Year 6 this half-term.



**All after school clubs finish on Friday 15 December.**

**Marbles for books donation**

Pickering Book Tree’s festive jars have returned, which means we’ll donate more books to local school and classroom libraries this Christmas. For every £10 spent on books, art supplies and gifts until the end of Saturday 16th December we are giving customers a marble to drop into the jars. Each marble represents £1 in books which we will deliver in the New Year. Last year we gifted more than £750 in books to Pickering schools, and this year we hope to deliver as many books as possible to schools in our neighbouring villages, including Gillamoor C.E. Primary School.



Well done to our KS2 Gymnastic Team who came a fabulous 3rd! In last week’s competition—an excellent achievement considering the size of the school. The attitudes of our competitors were a true credit to the Gillamoor spirit.

**Christmas Lunch and Party**

**Thursday 21 December**—we will be holding a ‘family dining’ style meal for our Christmas Dinner this year—children will be sitting in groups from all years of the school. We hope all pupils will join in and have Christmas lunch.

This is free for Wrens and FSM pupils and £2.65 for Robins and Owls.

Everyone can come to school in party wear!



**Staff Training/meetings**  
Full Governing Body Meeting

**School Lunches**

Week beginning 18 December is Week 3 of our menu.





## Thursday evening shopping in Pickering

Shops and cafes in Pickering are open until 7pm on Thursdays in the run-up to Christmas. There is live music each week, Pickering is decorated beautifully, and parking is free in the Ropery Car Park from 4pm on Thursday evening shopping days. Visit Pickering on Thursday 21st December for your Christmas shopping or to soak up the festive atmosphere!

Until 4pm on Saturday 23rd December you can count the Christmas Puddings hiding in the windows in town for the chance to win an HD8 FIRE tablet, £40 worth of sweets and a £20 Pickering Gift Voucher. Hand in your guess to Television House or The Pet Store for a chance to win.

**Online Safety** is a serious subject and as teachers, we are keen to help parents understand ways they can act to keep their children safe online. Each week, I will share a link to materials from the National Online Safety organisation. This week's topic is a thought-provoking one, looking at supporting Children's Mental Health.

# SUPPORTING CHILDREN'S MENTAL HEALTH

## 10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.

 **National Online Safety**  
#WakeUpWednesday

### 1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

### 2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

Are you sure?

### 3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

### 4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss: 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

### 5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

### 6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

### 7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

### 8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

### 9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

### 10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

## Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



## Sources of Information and Support

Your GP  
Young Minds <https://youngminds.org.uk/>  
<https://www.nhs.uk/conditions/stress-anxiety-depression/>  
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>  
<https://www.themix.org.uk/mental-health>

# POSTER COMPETITION

**KIRKBYMOORSIDE**



*A fabulous run*

## **2024 KIRKBYMOORSIDE 10K**

**CLOSING DATE: FRIDAY 12 JANUARY 2024**

**ENTRIES NEED TO BE SUBMITTED TO THE  
TOWN COUNCIL OFFICE AT THE LIBRARY**

**Templates are available to download from  
the Town Council website:**

**[www.kirkbymoorsidetowncouncil.gov.uk](http://www.kirkbymoorsidetowncouncil.gov.uk)**

**or collection from the Library or The Moorside Store.**