

Collective Worship Theme this half term = Respect

Attendance this week is: **Explorers: 90.7%** **Adventurers: 97.3%** **Navigators: 95%** (Overall: **94.3%** target is 96%)

9 Feb 2023



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

Gillamoor C of E Primary
School



School News and Message from the Headteacher

The Navigators started the week with much excitement, with a murder scene in the classroom. This prompted much questioning and curiosity, marking the start of their newest unit in English—Romeo and Juliet. Our Adventurers have been completing their story-writing linked to their text—Cinderella of the Nile. Mrs Teasdale has been so impressed by the creativity and effort of her young writers. Read on for some examples of their great work!

Our Explorers had a busy day on Wednesday, learning about Setsubun, the festival to mark the start of Spring in Japan by chasing away oni (demons) and welcoming in good luck/fortune. I very much enjoyed working with our youngest pupils for this, as it was a festival enjoyed every year by my family during our time in Japan so thank you to the Explorers for having me in!

I hope everyone has a pleasant half-term holiday and we look forward to seeing you all after the break.

Mrs Elsey

Child Centred Consultations

We are holding our Child Centred Consultations on the 12 and 13 March. A letter went home with pupils last week. Please can pupils attend the Consultations with you. Appointments are allocated on a first come, first served basis.



PE

Please can pupils bring jogging bottoms in to school to wear for outdoor PE sessions. Leggings and tights are not appropriate for PE.

Physical Education

Swimming

After half term, all pupils in Reception, Year 1 and Year 2 will be going swimming every Thursday. Please ensure they have their swimming kit with them every week.



This week's winning House is:
ELM

Last week's winning House was
ASH

DATES FOR YOUR DIARY

9 Feb—Careers Event
9 Feb-Break up

19 Feb-Pupils return to school
19 Feb-Bewerley Park deposit deadline

22 Feb—World Thinking Day (Cubs, Brownies, Beavers, Rainbows etc in uniform)

22 Feb-Learning means the World Culture Exhibition 2.45 pm

23 Feb-Swimming gala, Pickering

1 Mar-KS2 football, Ryedale
7 Mar—World Book Day

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. .



Disco—Thank you to everyone who supported and supervised at the Disco. The children had a tremendous time!

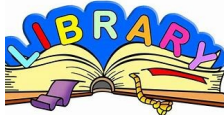
School Governor Vacancies



Every LA school is required to have a board of governors who help with the strategic direction of school and support the headteacher to monitor school in many ways from attendance to attainment, finance to funding, websites and much more. Please consider if you could help support and contribute to the running of school by becoming a Governor. Get in touch for a no obligation chat or take a look at the link for more information; [Become a school governor - Inspiring Governance](#) . Thank you!

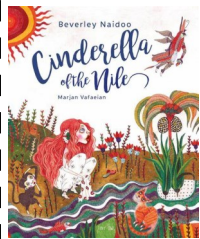
Library Day

Explorers library day is on a Monday.



Ms Johnson

Thank you to Ms Johnson for all she has done for Gillamoor School. We will miss you on Fridays.



Adventurers' Writing

The old lady led Amber back to a small remote house nestled in the mountains. Amber-jet asked the old lady, 'Where am I and who are you?'

'You are in Australia and I am Rebecca. You are here to help me with gardening,' said Rebecca.

Amber-jet didn't really mind about gardening but her heart remained heavy. Every day she tended the plants but Rebecca was not happy because Amber-jet never smiled. That night Rebecca was furious!

'I pay you to work here, I feed you, I give you a house and you don't SMILE!' snapped Rebecca. 'So, for that reason, I sold you on!' That night Amber-jet cried herself to sleep as she feared what would happen next... - By Chloe

As she woke, Poppy was surrounded by lots of fish stalls and food. Poppy asked if she could have some food, but the bandit said 'No! You can have food at the slave market'.

Poppy was terrified. 'What is going to happen to me? Will I see my Mum and Dad? Will I ever get back home again?' Suddenly, Poppy was dragged into the slave market. An old female came and took her chin and said 'I'll take this one.' - By Luna

When she woke, Miyuki found herself on a damp surface that seemed to be swaying. An hour past, yet they were still sailing. What was going to happen to her? Were her family looking for her? Where was she going? She had a thousand questions buzzing around in her head, waiting to be answered. The boat began to slow and the quiet peaceful sea was becoming louder, talking and then shouting. As the boat docked, Miyuki's senses were hit by a tidal wave of noises and sounds. The robbers dragged her off the boat and tugged her into the terrifying world.—By Sayuri

Staff Training/meetings

Governor Ofsted Training

School Lunches

Week beginning
19th Feb is Week
One of our menu



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 adopting safe online habits.

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here –

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND



- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT



- ✓ If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST



- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD



- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of *Engage Support*, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



NOS National Online Safety®
#WakeUpWednesday

Half Term Events with the North York Moors National Park

Events at Danby Lodge National Park Centre

Constellation Rubbing Trail

During visitor centre opening hours

Come and try our new permanent rubbing trail. Explore the grounds and find the constellation rubbing plaques, use your brass rubbing crayon and discover the 10 different constellations. Drop-in, no booking required, please check visitor centre opening hours.
£3 per person

Dark Skies Crafts

Wednesday 14 February

10.30am - 2.30pm

Come along as we've got lots of Astro-crafts to keep you occupied.

No booking required, just drop in

Recommended age 3 - 11 years but all welcome
Cost £5 per child.

Explorer experience

During visitor centre opening hours

Pick up an explorer pack and take yourself around the grounds to see what you can discover! Each pack contains all you'll need for nature exploration, any time of the year.

Drop-in, no booking required, please check visitor centre opening hours.

£5 (£3 if a return customer with booklet) - £10 refundable deposit. Suitable for 4+ years.

Events at Sutton Bank National Park Centre

Constellation Rubbing Trail

During visitor centre opening hours

Come and try our new permanent rubbing trail. Explore the grounds and find the constellation rubbing plaques, use your brass rubbing crayon and discover the 10 different constellations. Drop-in, no booking required, please check visitor centre opening hours.
£3 per person

All children must be accompanied by an adult on the above events. Booking is essential unless stated otherwise.

For more information on National Park Events telephone 01439 772738 or call in at Danby Lodge National Park Centre or Sutton Bank National Park Centre.

To book a place and for further information visit northyorkmoors.org.uk/events

Dark Skies craft kits that can be bought from and decorated at each National Park Centre for £1.50.



**North York Moors
National Park**

Half Term at Helmsley Arts Centre

Tiny & Tall Productions (formerly Tessa Bide Productions) and Soap Soup Theatre - The Selfish Giant

Sun 11 February, 2.30pm

Grinter is a giant. She lives happily alone in her huge cold house, surrounded by her huge snowy gardens, enclosed by her high, frost-covered walls. She shuts out the world, because long ago, the world shut her out, and so she hides, safe and quiet in her peaceful, icy home. Outside the towering walls of her enormous garden, the world has been changing and there is very little green left. One day, the children - tired of playing on hard roads and grey rooftops - find a chink in the giant's wall and climb through, changing the course of the children's and Grinter's lives forever.

"This show is inspired by the touching children's story 'The Selfish Giant' by Oscar Wilde. Tiny & Tall Productions (formerly Tessa Bide Productions) and Soap Soup Theatre, Bristol's two leading family theatre experts, have combined forces to explore an unusual friendship, and how even the grumpiest giant's heart can melt when Spring finally comes."

Powerful storytelling, captivating puppetry, beautiful design, enchanting music and a sprinkling of magic sums up this very special show.

Suitable for children aged 3 years up. Running time 55 minutes.

www.helmsleyarts.co.uk/whats-on/tiny-tall-productions-formerly-tessa-bide-productionsand-soap-soup-theatre-the-selfish-giant

Trailer - <https://youtu.be/A9CspYXUOHQ?si=Q7KY4WpwwLiOOiQe>

Wonka (PG)

Wed 14 February, 7.30pm

Based on the extraordinary character at the centre of Charlie and the Chocolate Factory,

"Wonka" tells the wondrous story of how the world's greatest inventor, magician and chocolate-maker became the beloved Willy Wonka we know today.

Writers: Simon Farnaby, Paul King, Roald Dahl

Length of film: 1hr 56mins

Starring: Timothée Chalamet, Olivia Colman, Hugh Grant, Sally Hawkins, Rowan Atkinson

www.helmsleyarts.co.uk/whats-on/wonka

Trailer - https://youtu.be/otNh9bTjXWg?si=tTcE_glbAecPXBU

Out of This World Safari - Creative Workshop

Wed 14 February, 10 am - 12 noon & 1pm - 3pm

For ages 6-10 years

Let's take a magical adventure through art exploration and bring your very own Safari to life. Join Nicola in this exciting mixed media workshop where you will reimagine your very own out of this world Safari taking inspiration from our wonderful planet and its endangered species.

Through the wonder of illustration learn how to draw and paint your favourite animals with hidden characteristics complete with magical decoration and details. You will leave the workshop with your very own magical masterpiece to take home with you.

10am -12 noon and/or 1pm - 3pm

www.helmsleyarts.co.uk/whats-on/out-of-this-world-safari-creative-workshop

Wish (U)

Sat 17 February, 2.30pm

Wish will follow a young girl named Asha who wishes on a star and gets a more direct answer than she bargained for when a trouble-making star comes down from the sky to join her.

Writers - Jennifer Lee, Allison Moore, Chris Buck

Length of film: 1hr 35mins

Directed by: Chris Buck, Fawn Veerasunthorn

www.helmsleyarts.co.uk/whats-on/wish

Trailer - <https://youtu.be/oyRxxpD3yNw?si=OkIsTynX8789JZZb>