



Burton Salmon Community Primary School
Ledgate Lane
Burton Salmon
LS25 5JY

Burton Salmon Community Primary School
Proud to be part of The White Rose Federation

One family branching out together

Executive Headteacher: Mrs Suzanne MacDonald
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Monday 16th May 2022



Dear Parents and Carers

It has been a really busy couple of weeks at school – well done to our Year 6 children for completing their SATs tests, which we are sure were boosted by Mr Bealey's cooked breakfast for you! Our Year 2 children are also completing their SATs over the next few weeks and all is going well. There's lots of information in today's newsletter edition and I promise there will be plenty of photos in the next one!

We would like to say a big hello to our newest starter, Ashton in Class 2, who has joined us today. We hope you settle in well and enjoy your time at Burton Salmon.

A reminder to please return any sun cream permission forms as soon as possible and if your child requires Hayfever medication whilst in school, please contact me to fill out a medication form. Thank you.

Recent news



Mental Health Awareness Week

Last week was worldwide Mental Health Awareness Week. The official theme was 'loneliness' and, across the week, people were encouraged to build meaningful connections with friends, family, colleagues and communities. Mrs Thornton has shared some information at the end of this newsletter, highlighting the theme of 'loneliness' and what we can all do to help ourselves and others who find themselves in difficult situations.



CL3/Kitchen Building News Update

You will have received a letter last week outlining the building works which are due to start from next Monday 23rd May. We apologise for any inconvenience caused to our staff and parents, carers and neighbours alike, whilst this worthwhile work is underway.

The new classroom unit will house a bigger classroom for Class 3 children, including a cloakroom area for coats and bags and a brand-new, modernised kitchen for Mrs Jones to cook her superb lunches. The classroom will link to the main building via a new internal corridor just next to Mr Bealey's office, allowing weather-proof access to all. As part of the planned works, we are fortunate to have both Class 2 and 3 toilets refurbished and modernised too and these will be completed in late July.

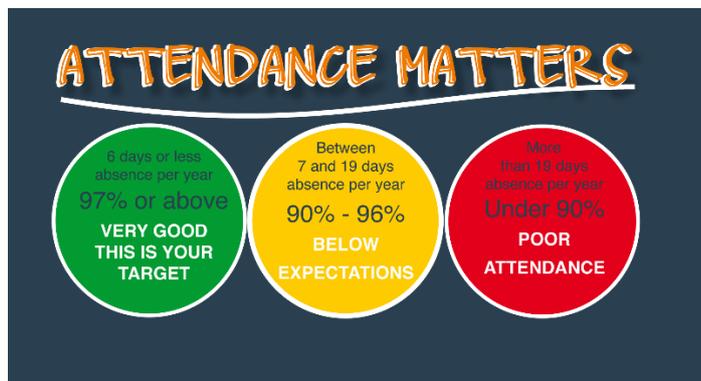
Our lunches are going to be cooked at Chapel Haddlesey Primary School by Mrs Jones and will be transported in insulated containers back to Burton Salmon. There may be some changes to the menus to keep the process as simple as possible but this will be communicated later this week.

As with all new building works, there may be increased traffic around the site and an increase in the number of vehicles you may see. Please remember to park responsibly and be considerate of our neighbours. If you are unable to park safely along Ledgate Lane, the village hall has kindly agreed for our families to park there for pupil drop-offs and collections. Thank you.

Burton Salmon attendance update from Mrs Thornton



Leading up to the summer holidays we will be looking at attendance and aiming to achieve a whole school attendance of **97%**.



Well done to the current **100%** students

54 children have achieved 100% attendance this fortnight!

Well Done

Keep up the good work!

Whole School Attendance Statistics	93.77%
100% students	8 children for the whole year

Golden Delicious	92.26 %
Honeycrisp	93.17 %
Red Delicious	94.48 %



Bottle top recycle scheme

A reminder that we have signed up as a federation to an exciting new project which recycles plastic bottle tops through SchoolCycled. With this plastic, they then make signs, items of furniture and outdoor play equipment.



<https://mygrouppltd.com/schoolcycled/>

We have a dedicated collection box at school, outside Mrs Obridge's office and we can accept all different types of drink and milk bottle tops. We can also allow shampoo bottle lids and things like sauce bottle lids, as long as all the lids are 100% plastic. Please save up all your lids from home and bring them into school to add to our collection. As soon as the bag is full, this will be collected and we will continue to take part in this environmentally-friendly scheme.

Upcoming events



School lunches:

This **Thursday 19th May**, Mrs Jones will be cooking a special **Re-Fuel Yourself Census Day lunch**. We're thinking about the benefits food provides the body with and how food can be healthy and tasty! Join in to re-fuel your body and mind for the rest of the school day:

Chicken Wrap with Tiger Fries and Pasta in a Tomato Sauce with Cheesy Flatbread followed by a Power up Chocolate Cereal Bar

This will be the main meal on this day not the Sausage in a Bun choice. Anyone who is down for a main meal will automatically be given the Census Meal option. Please let the office know by the end of tomorrow, Tuesday 17th May, if your child would like to choose this option (if they would normally have a packed lunch from home or a sandwich/jacket potato dinner). A reminder that the school dinner charge, for Nursery pupils and Year 3 children and above, is currently £2.75.

A reminder, that all children in Reception, Year 1 and Year 2 qualify for Universal Infant Free School Meals (UIFSM) and if you think you may be eligible for Free School Meals (FSM), please contact school to ask about applying: [88822 86136-nyes-school-meal-project-leaflet_electronic-worded-version.pdf \(emlfiles4.com\)](https://www.northyorks.gov.uk/88822-86136-nyes-school-meal-project-leaflet_electronic-worded-version.pdf)

If your child does choose to bring a packed lunch to school, please follow this link from Healthy Schools North Yorkshire, for their guide on what is a healthy and nutritionally-balanced lunch:

[Healthy Packed Lunch leaflet digital FINAL.pdf \(northyorks.gov.uk\)](https://www.northyorks.gov.uk/healthy-packed-lunch-leaflet-digital-final.pdf)



Federation Sports Day events at Chapel Haddlesey

A reminder that the themes for both days will be the 'Platinum Jubilee' and we ask that the children come to school dressed in red, white and blue coloured sportswear.

Due to the high number of pupils, we have to split the event across 2 days:

Tuesday 24th May KS2 (Years 3-6) 1pm-2:30pm

Wednesday 25th May KS1 (Nursery - Year 2) 1pm-2:30pm

The children will attend school in the morning, dressed in their sportswear. They will have an early lunch and pupils at Barlow and Burton Salmon will then travel by coach from school to take part in the afternoon activities, and will then travel back on the coach to each school ready to leave at 3.15pm. We anticipate that it will be a warm day, so it's advised that your child arrives with a named water bottle and adequate sun protection - long sleeves, hats and sun cream etc...

We warmly invite parents and family members to join us and ask that you come equipped for a restful afternoon – please feel free to bring picnic baskets and refreshments (non-alcoholic of course!) and seating if required. The parking in and around Haddlesey is limited so we appeal to parents to please walk if you are local and car share with other families if possible, if driving from out of area.

If your nursery-aged child does not usually attend school on a Wednesday, they are more than welcome to join us for the afternoon's event. Please can we ask that you transport them directly to Chapel Haddlesey Primary for 12.50pm; they can then join the rest of the nursery children for their events and can return to their family after they have taken part. Once Nursery children have completed their events, they are invited to play in the Early Years area with the other nursery children.



Burton salmon Platinum Jubilee Celebration Day

To celebrate the Queen's Platinum Jubilee, and honouring 70 majestic years of service to our beloved nation, we are holding an afternoon of fun on Friday 27th May. To acknowledge this, it would be nice for the children to come to school wearing red, white and blue clothing. As long as the weather is fine, we would also like to invite parents and carers on site for an afternoon picnic with the children. Music, food, fun and maybe even a game or two will hopefully be the recipe for a lovely afternoon before we break up for half term.

Whilst we would normally like to cater for an event such as this, our kitchen will be in the process of being replaced and therefore we politely request that any food for the picnic should be brought in by parents attending the event. Staff will ensure children with parents who are unable to attend will not be left out and some snacks will be on offer. As mentioned previously, this event will be taking place at the same time the new classroom and kitchen are being built. Even though no works will be going ahead on the 27th, parts of the school will still be inaccessible. Also due to the reduction of indoor space, the event will be unable to go ahead if the weather is poor. You will be notified by 10.00am on the morning of the 27th if we are unable to host the Jubilee afternoon.

Housekeeping:



Holiday requests

It's that time of year when 'Leave of Absence forms' from school are now being received for holidays. All requests for Leave of Absence are considered individually by the Head of School and if exceptional circumstances are to be considered, full evidence needs to be provided in order for the Leave of Absence to be authorised. School is obliged to notify North Yorkshire County Council of any unauthorised absence of 10 sessions (5 x school days) or more, which will usually incur a penalty fine notice, after a holiday has taken place. After this stage, school does not have any part in the process and we don't receive any information as to whether and when families are

fined. Please visit our website for the current guidelines for requesting Leave of Absence: [Requesting leave of absence during term time | Burton Salmon Primary School \(burtonsalmonschool.org.uk\)](https://www.burtonsalmonschool.org.uk)

We ask all parents to be mindful that taking a pupil on leave during term time interrupts teaching and learning and will disrupt your child's educational progress. Thank you for your cooperation.



PE Kits – a reminder of what is acceptable within school

Please comply with our policy as follows:

For PE lessons (indoor and outdoor) • A plain or embroidered white or school colour (can also be navy at Burton Salmon) short-sleeved, round neck t-shirt • Plain black or navy shorts of any style • A plain navy or black tracksuit/sweatshirt top (not a 'hoodie' top) and bottoms OR a plain navy or black crew neck sweatshirt (available from MyClothing) • Trainers • All items to be kept in a named PE kitbag please.

[For all your uniform needs, quality assured Burton Salmon Community Prim... \(myclothing.com\)](https://www.myclothing.com)

Drinks in school

It is important that children please bring in a named water bottle daily, especially as the weather is warming up. These can be refilled throughout the day at our plumbed-in water station. Please only send in water and **not** juice etc, as this goes against our Healthy School's policy which can be found on the school website: [MODEL SCHOOL FOOD POLICY \(burtonsalmonschool.org.uk\)](https://www.burtonsalmonschool.org.uk)



Pupil absences: it is really important that you please make sure you telephone or email the school **before 9.10am** to notify us of any child absence, with a reason for their absence. Equally, we ask if your child is unwell and you have called on the first day of their absence, we also require a call on each subsequent day until they are well enough to be back in school. If we do not receive any communication, by phone or email, we start our process of contacting all of the contacts allocated to your child and if we still haven't received any information, the Children Missing in Education protocol is triggered. Thank you for your cooperation with this.

A reminder of our school **Pupil Attendance Policy for reporting absences due to illness** which can be found by following this link: <https://www.burtonsalmonschool.org.uk/sites/default/files/uploads/media/files/pupil-attendance-policy-autumn-2021.pdf>

Parents are asked to inform the school office by telephone or email by 9.10am each day a child is unwell and will not be attending school.

- A child who has been given antibiotics should be kept away from school for the first 48 hours of treatment.
- A child who has been sick or who has diarrhoea should also be kept away from school until the child has been clear of the problem for 48 hours.
- Medical/dental appointments should be made out of school hours, however where this is not possible the school will require notification prior to the absence. When a child is absent for a medical appointment it is expected that they will return to school immediately following the appointment.

Please contact the office for further guidance on specific illnesses and required length of absence.

It is crucial that parents adhere to this procedure to ensure that all pupils are safe and their whereabouts accounted for.

Medicines in school including inhalers



If you require your child to have medicine administered during a school day (including asthma inhalers), please complete a 'Parental Request for Medicine in School' form, which is available from the School Office. We are not allowed to administer any medicine without this being completed fully and signed by

a parent/carer and the Head of School. If your child requires a course of antibiotics for example, over a period of a few days, please ensure that the medicine is handed directly into the School Office each morning. Whilst we can administer Calpol (or similar Paracetamol-based medicines), we are not insured to administer any Ibuprofen medication sent in, unless this is prescribed by a doctor.

OOSC – Pippins and Orchard Club drop-offs and collections



We do have places available for our after-school provision – **please contact the school office** to book in any provision you may require.

For Pippins Breakfast Club, you do not need to book ahead and Mrs Wilson opens the main School Reception door at **8am**. We cannot permit children onto the premises before this time, due to insurance restrictions. **Children must be brought to the door by an adult, signed in and handed over to a member of staff; please do not park on the road and allow your child to enter the school grounds by themselves.** *Please also note that breakfast is only served up until 8.30am; if you are dropping off your child after this time, please ensure that your child has already had breakfast at home. Thank you.

For our Orchard After-School club, please knock or ring the OOSC doorbell and your children will be brought to the main school Reception door by Miss Gamble, Mrs Laycock or Miss Bowers to be collected and signed out by Parents/Carers by **5.30pm**. **Polite reminder: if you have booked a place at Orchard Club, but collect your child at the end of the school day without notifying the office, you will still be charged. We need to know of any cancellations before 12 midday, otherwise a charge of £5.00 will be added to your child's ParentPay account.**

All payments are added to ParentPay within the same week.

Outstanding ParentPay debts

Across the federation, there is an agreed maximum debt per child, which is £30.00. This includes any nursery fees, school dinners and out of school club payments. **Please keep an eye on your child's account balance. Thank you.**



Yours sincerely

Helen Obridge
Administrator

Important dates for your diary

Thursday 19 th May 2022	Census Day and Re-Fuel Yourself special school lunch
Monday 23 rd May 2022	Federation community coffee morning at Chapel Haddlesey's Church Hall
Tuesday 24 th May 2002	Federation Sports Day at Chapel Haddlesey for Years 3/4/5 and 6
Wednesday 25 th May 2022	Federation Sports Day at Chapel Haddlesey for Nursery/Reception/Y1/Y2
Thursday 26 th May 2022	Egyptian Workshop in Class 2
Thursday 26 th May 2022	Queen's Platinum Jubilee special school lunch
Friday 27 th May 2022	Platinum Jubilee celebration day in school – Wear red, white and blue and family picnic in the afternoon
Friday 27 th May 2022	Break up for half-term
Monday 6 th June 2022	School re-opens
Tuesday 21 st June 2022	Open Morning from 10am – 12noon
Thursday 23 rd June 2002	Open Afternoon from 1pm – 3pm
Friday 24 th June 2022	Federation community afternoon tea at Burton Salmon Village Hall

Training Days for the Academic year 2021 -2022

Please note that the final NYCC allocated Training Day for 21/22 is: **Monday 25th July 2022**

Message from Sam Thornton

We will be hosting some Sendiass free digital training before summer (dates to follow) – please see the information below:

Sendiass (Special Educational Needs and Disabilities Information Advice and Support Service) North Yorkshire

☆ EHCAR (Education, Health and Care Assessment Request) Workshop for Parents and Carers ☆

We are hosting two EHCAR workshops in June for parents and carers. In these sessions we will be talking about the EHCAR process, how to fill in the relevant paperwork, timescales and sections of the EHCP, as well as answering some of your questions.

If you would like to attend one of these sessions, please email Alice: alice.atkinson@sendiassnorthyorks.org



Family Fund support families raising disabled or seriously ill children and young people.

One of the grants they give is for an electronic device such as an iPad, and to compliment this they offer free training which is delivered in partnership with an Apple accredited expert.

If you feel your child qualifies, please apply! We will be hosting the free training before the summer holidays. If you already have an iPad for your child you can also attend.

Family Fund is a UK based registered charity for disabled children and their families. The Chief Executive of this charity is Cheryl Ward. It was formed in 1973 by the UK Government to give practical help to families with severely disabled and seriously ill children under the age of 18.

To apply go to the following website: <https://www.familyfund.org.uk/>

Mental Health Awareness Week: 9-15 May 2022 - Loneliness

Together we can tackle loneliness

One in four adults feel lonely some or all of the time. There's no single cause and there's no one solution. After all, we're all different! But, the longer we feel lonely, the more we are at risk of mental health problems. Some people are also at higher risk of feeling lonely than others.

For Mental Health Awareness Week this year, we're raising awareness of the impact of loneliness on our mental health and the practical steps we can take to address it.

As a Federation we will be hosting coffee mornings and afternoon tea events to help keep people connected and access support from professionals when needed.

Following information taken from <https://www.mentalhealth.org.uk/>

If you feel your child or family need advice and support please contact me on:

Mobile 07877029504

s.thornton@wrfed.co.uk

Help and advice on how to cope with loneliness and improve your mental health

Dealing with loneliness can be difficult. But there are things we can all do to cope with loneliness and prevent some of the negative feelings and mental health problems that can come with it.

Here are some coping strategies that you might find useful.

1. Try to do some enjoyable things that will keep you busy

One way of trying to manage loneliness is by keeping busy and doing things we enjoy. This might be a hobby such as a bit of gardening, going to the gym or even sorting out your kitchen cupboards, jigsaws, puzzles or knitting. Small activities can give you energy and positive feelings.

It's important these things are fun or fulfilling.

Be careful about working too hard or watching TV shows simply as a distraction. These will only delay or suppress your feelings and could actually make your mental health worse.

2. Try to do things that stimulate your mind

Activities that occupy your mind can help with loneliness. This can include the benefits of taking courses or listening to podcasts on topics from comedy to fitness. This can be stimulating and something as simple as listening to the familiar voice of someone you like can help you feel less lonely.

3. Think about doing a physical activity

Physical exercise can help with loneliness. It can be as simple as having a walk in the park when you're feeling a bit overwhelmed. Alternatively, you could listen to music and do a bit of dancing around your living room. (Be aware of your neighbours though!)

4. Try to engage with the people you meet in your daily life.

It can be hard to talk to others when you're feeling lonely. However, trying to connect with the people you meet as you go about your day can be helpful. Even catching someone's eye and saying "hi" as you walk along can make you feel better. Or it could be about saying hello to the postwoman or postman or going to the shops and talking to the person at the checkout. By sharing a polite greeting – you might find you give someone else a positive lift too.

5. Find people that 'get you'

It can be hard to connect with others when you're feeling lonely. But there are great benefits in finding people who have been through similar experiences to you. Interacting with others that 'get' you can give you a sense of belonging that may be missing. People who have been there have found connections in local groups or social media.

6. Spend time with pets

If you are lucky enough to have a pet, it can be a great way of managing loneliness. Not only do animals provide us with unconditional love and support, but they also help to give structure to our days and even encourage us to get out and connect with others. Interaction with pets is also shown to help reduce stress levels.

7. Try to use social media in a positive way

Social media can help your mental health. But it can also affect it negatively. The key is to use it in a positive way. Finding digital communities, you share interests and passions with can help. Most importantly be aware of how you feel when you use social media and focus on topics and activities that work best for you.

8. Talking therapies can help

Talking through your feelings with a counsellor or therapist can help you cope with your feelings of loneliness. Talking therapy can be hard to get – but if you can find a professional, it can really be of benefit. It'll provide you with a safe space to work through your feelings and thoughts without judgement. Check out your local resources by visiting the NHS website.

How to support other people who are feeling lonely

1. Don't judge or stigmatise

It's important not to judge or stigmatise people who feel lonely. Stigma around loneliness is a huge barrier to the kind of open and genuine conversations that can help. It's more important to

be aware of just how common loneliness is. It's a normal feeling that all of us are likely to experience at some time in our lives. Telling other people that their poor mental health is the reason why they are feeling lonely is really not helpful.

2. Try to make groups welcoming to other people

It can be difficult for people who are feeling lonely to join a group like a club. This might be because people are shy or feel nervous about existing relationships in the group which they don't feel part of. It's important to be aware of this and try to make groups be as welcoming as possible to newcomers. Flexibility around things like how often people attend is also important.

3. Try to listen and show understanding

A great way to help a friend or family member is simply to listen. People who have experienced loneliness relate how they valued friends who really considered what they might enjoy and were even willing to join them in some shared activities. Having an understanding and compassionate approach, and not ignoring the person's experience, will help them to feel heard and understood.

Methodology

These recommendations for coping methods are informed by our review of the published literature, focus groups with people sharing their insights of experience of chronic loneliness, and a survey of [Mental Health Foundation OPEN community](#).