

Sowerby Primary Academy Newsletter No. 28



Anyone interested in registering their child for a nursery place please contact Mrs. Clark Tel: 01845 523037. Or email: admin@sowerbyacademy.org

‘Sowing seeds of success: growing courageous learners’

Tel: 01845 523037 www.sowerbyacademy.org Date: 24th April, 2024

Newsletter 28

Dear Parents, Carers,

Happy Wednesday Sowerby families. Thank you for all the support with loose change for FOSS Change Race. Still plenty of time to join in. The winning class will also have a prize treat and class prizes for other classes too. Thank you to FOSS for your support. A whooping £314.81p in total! On Friday 9458 coins were counted....weighing 44 kg - the weight of a small horse. That's amazing.

Have a great week everyone.

Keeley Ungerechts

Executive Headteacher

Saplings Nursery



We are enjoying the summer term with lots of stories, rhymes and new friends joining us! We have thought about what is a 'friend'? In our book 'Shark in the Dark' the children realised that by working together they can do amazing things!

Please keep checking in on ClassDojo as a lot of information is shared on there regarding dates etc.

Rosie O'Keeffe

Nursery Teacher





Height and Weight Checks

Date for your diary. Reception and Y6 height and weight checks will take place on 25th April at 9.15am. A letter has been sent home with your child. If you do not wish your child to participate in these checks, please use the contact information below to contact the team. Thank you.

If parents have any questions, please ask them to contact the NCMP team at HDFT 0 – 19 Children's Services Single point of Contact: 0300 3030916 or email: nationalchild.measurementprogramme@nhs.net

FOSS News

Welcome back, we hope you've had a lovely break over Easter. FOSS have been working hard to organise your next event, The FOSS Change Race!

Starting on April 15th you and your friends will race against each other to collect loose change and pop it in the jar in your classroom. The race will run for 4 weeks, until May 10th.

The class who collects the most change over the 4 weeks will win a prize.

Ready, set, GOOOO!



Nut Free School

Due to allergies, we are a nut-free school. Please be aware of this when sending food into school for snacks and packed lunches. Thank you for your co-operation.



Health and Wellbeing

This term our PSHE focus is health and well being. We would like to kick this off with a reminder about healthy snacks and packed lunches. A bag of apples for the week also tends to be a cheaper option than some of the more unhealthy snacks. Please also observe our **nut-free school policy**.

Follow the link for further information. <https://www.nhs.uk/healthier-families/food-facts/healthier-snacks/>



Tempest Photography



Tempest photography will be in school on Thursday 2nd May, 2024 for children to have class photographs taken.

Children will need to wear full school uniform on this day. You may have read recently about a school where class photos excluded some children. I can reassure you that will definitely not be happening at Sowerby.

IMPORTANT: Parent Pay Reminder Information

Please can we politely remind parents to keep their Parent Pay account in a positive balance to pay for school meals, breakfast club, Before and After School Club services etc.

School meals and Breakfast Club attendance must be paid on a **weekly basis**.

Nursery fees and Before and After School Club needs to be paid by the **7th of the following month**.

We regularly send text messages as a reminder. Please do not ignore these.

All negative balances must be cleared by the end of each month. Thank you.

Parents Guide to Safety Settings

A Parent's Guide to Safety and Privacy Settings



scan the QR code with your phone's camera for Parent Guides on how to help keep your children safe online

When you give a child access to the Internet, you give them access to the adult world.

The Internet treats everyone as adults and there are many things, they are not yet ready to know, which is why it is vital that some form of safety settings are in place. Doing something is better than doing nothing.

What happens online has an effect to what happens offline and what happens offline has an effect to what happens online.



Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipssed.com Tel: +44 121 227 1941

Developed in partnership with



In addition there are several parent apps to monitor your child's activity on phones and build in curfews etc. so they cannot be on during the time they should be asleep. We have never before had so many of our Y5/6 children involved in these apps and at some point experienced mean and unkind comments and feelings of being excluded or picked on. This causes anxiety and worries that then make it hard for them to feel comfortable coming into school the next day. Despite many lessons and PSHE coverage they are still feeling left out if they do not take part and picked on if they do. Too much pressure for our youngsters to be dealing with. Most happen outside school so we have very little we can do to help but sadly have to support anxious children with the aftermath.

<https://www.safetydetectives.com/blog/best-really-free-parental-control-apps/>

Sickness

There seems to be a nasty tummy bug about at the moment and we have cases of Chickenpox too. We are encouraging pupils to wash hands and be careful.

Our policy is that children who have a virus which means that they are sick or have diarrhea, or both, need to stay away from school until **48 hours have passed** after the last bout of sickness or diarrhea. This helps prevent the spread of infection in the school.

Chickenpox is a minimum of five days from the appearance of the first spots and depending if your child is well enough to return to school. Thank you.

School Uniform/Lost Property

Uniform

We believe a uniform allows all children, regardless of background, to feel equal to their peers and confident in their appearance. We also believe it is important for activities to be facilitated by specialised and appropriate clothing such as sports-specific attire.

Can I take this opportunity at the start of term to remind parents of the expectations for uniform.

Blue School jumpers or cardigans

White/Blue polo shirts

Grey trousers, shorts, skirts, pinafore dress or summer 'gingham' dress.

Sensible black school shoes

Grey, white or black socks, or grey tights

PE kit:

PE kits should be worn on PE days. No football tops and those with logos, expensive trainers etc. You will be directed by your child's class teacher if they require an indoor or outdoor P.E kit, or both.

Indoor Kit:

Black shorts and a plain white T-shirt & pumps or trainers.

Outdoor Kit

Black shorts, school sport hoodie, tracksuit bottoms or leggings, plain white t-shirt, trainers (that are suitable for outdoors), hat/cap if necessary.

Jewellery and make up

Children should not wear jewellery to school. If your child has pierced ears, 'studs' must be worn on school days and these must be removed for PE and swimming.

Nail varnish/ acrylic nails / make up are not allowed.

Lost Property

There is a significant amount of lost property in the box in the hall. Please come and check this/ask to check this at the end of the school day in KS1 playground. Please name ALL uniform so it can be returned.

Dragonflies

Please can we ask that you inform Dragonflies if your child is not attending a pre-booked session, i.e if they are going home with a friend etc. This can be done by contacting Miss Richardson on dragonfly@sowerbyacademy.org.

Turn on the Subtitles



Did you know that turning on the subtitles on your TV at home is the easiest way to get your child reading?

Doing this can double the chance of your child becoming a good reader. Yes, it's really that simple.

Please visit <https://turnonthesubtitles.org/parents/> to see Hollywood legend Jack Black explain how you can turn screen time into reading time in 10 seconds.

If you found this helpful, please share it with as many other parents as possible.

Sensory Garden



May we request any unwanted/grown out of wellies for use in our sensory garden. Thank you.








Next week's menu choice will be Week 3.

Menu week 1

WEEK 1	 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Margherita pizza with baked potato wedges	Chicken korma with 50/50 rice	Ham & chesse panini (DF available)	Bolognese with rice	Crispy battered fish & chunky chips
VEGETARIAN MAIN DISH	 Tomato & basil pasta	Veggie korma with 50/50 rice	Cheese panini	Creamy Quorn chicken bake	 Vegan sausage & chunky chips
ACCOMPANIMENTS 	Peas & sweetcorn	Peas & carrots	 Seasonal salad	Broccoli & sweetcorn	Baked beans
DESSERTS	Fruit flapjack	Jam & coconut sponge	White chocolate cookie	Berry sponge	Ice cream
FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
JACKET POTATO AND SANDWICH SELECTION	Jacket with tuna and sweetcorn. Ham sandwich	Jacket potato with cheese. Tuna and sweetcorn sandwich	Jacket with beans. Egg sandwich	Jacket with cheese. Ham sandwich	Jacket with cheese. Cheese sandwich



Menu week 2

WEEK 2	 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Beef burger with baked potato wedges	Chicken dinner with a yorkshire pudding and creamy mash potato	Meatballs in tomato sauce served with wholemeal pasta	All day breakfast	Crispy battered fish & chunky chips
VEGETARIAN MAIN DISH	 Quorn™ burger with chips	Quorn chicken dinner with yorkshire pudding and creamy mash	 Quorn™ in a Spanish style tomato sauce with rice	Vegetarian all day breakfast	Cheese and onion quiche
ACCOMPANIMENTS 	Baked beans	Peas & carrots Salad bar	 Seasonal salad	Sweetcorn & broccoli Salad bar	Peas & sweetcorn
DESSERTS	 Ginger biscuit	Oaty biscuit	 Chocolate brownie	Lemon drizzle	Ice cream
FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
JACKET POTATO AND SANDWICH SELECTION	Jacket with tuna & sweetcorn. Ham sandwich.	Jacket with beans. Tuna & sweetcorn sandwich.	Jacket with cheese. Ham sandwich.	Jacket with beans. Cheese sandwich.	Jacket with cheese. Ham sandwich.



Menu week 3

WEEK 3	 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Hot dog served in a bun with chips	Mild Chicken curry with rice	Chicken goujons with half a jacket potato	Sausage and tomato pasta	Crispy battered fish & chunky chips
VEGETARIAN MAIN DISH	Veggie sausage hotdog with baked wedges	Quorn chicken in a savoury rice	Quorn sausage roll with half a jacket potato	Cheesy wheel with rice	 Quorn™ nuggets with chunky chips
ACCOMPANIMENTS 	Baked beans	Pea & carrots	Salad	Sweetcorn and broccoli	Veggie sticks
DESSERTS	Shortbread	Gingerbread person	Custard cream cookie	Chocolate crunch	Ice lolly
FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
JACKET POTATO AND SANDWICH SELECTION	Jacket potato with tuna & sweetcorn. Ham sandwich	Jacket with baked beans. Tuna & sweetcorn sandwich	Jacket potato with cheese. Egg sandwich	Jacket with beans. Cheese sandwich	Jacket with cheese. Ham sandwich



Dates for your diary

Tempest photography will be in school on Thursday 2nd May, 2024

May Day holiday - **Monday 6th May, 2024**

Teeth Team in school for children who have subscribed on Thursday 18th April, 2024.

Colour Run - Thursday, 20th June, 2024

Sports Day -Friday, 21st June, 2024

Year 5/6 Performance - Dress Rehearsal Monday 24th June at 1.30 pm

Performance for Parents Evening 25th and 26th June

Year 5 Enrichment Day at Thirsk School - 27th June, 2024

Thirsk Music Festival (Joint Primary Schools) Tuesday 2nd July, 2024

Summer Fair Thursday 4th July, 2024

Rock Steady Concert for participating parents - Tuesday 16th July 2.45 - 3.15pm

Leavers Assembly - Thursday, 18th July, 2024 at 1.30pm

NEW STARTERS

23RD May - Parents meeting at 5.30 pm

Stay and Play 1.30pm 25th June

Teddy Bears Picnic 1.30pm on 1st July

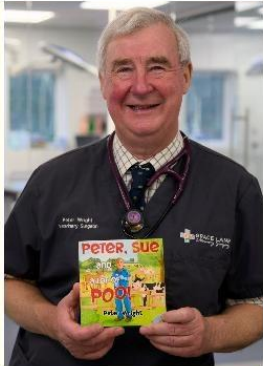
Forests Schools 3.45 on 3rd July

Thirsk Community Library - 27th April at 11 am

Thirsk Community Library
Saturday 27th April at 11 am
Peter Wright
Local star of The Yorkshire Vet TV programme will read his new book . . .


**Peter, Sue
and a Lot of
POO!**

FREE
No booking necessary



Peter will read his book **at 11 am.**
We will have farm-themed crafts and colouring for children **from 9.30 am.**
Make an animal to take home.

Thirsk Community Library, Meadowfields, Chapel Street, Thirsk YO7 1TH
Phone: 01609 534589
Email: library@thirskcommunitylibrary.org.uk



Thirsk Tennis Club - Open Day



Why not try tennis? Thirsk Tennis Club are holding an open afternoon at the Thirsk tennis club on Newsham Road, on Sunday 21 April from 1 - 3pm . All you need is suitable shoes, racquets are provided.

Refreshments will be served and this is for All age groups. We have an over 50's group as well.

York City Foundation at Thirsk Sports Village

York City Foundation at Thirsk Sports Village on Friday Evenings - various ages for boys and girls! Please follow the links below for further information.

[Book Thirsk Skills Centre 10 - 13 Summer Term from York City \(officialsoccerschools.co.uk\)](http://officialsoccerschools.co.uk)

[Book Thirsk Falcons Fledglings 4 - 6 Summer Term from York City \(officialsoccerschools.co.uk\)](http://officialsoccerschools.co.uk)

[Book Thirsk Skills Centre 7 - 9 Summer Term from York City \(officialsoccerschools.co.uk\)](http://officialsoccerschools.co.uk)

[Book Thirsk Falcons Wildcats Session Girls Only 5 - 11 Summer Term from York City \(officialsoccerschools.co.uk\)](http://officialsoccerschools.co.uk)



YFCF
Foundation
Thirsk Falcons
Wildcats

FOUNDATION
Friday Evenings
(Term Time Only)

Thirsk Falcons Wildcats
Sessions ages 5 - 11
6:00 - 6.55pm At
Thirsk Sports Village
3G Pitch
YO7 1TS



To book visit officialsoccer schools.co.uk/Yorkcity or
Email: grassroots@yorkcityfcfoundation.co.uk

Have Fun!  **WILD CATS**  **Play Football** 
 **Make Friends**

All Stars Cricket

What is All Stars Cricket?

All Stars Cricket provides a fantastic first experience for all children aged 5-8 years old where they're guaranteed 8 weeks of jam-packed fun, activity and skills development. The programme is designed to introduce children to the sport, teaching them new skills, helping them make new friends and have a great time doing so.

With an emphasis on FUN! Children will learn fundamental movement skills including catching, throwing and batting. Soft balls and plastic bats are used by everyone and all participants are given their very own All Stars Cricket T-Shirt which is personalised with their name on!

Happening at a local club near you for 8 weeks! Find your local cricket club at: <https://www.ecb.co.uk/play/all-stars>

What is Dynamos Cricket?

Dynamos cricket provides a fantastic next step for those graduating from All Stars Cricket and the perfect introduction for 8-11 year-olds new to the sport!

Complementing junior cricket, Dynamos provides children with a more social offer focused on developing fundamental movement skills and applying them in an exciting game of Countdown cricket.

Every child who registers will receive their very own Dynamos Cricket New Balance t-shirt, personalised with their name and number!

Happening at a local club near you! Find your local cricket club at: <https://www.ecb.co.uk/play/dynamoscriccket>"

It all starts with...



All Stars Cricket is the best cricket experience for **5-8 year-olds**

All kids are guaranteed to develop **new skills** while **having fun** and **making friends**

Participants receive a **personalised t-shirt**



Sign up today at
allstarscricket.co.uk



What's On and Thirsk News from Thirsk Tourist Information

Please follow the link for the latest newsletter:

<https://visitthirsk.uk/pages/whatson.php>

Term Dates Academic Year 2024/2025

The term and holiday dates for the academic year 2024/2025 are on the school website. Please click on the link below to view these. Thank you. <https://www.sowerbyacademy.org/home/term-dates>

Attendance and Authorised Holiday

I am sorry but we are not able to authorise any holidays in term time. It is imperative that we close educational gaps created by lost learning and we must follow DfE guidance on this. Thank you for your understanding. Exceptional Circumstances Leave [Request form must be submitted prior to leave being taken](#). This is also available on school website (parents tab/parents information)

Attendance is very important and this is monitored for every child. Any child with attendance below 90% is classed as PA Persistent Absence and we have a duty of care to follow this through to see how we can support this getting better. We would communicate concerns about attendance, in the first instance, by letter. Letters for last term will be sent out this week.

Attendance last week of term

Whole School: 95.7%

Unauthorised Absence: 1.05%

Best class attendance last week: 98.75% **Nightingale Class Well done!**

School Calendar



Please follow the link to calendar of events this term on our website.

[Up and coming events](#)