

Message From The Head

Dear Parents,

We have reached the end of the last week, in the last term of the academic year. Where has the time gone? As always when we get to this point, we wonder where time has gone and I'm sure the parents of our Yr6 pupils will think the same - where have the years gone? Those 4 year olds that began primary school in what seems like a moment ago, are now heading to Secondary School. As Mrs Moore has said below, we are very proud of them, their achievements, accomplishments, growth and confidence. They are definitely ready for their next educational adventure and we all wish them well. They are a credit to all of you. We wish all those moving on at this time the very best for the future.



I would like to thank all the teacher and support staff for their hard work this year that ensured the continued learning in knowledge, skills, resilience and confidence for your children.

It was a pleasure to be part of the Leavers Service at the church yesterday and see you all there to celebrate the achievements of our oldest pupils. We followed the service with a Leavers picnic on the meadow, with thankfully lovely weather. We all enjoyed the chance to share the social occasion with you and for the children to unwind with their friends, playing games. Thank you to all who joined us and made it possible.

I have very much enjoyed my short time at Terrington and thank you all for your support in that time. I wish you all an enjoyable and warm summer break,

with regards,

Linda



Message From Our Executive Headteacher

Dear Parents and Children,

As the year draws to a close, I want to take a moment to express my heartfelt thanks to all of you for your ongoing support. Our children have had a fantastic year and have made us all incredibly proud with their achievements and growth.

Our federation has seen many successes this year, including the positive Ofsted inspections at Terrington and Stillington, and the church school inspection at Foston that captured our ethos so well. These accomplishments are a testament to the dedication and hard work of our entire staff team.

However, these successes would not have been possible without the hard work and enthusiasm of our children and the unwavering support from you, the parents. Your commitment to our schools and your children's education is truly appreciated.

As we sadly say goodbye to our year 6 children I want to wish them every success at secondary school. I know they will all excel and are ready for the next stage of their educational journey.

Thank you once again for a wonderful year. I wish you all a restful and enjoyable summer break and look forward to seeing you in the new school year.

Sarah Moore

Executive Headteacher



Exciting News – Our New Website Is Nearly Here.

After much preparation we are pleased to announce that from Monday our new website will be launched. We hope all our parents love it as much as we do.

The link when live will be www.fstfederation.org.uk

If you have any suggestions that would make this site more useful for you please feel free to let us know.



WOW WORK



NURSERY AND RECEPTION (EYFS) (CLASS 1)

This week we have enjoyed a trip to Woldies Nature Garden, Trail and Play! We had a fantastic time exploring the bug hotel, doing butterfly spotting, bird watching, getting lost in the maze, playing in the massive sand area with a sand kitchen as well as getting involved in foot golf and exploring the herb garden! We enjoyed every moment!

Woldies is a fantastic place and I would highly recommend going over Summer if you are looking for something to do!



KS1 (CLASS 2)

We have had a great last week of the school year, tying up loose ends, completing topics and creating our non-chronological reports. The children really have been fantastic this year and I am so proud of all of their achievements! Well done to class 2. I hope you have a restful and sunny summer and I look forward to seeing them in September.



KS2 (CLASS 3)

This week in Science, we have recalled our learning of light across the term. Bea was able to articulate all of her learning of how shadows are formed, key vocabulary and why we need light. She shared her learning in a creative way by drawing light sources. Well done Bea!



INFORMATION

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about **WORRY AND ANXIETY**

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

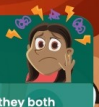
UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.



DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.



WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.



THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.



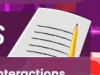
THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.



ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.



Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.



CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.



TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.



SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.



Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



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INFORMATION

Wrap Around Care Terrington

Thank you to all the families who have completed our wrap around care survey. At Terrington Primary we had 4 responses to consider when planning a viable offer for 2024-25. We can now confirm that the timings for wrap around care next year are:

Terrington	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	8-8.45am	8-8.45am	8-8.45am	8-8.45am	8-8.45am
Afterschool	3.30-5pm	3.30-5pm	3.30-5pm	3.30-5pm	3.30-5pm

Revised costs

Alongside reviewing our wrap around care offer, we have also looked at our pricing for breakfast club. There will be a new charge of £3 for a breakfast club session as this is now available from an earlier start time.

Breakfast club	New costs and times from Sept
8am	£3
Afterschool Club	
4.00pm	£3.50
4.30pm	£4.50
5.00pm	£5.50

We would also like to notify families of a future change to our booking system for wrap around and extracurricular clubs. From October half term, we plan on using our ParentPay system as a method of booking and prepaying for clubs. Further details will follow in the autumn term.

Extra-Curricular Clubs

We thank you for your feedback on extra-curricular activities and will be exploring different clubs for the next academic year. These include drama, art, tennis, chess, musical instruments, sewing and choir.

Feast Activities free for eligible children and young people this school holiday

RYEDALE
SUMMER HOLIDAY
ACTIVITY SPOTLIGHT

feast

A selection of activities available in your area

- EVERYONE ACTIVE RYEDALE**
Summer fun through multi-sports, activities and food
- WELBURN HALL SCHOOL**
SEND specialist biking, cooking, water games and more
- RICHARD SHEPHERD MUSIC FOUNDATION**
A day of music and singing in a relaxed environment
- MALTON COMMUNITY SPORTS CENTRE**
An exciting camp to try new activities and sports

Book your **FREE** space now!

FEAST is available for all children and young people across North Yorkshire with free places and a free meal for eligible children and young people.

feastny.org

NORTH YORKSHIRE TOGETHER | HolidayActivities | NORTH YORKSHIRE COUNCIL | Department for Education

INFORMATION

Malton Library (see attachment)

Get creative with the Summer Reading Challenge 2024!

Children can once again sign up for the Summer Reading Challenge at their local library during the holidays. This year the theme is Marvellous Makers and is all about firing up imagination through the power of reading and creative expression. The challenge for children is to read 6 library books of their choice and collect special stickers along the way – everyone who finishes will receive a limited-edition Marvellous Makers medal and a certificate. Any child aged 4 to 11 can join in and the challenge runs from Sat 13th July until Sat 7th Sept. Find out more about the challenge here: https://www.youtube.com/watch?v=0wPtu_bpxcl There will also be a fantastic programme of activities in libraries all summer, many of them free, to go with the challenge – families can find out what's happening locally by contacting their library, on local library Facebook pages and on our webpages: [Summer Reading Challenge | North Yorkshire Council](#)



Nature Rangers – Tuesday 6th August – 10:00am to 3:00pm

Indoor and outdoor activities to explore the arboretum and learn about the plants and creatures that we share it with. There will be a chance to experience planting and crafts, plus walking, collecting, and exploring the grounds for minibeasts. There will be hands on activities, so bring a bag to take your creations home with you. We recommend bringing a packed lunch or plan to eat at the Arboretum Café.

Nature Rangers Day (booking essential, suitable for aged 5yrs and above. £15 per child, must be accompanied by an adult – Adult admission free.) Please bring outdoor clothes and footwear.

Please book at the visitor centre 01653 648598 or by email on visit@yorkshirearboretum.org

For more information, please see the website www.yorkshirearboretum.org
[Nature Rangers – Yorkshire Arboretum](#) Plus free pond dipping 23.7.24 or minibeast hunts 14.8.24



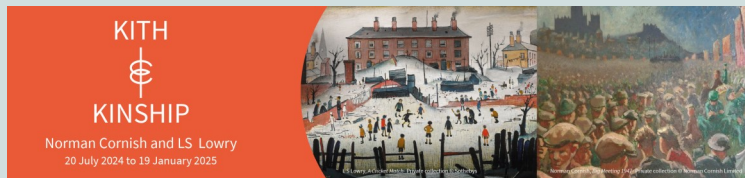
INFORMATION

Bowes Museum Holiday Activities

Now showing... *Stories in Stitch* (18th May – 29th September 2024)



Coming soon... *Kith and Kinship: Norman Cornish and L. S. Lowry* (July 2024 – 19th January 2025)



Transpennine Activity Pack

Download it from our Children's page at: <https://www.transpenninetrail.org.uk/welcome-to-our-childrens-page/>

We very much hope your children enjoy the activities. As always, we'd love to receive your feedback about the pack and suggestions for activities to include in our next pack that we'll be producing for the October half term holiday, just email us at info@transpenninetrail.org.uk



DIARY DATES

Swimming KS2	Friday 19th July
Last Day Of School (NO AFTER SCHOOL CLUB OR WRAPAROUND) (3.30pm Finish)	Friday 19th July
Terrington Mums Year 6 Leavers Disco (All Staff and Parents Welcome) (4pm Terrington Village Hall)	Friday 19th July
Summer	Friday 19th July (Last Day of School) Tuesday 3rd September (First Day Back)
Autumn Term Starts	Tuesday 3rd September
School Photographs	Monday 16th September
Autumn Half-Term	Friday 25th October (Last Day) Monday 4th November (First Day Back)
Christmas	Thursday 19th December (Last Day) Monday 6th January 2025 (First Day Back)

School details are :-

Email :- terrington.primary@foston.n-yorks.sch.uk

Telephone :- 01653 648340

Head of School :- Mrs L Bowman

Executive Headteacher :- Mrs S Moore.

