



A message from Mrs Robinson

What a fantastic week at HRPA!

Our children have been incredibly engaged in their learning this week, exploring exciting new topics across all year groups. The Year 6s are buzzing after their trip to Huntington Secondary School to see a pantomime! Their excitement is palpable, and they're already brimming with ideas for their own end-of-year production.

In our whole-school assembly, we celebrated the life and legacy of Dr. Martin Luther King Jr. We learned about his incredible work in the Civil Rights Movement and how he inspired a generation to fight for equality and justice. Dr. King's message of peace, love, and respect for all resonates deeply with our school values. We encourage all our children to embrace kindness, empathy, and respect towards one another every single day.

Our new **House point system** is proving to be a real motivator! We've seen wonderful examples of Trust, Kindness, and Self-Belief demonstrated by children across the school.

We want to send our warmest wishes to Mrs. Eddon as she begins her maternity leave. We hope she enjoys this special time with her family and we look forward to welcoming her back soon.

Thank you to all of you for prioritising your child's education by ensuring their attendance. We know it's not always easy, but your support is invaluable.

Have a wonderful weekend!

Mrs Robinson

Terry	299
Rowntree	296
Tuke	344
Craven	299



HOUSE POINTS



Safeguarding Tip of the Week

Safety around dogs

Here are **6 golden rules** from the **RSPCA** for keeping your children safe and your dogs happy.

1. Never leave your child alone in the same room as a dog, even your own.
2. Teach your child not to approach dogs when they're: eating or having a treat, have a toy or something else they really like, are sleeping or are unwell, are injured or tired.
3. Don't let your child climb on dogs, pull their ears or do anything you wouldn't allow them to do to another child.
4. Play nicely and teach tricks. Teach your child how to play nicely with your dog.
5. Give your dog space if they need it.
6. Don't allow your child to approach a dog they don't know

For more information see the [RSPCA](#) website.



Our School Target is 98%

National Figure 96%

This week our whole school attendance was: 95.67%

Jubbergate: 96.82%

Ousegate: 89.33%

Fishergate: 100%

Whip-Ma-

Whop-Ma-

Gate: 97%

Gillygate: 96.48%

Fossgate: 92.39%

Micklegate: 94.48%

Stonegate: 94.78%



The winning class is Fishergate Well Done!

SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY

Begin reintroducing elements of the school routine a week before term starts. Gradually adjust bedtimes, wake-up times and meal times to be more in line with school-day rhythms. Small changes can make a big difference in creating low-stress periods and helping children to adjust smoothly.

2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Unkiss screens time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio stations that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school, what for they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently. So, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education easier possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



#WakeUpWednesday

The National College

Source: See full references list on guide page 61.