

ESKDALE NEWSLETTER



Spring Half Term Newsletter

Dear Parent/Carer,

The first half of the spring term always tends to be a quieter time at school after the busy run up to the Christmas break. Plenty of time therefore to start the new year and the new term in the best possible way!

Chinese New Year

It was great to be able to celebrate Chinese New Year at Eskdale this term. Our fantastic meals provider Coombs delivered a great themed meal complete with Year of the Snake money bags, fortune cookies and chop-sticks (with some children having more success than others using these-forks were provided in emergencies!) In assembly the children found out more about Chinese traditions and were able to make meaningful comparisons to known festivals in other cultures. The highlight however was the final assembly of the week when midday supervisors (and parents) Mrs Fu and Mrs Kwok shared with school their experiences of the celebration, sharing more amazing facts about this special time of year.

Finally, a huge thank you to all those families who were kind enough to share some of the delicious food that was being cooked at home as part of the new year celebrations-a fantastic treat!



Childrens Mental Health Week

We teamed up with children's mental health charity Place2Be and Here4You (a combination of 6 mental health charities) to support children's mental health week. The theme was 'Know Yourself, Grow Yourself' focusing on the importance of understanding and talking about feelings and emotions (something which we have explored before in assembly this half term) as a way of keeping mentally healthy. Information about how to support your children to remain mentally healthy was also shared with parents/carers at the start of the week.

Football.

We began our football season with three fixtures. The first, a fiery friendly at Albany Junior was a challenging first game with the boys narrowly winning 3-2. In the second fixture, a visit from Bramcote Hills Primary ended in a 4-2 loss. In our first league game of the season, in an end to end game, we narrowly edged past a dogged John Clifford side. Eventually winning 2-1! Well done to all the football squad who have taken part in these first few matches and many thanks to Mr Holmes for his support with refereeing. Lots more games to come in the remainder of the term and matches for our girl's football team later this year.

Medical Appointments

A reminder that wherever possible, please can medical appointments be arranged for before or after school to avoid the disruption to the children's day/learning. To ensure our school records can remain accurate, please also can I remind parents to email a screen shot of the appointment to office@eskdale.notts.sch.uk as confirmation and to allow us to authorise the absence.

Safer Internet Day

We spent a whole week speaking to the children about the importance of internet safety earlier this half term. Mrs Briggs led an assembly exploring the theme of internet Safety Day 'Too Good to Be True-Protecting Yourself and Others from Scams Online' with the children. In addition to this, we looked at how we use the internet, some of the risks involved and how our SMART rules can be used to ensure that we stay safe in all our online activity as well as joining the safer internet day live lesson. Our Digital Leaders had the first opportunity to support pupils with their knowledge by leading a quiz in assembly at the end of the week. Many thanks to Mrs Briggs for her support in making the week such a success. Being safe online is a huge part of your child's personal development and a notable aspect of our 'Think like a Computational Thinker' curriculum. If you are concerned about your son or daughter's online activity, then please contact school. Look out for our online safety monthly newsletter which tackles all things associated with online safety and more information about staying safe online can be found on our school website:

[Online Safety Newsletter](#)

[Online Safety Advice for Parents](#)

Y6 Visit Justice Museum

In a change to previous years, we have chosen to deliver our own version of DAaRT (previously DARE), teaching Y6 pupils to be responsible and to think about the consequences of their actions as part of the school's personal development offer. To kick this off, pupils in Y6 developed their understanding of knife-crime with a visit to the National Justice Museum to take part in an anti-knife crime prevention workshop. Pupils explored the causes and consequences of knife crime through the story of Ben Kinsella, learning a range of strategies to ensure that they continue to make good choices and remain safe. Many thanks to the Y6 staff team for organising this enriching experience.

Valentines Themed Lunch

We finished the half term with another themed meal delivered by Coombs. In their Valentines Meal, pupils tucked into Fish Star and Chips or Jacket Potato followed by a lovely selection of Valentines cakes & biscuits.



Reminders!

Children return to school on **Tuesday 25th February.**

Water bottles-juice

A reminder that only water is permitted in school to drink and children should have a water bottle in school that can be refilled and that can be washed with frequency at home. Despite some reminders going out to specific year groups, it is still being reported to me that juice is still appearing in some classrooms. Below are just some of the reasons why we insist that only water is consumed in school:

Sugar Content – Many fruit juices contain high levels of sugar, which can contribute to obesity, tooth decay, and energy spikes followed by 'crashes', affecting concentration and behaviour.

Encouraging Water Consumption – water is the healthiest hydration option, helping to establish good habits and improve focus throughout the day.

Spillage & Mess – Juice can be sticky and difficult to clean if spilled, leading to messes in classrooms and lunch areas.

Staining Issues – Many juices can stain clothes, books, and school equipment.

Allergy & Dietary Restrictions – Some pupils may have allergies to certain fruits or ingredients in juices, increasing the risk of accidental exposure. Thank you in advance for your support.

Have a happy and safe break.

Yours sincerely,
R Scruton
Head teacher