Burton Salmon CP School

Part of the White Rose Federation - One family, branching out together

Pathfinder Multi Academy Trust

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Monday 10th March 2025

Dear Parents and Carers

We hope you are all well and would like to draw your attention to an event the KS2 children have been planning – our **Burton Salmon Charity Quiz afternoon** – on Friday 28th March at 2pm. Full details are on the poster at the end of this newsletter and places can be booked and paid for via ParentPay. All welcome!

Parents' Evening Consultations

From tomorrow, Tuesday 11th March 2025 at 10.00am, you will be able to sign up online via SchoolCloud to book a face-to-face Parents' Evening appointment for your child. These sessions are going to be held on Monday 24th March and Tuesday 25th March from 3.40pm – 6pm. Please ensure you visit https://burtonsalmonschool.schoolcloud.co.uk to book an appointment, to discuss your child's progress with their teacher.

The window to book appointments closes at midday on Sunday 23rd March 2025.

Latest news

Pancake Day in Class 1

The children in Class 1 really enjoyed last week's Shrove Tuesday celebrations and especially liked the delicious pancakes Mrs Smith helped them make! They used quite a simple recipe, with plain flour, eggs, milk, a pinch of salt, vegetable oil for frying and fresh lemon juice to squeeze on top. All the children in Class 1 had the chance to mix, stir and squeeze lemons, and then eat their very own pancake. Yum!

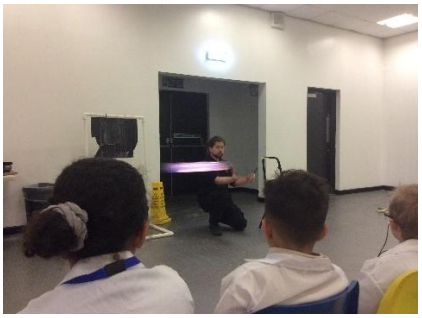
Class 2 Magna visit

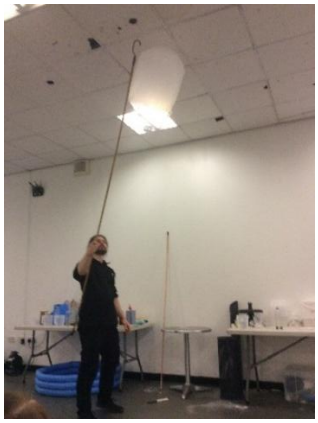
On Wednesday 5th March, Class 2 went on a Science themed adventure to the Magna Science Centre in Rotherham. We started our day by exploring the numerous floors of exhibits; each floor was themed to the elements: fire, water, earth, and air. The children were amazed by the fire tornados, whizzing air transporter and wave maker and had a thoroughly good time getting hands-on with each exhibit.

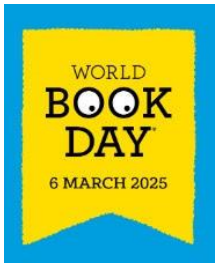
We then attended the 'Forces' show which introduced children to the amazing invisible role of forces in everyday life. In our dynamic world everything that happens is caused by forces, but what better way to understand them then to investigate fire, rockets, whirlpools, and even marshmallows.

The children's enthusiasm and exemplary behaviour was a credit to our school, and we had a fantastic day out. On our way back home, we listened to the stories of scientists such as Stephen Hawking and Neil Armstrong to unwind after our fun-filled day. I'd like to extend a big thank you to the Class 2 parents for their commitment to the World Book Day theme of Scientists - the museum staff loved our dedication to the theme and expressed that they had never seen a school come to the museum as mini-scientists before!

***"The trip was so much fun! We got to play with lots of things in the exhibits!"*- Beau**
"The museum was split into water, fire, air and earth with loads of things to explore!"- Phe
"We learnt all about air and rockets in the forces show - the bangs and whooshing gave me a fright!"- Dakota







World Book Day 2025

Last week, on Thursday 6th March, the children and staff celebrated the annual World Book Day, by coming into school in outfits/costumes linked to a profession or a role (job) from a favourite book .

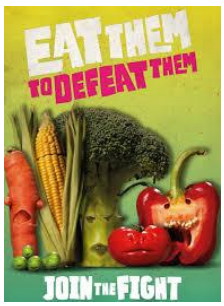
We saw some amazing outfits representing farmers, a boxer, a builder, a nurse, and Mrs Rodgers dressing as an astronaut in Class 1. All of the children in Class 2 came dressed as scientists for their visit to Magna. And in Class 3, some of the dressing-up included: a doctor, The Invisible Man, Taylor Swift, a Spaceman, and even a Mr Bealey!

We also enjoyed a lovely lunch prepared by Ms Kynman of book-themed foods – Pirate Cruncher Goujons, Super Tato Fries, Evil Peas, Jack's Delicious Beans and Augustus Gloop Cup Cakes.

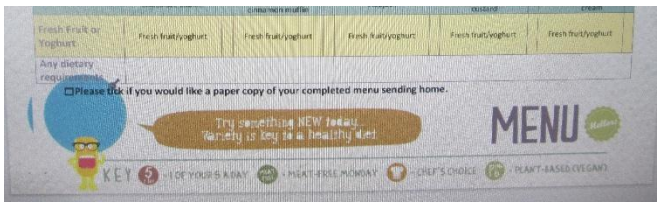
As we have done in past years, we handed out a £1.00 National Book Token to each child, which can be used in participating bookstores: https://worldbookday.com

'Eat Them to Defeat Them' Campaign

Now in its seventh year, this campaign has been supported by £20m of TV advertising with over 1.7m different children taking part. We are launching our own Burton Salmon Eat Them to Defeat Them campaign this week, after Mrs Titterington and Mrs Obridge recently delivered an assembly for our Reception to Year 6 children. The children learnt about the importance of trying and 'having a go' at eating new vegetables, to expand their range of foods.



All the children in Reception to Year 1 should have received a pack last Friday, containing a sticker chart and information to read at home, with the chance to win prizes. At school, we will be encouraging the children to try more vegetables, especially the big 5 from the campaign – broccoli, carrots, red peppers, peas, and sweetcorn. Our cook and midday assistants will be recognising any children who are seen to be trying these vegetables and rewarding them with special stickers. We hope to continue this campaign up until the Easter break.



School Dinner Menus

We are busy compiling a new set of tasty summer term 3-weekly menus which we aim to send home by the end of this week/early next week. **These will start on Tuesday 22nd April and will run until the October half-term holiday.**

Update from Keir Mather – MP

I'm contacting you today because you've previously indicated support for 20mph speed limits outside schools. I am pleased to share the good news that following our calls, North Yorkshire Council have today announced that they will be reviewing all the speed limits for education sites across the county.

Further details of the Council's plans to assess all 400+ sites can be found online at www.northyorks.gov.uk/news/2025/unprecedented-action-lower-speed-limits-outside-schools.

I am really pleased to hear that the Council have listened to our calls. I know that reduced speed limits will make a huge difference but please be assured that I will continue to campaign for further traffic calling infrastructure and recognise that any reductions must be balanced with speed enforcement and further coordination between the Police and the Council.

If you have any questions in relation to this, please let me know. As always, if I can ever be of any assistance for the school in my role as MP, please don't hesitate to get in touch with me.

Best wishes,
Keir

Keir Mather MP
Member of Parliament for Selby and Kippax
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FEAST Vouchers

Redeem your vouchers for free holiday activities and food this Easter

*All families whose children receive benefits-related free school meals have been issued vouchers to access free places on **FEAST** activities this Easter.*
You should have received this via email or text, from a platform called Holiday Activities. Follow the link in your email/text to redeem your voucher and book your child's place on some of the fantastic activities on offer in our area.

*To learn more about **FEAST**, and for information on activities, eligibility, paid-for places and how to manage your bookings, visit the website.*

Upcoming events

Comic Relief Day (Red Nose Day)

This year Comic Relief is celebrating 40 years of fundraising on Friday 21st March 2025. This year, the event will focus on supporting those in need during the current living crisis, focusing on issues like lack of food and homelessness. Over the past 40 years, the charity has raised over £1.6 billion and supported over one hundred million people.

We would like to support this worthy charity again this year, by inviting children to come to school dressed in red clothing and/or wearing a red nose or red accessories in exchange for a £1.00 donation which can be made via ParentPay.

Easter Competition(s) and Activity Day – Monday 24th March

Following the success of last year, we are holding another **Easter Day** on **Monday 24th March** with all funds (£1.00 entry each for the decorated bonnets/hats and eggs via ParentPay) raised going towards the Burton Salmon PTA – FOBSS – Friends of Burton Salmon School.

Easter bonnet/hat competition – let your imagination run wild and create a fabulous Spring-themed hat, **or you could design and decorate an egg or a mini-scene.** If you are really getting into the swing of it, you can enter both a bonnet and an egg!

Please note that the hats and eggs are to be **decorated at home** and the finished entries brought into school on the **Monday morning.** For the egg rolling event, if you are unable to provide a named, plain hard-boiled egg, we do have a small supply of rubber eggs for your child to take part – it is free to enter this competition. There will be 1st, 2nd, and 3rd prizes for both the egg decorating and Easter Bonnet competitions. There will be a 1st prize only for the egg rolling event. All the prizes will be specially picked edible Easter eggs!

Childcare Vouchers

Could we please ask any families who use the Government Tax Free Childcare vouchers to send school a screen shot each time you make a payment, with the date paid to help us allocate your funds quickly.

Since moving to Pathfinder, we do not have the same visibility of payments, which can cause a delay in us adding the payment and reconciling to ParentPay. If you could also let us know what you would like the split of the payment to be if you are paying for more than one item, for example after-school club, breakfast club etc. Thank you.

PE Kits – a reminder of what is acceptable within school

We have received updated guidance from NYC about the wearing of jewellery in PE, swimming, and PE-based after-school clubs. All jewellery including watches, bracelets and earrings **MUST** either be removed at home before coming into school or before the activity starts by the child themselves in school.

The National guidance has always been that no jewellery should be worn in PE and that includes swimming and physical activity. It is not safe to cover earrings / studs / sleepers with tape. The reason is both because of the potential tearing of the ear lobe, but also the chance that the post of the earring could damage the neck which is where the brachial nerve is running directly to the brain. There have been cases of children wearing earrings / studs with plasters over being hit by a ball or coming off worse in a collision and having nasty injuries as a consequence.

The school has the higher-level duty of care and cannot be put in the situation of looking after their child without exercising that duty of care, as dictated by national guidance.
Our Uniform policies will be updated to reflect this national guidance.

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)

A gentle reminder that smart watches are not allowed in school.

Please could you ensure that this is supported from home. Thank you.

Drinks in school

It is important that children please bring in a named water bottle daily. These can be refilled throughout the day at our plumbed-in water station. Please only send in water (in a plastic drinks bottle – not glass) and **not** juice etc, as this goes against our Healthy School's policy which can be found on the school website: Food Policy - Autumn 2022 | Burton Salmon Primary School (burtonsalmonschool.org.uk)

Children's illnesses

Please consider if your child has just a cough and sniffle, i.e., a normal cold, they are fine to come to school. If they have an elevated temperature, or have tested positive for Covid, guidance is for them to stay off school. If your child does test positive for Covid, we recommend that they stay off school for 3 days and can return when they no longer have an elevated temperature and can manage a full day at school.

Pupil absences: it is important that you please make sure you telephone or email the school **before 9am** to notify us of any child absence, with a reason. 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 the contacts allocated to your child and if we

still have not received any information, the Children Missing in Education protocol is triggered. A child that arrives after our registration time of 9am, but before 9.10am receives a late mark – L. A child who arrives late after 9.10am, will be registered with a late after registers mark – U. 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: pupil-attendance-policy-autumn-2022.pdf (burtonsalmonschool.org.uk)

Parents are asked to inform the school office by telephone or email by 9am 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 attended 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 please 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 a doctor prescribes this.**

OOSC – Pippins and Orchard Club drop-offs and collections

For Pippins Breakfast Club, you can, but you do not need to book ahead. **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.** **For Pippins Breakfast Club, please ring the OOSC doorbell as normal, at the red playground door, then enter the green gate at the side of Class 3 next to the field. Please walk down to the Class 3 side door and your child(ren) can be signed in. *Please also note that breakfast is 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. **We have extended the slightly earlier drop-off time of 7.45am to Wednesdays (as well as Thursdays and Fridays). This earlier time will incur an extra £1.00, setting the price at £5.00 a session from 7.45am to 8.50am. From 8am until 8.50am the charge will remain at £4.00. Please let the office know if you think you might like to take advantage of this additional service. Thank you.**

For Orchard After-School Club, please ring the OOSC doorbell as normal, at the red playground door, then enter the green gate at the side of Class 3 next to the field. Please walk down to the Class 3 side door and your child(ren) will be brought by Miss Morgan, Mrs Hindle or Mrs Titterington 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 noon, otherwise a charge of £5.00 will be added to your child's ParentPay account.

All payments are usually added to ParentPay within the same week.

ParentPay

Please can parents and carers check your child's ParentPay balances and ensure that any outstanding amounts are cleared. **Across the federation, there is an agreed maximum debt per child, which is £30.00**. This includes payment for any swimming lessons, nursery fees, school dinners, after-school clubs and out of school club payments. Thank you.

Yours sincerely

Helen Obridge
Admin Officer

Important dates for your diary

Wednesday 12th March 2025	Class 3 trip to The National Space Centre
Friday 21st March 2025	Comic Relief Day – Wear something red!
Monday 24th March 2025	Easter Competition(s) and Activity Day
Monday 24th March 2025	Parent's Evening Consultations – 3.40pm – 6pm
Tuesday 25th March 2025	Parent's Evening Consultations – 3.40pm – 6pm
Friday 28th March 2025	Burton Salmon Charity Quiz Afternoon
Wednesday 2nd April 2025	Reception and Year 1 trip to Lotherton Hall
Friday 4th April 2025	Break up for Easter
Tuesday 16th April 2025	National offer day for Reception places
Monday 21st April 2025	Easter Monday – School closed
Tuesday 22nd April 2025	School reopens
Tuesday 22nd April 2025	Start of new summer term menus – Week 1
Monday 28th April 2025	Year 4 Residential to Kingswood – Dearne Valley – return 29.04.25
w/c Monday 12th May 2025	KS2 SATs Week
Wednesday 14th May 2025	Class 2 trip to Yorkshire Wildlife Park tbc

Training Days for the Academic year 2024 -2025

Please note that the remaining two NYC allocated Training Day for the academic year 24/25 are:

Monday 21st July 2025
Tuesday 22nd July 2025

Quick Wins for Parents and Children Living with Anxiety

Anisa Lewis – Positive Parenting www.anisalewis.com

Anxiety is a normal part of life, but when it starts to impact daily routines, school, or family life, it's essential to step in and offer support. Both children and parents may feel overwhelmed, but there are simple strategies that can make a big difference.

Here are some quick wins for managing anxiety at home:

Create a Calm Corner

Designate a space in your home where your child can retreat when they feel anxious. Stock it with calming tools like soft blankets, favourite books, or sensory items like stress balls. Encourage your child to use this space when they need a break from overwhelming feelings.

Use Breathing Techniques

Teaching children simple breathing exercises can help them manage their anxiety in the moment. A quick and easy one is the "5-4-3-2-1 method," where they focus on:

- 5 things they can see
- 4 things they can touch
- 3 things they can hear
- 2 things they can smell
- 1 thing they can taste

This grounding technique helps them focus on the present and reduces anxious thoughts.

Set Small Goals

Break down big tasks into smaller, manageable goals. For example, if your child is anxious about school, you can set daily goals like packing their school bag the night before or arriving a few minutes early. Celebrate small successes to build confidence and reduce stress.

Model Healthy Coping Strategies

Children learn a lot from watching their parents. If you feel anxious, try talking through your feelings and demonstrate how you manage them. Whether it's deep breathing, journaling, or going for a walk, showing your child that anxiety is manageable helps them develop their own coping strategies.

Offer Choices

When children feel out of control, anxiety can spike. Giving them choices, even small ones like what to wear or which snack to eat, can help them feel empowered and reduce anxious feelings.

Limit Screen Time

Excessive screen time, especially right before bed, can increase anxiety. Set boundaries for device usage and encourage activities that promote relaxation before sleep, like reading or quiet play.

Stick to Routines

Consistency is comforting for anxious children. Stick to regular mealtimes, bedtime routines, and activities whenever possible. Routines create a sense of security and help children predict what comes next, which reduces anxiety.

Supporting children through anxiety doesn't have to be overwhelming. Small, manageable steps can make a big difference in building resilience for both you and your child. Remember, it’s okay to reach out for additional support if needed.

Anisa is an accredited and certified Positive Parenting Coach, mother, and ex-deputy head teacher, with 25+ years of experience working and supporting children and families. Anisa specialises in empowering and positively transforming lives of parents and children, who are facing stress, anxiety, or just day-to-day challenges of parenting – working with them directly, in group environments, and through corporate channels. Anisa is hugely passionate about using her coaching skills, and educational background, to find ways for parents and children to move through the challenges they face in life, together.

Anisa is here to help bring about multi-generational change as she believes we often get stuck in the patterns from the past, following the path we ourselves tread, which isn’t always the right one to support our children and she is here to help families work things out, so they get to know that parenting does not have to be hard.