Burton Salmon CP School

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

Pathfinder Multi Academy Trust

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Thursday 3rd July 2025

Dear Parents and Carers

Another couple of busy weeks have flown by, where we have invited our new September Reception children into school for a couple of settling-in visits, including a lunchtime. We have held one transition afternoon, and another today for children moving up year groups and the Class 2 children have been able to meet their new teacher, Miss Elford. And we've also welcomed visitors to Classes 1 and 3, a special visit from our local MP – Keir Mather due tomorrow and managed to fit in an Art Showcase on Friday (tomorrow) too! Phew!

As promised in the last newsletter, please find below a snapshot of our fabulous Sports Day – we hope you all enjoyed spectating, and for some of you, even taking part in the parents' races!

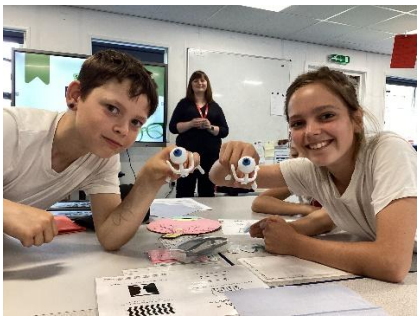
Latest news

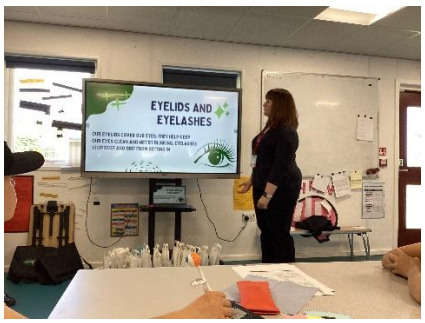
Specsavers visit to Class 3

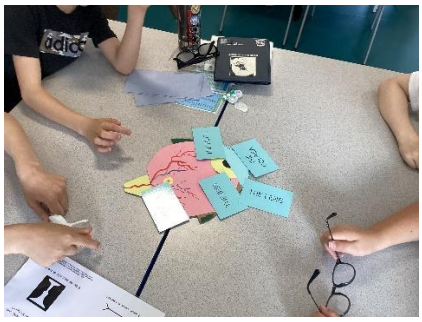
Please read this report written by James D and Kian: '*On Tuesday 17th of June, Eleanor and Abigail from Specsavers came and we did a small slideshow to start the lesson. Once we had started, one of the ladies spoke about eye colours and we wrote these on a 'spreadsheet' type of paper. We recorded what colour our eyes are. There was also a bit in the talk about 3-D glasses, and we had the chance to learn about parts of the eyes and contact lenses (we didn't put these in our eyes, instead, we put them on a toy). At the end, we all received a goody bag.*'

Later that afternoon, Mrs Obridge received the following email from Eleanor:

'I just wanted to extend a big thank you for welcoming us into your school today. It was a real pleasure to speak with the children—they were incredibly polite, engaged, and full of great questions, which made our visit all the more enjoyable. We handed out small goody bags containing letters for the parents to explain what we covered during our session. We had a fantastic time today and would love to support your school again in the future in any way we can. Please don't hesitate to get in touch.'







Small Schools PE Swimming Tournament

'At Tadcaster swimming pool, 8 of the Class 3 children were selected to compete in a swimming tournament against 5 other schools. Different people were assigned different strokes, for example: front crawl and breaststroke. We all got to do a relay race with 4 team swimmers, apart from the race where 8 people got to race. Our total amount of points for Burton Salmon was 42, which got us 2nd place – 3 points away from 1st place' – was Avelynn and India's account of the event.

Kwik Cricket Festival

'On Friday 27th June, we went to Read School in Drax to do Kwik Cricket. Everyone really enjoyed it, and we got second place in the tournament. Everyone had to watch to learn more about how to play. After lunch, we competed against Hensall, Read and Barlow Primary Schools. We were very close to winning against Read, and even though we lost the chance to come 1st place, we still enjoyed it, and we were proud because they the Read team practises cricket 3 times a week! Overall, we were very proud of our team and grateful for everyone taking part' Ashton and James F reported.

Pottery workshop in Class 1

On Monday 23rd June, Class 1 were lucky to have Naomi and Pepe from Jasmine Pottery come into school to teach the children about clay. The children were extremely excited and listened and followed instructions very well.

The children couldn't wait to get started cutting out their flower designs and making a small clay pot for the centre of their flower bowls. We learnt that we had to scratch the clay when we had to attach the two parts of the clay together and that we needed to use a special clay paste.

Then it was time for the best part... the painting! The children chose their own colours and design to paint their flower bowls, and we had to learn that in some cases less is more. Some children said, '*It was the best day ever*' and some said, '*It was the first time they had ever done anything like this*'.

It was then time to hand back our flower bowls to Naomi and Pepe so they could take them away and fire them in the kiln and let them dry.

We are hoping to have them back for the end of year graduation celebration on Thursday 10th July.

https://jasminepotterystudios.com/

Class 1 children learning to sign with Sarah Jade

Class 1 had a lovely learning opportunity when Sarah Jade come into school last week from signwithssarahjade.

Sarah Jade teaches children, young adults, and adults to sign, using British Sign Language. Sarah Jade who is deaf herself and wears a cochlear implant, explained to the children what it was like to be a part of the deaf community. She taught us some sign language to use every day.

We then learnt to sign a special song. We are keeping our lips firmly closed on this one, as this will be a special song that we will be performing at the Class 1 Graduation on Thursday 10th July at 2.30pm. Thank you to Sarah Jade for her time and teaching us to sign.

https://bookwhen.com/signwithsarah-jade#focus=ev-syru-20250703110000

Knowsley City Learning Centres

Knowsley Online Safety

As part of our online safety subscription, please find a link below to Knowsley's updated Parent Online Safety booklet, which includes an overview of key parental controls.

This is updated on an annual basis (next update scheduled July 2026).

https://www.knowsleyclcs.org.uk/wp-content/uploads/2025/06/Parental-Controls-booklet-2025.pdf

Bikeability

After ensuring their bikes were roadworthy, and that they had helmets, Gracie and Jude were two of the Year 5 children that took part in this recent 2-day training activity, and this is what they had to say about the course: *'In Bikeability, Ian and Allison helped us practice turns, and we learnt about road safety. We had to look left and right, to see which way the cars were coming from. Every time we changed from primary to secondary, we had to look backwards. All of us split into groups, so the more experienced cyclists, did harder parts.'*

https://www.bikeability.org.uk/

Message from PCSO Joe Spooner for families

Sign up to North Yorkshire Community Messaging for up to date information about what is happening in your area: Home Page - North Yorkshire Community Messaging

Thank you for your cooperation.

Regards

PCSO Joe Spooner
School Liaison Officer (Selby)

Upcoming events

Free Parent Clinic – Anisa Lewis – Positive Parenting

July's clinic is all about **emotions** because let's face it, one minute our kids are full of joy and the next they are on the floor having a meltdown (often just as we are trying to leave the house!).

July's Free Parenting Clinic: Emotions

When: Monday 8th July @ 12.30 pm
Where: Zoom (30-minute session)
Topic: *What is going on with your child's emotions?*

Are you wondering why your child's emotional outbursts come just as you are about to leave the house, at the end of a long school day, or when you *just know* it's coming—and then, BOOM?

Join Anisa (Parenting Coach) for this short, free online session where we will explore what's really going on and what we can do to support ourselves and our children when big feelings show up.

Book here: https://anisalewis.as.me/theclinic
Or email: hello@anisalewis.com for the link

Can't make it live? Register anyway and we'll send you the replay.

I've also popped in an **article on emotions** (attached at the end of the newsletter), it's all about giving parents and carers a bit of extra support especially with the summer approaching.

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, nor are SEN toys from home which are filled with gel substances, which are not appropriate for the school setting.

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

Drinks in school

In this warmer weather, 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

We have had a number of children unwell recently, with Tonsilitis, temperatures and sickness bugs. 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-guidance-spring-2025-.pdf and pupil-attendance-policy-2024-25-pathfinder-mat.pdf

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 only 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 offer a slightly earlier drop-off time of 7.45am on Wednesdays, Thursdays, and Fridays. This earlier time incurs 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, until the increase in September. 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 Nowell 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

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

Friday 4th July 2025	Whole School Art Showcase afternoon for Parents/Carers – held in Class 3, from 2.30pm – 4pm – all welcome!
Monday 7th July 2025	Brayton High School Transition Week
Wednesday 9th July 2025	Year 6 Careers Workshop at Chapel Haddlesey primary - pm
Thursday 10th July 2025	Class 1 End of year Celebration – 2.15pm arrival for a 2.30pm start
Friday 11th July 2025	Beanbag Rounders event for invited KS1 children at Hensall Primary
Friday 11th July 2025	End of Year Reports out to Parents/Carers
Monday 14th July 2025	Reception New Starter Induction 3 – 1pm – 3.30pm
Tuesday 15th July 2025	Year 6 Leavers' Assembly from 2pm – 3.30pm
Wednesday 16th July 2025	Year 6 Crucial Crew event and Leavers' celebrations at Selby SuperBowl
Friday 18th July 2025	Break up for summer
Monday 21st July 2025	Training Day
Tuesday 22nd July 2025	Training Day
Monday 1st September 2025	Training Day
Tuesday 2nd September 2025	Training Day
Wednesday 3rd September 2025	School re-opens to all children
**Thursday 29th January 2026	** New date for Young Voices Concert at Sheffield Utilita Stadium for YV Choir

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

Helping Children Handle Big Feelings – A Guide for Families

By Anisa Lewis – Positive Parenting

www.anisalewis.com

Childhood (and let's be honest, the tween and teen years too!) is a rollercoaster of emotions. One moment they're belly laughing, the next they're in floods of tears or storming off in a huff. It's all part of growing up, learning how to feel, process, and express emotions in a healthy way.

As parents and caregivers, one of the greatest gifts we can give our children is the ability to *understand* their feelings and handle them with confidence. Here's a guide to help you do just that, whether your child is three, thirteen, or somewhere in between.

For *All* Ages:

1. **Name That Feeling**
Use everyday moments to talk about emotions. For younger children, label feelings using simple language: "You look really cross, is it because your tower fell down?" For older children and teens, introduce more nuanced language: frustration, disappointment, embarrassment, and overwhelm. This builds their emotional vocabulary and helps them express themselves more clearly.
2. **All Feelings Are Welcome**
Let them know it's okay to feel – all of it. Anger, sadness, excitement, fear... these are all valid emotions. You don't have to fix how they feel, just acknowledging it with something like, *"It sounds like today was really overwhelming,"* can make them feel seen and heard.
3. **Be the Calm in Their Storm**
Kids of all ages watch how we deal with stress. Show them what healthy emotional regulation looks like: taking a deep breath, pausing before reacting, saying, *"I'm feeling really frustrated right now, so I'm going to step outside for a moment."* Your actions give them a blueprint for handling their own tricky emotions.

For Younger Children (Under 8):

1. **Use Stories and Play**
Picture books, puppets, drawing, and role play can help little ones make sense of feelings. Use characters to talk about what happened and how they felt, helping them explore emotions in a safe and playful way.
2. **Teach Coping Skills**
Practice calming techniques like "smell the flower, blow out the candle" breathing, stomping out anger, or having a calm corner. You could create a little emotions toolkit together with playdough, sensory toys, or feeling cards.
3. **Keep it Consistent**
Routines help children feel safe and secure, which in turn helps with emotional regulation. A predictable bedtime, regular meals, and knowing what's coming next reduces anxiety and emotional outbursts.

For Older Children and Teens:

1. **Create Space to Talk – Without Fixing**
Tweens and teens don't always want advice; sometimes, they just want you to listen. Be available without pressure. Try chatting while doing something together, like driving, walking the dog, or washing up, side-by-side chats often feel less intense.
2. **Help Them Recognise Triggers**
Encourage older kids to reflect on what sets them off. Is it feeling left out, tired, pressure from school, or too much screen time? You can share your own experiences too: *"I've noticed I get snappy when I don't get outside for fresh air"* to show that everyone has triggers.
3. **Normalise Emotions**
Let them know it's normal to feel intense things as they grow. Hormones, school pressure, friendships – it's a lot. Remind them that emotions are messengers, not enemies. Sadness might be telling them they need connection. Anger could mean that something feels unfair.
4. **Build Their Toolkit**
Older children benefit from more advanced coping strategies: journaling, talking to a trusted adult, exercising, creative outlets, mindfulness apps, even just knowing when to ask for help. Involve them in choosing what works best for them.
5. **Celebrate Efforts, Not Just Outcomes**
Praise their progress in handling emotions, even if it's not perfect. *"I noticed you walked away when you were upset instead of shouting. That took real maturity."* This reinforces their growth and builds confidence.

No matter their age, the most powerful thing you can do is be there – really *be* there – through the ups and downs. Emotions don't need to be feared or avoided. When we help our children feel safe to express themselves, we're teaching them that they are loved in every mood and moment.

Together, let's raise emotionally intelligent humans who know how to feel deeply, speak honestly and bounce back with strength and self-awareness.

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 workthings out, so they get to know that parenting does not have to be hard.

To book a Free Chat with Anisa, click HERE.