

Kildwick Chronicle

Autumn Term 2024 Friday 20th September 24

Learning to Live

Living to Love

Loving to Learn

It has been another great week in school. Year Six had a long and exciting day visiting London. They enjoyed a tour of the Houses of Parliament which included a question and answer session with our local MP, Julian Smith. The weather was perfect for our ride on the London Eye giving us a 360 degree vista of the City. Mrs Miller, our expert tour guide, did an excellent job in showing us some London landmarks on our way back to Kings Cross. My Garmin told me that we had walked Thirteen miles and we fully expected some tired children on the journey home. Sadly, for the adults, this was not to be the case! Thanks to all the adult help-

ers for giving up their time and thanks to Year Six for being brilliant role models and representatives of our school, particularly Ivy. She deserves a special mention because she was noticed by the adults providing support throughout the day to other children who might have found some of the new experiences challenging. Thank you Ivy!

This week, we have been learning about the importance of reducing the use of cars and the impact this will have on both the environment and our physical and mental health. It is World Car Free Day



on Sunday. Why not take this opportunity to make use of the walking bus. It leaves from the back entrance of the Co-op in Cross Hills at 8.30am every Thursday. You can drop off and leave your children or you can walk with us. Further information can be found lower down in this newsletter. A thought provoking <u>video</u> for the weekend!

Linked to our work on sustainability, we have made contact with the recently opened refill shop in Cross Hills and they are keen to establish a link with us. They will be attending our monthly refill shops and we have been invited to visit the shop for a tour and workshop too!









Come for Cake!

We will be having coffee and cake on Friday 27th at 3pm in the hall—we hope you can join us. Please send in donations of cakes, biscuits and buns on Friday morning. Year 6 will be leading this fundraising event

<u>Keighley and Craven Cross Country Series</u> 2024-25

Kildwick will be taking part in the Keighley and Craven Schools Cross Country events this year. The events are taking place on the following dates and at the following locations.

Wed 9th October —Cliffe Castle 3.15pm Thurs 14th November —Highfield Recreation Ground 3.15pm

Weds 5th February—Cliffe Castle 3.15pm Tues 11th March Marley Playing Fields 3.15pm

There will be 4 separate races:

Yr 5/6 Girls

Yr 5/6 Boys

Yr 3/4 Girls

Yr 3/4 Boys

I will be giving each child that participates in any of these events a running T-shirt to commemorate the event (different to last year).

If your child would like to take part then please see previously sent correspondence and consent via ParentPay.



School Games—Platinum Award 2023-25

We are delighted to announce that Kildwick has achieved the School Games Platinum Level Award for the academic year 2023-24.

The School Games Mark is a Government-led award scheme launched in 2012, facilitated by the Youth Sport Trust to reward schools for their commitment to the development of competition across their school and into the community. We are delighted to have been recognised for our success.

As part of our application, we were asked to fulfil criteria in the areas of participation, competition, workforce and clubs, and we are pleased that the hard work of everyone at our school has been rewarded this year.

Well done TEAM Kildwick!



Little Wandle LETTERS AND SOUNDS REVISED

Reception Parents and Carers

There are two events for Reception parents and carers of children who are new to school.

Wednesday 25th September at 5pm Miss Akrigg will be holding a phonic information session for parents and carers to help you support your child with their reading and writing at home. This will take place in the school hall.



Thursday 26th September you are invited into school at 2pm to spend some time playing in the classroom with your child. It is also a chance to get to know our staff team.

Parent Governor Elections

We currently have a vacancy for a Parent Governor. This is your opportunity to have a voice and contribute to the life of Kildwick CE School. Information has been sent out on the process of selection and what the role entails. If you would like an informal chat with Mr Whitehead, then please do get in touch via the school office email. Further details can be found on our school website here







PTA Christmas Fair

We are already starting to think about the Christmas Fair! (Yes, it does seem like a long time off but it will soon be here!)

We really need lots of help with this as it is one of the main fundraising events of the year. Please complete the Google Form sent out to let us know how you are able to help! As well as fundraising for the school we hope to create a lovely festive event for the children (and adults!)

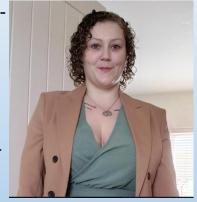
It would be great to see parents of new children involved too.

Thank you for your support.

Meet the Team

There are a lot of adults working with and supporting your children in school. Some of them you will have less contact with than others. We will use this section of the Newsletter to help parents and carers get to know everyone. This should be particularly useful for parents who are new to the school!

My name is Bryony Turner and I have worked as the School Administrator for the past year. You will probably recognise my name from emails as sending communication to parents is a key part of my role. My role is very varied and everyday is different which is what I love most about it. I deal with any queries to school whether that's in person, over email or over the phone. I help arrange school photos and extra curricular clubs within school and sort outside of school events such as Primary Partnership events at South Craven. A main part of my role is dealing with new admissions



whether that's starting in reception or transferring to our school. It's a pleasure being a small part of a child's journey and also getting to know them all. Outside of school I love spending time with my friends, exploring new places and reading. I also have two children of my own (one at Kildwick and one at nursery) so they keep me busy when I'm not working!

Kingfisher and Owls Timetables and Spellings

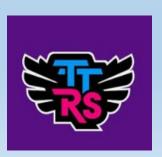
Kingfisher and Owls spellings and timetables to practise at home will be added to the Google classroom each Friday.

Times tables will also be set on TT rockstars. Your child should have brought home a letter this week with their log in for TT Rockstars. If you have any problems logging on, please email d.snook@kildwickce.uk or

Thank you for your support with learning at home.

a.farmery@kildwickce.uk we can resend you

the log in details.



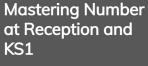


Hot Chocolate

Every Monday children who have tried extra hard or always present their work neatly are allowed to have hot chocolate in the staffroom.

Well done to those children who are taking pride in their work and putting maximum effort into fantastic presentation.











We are starting a project that aims to secure firm foundations in the development of good number sense for all children from Reception through to Year 1 and Year 2. The aim over time is that children will leave KS1 with more fluency in calculation and a confidence and flexibility with number.

The teaching staff have received the necessary additional training and new equipment has been delivered to school. We will roll out the programme of lessons starting from next week. This means that children will have an extra 10—15 minute maths session every day. You can support your children with fluency in maths by using Numbots and TT Rock Stars at home.

SEND @ Kildwick

Our school SENCo is Miss Akrigg You can find information regarding SEND at Kildwick on the website here.

It is important that everyone in our school community understands about SEND. Even if your child does not have Special Educational Needs they will be in class with children who do. We are an inclusive school and it is important that all members of our school community understand and value all children in our school.

Please always take the time to read this section of the newsletter.

Speech and Language.

Please see information for Craven Speech and Language sessions. If you have concerns about your child's Speech and Language please speak to your child's class teacher or Miss Akrigg.







NYC SEND Hubs ~ speech & language advice for parents/carers BY APPOINTMENT ONLY ~ PLEASE BOOK

An opportunity for parents/carers to come along with their child & speak to our Speech & Language Therapist & Speech & Language Therapy Assistant about their child's speech, language & communication

Where: Skipton Children & Family Hub, Brougham Street, Skipton, BD23 2ES

When: Tuesdays: September 24th 2024; January 21st 2025 & May 6th 2025. 15 minute private appointments are available between 9:30 am & 11:30 am

If you would like to attend, please email: Jo Collett (SLCN Specialist ~ HKRC SEND Hub) Jo.Collett@northyorks.gov.uk

Thank you @

Important!

Children's eyes are no longer tested in school.

We have previously stressed the importance of children having their eyes tested. Please see below and arrange an eye test for children who have not had one. Find an optician here.

> How can you tell if your child has an eye problem? Some eye problems don't show any signs, so it is always best to **take** your child for an eye test.

Signs of a possible eye problem can include:

- · having one eye that turns in or out
- difficulty concentrating
- · behavioural problems
- headaches
- · rubbing their eyes a lot
- · sitting too close to the TV
- screwing up/closing one or both eyes
- · holding things close to them

An eye test is very important especially if there's a history of early glasses use, childhood eye problems, squint or lazy eye, in your family.

Short-sightedness is on the rise and has been linked to a range of factors including **screen use**. Help your child's eyes stay healthy by **managing screen use** and encouraging them to **get outside often** (this helps their eyesight).

More Information:

- NHS information: nhs.uk/conditions/eye-tests-in-children/
- · Find an optician: Find an optician NHS
- Information on Vision/Eye tests Humber and North Yorkshire ICB Information on Vision/Eye tests for families in **Craven**, **West Yorkshire ICB**
- Looking After Your Children's Eyes College of Optometrists
- Children's eye health Association of Optometrists



Has your child had their eyes tested yet?

This leaflet provides important information on looking after your child's eyes and booking an eye test for children

When should you get your child a free eye test? Ideally children should start having regular eye tests from the age of 4. But they can be tested at any age, even if they can't read or speak.

How do you book a free child's eye test? Please book your child an eye test at an opticians, even if you have no concerns about their vision. To do this contact your local opticians use this link for local practices Find an optician - NHS.

What will it cost?

Children under 16 are entitled to NHS-funded (FREE) eye tests. If your child needs glasses, they will receive a voucher to help with the cost.

Why should you get your child's eyes tested?

- Being able to see clearly will mean your child is able to learn and develop at school and socially.
- Eyes are still developing in early childhood. An eye test helps pick up and treat any problems. This can help to **avoid** or **prevent** longer-term eye problems.
- ✓ Even if you think your child has normal vision it is still important to
- get their eyes tested. They are no longer tested in school.



We have signed up for Asda Rewards Cashpot for Schools. This means that if you select us as your school, a percentage of your shop will be donated to us each time you shop with Asda and scan your rewards card between 2nd September and 30th November 2024.

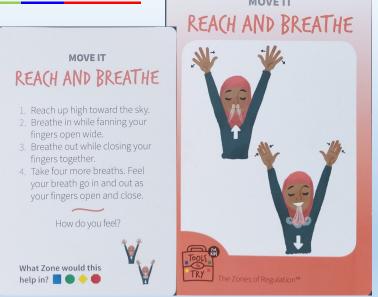
This won't affect your own Cashpot but means money is raised for school to spend on the things that we need. Full details are available on Asda's website.



Zones of Regulation Top Tips for Home!

Each week we share a 'tool' from the Zones of Regulation 'toolkit' in this section of the newsletter. These are strategies for children (and adults!) to use to help recognise and manage emotions.

See the first newsletter of this year for further information on the zones. You could try this at home—have a look at this week's tool. If you would like any further information you can contact Mrs Swales.





Virtual Library



Did you know that we have a virtual library at Kildwick CE School?

This can be found on the website <u>here</u>.

Please support and encourage your

children to access it.

Also a quick reminder that your children are never too old to be read to!

Bedtime stories are an important part of children's day and have a big impact on your child's development.

Polite Reminder

Children should not be bringing in toys and games from home unless arranged with their Class Teacher. This includes football cards. Staff are spending time sorting out upset between children and looking for lost items.

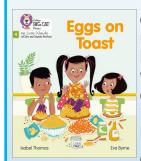
If children do bring these into school they will be taken off them and returned directly to parents and carers at the end of the school day.



Thank you for you support with this.



Looking After School Books



Last year we had a lot of damaged reading books. We need six copies of each book to be able to use them with the children in reading groups. If one copy is missing or damaged we are unable to use the whole set.

Children have been provided

with a plastic wallet to put their books in before placing them in their plastic learning pack. Please use these and ensure that children know to store them correctly in book bags.

If you do lose or damage a book you can make payment for a replacement via parent pay at a cost of £4.50.

Thank you for your support in looking after school resources.

Walking bus The walking bus is a great way to start the day and an oppor-

tunity for you to support school in our efforts to promote physical exercise and environmental awareness. We would really appreciate volunteer helpers to be able to run the walking bus more often. Anyone able to support with this please contact Mr. Whitehead via the school office.



We meet at the back entrance to Cross Hills Coop at 8.30am every Thursday. It started again on Thursday 12th September. Hope to see you there!

In line with this it is car free day on Friday 20th September. It would be great if parents and carers could make plans to avoid using cars to get to and from school. If this is not possible you could consider parking away from school and walking / biking / scooting part of the way.



School Trips

Following feedback from parents and the current cost of living crisis, we have adopted a new approach for trips this year.

Once a trip has been booked by school, we will add this to ParentPay and assign the relevant children. This is to allow parents and carers to know what is upcoming across the year and pay in instalments if needed. We hope that this will allow more children to take part in trips, allow parents to budget for these and prevent too many communications from the school office chasing consent and payment.

Whilst the trips will be added to ParentPay so you have notice of cost, details of the individual trips will not be sent until closer to the time they are taking place.

Autumn Diary Dates



More dates will be added—please check back every week!

Thursday 26th September Reception—stay and play session 2pm (not Yr 1 Robins).

Friday 27th September—MacMillan Coffee Afternoon 3pm in the hall (cake donations welcome)

Wednesday 9th October - Robins and Swallow to Sandylands—wear PE kit

Wednesday 16th October—Year 6 Parent Session (2pm)

Friday 18th October—Harvest Festival in Church (2pm)

Thursday 24th October— Year 1 & 2 Parent Session (2pm)

Friday 25th October—break up for half term

Thursday 7th November—Year 4 Parent Session (2pm)

Friday 8th November—Year 3 Parent Session (2pm)

Friday 8th November - Kingfishers and Owls to Sandylands -wear PE kit

Monday 11th November—Robins and Swallows to Buddha Land (Keighley)

Monday 18th November—Key Stage 2 to Buddha Land (Keighley)

Friday 15th November—Children in Need

Thursday 21st November—Year 5 Parent Session (2pm)

Thursday 5th December - Robins and Swallows to Sandylands— wear PE kit

Friday 6th December —Non Uniform for Christmas Fair

Friday 13th December—Christmas Fair (after school)

Monday 16th December— Robins and Swallows Nativity in Church (2pm and 5pm)

Tuesday 17th December— Key Stage Two Carol Concert in Church (5:30pm)

Thursday 19th December—Christingle Service in Church (2pm)

Friday 20th December —break up for Christmas



Safeguarding—Something to think about.....



Kids & smartphones – what's the big deal?

When children first started getting smartphones a decade ago, there was no research about their impact. Now there is, and it's overwhelming.



HARMFUL CONTENT

Smartphones act as a gateway to pornography, violent and extreme content. Often kids don't seek them out but are exposed to them via algorithms and messaging apps. Once seen, these things can never be unseen. 90% of girls and 50% of boys say they're sent explicit content they didn't want to see.



ADDICTION

Tech companies intentionally make apps addictive, because the more time we spend, the more data they harvest, the more money they make. By leveraging dopamine circuits, they trigger brain responses akin to slot machine gambling. 1 in 4 young adults show signs of behavioural addiction to smartphones.



ACADEMIC DISTRACTION

The average teen receives 237 smartphone notifications a day – one every few minutes – making focusing on schoolwork hard. Studies show that excessive smartphone use has negative impacts on academic performance. Children at schools with effective smartphone bars get GCSE's 1-2 grades higher.



GROOMING

Sites like TikTok, Snapchat and Roblox are used by sexual predators to target children with their first smartphones, blackmailing them into sharing sexual content. Sextortion is now the fastest growing crime against teens. Since 2022, there has been a 66% rise in 'self generated' sexual abuse imagery of children under 10.



CYBERBULLYING

Disagreements between pupils used to stop at the school gate, now they follow kids wherever they go, 24/7. Young people who experience cyberbullying are twice as likely to attempt suicide and self-harm. One in six teens report being cyberbullied in the past month, according to the World Health Organisation.



MENTAL ILLNESS

Rates of depression, anxiety and suicide in young people have spiked globally since 2010, when children first began getting smartphones. The first generation to grow up with smartphones are now adults – data shows that the younger they got their first smartphone, the worse their mental health today.



OPPORTUNITY COST

Underpinning all these harms is one that is potentially the most significant of all. For the first time in human history, children are spending more time on devices than they are playing – an activity crucial to our healthy development. Smartphones are experience blockers, distracting children from engaging in the real world. The average UR 12-year-old now spends 29 hours a week – equivalent to a part-time job – on their smartphone. This leaves little time for the real world activities and relationships that enable us to learn the essential life skills we need to transition into adulthood. The average daily time that teens spend with friends has plummeted by 65% since 2010.

Join the grassroots parents movement to protect childhood from Big Tech

www.smartphonefreechildhood.co.uk/join
For all links to stats references see www.smartphonefreechildhood.co.uk/the-problem

Smartphone Free Childhood (SFC) is a group of over 150,000 parents who believe delaying the introduction of smartphones will dramatically improve mental health among children and teens. The movement, which sprang up in the UK in February 2024, has triggered a national conversation about the age at which we give children smartphones.

Technology presents many incredible benefits and opportunities, but how best do we navigate it at this critical stage of pre-teen development? We know this can be a controversial subject and there is no definitive answer – every parent wants to do what's best for their child.

Ultimately, it remains a personal decision for each family and household. However, there is now research showing a clear link between the age a child receives their first smartphone and mental health issues in young adulthood. The harms from excessive smartphone use, as we know, are wide-ranging – from reduced self-esteem to disrupted learning, bullying, grooming and addiction – as well as the huge opportunity cost, the things children and teens are not doing because they are on their devices.

If you are interest in supporting our involvement in the Smartphone Free Childhood group please contact Mr. Whitehead via the school office.



This week certificates have been awarded to:

Robins	Learning to Live — Esme Hayaa & Daphne
	Living to Love — Lara & Rowan
	Loving to learn— Archie & Seth
Swallows	Learning to Live — Xanthe
	Living to Love — Florrie
	Loving to Learn — Arthur and Ruby
Kingfishers	Learning to Live — Freyja
	Living to Love — Aria
	Loving to Learn — Ella
Owls	Learning to Live— Tommy
	Living to Love — Jude
	Loving to Learn — Teddy
Eagles	Learning to Live— Esmae
	Living to Love — Jasmine
	Loving to Learn — Sienna

PE Days

Please send children in PE kits on the following days.

Robins – Wednesday
Swallows – Wednesday
Kingfishers – Wednesday and
Friday
Owls – Friday
(Swimming also on Mondays—
bring Swimming kit)
Eagles – Thursday
(Please also bring wellies Monday for gardening)



Extra Curricular Clubs next week

A quick reminder that most clubs do not run in the first and last week of each half term. Please keep an eye here to see which clubs are running each week.

Monday	KS1 Games with Heather
	KS2 Running with Mr Whitehead (starts in school time and finishes at 4pm)
Tuesday	KS2 Music with Mr Schofield
Wednesday	KS1 Construction with Miss Taylor
	KS2 Taekwondo (finishes at 4.15pm)
Thursday	KS1 and Class 3 Dance with Firehouse Dance
Friday	KS2 Gymnastics with Ambitions (finishes at 4.20pm)



The half term 'round up' of Autumn 1 and the curriculum letter for Autumn 2 will be sent on Friday 25th October.

Community Events & Groups

Invitation from St Andrew's Kildwick



We are delighted to invite you to celebrate the Grand Reopening Service of the Grade I listed, St Andrew's Church Kildwick.

Sunday 6th October 2024 at 10.00am.

This is following major work on the roof, which has meant the church has been closed for 3 months, and the removal of much of the unsightly netting that was installed under the roof for safety.

The service will take place in church and be led by the Bishop of Bradford, the Right Reverend Dr Toby Howarth. The service will be followed by tea and cakes in the Church.

Please RSVP:

RevMike@thevicarage.uk

the gateway **kipton**

Events in 2024*

There's no shortage of events taking place in Skipton throughout the year.

Community Fun Day 5th May Sandylands 23rd - 25th May Skpton Beer Festival Skipton Town Hall 2nd June Skipton Car Show **High Street** 6th June 80th Anniversary of D-Day Various locations 8th June Skipton Gala 30th June Skipton Sheep Day Various location 23rd Jul-29th Aug Family Park Days Various locations Yorkshire Day Celebrations 1st Aug **High Stree** Yorkshire Regional Final for Young Traders 4th Aug **High Street** 17th & 18th Aug Art in the Pen **Auction Mart** 28th & 29th Sept Yarndale **Auction Mart** 13th Oct Vintage Bus Sunday Coach Street Car Park 10th Nov Remembrance Sunday **High Street** 16th & 17th Nov Crafts in the Pen **Auction Mart** TBC Halloween Family Fun event 24th Nov Santa Fun Run 24th Nov Skipton Christmas Light Switch On

For event information visit welcometoskipton.com

TRC

1st & 8th Dec

High Street

Christmas Town Trail

Skipton Christmas Markets

Community Sporting Activities

ROCK SKILLS COURSES



Rock Skills courses were developed by the national governing body, Mountain Training, to encourage a pathway to climbing qualifications and a range of skills courses accessible to the younger generations. Each course is tailored to the needs of the group and offers amazing ratios and venues to inspire climbing further as a hobby.

Ilkley Cow & Calf - Rock Skills Introduction 30th (10-17 years old) or 31st (14-Adults) October £75.00 per person

ROCK SKILLS INTRODUCTION

- 10+ YEARS OLD
- NO SKILLS REQUIRED
- . KEEN TO LEARN CLIMBING
- CHILDCARE VOUCHERS
- INDOOR CLIMBERS WELCOME
- QUALIFIED INSTRUCTORS
- 1:6 RATIOS



Book online or contact us via email

f g a a

WWW.MYEXPEDITIONROCKS.COM

✓ INFO@MYEXPEDITIONROCKS.COM



Autumn Sessions Starting Thursday's 5-September thro 10-October 2024

New Starters / Beginners: 17.00 – 17.45 Intermediates: 17.45 – 18.30 Advanced: 18.30 – 19.30

Sign up on Skipton Cycling Club Website

WWW.Skipton.CC

Fun Professional Cycling Coaching
AIREVILLE PARK SKIPTON



New Starters: Children should be able to 'scoot & balance' without stabilisers.



ROCK CLIMBING CLUB



Since 2021, we've been teaching young people how to become independent climbers. From knot tying to belaying, bouldering to lead climbing we progress through the essential skills both Indoor and Out.

April-October our sessions enjoy the great outdoors and in winter we head indoors.

Novices: Wednesday 16:00 - 18.30, Ilkley/Bradford Saturday - 13:30-16:30, Ilkley/Bradford Advanced: Saturday - 9:30-12:30, Ilkley/Bradford

Ilkley is OFSTED registered for Childcare Vouchers

"THE CLIMBING SESSIONS NOT ONLY HELP WITH PHYSICAL DEVELOPMENT BUT ALSO ARE BRILLIANT FOR BUILDING CONFIDENCE." £27.50 per



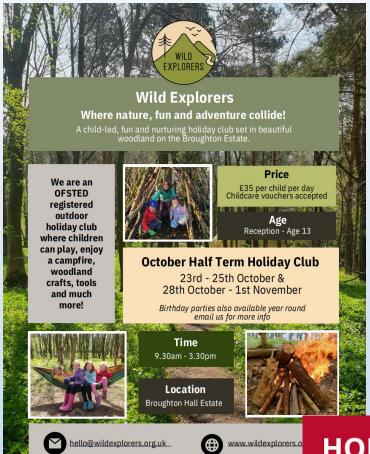
Book online or contact us via email

fy o o

WWW.MYEXPEDITIONROCKS.COM

☑ INFO@MYEXPEDITIONROCKS.COM

October Holiday Clubs



HOLIDAY ROCK CLIMBING



Our holiday climbing sessions are an ideal way for kids to get out and enjoy the great outdoors during the holidays. With activities including climbing, abseiling and weaselling, it is an actionpacked day.

Just a packed lunch and old clothes for climbing, scrambling, crawling and squirming amongst the rocks and we'll provide the

£52.50, or £97.50 for siblings (7-16 years old)

Ilkley Cow & Calf: 28th, 29th & 1st November, 10:00am-4.00pm

Brimham Rocks: 30th & 31st October, 10:00am-4.00pm

Childcare Vouchers accepted for Ilkley, Brimham coming soon!



Book online or contact us via email

