

# Otley All Saints CE Primary School

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While modern life brings great benefits and advantages to our children as they grow up, we are very aware that they are also subject to stresses and pressures which were unknown only a few years ago. Our

school has been prioritising support for children's mental health for a long time now, and we are keen to develop this further through raising awareness of mental health, and helping children to develop positive strategies to safeguard their mental health as they get older. Like last year, we are intending to mark **Children's Mental Health Week**, which is promoted by the charity Place2Be and begins on 3<sup>rd</sup> February. We will aim to help children to develop resilience, to stay calm when faced with difficulties, and to learn the importance of good diet, exercise and sleep. We know we can't combat all the world's problems, but we do aim to help our children not to feel overwhelmed by them.

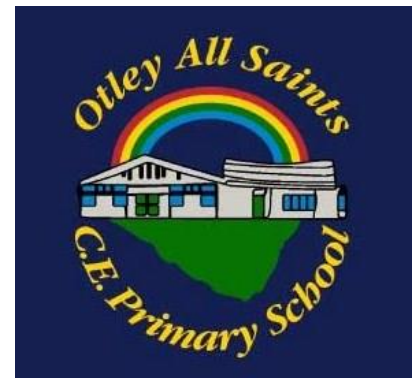
**Congratulations Footballers** Thank you to Miss Dales for supporting our U11 girls' football team at their first ever competitive tournament last week. All keen attenders at the Leeds Wildcats coaching sessions last term, our Year 5 girls acquitted themselves very well, and displayed good teamwork and a positive attitude. Well done!



**Come and give your parenting skills a 'workout'** We know from talking with parents that many of

you wonder what you can do to give your children the best start in life (and make your life as a parent a bit easier too). This is why we're delighted to offer Parent Gym, a well-established, six-week programme that shares and explores practical tips and strategies to make family life easier and help your children thrive.

The programme costs £250 per parent, but we have secured 20 **free** places for our parents at Otley All Saints. These places are awarded on a first come first served basis and all parents are welcome to apply. Each weekly session lasts two hours, and will take place in the Bungalow on **Thursdays, from 1pm** (apart from Session 1).



This half term our core Christian value is:



## Diary Dates

**Wednesday 29<sup>th</sup> January** – Nursery visit to Just Books  
**Monday 3<sup>rd</sup> February** – Start of Children's Mental Health Week  
**Tuesday 4<sup>th</sup> February** – Celebrating Achievement Assembly  
**Wednesday 5<sup>th</sup> February** – Cross Country Event  
**Thursday 6<sup>th</sup> February** – Parent Gym introductory session, 2.15pm  
**Tuesday 11<sup>th</sup> February** – Community Voice Event, Leeds Civic Hall  
**Wednesday 12<sup>th</sup> February** – Year 6 visit to Otley Courthouse  
**Thursday 13<sup>th</sup> February** – Years 5 and 6 – 'God and the Big Bang' workshops at All Saints Church  
Reception class PTA Bun Sale  
**Friday 14<sup>th</sup> February** – Year 4 Badminton festival, Prince Henry's  
Break up for half term  
**Monday 24<sup>th</sup> February** – Back to school after half term.  
Start of Fairtrade Fortnight.



**6 February: Taster 2.15pm-3.00pm** – a shorter session for you to meet the coach and find out more about the sessions.

**13 February: Chat** (2 hours) – Help your family talk and listen to each other

**27 February: Love** (2 hours) – Build self-esteem and independence through secure attachments

**5 March : Behave** (2 hours) – Bring calm and order to your home

**12 March: Care** (2 hours) – Looking after ourselves and our families

**19 March: Discover** (2 hours) – Support your children to learn and explore

**26 March : Together** (2 hours) – Look to the future and recapping key techniques

To confirm your place, please speak to Tracy Bowes-Taylor or ask at the office.

**Otley Neighbourhood Plan** In the last few days, you will have received a polling card through your door for the forthcoming Referendum on the Otley Neighbourhood Plan on 20<sup>th</sup> February. The school is once again to be used as a polling station, but as this date falls in the half term holiday there will be no disruption to school activities. Otley Town Council would like to remind you about the Plan, why they feel it is important for you, what it can do for Otley (and what it can't do) and to encourage you to vote on February 20<sup>th</sup>. The plan has been devised over the last seven years by Otley Town Council and community volunteers, and aims to shape the future development of Otley over the next ten years. To view the plan, in full or in condensed form, go to [www.otleytowncouncil.gov.uk/referendum-on-the-otley-neighbourhood-plan-on-thursday-20th-february-2020/](http://www.otleytowncouncil.gov.uk/referendum-on-the-otley-neighbourhood-plan-on-thursday-20th-february-2020/) , or view copies of the plan at the Core offices.



**50:50 Club** The winners of the January draw are Katie Nicholson (£104.00) and Kate Barraclough (£26.00). If you would like to be included in the next draw, which raises money for PTA as well as offering the opportunity for a monthly payout, please fill in a form at the school office.

**Celebrating Achievement** Our next Celebrating Achievement Assembly of the year is on Tuesday 4<sup>th</sup> February at 10.25am, when we share certificates, medals and news of any news or achievements of our pupils beyond the day-to-day curriculum. Any child with an achievement to share should come and tell me about it beforehand, and any parents who wish to attend are welcome to do so.



**Fairtrade Fortnight** As in previous years we are aiming to promote the work of Fairtrade with a number of events starting on 24<sup>th</sup> February. The focus for Fairtrade Fortnight this year is chocolate, once again focussing on women farmers in West Africa. Workers there have really benefited from the support and engagement of Fairtrade over the last 20 years, and we hope to give our children a sense of why choices in the way we shop can make such a difference to people's lives.

**Speed Limits** We would like to remind families that the speed restriction on the estate and around school is 20mph. Driving faster than this puts children's lives in danger. Users of the Early Birds and 456 Clubs should also note that great care should be taken if you are accessing the school car park; please drive extremely slowly, as children and families may be walking there at these times. Please note, parents should not use the school car park between 8.30am and 4.00pm.



**Pupil illness and late arrivals** Please remember to call and inform school on each day of your child's illness – occasionally parents have relied on email to inform us of an absence or a change in picking up arrangements, but that email has not been read until much later. If families arrive at school after doors are closed, please come to the school office to make sure that your child is registered as present. Thank you for your co-operation.

**Vinyasa Yoga Class** Our new yoga evening class continues this term, hosted at our school. The class is suitable for men and women, and for beginners and those who are more experienced. Prices are £5 drop in, or £22.50 for a 5 class pass. A limited number of yoga mats are available to hire for £1. Classes are on a Thursday, 6.30-7.30pm; contact school if you are interested, or just drop in!

