



Confidence. Persistence. Getting Along. Organisation. Resilience.

29th October, 2024, Autumn Term 1



What an action-packed first half term we had! Everyone has settled back into school beautifully after their summer break and it has been fabulous to see our children's happy faces around school. Everyone's attitude to learning has been nothing short of phenomenal! Well done, Edisford! 😊

We are looking forward to meeting with parents and carers on our Parents' Afternoon on Wednesday 30th October (1pm-6pm). Everyone should have received an invitation to book a slot for their child's class - if this is not the case, please contact lovely Miss Taylor in the office and she will sort it out for you.

We hope you have all had a lovely half term break. We are all ready for another exciting half term in the run up to Christmas.

With warm regards,
The Edisford Team xx



We would like to say a huge thank you to our lovely reading volunteers, who come into school regularly to read with our infant children. This is greatly appreciated and so beneficial to our children.

If any parents or grandparents have some spare time and would like to come into school to support our lovely Year 4 class with their times tables, we would love to have you! This It would involve helping individual children to memorise and recall their times tables on a 1-1 basis. Please let Miss Taylor in the office know if you are able to help with this. 😊

Notices

School Applications



The applications for primary and secondary school places for September 2023 are online [here](#). The closing date for secondary school applications is 31st October, 2024 and for primary 15th January, 2025.

Out of School Club



Thank you to our fantastic holiday club team for yet another half term holiday club full of fun, seasonal activities. You are all so appreciated. 😊

Speak to Georgina/Laura or the school office for booking details for Out of School Club.

Snapshots

We have had such a busy start to the year, with a plethora of exciting learning opportunities across school. Lots are available to view in the [Snapshots](#) section of our website and on our Instagram page, but we have curated a few for you to peruse in this newsletter. We hope you enjoy these lovely memories.



Year 5 and Year 2 had a fantastic time working with JuniorSTEM and being robotics engineers! They wrote algorithms using Lego software blocks, with Year 5 designing, building and controlling their own motor machines and Year 2 designing, building and controlling a fairground ride. Thank you so much to Nick from www.juniorstem.co.uk - everyone really enjoyed the workshop!



Year 6's history topic this half term has been Crime and Punishment. They recently visited York Dungeons to get some first-hand knowledge of how British social history has evolved from the Anglo Saxons to the present day. They also enjoyed a delicious lunch at the Slug and Lettuce. A huge vote of thanks to all staff members who accompanied on the trip.



Year 3 have been learning all about Prehistoric Britain in their history topic this half term, focusing on changes in Britain from the Stone Age to the Iron Age. They have produced some fantastic cave art, learning about this important means of communication in prehistoric times.



Year 1 have produced beautiful sunflower artwork this half term! They learned how to use feathered, soft lines using different parts of the pencil and how to add texture to their sketches with shading. These are beautiful, Year 1!

We are thrilled to see how well our lovely Reception class are settling into school life! The class of 2031 (!) are loving life at Edisford and have had a wonderful first half term.



Endeavours is back this half term and all of our junior groups have been thoroughly enjoying their Wednesday afternoons. The Year 3 and 4 [Artisan group](#) have been making their own periscopes and learning how light from an object bounces off the mirrors inside at a 45° angle, entering tiny holes in our eyes and allowing us to see (and spy on the other groups!). Fantastic work, Artisan group!



The [Adventure group](#) had a great team-building session, where they had work together to navigate their way through a range of challenges and obstacles. This looks as if it was also a lot of fun!



The Year 5 and 6 [People Skills](#) group prepared a varieties of stories and activities for our new Reception children. Well done, everybody; this is so heartwarming!





Year 2 had a simply fabulous time on their trip to [Manchester Runway Visitor Park](#)! This trip forms part of their 'First Flight' history and Aviation Design & Technology topics and is always a firm favourite with children and staff alike – this year was no exception! Children spent time in the DC10 classroom and learned about lots of different roles at the airport. Most importantly, they all got to be pilots and flight engineers on the flight deck! Another highlight was seeing the A380 land on its return flight from Dubai. We had a wonderful time and all accompanying adults agreed that the children were an absolute credit to their parents and to Edisford. 😊 A huge vote of thanks to all staff members who accompanied on the trip.

We were thrilled to welcome the talented [Zoie Carter-Ingham](#) back this term for a whole school photo shoot! Look out in the [Whole School section](#) of our Snapshots website page for a huge variety of photos of our lovely children. A small selection of these photos also be showcased on the home page of our school website.





Dates for Your Diary



Event/Notice	When	Action
Autumn 2 starts	Tuesday 29 th October	
Parents' Afternoon	Wednesday 30 th October	1pm-6pm. Please book online.
Y6 Robinwood Residential trip	Monday 4 th November to Wednesday 6 th November	
Halloween Disco Infants	Wednesday 6 th November	4pm - 5.15pm Infants
Halloween Disco Junior	Wednesday 6 th November	5.30pm - 6.45pm Juniors
Flu immunisations whole school	Thursday 7 th November	
Y2 & Y6 Fire Safety Talk	Thursday 14 th November	Given by Clitheroe Firefighters
Rec & KS1 Nativity	Monday 2 nd December	am performance in the School Hall
Rec & KS1 Pantomime Trip	Monday 2 nd December	pm Puss in Boots at The Grand
Rec & KS1 Nativity	Tuesday 3 rd December	am performance in the School Hall
Rec & KS1 Nativity	Wednesday 4 th December	am performance in the School Hall
KS2 Christmas Show	Wednesday 11 th December	Afternoon performance at St Mary's Centre, Clitheroe
KS2 Pantomime Trip	Thursday 12 th December	Puss in Boots at The Grand
KS2 Christmas Show	Thursday 12 th December	Evening performance at St Mary's Centre, Clitheroe
End of term	Friday 20 th December	School closes at 2pm. NO After School Club today.

10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on a secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday

The National College