



# Poppleton Ousebank PRIMARY SCHOOL

**'Capturing the imagination of young minds'**

**Newsletter - Friday 23rd May 2025**

## **A message from Miss Collier**

We've been so fortunate with the weather recently and we are so lucky to have such an amazing outdoor space. Seeing the children enjoy their learning and play times outside is fabulous. The short term has flown, yet we have managed to squeeze in many amazing events. It's been really great to see so many children walk or bike to school this week. Thank you for your support with this, hopefully we can continue this next half term.

Watching POPs Got Talent yesterday was a lovely way to end the half term. It's always special when the children come together for such events. I was so impressed with the respect and kindness they showed one another. They were an amazing audience who really supported their friends on stage. Huge thanks to the School Council who expertly organised, and produced the show from start to finish and ensured it ran smoothly. Thank you to every child who took part from the auditions to the final show. We really enjoyed watching each and every unique performance and are incredibly proud of you all.

Thank you for all your support throughout the half term, wishing you a lovely half term break.

## **POPs Got Talent**





**Save the date! Staying safe online Tuesday 3rd June 6:30pm** - In order to support parents navigating this ever changing world of technology we have organised a special event to support parents in keeping their children safe online. We will have a number of guest speakers who will be able to give parents a current picture of the online risks children are facing. There are a number of fabulous experts in the field including Professor Lisa Henderson, Head of psychology and Dr Emma Sullivan, University of York, Researchers on Channel 4's SWIPED. Anna Sarjantson from Screen Safe as well as the Director of Public Health. Due to the content that will be shared during the evening it is not appropriate for children to attend this event.





**TUESDAY 3RD JUNE**



**6:30- 7:30PM**

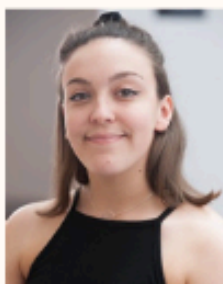


**POPPLETON OUSEBANK PRIMARY**

**COME AND DISCUSS THE SMARTPHONE FREE CHILDHOOD MOVEMENT TAKING THE UK BY STORM! WE HAVE INCREDIBLE GUEST SPEAKERS THAT WILL EXPLAIN WHY THIS IS SO IMPORTANT TO US AND FUTURE GENERATIONS!**



Professor Lisa Henderson,  
Head of psychology at University of York



Dr Emma Sullivan  
from University of York,  
Researchers on Channel 4's SWIPED



Anna Sarjantson  
from Screen Safe



Peter Roderick  
Director of Public Health  
York City Council



PC Laura Harper



## KEEPING CHILDREN SAFER ONLINE: AN ESSENTIAL PARENT & CARER TALK

This engaging and **non-judgemental** session will provide the most up-to-date information all parents need to know in today's digital world and give you the knowledge and practical strategies to help keep your child safer online while building healthy digital habits at home. From toddlers to teens this session is packed full of information that all parents and carers need to hear.

### What Will Be Covered?

- **What children are really seeing and doing online today** – how their online world is very different to ours.
- **Social Media Deep Dive** – key insights into Snapchat, TikTok, Instagram, and WhatsApp.
- **Gaming Safety** – a special focus on Roblox and the risks and benefits of online gaming.
- **AI and AI Apps** – understanding the impact of artificial intelligence on children's online experiences and what apps we need to be aware of right now.
- **Inappropriate & Harmful Content** – helping your child develop critical thinking skills to navigate online risks and **what to do if your child does see something upsetting**.
- **Parental Controls & Digital Boundaries** – practical steps to set up safety measures at home.
- **Cyberbullying & Online Scams** – minimising your child's chances of being targeted.
- **Online Predators** – recognising and reducing risks.

### What other Parents have said:



*"A real eye-opener – I had no idea what my child was actually exposed to online. This session gave me the tools I needed to feel more confident about keeping them safe."*

*"The best online safety talk I have ever attended! Clear, practical, and completely non-judgemental."*

*"So much valuable information that every parent needs to hear. I left feeling empowered and reassured."*

*"Thank you so much for your informative talk last night - I found it truly eye opening as the mum of two young boys and all these social pressures ahead of us"*

*"I wish I had known all this sooner – every parent should attend!"*

If you have a particular topic or concern you would like me to cover **please feel free to get in touch at [anna@screen-safe](mailto:anna@screen-safe)** and I will ensure your question is covered (anonymously)

### **POPfest - Friday 4th July - during the school day**

If you are new to school you may have heard of POPFEST. This occurs every year and includes performances throughout the day and then a summer fair after school. During the day each group performs a 20 minute concert for families, including singing, dancing and poetry. After School families come together on the field to eat, play games and enjoy music from our children. During this day children are invited to wear non-uniform and dress up in festival fashion. Weather permitting, all performances will be held outside from the stage in the lower school playground. Parents, please enter and leave the building through the main gate at the front of school. There will be a staff member on the gate to welcome you in. The times of the concerts are below:

9:00 - 9:20am Y2

9:30 - 9:50am Y1

10:00 - 10:20am Reception

10:30 - 10:50am Nursery

1:00-1:20pm Y3

1:30-1:50pm Y4

2:00-2:20pm Y5

2:30-3:00pm Y6

### **Friends Summer Fair - Friday 4th July 3:15 -5:30pm**

There will be inflatables, games, stalls, food and much more at the summer fair which will be held straight after school. Please look out for further details in the Friends newsletter and please support this event in whatever way you can as we rely on volunteers and donations to make it a success.

**Smartphone Free** - We aim to be a fully 'Smartphone Free school' by September 2025. Smartphones and smart watches will not be allowed on school premises. We please ask that if you feel your child needs a phone at primary age, then you look to purchase a 'brick phone' as a basic communication device.



**Water bottles, sun cream and sun hats** - In warm weather it is extremely important that children bring their own, named, water bottle to school every day. May we also remind you to ensure that all children have applied all day sun protection and to send in a sun hat during this term, as there is very little shade available in the playground.

**Healthy Eating** - Here at Poppleton Ousebank, we encourage children to eat healthily. School meals are a great choice for your child, but if you choose to make a packed lunch for them instead, here are some tips for preparing a healthier lunch box or snack for break times..

A healthier lunch box should:

- be based on starchy carbohydrates (bread, potatoes, rice, pasta)
- include fresh fruit and vegetables/salad
- include a source of protein such as beans and pulses, eggs, fish, meat, cheese (or dairy alternative)
- include a side dish such as a low-fat and lower-sugar yoghurt (or dairy alternative), tea cake, fruit bread, plain rice/corn cakes, homemade plain popcorn, sugar-free jelly
- include a drink such as water, skimmed or semi-skimmed milk, sugar-free or no-added-sugar drinks

The **Eatwell Guide** shows you how to have a healthy balanced diet and can help you decide what to put in your child's lunchbox. You can also find healthy lunchbox ideas at **Change4Life**.

Children often like snacks they can eat with their fingers. Try these ideas:

- Chop up raw veggies – such as carrots or peppers, and give them hummus or cottage cheese to dip the veggies in.
- Chop up fruit – such as apple, satsuma segments, strawberries, blueberries, halved grapes or melon slices. Add a squeeze of lemon juice to stop them from going brown.
- Breadsticks and wholemeal crackers –make great finger foods. Try spreading low-fat soft cheese on them.
- Choose malt loaf, tea cakes, fruit breads or fruit – instead of cake, chocolate, cereal bars and biscuits. Fruit can be fresh or canned (in juice, not syrup).

Dried fruit is not recommended as a snack between meals as it's high in sugar and can be bad for teeth, but it's OK when eaten as part of a meal.

## Important dates for your diary 2024 - 2025

### Training days

**Monday 21st July**  
**Tuesday 22nd July**

### Class sharing assemblies

**Friday 6th June** Y1 Thames  
**Friday 13th June** R Foss  
**Friday 20th June** R Ouse

<b>Monday 2nd June</b>	Y3 Trip- Rhine Class	York's Chocolate Story
<b>Tuesday 3rd June</b>	Y3 Trip- Rhone Class	York's Chocolate Story
<b>Tuesday 3rd June</b>	Staying Safe Online event for parents	6:30pm
<b>Thur 5th -Fri 6th June</b>	Y4 Residential	Ingleton
<b>Friday 6th June</b>	Pride	Wear rainbow colours - non uniform
<b>Saturday 7th June</b>	York Pride	
<b>w/c 9th June</b>	Y1 Phonic Screening check Y4 Multiplication check	
<b>Monday 9th June</b>	Sports Day	R/KS1 9:15am KS2 2:00pm School field
<b>Tuesday 10th June</b>	Welcome to early Years 25/26	4:00-5:00 pm
<b>Wednesday 11th June</b>	Nursery sports morning	10:30- 11:00am, Picnic lunch with parents
<b>Friday 13th June</b>	Non uniform day	Donation for the summer fair

Monday 23rd June	Reception Trip	Big Sheep Little Cow - all day
Wed 25th- Fri 27th June	Y6 Residential	Robin Wood
Monday 30th June	Reception new starters taster session	1:30 - 2:30 pm

Tuesday 1st July	Y5/6 Production	2:00 - 3:00 pm
Wednesday 2nd July	Y5/6 Production	5:00 - 6:00 pm
Wednesday 2nd July	Reception new starters session	9:30 -10:30 am
Weds 2nd Thurs 3rd July	Y6 Transition days	
Thursday 3rd July	Y5/6 Production	5:00 - 6:00 pm
Friday 4th July	Popfest / Summer fair	All day / 3:15-5:30 pm
Tuesday 8th July	Nursery new starters 25/26 Stay and Play	3:30-4:30 pm
Thursday 10th July	Nursery new starters 25/26 Stay and Play	3:30-4:30 pm
Friday 11th July	Reports go out/ Classes go out	
Monday 14th July	Reception Graduation	2:30 pm Hall
Tuesday 15th July	Meet your new teacher	9:30-11:30 am
Thursday 17th July	Meet your new teacher	9:30-11:30 am
Thursday 17th July	Y6 Colour Run	2:00pm
Friday 18th July	Y6 Leavers' assembly	2:30pm Hall
Friday 18th July	Last day of term	
<b>Monday 21st and 22nd July</b> School closed Training day		