



# Poppleton Ousebank PRIMARY SCHOOL



Respect



Kindness



Resilience

**Newsletter - Thursday 26th March 2026**

*'Capturing the imagination of young minds'*

## **A message from Miss Collier**

After 19 years of dedicated service, we say thank you and farewell to Mrs Mitchinson tomorrow.

During her time with us, Mrs Mitchinson has made an exceptional contribution to the life of the school. Many of you will know her from her years working in Reception, where she played a key role in welcoming our youngest children into school. For countless pupils, she was one of the first people to nurture their confidence, spark their curiosity, and help them settle into school life with warmth and reassurance.

In more recent years, Mrs Mitchinson has taken on vital responsibilities as both our pastoral and safeguarding lead. She has supported many families through challenging times with compassion, professionalism, and unwavering care. Her ability to listen, guide, and advocate for others has made a big difference to the wellbeing of our children and their families.

Mrs Mitchinson has helped shape the caring, supportive ethos that we are so proud of at Poppleton Ousebank. Her kindness, dedication, and commitment to our community will be greatly missed by staff, pupils, and families alike.

While we are sad to see her leave, we are incredibly grateful for everything she has given to the school over the past 19 years. We wish her every happiness and success in the next chapter of her journey.

**Comic Relief** - With your kind donations on our non-uniform day we raised £454.00 for Comic Relief. Thank you so much.

**After school clubs Summer 2026** - Please complete this [form](#) by Friday 10th April if you would like your child to participate in an after school club. These will start w/c 20th April. Clubs start after school and finish at 4.15pm. You will be notified if your child has received a place by the end of the first week of the new term. In addition to these, private clubs will be led by Total Sports and Taekwondo. Information for these will be sent directly from the provider.

**Emergency details** - Please ensure the school has been informed of any changes to medical, allergy and emergency contact details. It is vital that school has up to date records and are able to contact parents in an emergency. Please continue to update the school office if your details change.

Thank you for your continued support. We really do appreciate your encouragement and look forward to welcoming you back on Monday 13th April.

Wishing you all a wonderful Easter break.  
With best wishes, Miss Collier.



## Early Help Support for Families

Early help is all about providing the right support to children and families at the earliest possible time and is a way of describing the extra support a family can receive if they need it. Every family has its ups and downs. There are lots of different reasons why you might need a bit of extra support and it's OK to ask for help.

When considering what support you need, it's helpful to consider what different options are available:

1. Support from universal services (for example, your child's school, GP, health visitor or midwife).
2. Support from specialist and community services (for example, mental health services, support for special educational needs, financial support, housing support and domestic abuse support). For information about what specialist and community services are available, contact the Family Information Service by telephone: 01904 554444 or email: [fis@york.gov.uk](mailto:fis@york.gov.uk).
3. Having a family early help assessment and support plan.

## Early Help Assessment

To help explore what you and your family would like support with, you might want to consider an Early Help Assessment (EHA).

An EHA can help to:

- recognise what is going well for you and your family
- explore what you may need help with
- coordinate the workers/services already supporting you
- help identify other services that can help

### The EHA gives you a chance to tell your story

A worker you trust will talk with you to find out about your family and any difficulties you are facing. Ideally, this will be somebody already supporting you or your children. They will talk with you about what is going well and any strengths you can build upon.

With your permission, they will contact other services working with you to ask what support they are offering and how they think you could be helped further. All this information will be brought together in a single document, called an Early Help Assessment, for you to reflect on with your lead practitioner.

To find out more, talk to a worker or service which you or your family are accessing. This could be a worker in your child's school, nursery, a health professional, health visitor or midwife, for example. Let them know you think an EHA might be helpful for you and your family. The worker might be the person who could be lead practitioner, or they might help you find an appropriate lead practitioner.

**If you would like to read more about Early Help Assessments then please click on the link below**

<https://www.raiseyork.co.uk/families/early-help-support-families>



**If there are significant and immediate concerns about the safety of a child, you should contact the police on 999.**

If you believe the situation is urgent but does not require the police, please call **01904 551900** to contact York MASH to discuss your concerns. Should you need to call outside office hours, at weekends and on public holidays contact the **emergency duty team telephone: 0300 131 2 131**. <https://www.saferchildrenyork.org.uk/>

# SEND

Every Wednesday morning term time, there is a preschool playgroup for SEND that alternates between York Inspirational Kids, Portage and Raise York Parent champion led.

**Monday 13th April 1pm- 2pm** – Understanding the Early Help Short Breaks Application Process – The window for early help short breaks applications is open in April – this will be a helpful session for anyone who is looking to apply for this and wants any further information or advice.

**Monday 20th April 1pm-2pm** School Wellbeing Service drop in- This will be a helpful session for parents or carers to explore ways to support their child's emotional wellbeing with the school wellbeing service.

**Friday 24th April 1pm- 2pm** Barriers to school attendance – An information session led by the Educational Psychology Team around understanding barriers to school attendance and how to support your child or young person when they are experiencing significant barriers to school engagement.

## Think Together Workshops

**Wednesday 29th April 10am- 11.30am** Self Esteem Workshop. A workshop to support parents/carers to learn more about self-esteem, how low self-esteem can present in young people and how parents/carers can support a young person when they may be experiencing low self-esteem. No need to book.

**\*\*Please Note Over the 2 week Easter Holiday period on Mondays and Fridays the regular reception drop in will be closed\*\***



## Parent Carer Forum York

We offer a **monthly events programme** during term time for parents and carers of children and young people with additional needs in York, with or without a diagnosis. **We look forward to welcoming you!**



### CUPPA AND CHAT

Join us at home with your cuppa to connect with others in our parent carer community, to share, celebrate, offload, ask questions and receive support.

- **First Monday in every month**, online from 7:00pm
- Email [connect@pctyork.co.uk](mailto:connect@pctyork.co.uk) for the meeting link.



### PARENT CARER WELLBEING

Meet us for some light relief, to have a giggle, share some positives, talk to other parent carers, maybe learn a craft and enjoy a cuppa – on us!

- **First Tuesday in every month**, 10:30am - 12:00pm
- at New Earswick Folk Hall.



### NEW TO SEND SIGNPOSTING

If you are new to the world of SEND or perhaps are new to living in York, join us online to find out what parent carers tell us are the most useful resources.

- **First Wednesday in every month**, online from 6:30pm
- Email [connect@pctyork.co.uk](mailto:connect@pctyork.co.uk) for the meeting link.



### PARENT CARER VOICE

Meet other parent carers to discuss any issues you are having, receive support and find understanding in a safe, non-judgemental place.

- **Third Thursday in every month**, 10:30am - 12:00pm
- at SEND entral, Clifton Green Children's Centre.



### LISTENING EVENTS

Join us to find out more about SEND services and updates, hear from key speakers, ask your questions and provide feedback to inform decisions about SEND services in York.

- **Monthly on varying dates**, online from 6:30pm
- Full detail on website Email [connect@pctyork.co.uk](mailto:connect@pctyork.co.uk) for the meeting link.

[www.parentcarerforumyork.org](http://www.parentcarerforumyork.org) [www.facebook.com/groups/pctyork](https://www.facebook.com/groups/pctyork)



## Autism Support for Parents from the Specialist Teaching Team for Autism

Wednesdays Summer 2026



### Weekly Parent/Carer Afternoon Drop-in Sessions at SEND Central

In-person drop-in support, **Wednesday afternoons, 1.30-2.30 p.m. at SEND Central, Clifton Green Primary School, YO30 6JA.**

No need to book, just come along and meet a Specialist teacher and a Specialist TA from the Autism Team and other parents to discuss general issues and concerns, find information and look at some useful resources.

Wednesday 15th April 1.30 - 2.30 p.m.

Wednesday 22nd April 1.30 - 2.30 p.m.

Wednesday 29th April 1.30 - 2.30 p.m.

Wednesday 6th May 1.30 - 2.30 p.m.

Wednesday 13th May 1.30 - 2.30 p.m.

Half term

Wednesday 3rd June 1.30 - 2.30 p.m.

Wednesday 10th June 1.30 - 2.30 p.m.

Wednesday 17th June 1.30 - 2.30 p.m.

Wednesday 24th June 1.30 - 2.30 p.m.

Wednesday 1st July 1.30 - 2.30 p.m.

Wednesday 8th July 1.30 - 2.30 p.m.

### Fortnightly Morning Phone line Sessions

To book a 20 minute phone line call within the sessions below, please email [parentcarerautismsupport@york.gov.uk](mailto:parentcarerautismsupport@york.gov.uk) with your name and a contact telephone number for us to call you on. We will send you a time slot for your 20 minute call. If we receive a high volume of requests we may need to allocate spaces on the session on a first come, first served basis.

Wednesday 22nd April 9 a.m. -12 noon

Wednesday 6th May 9 a.m. -12 noon

Wednesday 20th May 9 a.m. -12 noon

Half term

Wednesday 10th June 9 a.m. -12 noon

Wednesday 24th June 9 a.m. -12 noon

Wednesday 8th July 9 a.m. -12 noon

**This is an admin email address and we are unable to forward or respond to queries via this email. Bookings close the Thursday before the session.**

# Wellbeing

Stress awareness month - April 2026

<https://www.stress.org.uk/stress-awareness-month-2026/>

<https://mentalhealth-uk.org/help-and-information/stress/>

Stress Awareness Month is an annual event observed every April since 1992, dedicated to increasing public awareness about the causes, effects, and management of stress.

Please see the links above for lots of information, help and support in relation to stress for all ages.

## #BeTheChange

a powerful call to personal agency, action, and transformation rooted in the principles of Self-Efficacy, Neuroplasticity, and Relational Connection.



### Small Actions To Make Big Changes

#### CONNECT WITH SOMEONE

Are they okay? - Are you okay? - Check in with your support network - Connect with someone new - A sense of belonging and community can help reduce feelings of loneliness.

#### PRIORITISE SLEEP

Take small steps to improve your bedtime routine. Wind down before bed by minimizing your screen time - Make your bedroom a 'tech-free' zone - Create a clean and restful sleep environment - Jot down what's on your mind and set it aside for tomorrow - Avoid caffeine after 4pm.

#### MOVE IN YOUR OWN WAY

Get moving the way you want to. This could be walking, running, yoga, stretches, doing some gardening. Move in a way you'll enjoy, get those endorphins flowing and let off some steam.

#### SPEND TIME IN NATURE

Take some time out of your day to step outside, get some fresh air and spend time in nature. This could be eating your lunch outside, or taking a short walk after work. Stimulate your senses and look at the beauty of nature.

#### BREATHE DEEP

Your breath is a powerful tool to help with stress reduction and relaxation. Short, shallow breaths can heighten anxiety so being conscious and taking time to breathe deep helps us shift into a relaxation mode.

#### PRACTICE MINDFULNESS

Practicing mindfulness allows you to focus on the here and now. It aids self-awareness, helps you practice emotional regulation and control. You can actively practice during a designated mindfulness session or be mindful of your all five of your sense whilst participating in an activity, such as a nature walk.

#LittleByLittle

# 15 TIPS TO REDUCE YOUR CHILD'S STRESS AND ANXIETY

#### Talk

Speak to your child about their anxiety and worries

#### Relaxation

Help to teach your child relaxation techniques including deep breathing

#### Solutions

Explore solutions with your child to overcome stress or worry

#### Recognise

Help your child to recognise the signs of anxiety

#### Sleep

Make sure that your child is having plenty of sleep

#### Challenge

Help your child to challenge their unhelpful thoughts

#### Exercise

Exercise is a great tool to help reduce anxiety and instill confidence in a child

#### Role Model

Be a positive role model and be aware of how you react to stressful situations

#### Solutions

Explore solutions with your child to overcome stress or worry

#### Help them

When your child is experiencing anxiety help them through it

#### Problem solve

Help your child to problem solve effectively

#### Imagery

Imagery is a fantastic tool which can help to reduce arousal and anxiety

#### Environment

Create a positive environment where you praise, support and encourage your child

#### Listen

Take time to listen to what your child has to say

#### Get help

Don't be worried to ask a professional for help

## WELLBEING IN MIND TEAM

**NHS**  
Tees, Esk and Wear Valleys  
NHS Foundation Trust

### WELLBEING IN MIND TEAM PARENT SESSIONS

POP IN TO SEE THE WELLBEING IN MIND TEAM (WIMT) TO DISCUSS TOPICS RELATED TO YOUR CHILD'S MENTAL HEALTH & WELLBEING. THE SESSIONS WILL BE HELD AT THE POPSOC BUILDING. PLEASE WAIT BY POPSOC AND THE WELLBEING IN MIND TEAM WILL COME AND MEET YOU

TUESDAY 28<sup>TH</sup> APRIL - SATS WORRIES  
TUESDAY 19<sup>TH</sup> MAY - SENSORY DIFFERENCES  
TUESDAY 30<sup>TH</sup> JUNE - TRANSITIONS

ALL SESSIONS WILL RUN FROM 8:45AM UNTIL 9:45AM



The Raise York website is designed to support parents, carers, children, young people and anyone who works with children, young people and families. If you're not sure where to find information or answers to your questions contact

York Family Information Service on telephone: 01904 554444; text telephone: 07786202241 or email: [fis@york.gov.uk](mailto:fis@york.gov.uk) and an Information Officer will try and help you. <https://www.raiseyork.co.uk/>

# EVERY DAY COUNTS

Success at school starts with **good attendance**

<b>190 DAYS</b> at school each year	<b>180 DAYS</b> at school each year	<b>171 DAYS</b> at school each year	<b>161 DAYS</b> at school each year	<b>152 DAYS</b> at school each year	<b>143 DAYS</b> at school each year
▼	▼	▼	▼	▼	▼
Maximum attendance <b>WELL DONE!</b>	<b>10 DAYS</b> of missed learning	<b>19 DAYS</b> of missed learning	<b>29 DAYS</b> of missed learning	<b>38 DAYS</b> of missed learning	<b>47 DAYS</b> of missed learning
<b>100%</b> attendance	<b>95%</b> attendance	<b>90%</b> attendance	<b>85%</b> attendance	<b>80%</b> attendance	<b>75%</b> attendance

There are **175 non-school** days a year.

That's 175 days for wellbeing, socialising  
and non-urgent appointments.

# Safeguarding Team

If you have any concerns about a child or adult's safety, welfare or general wellbeing, please ensure that you speak with a member of our safeguarding team straight away.



**Miss Collier**  
Principal & Designated  
Safeguarding Lead  
Adult Mental Health Trained  
l.collier@pop.hlt.academy



**Mr Smith**  
Vice Principal &  
Deputy DSL  
r.smith@pop.hlt.academy



**Mrs Richards**  
SEND/CO, Deputy DSL &  
Senior Mental Health Lead  
senco@pop.hlt.academy



**Holly Comb**  
Designated Safeguarding  
Officer  
hello@pop.hlt.academy



**Mr Card**  
Designated Governor for  
Safeguarding  
hello@pop.hlt.academy



**Mr Darvill**  
Health & Safety and  
Site Management  
r.darvill@pop.hlt.academy

If you have a concern that a child is vulnerable or at risk of significant harm please contact the Multi-Agency Safeguarding Hub in York.

Phone: 01904 551900 | Email: MASH@york.gov.uk

Outside office hours, at weekends and on public holidays contact the emergency duty team on 01609 780780.

## Summer Term

Monday 13th April	Back to school Careers Week	
Monday 20th April	Clubs begin	
Monday 20th April	Y4 Residential Meeting	3:30 - 4:00pm Classrooms
Tuesday 21st April	Class Photographs	
Thursday 7th May	Y4 Trip Merchant Adventurers Hall	
<b>Monday 4th May Bank holiday. School closed.</b>		
w/c 11th May	Y6 SATs	
w/c 18th May	Walk to school week	
Monday 18th May	Y6 Parent meeting for Residential	3:30pm Classrooms
Tuesday 19th May	Early Years/ KS1 Phonic workshops	3:30 - 4:15pm Classrooms
Thursday 21st May	POPS Got Talent	2:00pm Hosted by School Council
<b>w/c 25th May Half Term</b>		
w/c 8th June	Y1 Phonic Screening check	Y4 Multiplication check
Wednesday 10th June	Nursery sports morning	10:30- 11:00am, Picnic lunch with parents
Friday 12th June	Sports Day	R/KS1 9:15am KS2 2:00pm School field
w/c 15th June	Y6 Bikeability	
Monday 15th- 16th June	Y4 Residential	Malham Cove
Tuesday 16th June	Welcome to Early Years	4:00-5:00pm
Friday 19th June	Non uniform day	Donation for the summer fair
Wednesday 24th June	Reception Big sheep Little cow trip	
Wednesday 24th -26th	Y6 Residential	Robin Wood
Friday 26th June	Staffing for next year/Classes go out	
Weds 1st Thurs 2nd July	Whole School Transition days	
Friday 3th July	Popfest / Summer fair	All day / 3:15-5:30 pm
Tuesday 7th July	Y6 Production	2:00 pm 5:00pm
Thursday 9th July	Y6 Production	5:00pm
Friday 10th July	Reports go out	
Tuesday 14th July	Y6 Crucial Crew	
Thursday 16th July	Y6 Colour Run	2:00pm
Friday 17th July	Y6 Leavers' assembly	2:30pm Hall
Friday 17th July	Last day of term	
<b>Monday 20th - School closed Training day</b>		

## Other important dates for your diary

### Training days

Monday 1st September  
Friday 24th October  
Friday 19th December  
Monday 5th January  
Monday 20th July

### Class sharing assemblies

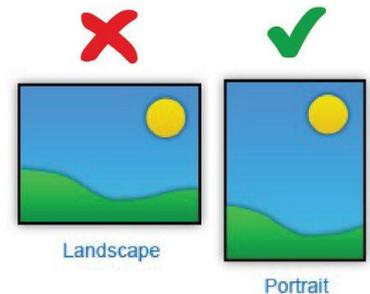
Friday 27th February Y6 Nile  
Friday 6th March Y6 Niagara  
Friday 13th March Y5 Mekong  
Friday 20th March Y5 Mississippi  
Friday 27th March Y4 Danube  
Friday 17th April Y4 Douro  
Friday 24th April Y3 Rhone  
Friday 1st May Y3 Rhine  
Friday 8th May Y2 Avon  
Friday 15th May Y2 Aire  
Friday 22nd May Y1 Tyne  
Friday 5th June Y1 Thames  
Friday 19th June R Foss & Ouse Graduation



## Handicrafts competition

### RULES

This is an example of 'hand lettering'



Photographs must be in portrait format

- Handicrafts must have been created within the last 12 months
- Adult help is allowed for practical tasks, such as putting cakes in and out of the oven or holding something steady—but other than this, entries must be your own work!
- All entries must be labelled with your name, age and contact details on the reverse or underside. This is so that judges cannot identify the maker.
- Entries must be delivered to All Saints Hall between 9-10am on Monday 25th May. After this time, judging will begin and the door will be locked.
- At 2pm the hall will be open for viewing. If you have won a prize, please leave the ticket in place until 4pm when you can exchange it for your prize money.
- From 4pm, please bring prize tickets to the desk outside the door to collect your winnings! If you need to leave the event before this time, you may collect your handicrafts and prize money early. Just ask a member of the committee in the hall.
- Photograph category—The winning photograph will be on the front cover of next year's programme. Therefore it is very important that your photograph is in **portrait** format. Unfortunately, entries in landscape format cannot be judged.
- Please stay within the size limits... we bring rulers!
- If you won a trophy last year, please contact Helen to return it for this year's competition.
- Any Questions? Contact Helen [poppletonsportsday@gmail.com](mailto:poppletonsportsday@gmail.com)

# Monday 25th May 2026 ~ Poppleton Children's Sports Day ~ Handicrafts Competition

Age on the Day: 5 years and under	6-7 years	8-9 years	10-11years	12-14 years	Comments	
<b>BAKING</b>						
1	6 Decorated biscuits	6 Decorated biscuits			Exact number only	
2		Sponge Cake	Sponge Cake	Sponge Cake	Please label flavour.	
3		6 Plain scones	6 Plain scones	6 Scones (any flavour, please label)	6 Scones (any flavour, please label)	Exact number only. No packet mixes
4		6 Decorated buns	6 Decorated buns	6 Decorated buns	6 Decorated buns	Exact number only. No packet mixes
<b>CRAFTS</b>						
5	Miniature garden	Miniature garden	Miniature garden	Miniature garden	Miniature garden	
6			Posy for the May Queen	Posy for the May Queen	Posy for the May Queen	Please include a posy holder or other means of holding the posy!
7	Flower Arrangement in an Unusual Container	Flower Arrangement in an Unusual Container				Container max size - 30cm x 30cm
8		Knit/ Crochet/ Sew	Knit/ Crochet/ Sew	Knit/ Crochet/ Sew	Knit/ Crochet/ Sew	No kits. Max size - 30cm x 30cm
9	Painting / Drawing	Painting / Drawing	Painting / Drawing	Painting / Drawing	Painting / Drawing	No bigger than A3
10	Edible Jewellery	Jewellery	Jewellery	Jewellery	Jewellery	
11	Model: rigid or working	Model: rigid or working	Model: rigid or working	Model: rigid or working	Model: rigid or working	No Ceramic café models. Paper art/ origami welcome. Max size - 60cm x 60cm
12				Hand lettering/Calligraphy	Hand lettering/Calligraphy	The text should read: 'You are stronger than you think!'. Borders/illustrations/colour welcome
13	Paper plate craft	Paper plate craft	Paper plate craft			
14	Decorate an egg	Decorate an egg	Decorate an egg	Decorate an egg	Decorate an egg	
15	Vegetable monster	Vegetable monster	Vegetable monster			
16	Lego model	Lego model	Lego model	Lego model	Lego model	Max size - 30cm x 30cm x 30cm
17	Collage picture	Collage picture	Collage picture	Collage picture	Collage picture	No bigger than A3 . Will be wall-mounted
<b>HANDWRITING</b>						
18		Imaginary Friend <i>by Kenn Nesbitt</i>	The Homework Machine <i>by Shel Silverstein</i>	The First Gen Alpha Poet Laureate <i>by Elle Cordova</i>	I Don't Like Poetry <i>By Joshua Seigal</i>	Copies available; email: poppletonsportsday@gmail.com
<b>PHOTOGRAPHY</b>						
19			Photography Competition will be judged as one age group: 8-14 year olds Theme – 'Nature and Wildlife in Poppleton'			<b>Portrait format only</b>

**Age 6-7**

**Imaginary Friend by Kenn Nesbitt**

I came to school today  
with my imaginary friend.  
When everyone said "hi" to him,  
I said, "He's just pretend."

But no one seemed to notice,  
which I thought was pretty weird.  
It turns out he'd imagined me,  
and, poof, I disappeared.

**Age 8-9**

**The Homework Machine by Shel Silverstein**

The Homework Machine,  
Oh, the Homework Machine,  
Most perfect  
contraption that's ever been seen.  
Just put in your homework, then drop in a dime,  
Snap on the switch, and in ten seconds' time,  
Your homework comes out, quick and clean as can be.  
Here it is— 'nine plus four?' and the answer is 'three.'  
Three?  
Oh me . . .  
I guess it's not as perfect  
As I thought it would be.

## The Poems

**Age 12-14**

**I Don't Like Poetry by Joshua Seigal**

I don't like similes.  
Every time I try to think of one  
my brain feels like a vast, empty desert;  
my eyes feel like raisins floating in an ocean;  
my fingers feel like sweaty sausages.

I don't like metaphors.  
Whenever I attempt them  
a hammer starts beating in my chest;  
lava starts bubbling in my veins;  
zombies have a fight in my stomach.

I don't like alliteration.  
We learnt about it in school  
but it's seriously, stupendously silly;  
definitely drastically difficult;  
terribly, troublingly tricky.

I don't like onomatopoeia.  
I wish I could blow it up  
with a ZAP! and a BANG! and a CRASH!  
a BOOM! and a CLANG! and a POW!  
a CLASH! and a BAM! and a THUD!

And I don't like repetition  
I don't like repetition  
I don't like repetition...

**Age 10-11**

**The First Gen Alpha Poet Laureate by Elle Cordova**

In the skibidi mountain air  
The ancient pines sway, goated  
(Ws in the chat for the ancient pines)  
And the based sigma loon  
Sings rizztastic songs into the night  
While the humans mew  
In the backrooms  
Unable to touch grass,  
Skibidi-ay skibidi-oh.  
And somewhere, beyond toilet's edge,  
A baby sparrow wakes  
And is yeeted into the Ohio dawn.

These are the poems for the handwriting category. Please follow the layout and punctuation shown as far as possible, and present your work on A4 paper. You can continue onto a second sheet if you run out of space. For this category, only the handwriting will be judged, so illustrations, borders etc. are not necessary. If you are writing in pencil at school, you may write in pencil. Otherwise, please write in pen. Remember to write your name, contact details and age on the reverse so the judges cannot see. If you need the text in a larger font size, please email poppletonsportsday@gmail.com. Good luck!