



# BECKWITHSHAW PRIMARY SCHOOL

## NEWSLETTER – OCTOBER 2024

### FEDERATION ATTENDANCE - YTD

	WHOLE SCHOOL	CLASS 1	CLASS 2	CLASS 3
RIPLEY	96%	96%	96%	97%
BECKWITHSHAW	98%	99%	95%	98%
KETTLESING	97%	95%	98%	98%

A reminder that all absences must be reported to the school office before 9am on each day of absence. Medical appointments should be booked outside of school hours, but when unavoidable a letter, text or email confirming the appointment must be given to the school for your child's attendance records. If we do not receive this documentation, children's attendance will be marked as unauthorised leave.

### HEADTEACHER UPDATE

Dear Parents and Carers,

And just like that, we come to the end of another successful half term. This first period of the academic year is where new beginnings commence; expectations embedded and where success is built upon. The theme of my message today is that of thanks: thanks and gratitude to all in the federation community. As our parents and carers, I have been blown away with your positivity and offers of some amazing opportunities. School asks, and before any time has passed, responses arrive in abundance - what a team!

Telling the world about our amazing federation and growing our school numbers/community is vital. Not only do we have our new website, but I am also delighted that we now have new marketing materials kindly created with the expertise from Mr Kontargyris. Please do let us know if you are able to 'leaflet drop' and these will be placed in your child's book bag upon return to school. This period in Autumn 2 is the 'golden window' for Reception '25 and so your support is vital. There is no doubt that this will have the desired impact and result in us growing together, guided by love with many more children's lives to be transformed.

I would like to take this opportunity once again to give thanks to our wonderful PTAs for whom without them, we would not have access to hugely vital, additional funding to provide resources and enrichment experiences. The on-going fundraising and Halloween events have been superb. Please do contact Mrs Craig and Miss Heaton if you would like to support further.

As a personal note to the staff, I thank them for sharing the vision and living out the focus of your children being first in everything they do. We now have a stable and outstanding staff body: students who have a desire to work in our federation; initial teacher training providers who want their students to train under our model; those who worked in my previous settings who made the move with me; those who have been recruited by myself and senior leaders and those staff who remained with the federation throughout its journey. I can assure you all – your children are incredibly lucky.

### DATES FOR THE DIARY



DATE	EVENT
25th Oct	Last day of Autumn 1 half term
28th Oct - 1st Nov	Half term
4th Nov	School re-opens to all pupils
6th Nov	Remembrance Service at Ripon Cathedral—For Service Children
WC 11th Nov	Anti Bullying Week
15th Nov	Children in Need - SPOTacular
18th Nov	Statutory assessment parent/career information evening
22nd Nov	Walk to School
22nd Nov	Celebration assembly 8:50am
26th Nov	Whole school cross country event
1st Dec	Otley Victorian Fayre - Choir performance
2nd Dec	Christmas post-box launches
7th Dec	Royal Hall Christmas Concert - Federation Choir
12th Dec	Christmas jumper and Christmas enterprise day
13th Dec	Whole school panto trip
18th Dec	Christmas lunch and party
19th Dec	Nativity - 2pm in Church
20th Dec	Last day of term
23rd Dec - 6th Jan	Christmas holidays - school closed
7th Jan	School re-opens to all Pupils

## HEADTEACHER UPDATE—CONTINUED

The Governors who have completed their first full term at the federation – an expert body with a forensic strategic overview who are wholly committed to their role and the future success and sustainability of the federation. I feel proud to be led by such an inspiring body of highly professional individuals.

We also give thanks to our community partners, whom we have a reputation for working wholly positively with. Following on from previous communication with regards to the usage of the village hall and the narrative around this, although we have come up against challenges, as a school we are currently working tirelessly to resolve in the best interest of the children and that of the sustainability of the village hall fully understanding their position also.

You will be aware that another of our federation schools, Kettlesing received their Ofsted inspection recently. This was on the back of Ripley - November '22/March '23, Beckwithshaw – January '22/ July '23 and the SIAMS CE inspection of Ripley- October '23. As ever, we were more than prepared and the areas for improvement from previous inspections, completed effectively. Although we cannot share any judgement yet what I can say is that the continued progress of our federation and the tireless work of staff did not go unnoticed. We expect the report to be with us following the holidays and as a federation, we give thanks to all of you for your continued support as we navigated our way through a record number of inspections. And so, as we break for the holiday period, I leave you with this:

*'The children are really, really lucky...they will be better people for being in this Federation.'*

Have a peaceful and restful half term.

Much love and God bless,

Miss Kirkman



## Reminders, Updates, and Information

### **COLD WEATHER CLOTHING**

A reminder that children should have a coat in school at all times, and a hoodie and joggers/navy or royal blue tracksuit for PE lessons. Children go out in all weathers and suitable warm/waterproof clothing should be provided.

### **JEWELLERY, WATCHES AND ITEMS FROM HOME**

A reminder that children may wear small stud earrings and a watch to school, however these must be removed before PE. If your child cannot remove their own earrings, please ensure they are removed before coming to school on PE/sporting event days. Hoop earrings, smart watches and all other jewellery, is not permitted in school.

### **INDIVIDUAL AND SIBLING PHOTOS**

These will be emailed to all by the end of the week and available to order directly through the Yorkshire Schools Photography website.

### **PARENTMAIL ACCOUNTS**

As we approach the end of the half term, please ensure all accounts are up to date and sessions/meals are paid for in advance of them being taken. The admin team will be applying final charges on Friday 25th October. Please ensure all remaining balances are cleared in full before Monday 4th November 2024.

### **STATIONARY**

From after half term, all children should have their own stationary in school. Please see communication sent out in Miss Kirkman's letter on the 06.09.24

### **WHOLE SCHOOL CROSS COUNTRY - 26.11.24**

Please complete the coach permissions on ParentMail by Friday 8th November 2024.

### **CHILDREN IN NEED SPOTACULAR FUNDRAISER**

For a donation of £1.00, children are invited to wear something spotty to school on Friday 15th November to raise money for children in need. Outfits can be as SPOTacularly creative as you wish. Payment is available via ParentMail or cash can be brought in on the day. If you wish to donate more than £1.00, you can do so by adding multiple donations to your ParentMail

### **BEAUTY AND THE BEAST PANTO - 13.12.24**

We would like to say a very big thank you to our FORS who are very kindly paying for the whole trip this year. This includes the tickets, coach and an ice-cream/lolly for every child. Mrs Metcalfe will be providing a packed lunch on this day. Please complete the coach permissions, lunch choice and ice-cream selection available on ParentMail no later than Friday 8th November 2024.

*As always, if you wish to discuss any financial matters in confidence, please contact a Mrs O'Connell in the school office.*

## Clubs for Autumn 2

**Tuesday 3.30- 4.30pm - Computing with Miss Miller**

**Wednesday 3.30- 4.30pm - Football Club with Harrogate AFC**

**Thursday 3.30- 4.30pm - Dodgeball Club with Miss Wilcox from Sporting Influence**

Dodgeball will replace tag rugby, offering children more of a choice in the sporting activities they participate in across the academic year.

Both Football and Dodgeball have limited spaces so be sure to book these early to avoid disappointment.

All Clubs will be charged at £6.00 per session and run for 6 weeks from WC 04.11.24 - WC 09.12.24. The full payment of £36.00 will be required to secure your child's place. Please note, there are no clubs on the last week of term.

**Booking and payment for all clubs are now available on Parentmail, and will be on a first come first serve basis.**

**BOOKING WILL CLOSE AT 5PM ON FRIDAY 1st NOV 2024**

### Federation Choir

For those children who secured a place in the Federation Choir, rehearsals will start WC 4th November, and take place every Wednesday lunchtime with Mrs Lyne.

## House of the Half Term!

Congratulation Team Shamrock .Well done on being this half terms winning house. The children in Shamrock will be enjoying an extra playtime and can wear non-uniform tomorrow.

## House Point Tally



## Friends of Beckwithshaw School (FOBS)

On behalf of the staff at school, we would like to thank FOBS for their hard work.

The Halloween disco raised a huge £244 towards school funds. Thank you to everyone who supported this great event.

Pumpkin carving competition—Entries will be judged tomorrow Friday 25th October and prizes will be presented during assembly.

## What is the value of Forest School



### What is the value of Forest School?

Forest school is a child centred learning process, providing learner inspired, hands on experience in a natural environment. It encourages, promotes and develops independence; resilience; confidence; perseverance; risk management; problem solving and social skills. It enables individuals to reconnect with nature and place: developing awe and wonder in the natural world. Children find new skills, new talents, new passions, new friends and they have FUN!

As we watch seasons unfold, life cycles develop, weather impact surroundings, creatures go about their daily lives, we are learning inordinate amounts about ourselves, our world (and even our curriculum!), in an active, experiential way, through play.

Alongside this, we are developing practical skills like using tools, manipulating materials, building shelters, fire lighting, cooking, fire safety, tool safety and teamwork.



Through risk, challenge and adventure we develop our gross and fine motor skills: building muscles which will make us stronger and more capable humans.

Many of the skills we learn at Forest School will help us back in the classroom, with physical elements like sitting straight and holding a pencil, but also: improved concentration levels, increased intrinsic motivation and improvements in behaviour, are regularly reported.

In a fast pace world of never-ending technology and instant gratification, Forest School gives us the time and space to slow down, reduce anxiety, decrease stress, self-regulate, improve our mental health and BE HAPPY!



# What we've been up to

## LANGUAGES DAY

On Thursday 26<sup>th</sup> September, we celebrated the European day of Languages. The theme this year was Peace and we began the day with a wonderful school assembly where we heard Peace spoken in different languages and discussed how important language and communication is in understanding each other and how when communication works well it helps keep things peaceful.

Thank you so much Miss McCann for introducing the children to the Korean language and taking the time to show them how to write their names. We produced some lovely calligrams which supported us in learning our key French vocabulary. It was lovely to see children greeting each other and staff members in French... We love language learning!



## MENTAL HEALTH AWARENESS DAY

For World Mental Health Day on October 10th the children across the federation were invited to donate and wear something yellow to raise awareness. Throughout the day, children took part in various HELLO YELLOW activities

HELLO YELLOW day is a day where we show young people that they are not alone when it comes to their mental health. As a federation we encourage togetherness – this year's Hello Yellow was about being loud and proud, as we all stand together to support young people's mental health. By taking part, we are encouraging our school community to come together and be proud of who they are.

We have also increased awareness regarding mental health– by getting our school involved with Hello Yellow, raising awareness among staff, students, and their families about how to look after their mental health, so that everyone knows they don't have to feel alone if things get tough.



## What we've been up to

### WELLBEING WORKSHOP WITH MRS PRESTON

A huge thank you to Mrs Preston for our well-being workshop! We really enjoyed our mindful breathing and talking about our emotions as we transition to secondary school.

### NORTH YORKSHIRE MUSIC SERVICE

Thank you to North Yorkshire Music Service for coming to our schools across the federation and delivering wonderful live demonstrations. There were smiles on our faces as you entertained us with different instrument groups and lots of songs we knew.



### NORTH YORKSHIRE FIRE SERVICE

A huge thank you to North Yorkshire Fire Service, who we were delighted to welcome back for our annual fire safety talk.

We learnt how to keep safe at home and to remind parents to check their smoke alarms. We even got to see an amazing fire truck!



# What we've been up to

## YORKSHIRE WATER

A huge thank you to **Yorkshire Water**, for an interactive assembly this half term. The children learnt such valuable lessons and put this into practice with their classwork. The guest speakers were hugely informative about how to stay safe around water and giving the children an insight into the job that they do.



## HARVEST FESTIVAL

A huge thank you to Thank you to everyone who came to our Harvest Festival yesterday. The children sang beautifully and were very proud of themselves. Thanks for all the kind donations made to Harrogate Food Bank.

Message received from Harrogate Food Bank: Thank you so much for your donations, this will help many families. From the bottom of our hearts, thank you for your generous contribution.





# What we've been up to

## Class 1

What a lovely start back this academic year for Class One.

The reception children have been little superstars, settling in so well and showing Miss Miller just what they are capable of, amazing! We have been working hard to learn our first sounds in phonics and are starting to practise blending simple words, how exciting!

We are exploring numbers 0-5 with the help of number blocks in maths and are starting to use maths manipulatives to support our learning too. The children are enjoying exploring provision and building their social skills with one another.

Year 1 and 2 have been working super hard and are showing maturity towards their learning with such positivity and determination. The children have enjoyed exploring character descriptions through our text 'Indigo Wilde' and particularly enjoyed creating their own creatures to describe. We have been working hard to maintain our high levels of handwriting and ensuring we are continuing to correctly form both our letters and numbers.

We have been enjoying a mix of practical and written maths and the children have been practising place value to 20. We have just started to progress numbers to 50 and 100 - wow Class One!

Across the wider curriculum, we have been exploring different animal and plant habitats and how habitats provide survival needs. The children created some stunning 3D maps for our art topic 'map it out'. It was a delight to discuss our journeys to school with the children and see their perspective of this in 3D.

Lots of excitement and discussions taking place in history where we have been looking at how schools have changed since 1900s. Class One were particularly excited to see a photograph of some of their relatives at Beckwithshaw school and we discussed how school was very different, it's a firm that the children much prefer a modern-day classroom!!

We have been exploring creating space and working together in our dance with a particular focus on the seaside. Lots of smiles and energy on our journeys to the seaside and under the sea.

A fantastic start, there's so many more exciting things to come Class One!



# What we've been up to

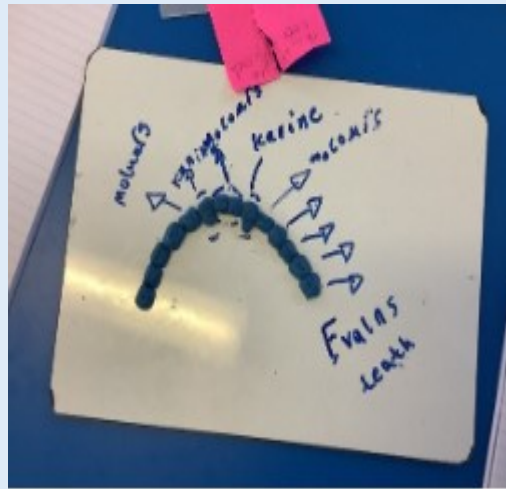
## Class 2

Our year 3 and 4 children have made a super start to the new school year. We have lots of motivated learners in class 2 and it has been a pleasure to get to know them. We have been enjoying our class book *The Iron Woman* by Ted Hughes and have had some sessions in the hall where we can sit in a circle and really enjoy the text together. We have written summaries of the first chapter focusing on using paragraphs to make our writing easier and more exciting to read. In maths we have used cubes and blocks to reinforce knowledge of place value.

We have been developing our singing technique learning a Viking song which requires us to keep the beat as though we were rowing across the North Sea! In science we have used practical experiments to learn about human digestion, the children really enjoyed brushing their laminated sets of teeth to see which type of toothbrush cleaned them most efficiently. Our DT project building structures inspired some wonderful designs that I am looking forward to seeing realised.

History lessons have been about the differences between childhood in Tudor / Victorian times and now. The children have found learning about jobs that children used to do eye opening, I think they appreciate being able to come to school a little bit more now!

We have continued to enjoy our PE sessions with some really impressive learning and mind-sets from the children. We all enjoyed our multi skills and dodgeball sessions with some good teamwork and determination on show but most of fun had fun moving around getting some fresh air!



# What we've been up to

## Class 3

Our Year 5 and 6 pupils in Class 3 have made such an excellent start to the school year. They are great role models for the younger children and have enjoyed and engaged with all learning activities across the curriculum. Particular highlights have been the work we have done on suspense writing, persuasion and the improvement in presentation standards and technical accuracy. The children love beating their scores on spelling shed and posting work they are proud of on Seesaw each week. Maths work has been very practical, based around place value and we have recently worked on adding and subtracting integers.

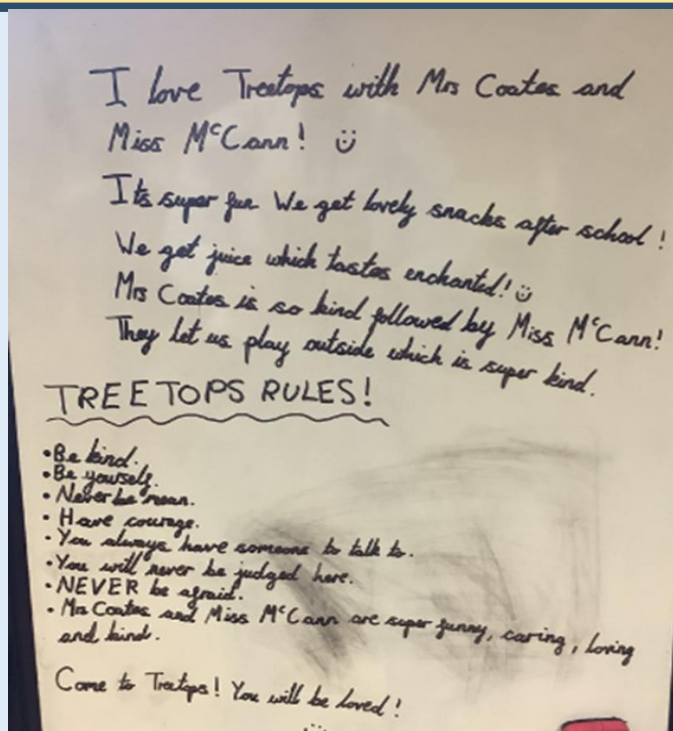
Across the curriculum, we formed an ensemble and worked hard to compose call and response rhythms in music lessons and add eight bar breaks. We played tuned and percussion instruments. Science has deepened our knowledge of vertebrates and invertebrates as we have studied the classification system, devised by Carl Linnaeus. I loved the models the children created.

Much enjoyment came from our work on Victorian census extracts where we have looked at occupations from this historical period and found out what happened to Mary Bucktrout. In PE, we have developed our team work and football skills and even made time to practise our French transport vocabulary during the warm ups. The children are settled and enjoying their learning which is so pleasing to see.



## Treetops

Mrs Coates and the staff were blown away when this message appeared on the whiteboard. Fully endorsed by all the children in treetops tonight as you can see! Come along to Treetops ~ "you will be loved!" The children love attending treetops, and have a lot of fun. They were even treated to a recorder recital from some of the children



## Royal Hall Charity Concert Update

24 September 2024

Dear Victoria,

**A Huge THANK YOU for supporting Harrogate Hospital & Community Charity**

It is with great pleasure to be writing to you on behalf of Harrogate Hospital & Community Charity (HHCC) to express our gratitude for your incredible donation of £3287.00 raised at the Rural Schools Concert on Friday 26 April 2024. Your generous charitable gesture will have an amazing impact across the services provided to all under the care at the Sir Robert Ogden Centre (SROMC) at Harrogate and District NHS Foundation Trust (HDFT).

As you know, HHCC is the registered Charity for #teamHDFT, our aim is to enhance the facilities and environment for patients, their families and colleagues. The dedication of our donors is integral towards our cause and ongoing support. The HHCC and Volunteer Team and I had a wonderful time at the concert, thank you so much for inviting us along, we were delighted to be part of your event.

This vital work of going above and beyond the necessities and enhancing experiences within the NHS would not be possible without the incredible generosity of individuals such as yourselves. Your ongoing kindness is creating a lasting legacy towards those who access our SROMC for many years to come.

HHCC celebrate the impact our donors create by providing updates on the latest HHCC news, events and information. Please find our Keeping in Touch and Gift Aid form on the next page for you to complete and hear about how we are using donations such as yours to help do more for service users and their families.

Thank you once again for your invaluable and immense support. The regular and meaningful giving from all who choose to donate contributes greatly towards the longevity of HHCC and champions our purpose.

Yours sincerely,

**Becca Collings**  
Charity and Volunteer Officer



Harrogate Hospital & Community Charity,  
Harrogate and District NHS Foundation Trust Hospital,  
Planning, 3rd Floor, Lancaster Park Road, Harrogate, HG2 7SX  
Tel: 01423 557408 or Email: [hdfc.hhcc@nhs.net](mailto:hdfc.hhcc@nhs.net)



# Safeguarding

## Halloween and Bonfire Night Halloween



- **Clothing** – while it's great for children to dress up, most Halloween costumes are highly flammable so focus on using LED light candles. When trick or treating, children should be supervised at all times and parents aware of the dangers of naked flames in Halloween decor (pumpkins/lanterns) and bonfires.
- **Pumpkin Lanterns** – don't use real candles in them, get the led t-lights – they are brighter than a real candle.
- **Door knocking** – go with parents to people you know. Only knock-on doors where there is a clear sign they want you to, e.g. a lantern on the doorstep. Many people are vulnerable and don't really want lots of people knocking.
- **Treats** - always ask a grown up before eating any of the sweet treats you collect. Never accept or eat any homemade treats from people you don't know. Only eat treats that are securely sealed in individual shop brought wrappers.
- **Parents** – think, where are your children? Try to encourage children to have a sensible approach to the

## Fireworks & Bonfire

- **Attend**- organised displays where possible.
- **Sparklers**- wear gloves and put each sparkler into a carrot. This makes it much easier for little hands to hold safely. Have a bucket of water to put sparkler sticks in as they are very hot even when out. When at a display, stick them in the ground to cool them and make sure children are in a good space when using sparklers so they don't accidentally burn someone else.

**If an accident does happen and clothes catch on fire the advice is to STOP, DROP & ROLL**

### ALWAYS

- Always buy fireworks from a reputable seller, every firework should have a CE mark on them to state they have passed the required safety standards.
- Always keep fireworks in a closed box and use them one at a time.
- Always read and follow the instructions on each firework using a torch if necessary.
- Always light the firework at arm's length with a taper and stand well back.
- Always keep naked flames, including cigarettes, away from fireworks.
- Always direct any rocket fireworks well away from spectators or flammable objects such as bushes and trees.

### NEVER

- Never return to a firework once it has been lit.
- Never put fireworks in your pocket and never throw them.
- Never use paraffin or petrol on a bonfire.
- Never let children play with fireworks.



# Safeguarding

## Halloween and Bonfire Night Cont...

### Bonfire Questions Answered

**Q) What is proposed to be burned on the bonfire?** All material should be clean and safe, no treated wood, tyres, plastics, rubber and oil should be burned. Only burn small amounts of paper, leaves, wood and cardboard and ensure the waste is kept secure before burning. If the waste can harm health or pollute the environment it should not be burned.

**Q) Where has that material come from?** Don't be a victim of waste crime, do not accept waste from a business, commercial or industrial setting, it should be waste that has originated from your domestic property only. If you suspect illegal waste activity report it anonymously to Crimestoppers on 0800 555 111 or if waste is being burned contact North Yorkshire Council (Harrogate area) on: 0300 131 2 131 or report it online via this link Environmental protection enquiries and issues - About this form - Section 1 - SRT - My Harrogate or send an email to [environmentalprotect.har@northyorks.gov.uk](mailto:environmentalprotect.har@northyorks.gov.uk).

**Q) Is it appropriate, safe and legal to burn?** Follow the above advice and that stated in the documents below and ensure you position the bonfire in a safe area where there is no risk of other buildings, land or trees catching fire, or people being hurt. Manage the fire to ensure flames and smoke are controlled, and ensure the fire is never left unattended.

**If you decide to have a bonfire or fireworks at home make sure you are fully aware of the information above and that stated in the following useful documents.**

Remember Bonfire Night but make it legal and safe: Remember remember bonfire night but make it legal and safe - [GOV.UK](http://GOV.UK) ([www.gov.uk](http://www.gov.uk))

Burning waste on campfires and bonfire: [GOV.UK](http://GOV.UK)

Garden Bonfires: The rules: Garden bonfires: the rules - [GOV.UK](http://GOV.UK) ([www.gov.uk](http://www.gov.uk))

A community guide to celebrating with bonfires and fireworks: Celebrating with bonfires and fireworks - [GOV.UK](http://GOV.UK) ([www.gov.uk](http://www.gov.uk))

RoSPA: <https://www.rospa.com/policy/home-safety/advice/fireworks-safety>



If you are concerned about a child's welfare please contact: Miss Victoria Kirkman - Designated Safeguarding Lead  
Mrs Elouise Foster - Deputy Safeguarding Lead or Mrs Katy Lyne - Deputy Safeguarding Lead  
Beckwithshaw 01423 504642, Ripley 01423 770160, or Kettlewell 01423 770576

# Online Parenting Support

## [Online parenting support for a variety of issues](#)

**Parents and carers | [ERIC](#) - Free helpline: [0808 169 9949](tel:08081699949) Mon to Thur, 10am - 2pm**  
ERIC offers a range of support and information for parents and carers

[Potty training](#)  
[Constipation and soiling](#)  
[Daytime bladder problems](#)  
[Bedwetting](#)

\*\*\*\*\*

### [Body image | YoungMinds](#)

[What is body image?](#)  
[How can body image affect my mental health?](#)  
[What to do if you're worried about how you look](#)  
[Body positivity](#)  
[How you can support a friend struggling with body image](#)  
[Get help now](#)

\*\*\*\*\*

**[Keeping children safe online | NSPCC](#) - Online safety advice**

### [Teenage drinking | Drinkaware](#)

What are the reasons that some teenagers drink, what are the risks, and how can parents and carers help keep them healthy and out of trouble?

**[Teen Vaping Stats, Facts, How to Spot and How to Help Them to Stop | Allen Carr](#)**

Teen Vaping Statistics, Facts, How to Spot and How to Help Teens to Stop Vaping

**[Worried about your teenager? - NHS \(www.nhs.uk\)](#)**

If you're worried about your teenager's behaviour or general wellbeing

**[Home - Stop.Breathe.Think \(stopbreathethink.org.uk\)](http://stopbreathethink.org.uk)**

Stop.Breathe.Think gives young people, aged 21 or younger, access to free 1-1 counselling sessions. No wait times and available nationally, we provide vital support to those who need it right now. Stop.Breathe.

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# Information and Community Events



**SPORTING INFLUENCE**  
Improving Social Skills Through Sport

**October  
Half Term**  
  
28<sup>th</sup> Oct  
-  
1<sup>st</sup> Nov

## ACTIVITY CAMPS

@

**ASHVILLE COLLEGE**

Reception - Year 9

8:30am - 4:00pm

(wrap around care available)

**LIMITED  
20  
USES**  
  
First come, first  
serve.

FOR 50% OFF USE CODE:

**BKR24!**

JOIN US AND  
**EXPERIENCE THE DIFFERENCE**

**BIGGER & BETTER  
THAN EVER BEFORE**



Registered

[www.sportinginfluence.com](http://www.sportinginfluence.com)



# Information and Community Events



RIPON  
Cathedral



## Join us this Autumn

Tuesday 29<sup>th</sup> October  
10.30am – 12pm

During October half-term join us for a fun and creative children's activity morning with an Olympic theme!

Everyone is welcome. Price per child is £3, which includes all craft materials and refreshments.

To book your place and for further info please email [BethWickenden@riponcathedral.org.uk](mailto:BethWickenden@riponcathedral.org.uk)

[RIPONCATHEDRAL.ORG.UK](http://RIPONCATHEDRAL.ORG.UK)



RIPON  
CATHEDRAL

## Christmas

Food & Gift Fair

Friday 22<sup>nd</sup> & Saturday 23<sup>rd</sup>  
November 2024

9.30-16.30



## 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

Children in North Yorkshire should visit an optician for a free eye test

### 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.

### 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.

### Did you know?

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/](https://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**

615973393 07/24

## Community Events



# HARROGATE POP-UP PUMPKIN PATCH

29TH AND 30TH OCTOBER

LIBRARY GARDENS

10AM - 4PM

FIND OUT MORE:  
[HARROGATEBID.CO.UK/HALLOWEEN](http://HARROGATEBID.CO.UK/HALLOWEEN)

COLLECT A TRAIL SHEET FROM  
EVERYMAN CINEMA, COMPLETE THE  
TRAIL AND RETURN YOUR SHEET ON  
29TH OR 30TH OCTOBER TO THE  
PUMPKIN PATCH AND COLLECT  
YOUR FREE PUMPKIN!

PUMPKINS ARE AVAILABLE WHILE STOCKS LAST



BROUGHT TO YOU BY



HARROGATE  
BUSINESS IMPROVEMENT DISTRICT

HALLOWEEN

26TH OCTOBER -  
3RD NOVEMBER

*Hocus*

*Pocus*

[WWW.MOTHERSHIPTON.CO.UK](http://WWW.MOTHERSHIPTON.CO.UK)

# Community Events



Crunch into autumn



at Fountains Abbey and Studley Royal

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# HALLOWEEN HALF TERM

JOIN US FOR A SPECTACULARLY SPOOKY HALLOWEEN HALF TERM AT STUMP CROSS CAVERNS

26TH OCTOBER-3RD NOVEMBER



FR Registered with FUNDRAISING REGULATOR

Great Start in Life Foundation

Harrogate Hospital & Community Charity Registered Charity Number 1050008

## LETTERS FROM FATHER CHRISTMAS

The HHCC Elves have an amazing opportunity for your loved ones this Festive Period!

Order a personalised letter for your loved one, written by Father Christmas, all the way from the North Pole!

Scan the QR code to submit your Letter From Father Christmas request!

SCAN ME

01423 557408 [hdft.hhcc@nhs.net](mailto:hdft.hhcc@nhs.net)

www.hhcc.co.uk

FR Registered with FUNDRAISING REGULATOR

Harrogate Hospital & Community Charity Registered Charity Number 1050008

## HHCC'S OUTDOOR POP UP CHRISTMAS MARKET

- FATHER CHRISTMAS & HIS ELVES
- HHCC ELF HUNT
- DONKEYS
- LIVE MUSIC
- HAND SELECTED STALLS
- DRINK & SWEET TREAT ON ARRIVAL

24 NOVEMBER 2024  
10AM - 3PM

HARROGATE RAILWAY ATHLETIC F.C., HG2 7JA

PRE-BOOKED AVAILABLE UNTIL FRIDAY 22 NOVEMBER 2024

- £3 Per Adult (Aged 14 and Over)
- £1.50 for Children (over the age of 3)
- Under 3's go free

ON THE DAY

- £6 Per Adult (Aged 14 and Over)
- £4 for Children (over the age of 3)
- Under 3's go free

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