



Fishergate Primary School

Newsletter

16/10/2026

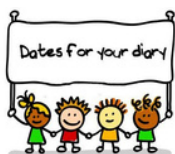
Head teacher's note

Our Book Fair has been very well attended as always. Thank you if you were able to support school by visiting the 'shop'. Thank you also to staff who helped organise and run the Book Fair. Books sold earn the school rewards and this year, we are going to spend our rewards on books for our new vending machine. Two children in each class were excited to find they are 'secret readers' - a book from the Fair was hidden in their tray for them.

Speaking of the book vending machine, a huge thank you to our Friends of Fishergate. They do so much for our school; somethings very visible - the happy faces behind the cake stall etc but the vast majority behind the scenes - preparing for the Christmas fair, using their expertise to put in bids for funding streams and keeping track of the finances is just the tip of the iceberg. In these 'tightened' financial times they are pivotal in enabling us to give the best experiences to your children - memories they will take with them forever!

Dates

Fri 23rd October - School council election results
- Break up for half term



Friends of Fishergate

Happy Friday!

Today, we've had some spooktacular pumpkin entries for the Pumpkin Competition. Who knew there were so many ways to decorate, present and carve a pumpkin! You've all been so imaginative. It took quite a long time for our panel of judges to decide, and the winners are Lennox for the EY/KS1 group and Tasha from the KS2 group (see picture below). You both put in so much work to your pumpkins and they were so eye-catching. Well done! We raised £47 from the entry money. All pumpkins will be on display at the Pumpkin Parade tonight (Fri 16th Oct) at 7pm, between the two Halloween Discos.

Speaking of effort and fund-raising, the Early Years and Key Stage 1 cake stall last week raised £103.75. How fabulous! Thanks to everyone involved.

Just a reminder that we're still looking for Christmas Shop helpers - present-buying and shop-staff. Please let Tamsin know how you can help on 07979810826 or emailing friendsoffishergateschool@gmail.com

The Friends Team



Phase group updates

EYU - We have had another fun packed busy week in Early Years. We have been learning and performing poems, our favourite was a poem called 'Popcorn' which had big popping sounds and actions. In Maths, we have been focussing on the number 4 and ways to make the number using smaller numbers like 3 and 1 or 2 and 2. In the forest we collected autumnal leaves and created patterns with them and continued to notice seasonal changes.

Year 1/2 - This week, Year 1 have been innovating their own 'Room on the Broom' stories and also visited Forest School to look at seasonal changes as we move into Autumn. In Maths, they've been working on number bonds to 5 and learning how to find missing numbers using part-whole models. Meanwhile, Year 2 have begun their next Talk4Writing module by learning to imitate the story of 'Funnybones', whilst in Maths they have been learning to add using their prior knowledge of number bonds.

Year 3/4 - After having read the Iron Man, Yr 3/4 are now working towards a modelled story about a villainous dragon and a hero who will solve a problem. Have a chat to your child about the class story. In maths, we have been doing place value assessments which your child will be bringing home with them; any support with tricky questions would be greatly received although we will be doing more work on misconceptions in class too. Hope the disco goes well (Friday 16th Oct). Remember it is 7:15-8:15pm for our year groups.

Year 5/6 - We have worked really hard on our Anglo-Saxon non-chronological reports - please feel free to pop upstairs and read your child's amazing writing. In Art, we have explored how to represent different emotions using facial expressions and body language; this linked really nicely with our PSHE curriculum. In Maths, we have been developing accuracy in their use of addition and subtraction methods.



Bodhi Corner

Woof! This week, my friend Milly really impressed me with the kindness she showed to others. Kind hearts make our school an even happier place, so I was delighted to present Milly with the first Bodhi Kindness Award of the school year. Well done, Milly — I'm very proud of you! 🐾💛



OPAL

Gigi is always using her imagination during OPAL playtimes. We loved her pine cone creations!



10 Top Tips for Parents and Educators

MANAGING DIGITAL BOUNDARIES FOR CHILDREN UNDER FIVE

Screens are part of everyday life, but they should not take over early childhood routines. For under-fives, healthy digital habits are built through simple, steady boundaries that protect sleep, play, connection, and development. Current UK guidance advises avoiding screen time for children under two – except for shared activities such as video calls – while children aged two to five should ideally have no more than one hour a day.

1 ASK A GROWN-UP FIRST



For under-fives, autonomy is important, but not when it comes to choosing digital content. Establish an 'ask a grown-up first' rule early, whether at home or in an early years setting. Adults should choose the video, app, or game, therefore helping children avoid unsuitable content and understand that devices are tools to be guided, not toys to control.

2 PROTECT SLEEP BUFFERS



Screens can make it harder for young children to wind down, especially when content is bright, noisy, or fast paced. Aim for a screen-free hour before sleep or start with 30 minutes if that feels more realistic. Use this time for calming routines such as stories, bath time, quiet play, or cuddles, helping children recognise that bedtime is approaching.

3 CO-VIEW AND CHAT



Screen time is safer and more meaningful when adults are involved. Sit with children, even briefly, and talk about what they're watching. Ask simple questions like, "What can you see?" or "How does that character feel?" This turns passive viewing into shared interaction, supports language development, and helps adults spot adverts, unsuitable content, or confusing messages.

4 KEEP DEVICES HIDDEN



Young children are more likely to ask for screens when they can see or reach them. Keep devices out of sight when they're not being used, and consider casting content to a shared screen instead of handing over a phone or tablet to a child. This reduces private scrolling, supports shared viewing, and helps adults stay in control of what appears next.

5 PLAN THE TRANSITION



The hardest part of screen time is often stopping. Before the screen goes off, tell the child what's coming next and offer two acceptable choices, such as blocks or drawing. This gives them a sense of agency without removing the boundary. A planned next activity prevents a sudden gap, which can quickly become frustration or distress.

6 LEAD BY EXAMPLE



Children notice adult habits long before they understand adult explanations. If they're expected to put their screens away, they need to see adults doing the same thing during meals, play, and conversations. Create a shared 'phone home', such as a basket or shelf, to show that technology has a place in daily life but does not need constant attention.

7 MAKE SCREENS PREDICTABLE



Young children do not always understand minutes, but they quickly learn patterns. When screen time happens at a regular point in the day, it becomes a routine rather than a negotiation. Use the same start and finish signals each time, such as a timer, goodbye wave, or tidy-away moment, so children know what to expect next.

8 CREATE SCREEN ZONES



Physical boundaries help children understand digital boundaries. Keep screens out of bedrooms to protect their sleep and away from tables to preserve mealtime connections. Choose one agreed 'yes space', such as a shared living room area or supervised classroom corner. This makes limits feel less personal and more like a clear family or setting routine.

9 USE SIMPLE SCRIPTS



Transitions are easier when children hear the same calm language each time. Use short, repeatable phrases such as, "First tidy, then tablet," or "When the timer beeps, we stop." Avoid long explanations during emotional moments. Simple scripts reduce negotiation, help adults stay consistent, and give children clear expectations they can gradually understand and follow.

10 PRIORITISE SLOW CONTENT



Not all screen time feels the same to a young child's brain. Fast-paced clips, loud sounds, and rapid scene changes can make it harder for some children to settle down afterwards. Choose slower content with simple stories, gentle voices, and natural pauses. Think of digital content like food, with more calm, nourishing choices than fast-paced, digital 'sugar rushes'.

Meet Our Expert

Neha Agarwal is the founder of Cyber Ved Kids, an innovative educational initiative that transforms complex cybersecurity concepts into engaging, age-appropriate adventures for children aged 3-10. With her unique background leading cybersecurity services for corporates and serving as an expert panel advisor on Internet Matters, Neha brings corporate-grade cybersecurity expertise to the early years world.



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DAVID
SKAITH
MAYOR



**North
Yorkshire
Sport.**

Free Female Swimming Sessions

For women, girls, toddlers & boys under 10. Children under 10 must be accompanied by adult female.

**Monday - 11 am - 12 noon
at The Mount School Pool
Dalton Terrace, York YO24 4DD**

**Wednesday 1.45 pm to 2.45 pm
at New Earswick Pool**

Hawthorn Terrace, New Earswick, York YO32 4AQ



What to wear?



Swimwear



Leggings and T-shirt allowed



Modest swimwear welcome



Booking required during school holidays



Female lifeguard provided wherever possible



No male spectators permitted

**For all bookings, please contact our admin team on
07770 503222**

www.culturalconnectionsYork.co.uk

**This project is funded by David Skaith, Mayor of York and North Yorkshire
and York and North Yorkshire Combined Authority**

Welcoming • Respectful • Inclusive Environment

Free Female Swimming Sessions

Everyone is welcome!

A safe, friendly and welcoming weekly swimming session for women, girls, toddlers and young boys under 7



Your timeYour spaceYour swim

Swimming is great for you!



MOVE & FEEL STRONG



BOOST WELLBEING



BUILD CONFIDENCE



SAFE & SUPPORTIVE

■ When?

Sundays, 3:00–4:00 PM

● Where?

Ashville Sports Centre Yew Tree Lane,
Harrogate HG2 9JP

👤 Who?

Females of all ages; toddlers and boys under 7 welcome

👕 What to wear?

Swimwear, leggings and T-shirts are allowed. Modest swimwear welcome.



Support and Safety

Under 12s and non-swimmers must be accompanied by an adult female. Female lifeguard provided wherever possible.

? New to Swimming?

All abilities are welcome. Take your time—we are here to support you.

BOOKING REQUIRED · FOR MORE INFORMATION info@culturalconnectionsYork.co.uk / info@chainlane.org

www.culturalconnectionsYork.co.uk

Funded by David Skaith, Mayor of York and North Yorkshire, and York and North Yorkshire Combined Authority.



Support into Work, Building a New Future

• Build self-esteem and confidence • Learn creatively • Progress into Work • Build your Future

Free Workshops in a Supportive Space

For people who may be facing cultural barriers, low confidence, or uncertainty about their next steps.

Break down barriers – Let's talk openly about cultural differences and other challenges that may be making it harder to move into work.

Understand UK work culture – Get a practical snapshot of the UK workplace and explore how it compares with different cultures around the world.

Build your confidence – Take part in fun, creative workshops designed to help you discover your strengths, develop new skills, and feel more confident.

Explore self-employment – Have you thought about starting your own business? We can help you explore your ideas and understand the steps involved.

Friendly, practical support to help you build confidence, overcome barriers, and take your next step towards work and a brighter future. We can share our lived experience of entering and navigating the UK workforce, offering practical insight and encouragement along the way.

We can also connect you with the right support for CVs, job applications, interviews and practical preparation for the workplace—helping you feel more confident and ready for your next step.



You could leave with...

More confidence

in yourself and your abilities

Practical skills

for your next step into work or self-employment

New connections

with people and opportunities

Are you ready for the next steps? Get in touch to find out more about the workshops, email us at the below:

Contact: info@culturalconnectionsYork.co.uk

Venue / Dates: To be confirmed.



Celebrate Diwali and Bonfire Night

Join us for a FREE card-making workshop for
Diwali, Bonfire Night, or any other celebration.

Tue 27 Oct 2026

No need to book just drop in between
10am-12noon & 1pm-3pm

Everyone welcome!

York Theatre Royal, St Leonard's Place
YO1 7HD

