

Headteacher's Introduction

Dear Parent / Carer

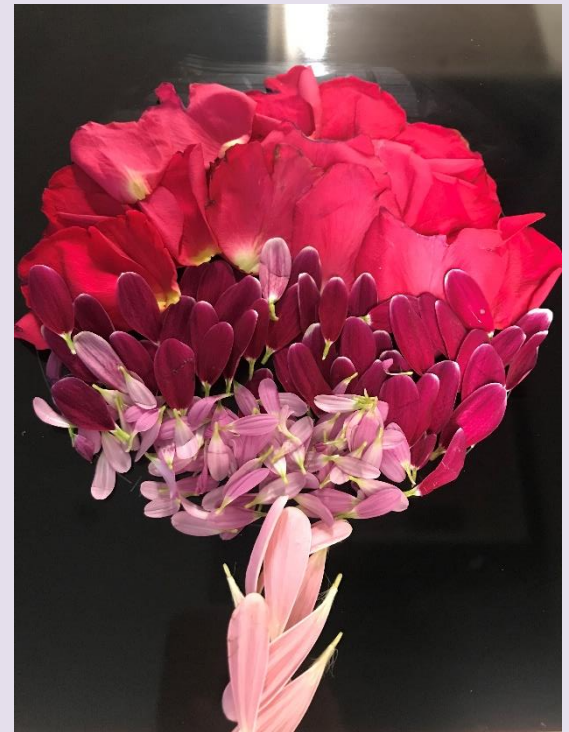
As we reach the end of the second week of term, I hope that you feel more settled in a pattern of remote learning. Teaching staff have been working really hard to develop their live lesson skills but also to try to find the right balance of live interaction, recorded content and other tasks. We know that live lessons bring the benefit of more communication and may increase motivation and confidence for some students. However, a full programme of live lessons would be too intense, so we hope that we are moving towards the right balance now.

It's been another busy week for students at home and in school with some amazing art work and cookery skill on display. You can see some of the fantastic work in this newsletter and on our Twitter feed. Don't forget to follow us on Twitter @NidderdaleS and all things Flourishing and Wellbeing on Instagram @nidderdaleflourish.

Don't forget that although we are not using ClassCharts to set work during the remote learning period, we are still using it to award positives for great work and attitude. 1682 positive points awarded in 4 days this week and lots of lovely comments from staff.

It has a been a short week in the school building as the weather closed in on Pateley Bridge and the surrounding area again this week. Only the lone footprints of Mrs Wright can be seen in the photo below, as she ventured onto the site on Thursday to make sure the Team Nidderdale chickens were tucked up safely in bed! Please take extra care this weekend, staying safe and warm.

Kath Jordan, Headteacher



Harmonic Colours

Miss Adams is very proud of students for producing such wonderful work for the project 'Harmonic colours - creations in the style of Andy Goldsworthy'. Many of the pictures have been shared with the staff team.



Wellbeing

open to all
11-17s

HAVE YOUR SAY

Be part of a one-off group session to review and give your view on the Mental Health support site The Go-To.

Help improve this service for young people who need support.

email: alex.flowers@nhs.net
to join

WEDS 3RD FEB



8 Tips for staying safe on social media?

- 1 Check your privacy settings**
Who can see you? Or contact you?
 - 2 Curate your feed**
Follow who and what makes you happy!
 - 3 Keep it personal**
Think who? and what? can people see about you!
 - 4 Limit your tech time**
Take some time away from your phone each day to relax and unwind
- 

- 5 Create strong passwords**
Use different ones for all accounts. Could anyone guess any of yours?
 - 6 Is this real?**
People often share the best parts of their life and not their struggles. Be careful of comparisons and their affect on you
 - 7 Know when and where to seek help**
You can block, report and speak to parents and carers about content
 - 8 Check out On My Mind**
90+ self-care strategies to support your mental health and wellbeing.
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A new Health and Wellbeing Service has been launched for the farming community: <https://yas.co.uk/new-health-and-wellbeing-video-series-for-farmers/>



Farming Survey

RABI have asked us to publicise the Big Farming Survey which aims to deliver invaluable insight into the challenges that a generation of farming people face and understanding of how farming today is impacting physical and mental wellbeing, in addition to the health of farm businesses.

The data collected will enable RABI to work with partners to develop services to empower farming people to overcome challenges and increase resilience.

The survey is available online, or as a hard copy to be found in many farming magazines. To access the survey, please go to www.rabi.org.uk/bigfarmingsurvey



"This storm is making me tired," said the boy
"Storms get tired too," said the horse, "so hold on."

Yorkshire Dales and the Lakes - Harry Peel

You may remember Harry took part in filming in a Remembrance episode of the above programme. We've just had confirmation that the programme is being aired on More 4 from Monday 11th January from 9-10 pm and on Saturdays, same channel at 8 – 9 pm. It's a 4-part series and Harry features with his family in the last episode scheduled to be aired on Monday 1st February.

School Uniform

Has your child grown out of their uniform during lockdown? If you have any good quality school uniform that you would like to donate please email the Pastoral staff team to let us know.

