



## Headteacher's Introduction

Dear Parent / Carer

This week we have asked students to think about how to connect with the 'Express Yourself' theme of Children's Mental Health Week. I am sure that you will agree the final selection of winning photographs from our impromptu photography competition on yet another snow day, shows just how well some of our young people are able to express themselves in this medium.

I hope that the introduction of screen free time and 'read, reflect, consolidate catch up' lessons has helped to ease the pressure that some young people have been feeling about staying up to date. Over the last few weeks staff have been sharing with each other some of the things they do to look after their own wellbeing, as well as being involved in some online exercise classes and staff social events. We hope that the Flourishing Families focus in this newsletter will help you to think about your own wellbeing too.

We will continue to do all that we can to support students and their families through the next few uncertain weeks. Remote learning and working from home can lead to a blurring of boundaries between work time and home time. We will do our very best to communicate with you in a timely way, but I know that you will understand if staff do not respond to emails and Teams chat comments outside of normal school hours or on days off.

Thanks for your continued support in challenging times.  
Kath Jordan, Headteacher

## **SNOW PHOTOGRAPHY COMPETITION**

We had a flurry of stunning snow photographs from students and staff following the snow day we had on Tuesday. The quality and detail in the entries has been outstanding. Photography teacher, Miss Brohier has cast her eye of expertise over the shots and chosen a winner from each year group. Miss Brohier said, "Wow! What a talented team of photographers we have at Nidderdale! This was very hard to judge, as we had so many excellent submissions. It looks like you all had a lot of fun in the frosty weather and aren't we lucky to live in such a beautiful part of the country? Well done to everyone who entered!"

Competition Winners:

Year 7: Ieuan Parsons' 'Giant Snowman', Year 8: Eleanor De Souza's 'River Lined with Snowy Trees', Year 9: Libby Issit's 'Frozen Lake', Year 10: Tyler Taylor's 'Macro Snow' Year 11: Benj Middleton's 'Snowy Tractor'. Staff Entry: Mrs Eglin's 'Snow covered Path'.



## Library News – Meet the Author



### Seven Stories The National Centre for Children's Books

Join us for a very special school event with the UK's best-loved storyteller, Michael Morpurgo on Thursday 11th February.

Michael will be talking about some of his best-loved books including War Horse, The Butterfly Lion, Shadow and Private Peaceful, as well as reading from his latest book, Boy Giant.

Miss Lester has registered for Y7/8 to take part in the above event on 11<sup>th</sup> at 1.30 p.m.

Boy Giant is particularly interesting, dealing as it does with themes of rescue, refuge and humanity's capacity for good.

Four of these titles are available as audiobooks and all as ebooks from NYCC Libraries and there are copies of each book in the school Library.

Y7/8 students will receive information so they can access the event from home.

Miss Lester can obtain signed copies of these titles for £6 each.

Shared reading is a great way to develop children's language and communication and to boost their reading skills. Regular reading routines can offer lots of opportunities for learning during school closures. Click this link for tips to support reading.

[7\\_Top\\_Tips\\_to\\_Support\\_Reading\\_at\\_Home.pdf](https://www.educationendowmentfoundation.org.uk/7-Top-Tips-to-Support-Reading-at-Home.pdf)  
([educationendowmentfoundation.org.uk](https://www.educationendowmentfoundation.org.uk))



We are all  
carrying a lot  
Right now

## **FLOURISHING FAMILIES**

We have dedicated a time for our students to flourish and so we wanted to dedicate some space here specifically for the families of Team Nidd.

We know how much we all need to take care of ourselves right now, there are some heavy emotions and responsibilities we are carrying around at the moment. If they feel too much please ask for help, reach out, speak to those around you, share the load.

In the staff wellbeing weekly bulletin we reflected on the importance of self-care in order to bring the best version of ourselves to our students.

What are you doing as part of your self-care? How are you being kind to yourself?

Self-care comes in many forms and will be different for each of us but it is important that we all take time and actions to look after our own wellbeing. This might be daily habits, one off treats or bigger commitments to looking after your own mental health.

The NHS launched Every Mind Matters plan where you can get expert advice and practical tips to help you look after your health and wellbeing. [Click here](#) for more information:

Lastly, an important reminder for the current time, progress is progress no matter how small, for both us and our students.

Mrs Kay