

At Carlton & Faceby and Bilsdale Schools we are **KIND**:

**K**ind and accepting  
**I**ndependent learners  
**N**ever giving up  
**D**etermined to be our personal best

Under God's guidance, we teach children the importance of *kindness* towards others, tolerance and mutual *respect*. This empowers children to have the *courage* to achieve their personal best.

Psalm 145:17

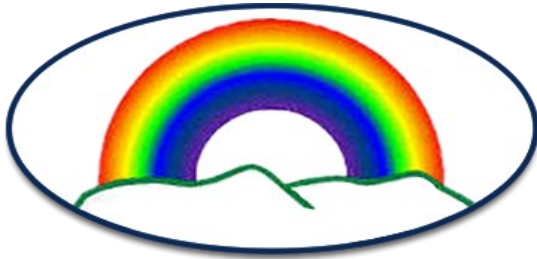
'The Lord is righteous in all his ways and kind in all his works'

Luke 2:40

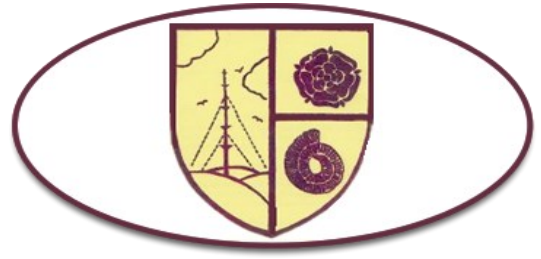
'And the child grew and became strong; he was filled with wisdom...'

We uphold these values through our golden rules:

- Be ready
- Be respectful
- Be safe



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## The Carlton & Faceby and Bilsdale CE Federation Newsletter

Friday 31st January 2025

Dear Parents and Carers,

The children have had another busy week with lots of fantastic learning opportunities across the federation. Today saw our most recent visit from the library—we are so lucky to have this service in school, I don't know of any other schools who receive such regular visits. If you would like your child to sign up for a library card please just let us know, they are available on every visit.

Next week is Children's Mental Health Week, we will be taking part in an interactive assembly to mark this on Tuesday. Why not [follow this link](#) for activity ideas you might like to try at home to promote positive mental health.

With best wishes for a peaceful weekend,

Mr. M. Scott

Executive Headteacher

Attendance—our whole school target is 96%.

Bilsdale—95.2%

Carlton—94.3%

National Average—94.6%



★ Awards ★

**Star of the Week**— Scarlett K, Isaac, William, Lydia, Arthur, Lyla, Bonnie, Buddy, Isabel, Ada, John, Eliza, Jess, Fonzie

**Kindness Award**— Scarlett K, Rory, Eva, Eliza, Bea

**Handwriting Award**—Eve, Alice, Lluna, Sammy

**Corridor King/Queen**— Toby and Lluna

Awards

**Vision Award**— Miles, Lavinia, Zara, Sam

**Headteacher Hot Chocolate**— Annie, Rocco, Willow, Scarlett S

### Mathematics Awards

**Y3/4**— 1st Hugo, 2nd Eva, 3rd Eliza

**Y5/6**— 1st Sammy, 2nd Willow, 3rd Monty

**Change of status**—Wannabe—Beth, Rock Star—Eva, Jack and Monty, Support Act—Zeff and Zara, Break-through Artist—Devon

### Notes

#### Attendance

As you know, we report each school's attendance figures weekly on the newsletter. Both schools are currently sitting below our target of 96%, with Carlton also falling slightly below the national average. This means we will now be having termly meetings with a representative from the local authority to monitor our attendance procedures.

Whilst we understand children's illness can be a barrier to their attendance, please let us know if you have any other concerns so we can work with you to promote the best possible attendance for all children. Thank you.

Attendance



### Collective Worship

This week's Picture News session was all about the impact of global warming—why not explore [this link](#) to find out more about this topic on the National Geographic Kids website.



### Safeguarding

The Designated Safeguarding Lead for the federation is Matthew Scott. The Deputy Designated Safeguarding Lead for Bilsdale is Rachel Grundmann and for Carlton is Diane Jeffries. The Safeguarding Lead Governor is John Ford.

If you have concerns about the safety of a child please speak to one of the staff named above. If you have concerns outside of school hours, please follow [this link](#) to the North Yorkshire Safeguarding Children Partnership website.

Attendance and punctuality matter!

# Every Day Counts

Success at school starts with **good attendance**

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

## Getting your child to school on time really matters

If in a school year your child is late everyday .....	Your child would have lost approximately .....	Or they would have missed approximately .....
<b>5 Minutes</b>	<b>3 days from school</b>	<b>16 lessons lost</b>
<b>10 Minutes</b>	<b>5 days from school</b>	<b>32 lessons lost</b>
<b>15 Minutes</b>	<b>8 days from school</b>	<b>48 lessons lost</b>
<b>20 Minutes</b>	<b>11 days from school</b>	<b>63 lessons lost</b>
<b>30 Minutes</b>	<b>16 days from school</b>	<b>95 lessons lost</b>

## News from the Classes

### Little Owls and Class 1

This week started off with a trip down memory lane as part of our history unit 'Long Ago'. The children shared their photographs of when they were a baby and now—they had great fun discussing how they have changed over time. To conclude the session, our reception children enjoyed a brave writing session by writing a sentence to accompany their photographs.

On Wednesday, we had a great afternoon learning all about the Chinese New Year and enjoyed a Chinese dance session in PE! Reception enjoyed exploring Chinese numbers from 0-10 and had a go at writing them.

In RE this week, we have learned about the special story of David and Goliath. We had a thoughtful discussion about who David might have trusted and learned that both Jews and Christians believe that David trusted in God and that God helped and looked after him.

You have all worked very hard this week. Well done everyone!

### Carlton and Bilsdale KS1

This week, the children have continued their understanding of seasonal change, focusing on the seasonal changes of some native British wildlife. After creating clay animals in Forest School and building shelters for them, they were keen to discover how each animal changed and adapted as the seasons change. We are excited to see if the outdoor shelters will have survived a week of weather and are still doing the job of protecting the animals from the elements. Our new D.T. unit 'Taxi' has begun and children have explored a range of wheeled vehicles. Using a skateboard, they found out that wheels help to make things move more easily and have learnt the terms 'axle', 'wheel' and 'chassis' and what the purpose of each is. The children have tried very hard to put skills learnt in English over this half term into practice when writing their own version of 'The Queen's Hat', with the hat arriving at school to surprise Mr Scott on a blustery day!

### Carlton and Bilsdale KS2

Our children love writing. This week's highlight has been the independent write creating their own version of Cinderella. The stories have been modernised with a different shoe (trainers, horse riding boot, ice skates, football boots) and a different event replacing the ball (try outs, football competitions etc). We have been amazed, delighted and entertained with these stories. We have also been impressed with the children's focus and stamina writing for extended periods of time and requesting more writing time. Well done everyone.

Although each school has a different RE topic, both units are very thought-provoking. At Carlton, we have been considering the question "How do religions help people through good and bad times?" We have considered milestones, positive and negative events and experiences, recognising the ups and downs of life. We have discussed celebrating good times and the importance of appreciation and gratitude, before writing prayers of thankfulness. Next week, we will consider how religions help during difficult times and different ideas about life after death including reincarnation and heaven.

Bilsdale's focus question is "Why do people pray?" The children have discussed the person they turn to when things go wrong for them and how they help them. They discussed the idea that believers talk to God for the same reasons: this is called praying. While it might be tempting to think that God grants magic wishes, for religious people prayer is really about friendship, love and support. They have learnt about the practice of prayer as a Pillar of Islam and how Muslim people find benefits in praying five times a day. They were able to make connections between what Muslims believe about prayer and what they do when they pray. They have learnt about reasons for Hindu practices of prayer and worship, Hindu shrines and some different ways Hindus pray. This has included how Hindus express the meanings of prayer and worship in artefacts, visually and in Mandirs. Next week we will look prayer in Christianity before going on to compare similarities and difference in prayer between faiths.

### Parent Online Safety Presentation

For any parents/carers who were unable to make the online safety presentation earlier this week, a recorded version can be found by following this link: <https://www.knowsleyclcs.org.uk/online-safety-parent-session-jan-2025/>

## Diary Dates

Thursday 6th February	British Values Day—children to wear red/white/blue clothes	All	Info. on newsletter
Monday 10th February	SEND Coffee Morning at Bilsdale—parents/carers from both schools welcome	SEND Parents/Carers	Info. on newsletter
Tuesday 11th February	Safer Internet Day	All	n/a
Thursday 13th February	Carlton children visiting St. Botolph's church for Collective Worship	Carlton	n/a
Friday 14th February	School closes for half term	All	n/a
Monday 24th February	School reopens for children and staff	All	n/a
Monday 24th February	World Thinking Day	Scouts, Guides etc.	Info. on newsletter
Monday 3rd March	Skip 2B Fit— <b><u>Bilsdale children at Carlton all day. All children in PE kit.</u></b>	All	More info. to follow
Thursday 6th March	World Book Day	All	More info. to follow
Monday 10th March	Shine Schools Festival	Choir	More info. to follow
Thursday 13th March	Carlton children visiting St. Botolph's church for Collective Worship	Carlton	n/a
Friday 21st March	KS2 trip to Sunderland Empire	KS2	More info. to follow
Wednesday 26th and Thursday 27th March	Parent Teacher Consultations	R-Y6	More info. to follow
Friday 28th March	Open Door Art workshop	All	More info. to follow
Friday 28th March	Eco-Church Waste 2 Art entries back to school by today	All	Info. on newsletter
Friday 4th April	Easter service at St Botolph's, Carlton—2pm.	All	More info. to follow
Friday 4th April	Break up for Easter— <b><u>no after school care today</u></b>	All	n/a
Monday 21st April	Bank Holiday—school closed	All	n/a
Tuesday 22nd April	Staff training day—school closed to children	All	n/a
Wednesday 23rd April	Children return to school for summer term	All	n/a

### YGAM training

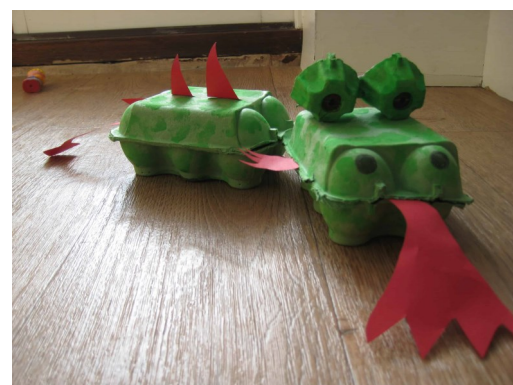
Rev. Anne has organised a YGAM parent session on behalf of the benefice, if you'd like details or to register for this please email her directly on: [anneheading8@gmail.com](mailto:anneheading8@gmail.com)

## Eco Church Spring Challenge

The Eco-Church group are running a new competition for Spring:



- Create a piece of art from waste materials such as egg boxes, newspaper, cardboard packaging, fabric etc.
- Base your artwork on an eco-theme, such as nature, oceans, rivers, farming, energy—there is loads of choice!
- If using card or paper it must be no larger than A3.
- Entries must be back to school by **Friday 28th March 2025.**



## Rotary Writing and Art Competitions

Stokesley Rotary Club have invited children from both schools to take part in their writing and/or art competitions. The theme is 'Wonderful Water' and children are invited to create:

- A 2D piece of artwork that fits with the theme 'Wonderful Water'. It must be no larger than A2 in size and can use any medium, including digital artwork.
- A handwritten or typed story or poem that fits with the theme 'Wonderful Water'. Stories must be a maximum of 550 words, while poetry should be no more than 40 lines. Non-fiction writing is permissible and should be no more than 550 words. No pictures or drawings should be included.

If your child would like to enter please ask at the office for an information pack. Entries must be returned to school by Thursday 13th February.



# 10 Top Tips for Parents and Educators

## DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

### 1 MINDFUL TECH USE



Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

### 2 EFFECTIVE SLEEP PRACTICES



Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

### 3 HYDRATION HABITS



Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

### 4 CONSISTENT BEDTIME SCHEDULE



Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

### 5 OPTIMAL SLEEP ENVIRONMENT



Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

### 6 RELAXING EVENING ACTIVITIES



Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

### 7 PRIORITISING ADEQUATE SLEEP



Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

### 8 NUTRITIONAL BALANCE



Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

### 9 PARENTAL SUPPORT



Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

### 10 MILITARY SLEEP METHOD



Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.





## Unlocking Autism for Parents

FREE 2 day course for parents and carers of children and young people with communication and interaction needs.

This annual event is an opportunity to find out more about autism and gain practical tools and strategies to help support your child or young person.

Parents will also meet others facing similar experiences or with a shared interest in the topic.

Children do not need to have a diagnosis of autism in order for parents to attend. Parents need to be able to attend both days and will receive a copy of the content covered following the course.

[Click here to book.](#)

### Training / Event Details



#### Unlocking Autism for Parents & Carers 2 Day Course

*Unlocking Autism is a Free 2 day course for parents and carers of children & young people with communication and interaction needs. It offers a chance for parents to network & share experiences.*

### Outline

The 2 day programme includes 5 sessions covering Understanding Autism, Behaviour, Communication, Sensory differences and Resilience, providing practical tools and strategies to support children and young people.

Children do not need to have a diagnosis of autism in order for parents to attend.

### Description

The 5 specialised sessions will help parents understand the strengths that autistic children have, as well as considering the challenges and differences they face every day. These sessions will offer strategies and ideas to support autistic children through situations they may find challenging and share the latest research around autism.

This in person course allows parents to meet others facing similar experiences or with shared interest in the topic, sparking discussions around further support groups needed. Previous attendees have enjoyed being able to share strategies, experiences, and the support of meeting others with an interest in the area.

Parents need to be able to attend both days and will receive a copy of the content covered following the course.

Tea & Coffee will be available, delegates will need to bring their own lunch.

Limited free parking is available at the back of the venue.

### Programme

#### Day 1: 05/02/2025 | 09:45 - 15:45

Title:	Unlocking Autism for Parents & Carers - Day 1
Venue:	The Golden Lion - 114, High Street, Northallerton, NORTH YORKSHIRE, United Kingdom, DL7 8PP - Please report to reception upon arrival
Trainer:	Ellie Richards, C and I Specialist Teacher

#### Day 2: 06/02/2025 | 09:45 - 15:45

Title:	Unlocking Autism for Parents & Carers - Day 2
Venue:	The Golden Lion - 114, High Street, Northallerton, NORTH YORKSHIRE, United Kingdom, DL7 8PP - Please report to reception upon arrival
Trainer:	Alison Smith, C&I Specialist Teacher

# ONLINE SESSIONS For Parents/ Carers **UNDERSTANDING YOUR CHILD'S NEEDS**

For parents/carers of neurodiverse children  
(with a diagnosis or awaiting assessment)

Presented by  
NYC Children and  
Families Service:  
Early Help



**Tuesday 25<sup>TH</sup> February, 18:00 – 19:00**

**Supporting you to support your child through  
shutdown, meltdown and crisis**

[Click here to join the session](#)

**Tuesday 25<sup>TH</sup> March, 18:00 – 19:00**

**Supporting you and your child with their  
emotional and sensory regulation**

[Click here to join the session](#)

**Tuesday 29<sup>TH</sup> April, 18:00 – 19:00**

**Supporting you and your child with sleep**

[Click here to join the session](#)

For more information contact  
[candfhubhambleton@northyorks.gov.uk](mailto:candfhubhambleton@northyorks.gov.uk) or  
[candfhubrichmond@northyorks.gov.uk](mailto:candfhubrichmond@northyorks.gov.uk)

[https://drive.google.com/file/d/1aRcPxuDcrEOct17fTRul7emit\\_CksM\\_x/view?fbclid=IwY2xjawIG\\_A1leHRuA2FbQIxMAABHWsKWEwNOCL8Vt5P0A\\_oDGMpSufTv9TULXk8L99Cvdz3irQOgovHb-c17A\\_aem\\_G5w\\_WkRklftk2x9ANop\\_3w](https://drive.google.com/file/d/1aRcPxuDcrEOct17fTRul7emit_CksM_x/view?fbclid=IwY2xjawIG_A1leHRuA2FbQIxMAABHWsKWEwNOCL8Vt5P0A_oDGMpSufTv9TULXk8L99Cvdz3irQOgovHb-c17A_aem_G5w_WkRklftk2x9ANop_3w)



Fun & exercise  
for all Primary  
School children

# Cricket and Athletics Camp

only  
**£20**  
per athlete



**Wed 19 Feb**  
10am-3pm  
Knayton Sportshall

*Wrap around care from 8.30am provided  
at an additional cost of £5 per child*

*We operate in a COVID-secure environment*

Along with Matty Brown, former North East Premier League batsmen and Level 1 coach, the kids will have a fun-packed day learning the fundamentals of cricket and athletics with Glen Hilton, athletics coach and former England international athlete.

For more details contact Glen Hilton:  
[hiltonglen444@gmail.com](mailto:hiltonglen444@gmail.com)



**Your child will need:**

- A packed lunch
- Plenty of fluids

Location address: Hillside Rural Activities Park, Knayton, Thirsk YO7 4AX



# HALF TERM - KIDS CLUBS

DAY	WHERE ?
TUES 18 <sup>th</sup> FEB	CARLTON SCHOOL
THUR 20 <sup>th</sup> FEB	HUTTON RUDBY SCHOOL



📞 07966626816 📞

Contact Mark Shimwell

Sports, football, multi-skills, fun, games, music, crafts, etc.

**ONLY £15 for 1 child, £25 for two siblings, £35 for three siblings**

🍷 🍱 🍷 🍹 Bring packed lunch & drinks 🍹 🍷 🍱 🍷

🕒 Drop off between 9-10am / Collect between 2-3pm

**PLEASE BOOK TO AVOID DISAPPOINTMENT**

**For boys & girls aged 4-11**

