Ackton Pastures Primary Academy

College Grove, Castleford, West Yorkshire WF10 5NS

Telephone: 01977 802322 Email: AP-Enquiries@ipmat.co.uk

Website: www.acktonpastures.ipmat.co.uk



Headteacher: Mrs K. Mason Chair of Governors: Mrs H. Causier Safequarding Officers: Mrs K. Mason

> Miss H Bartle Mrs A.M. Stringwell

'Children at the heart; Inspiring futures'

Friday 19th April 2024

Dear Parents and Carers,

We have had another brilliant week in school with lots of successes to celebrate. This week we welcomed our new CEO, Matthew Knox, into school as well as our Deputy CEO Kyrstie Stubbs, who both commented on the calm and purposeful atmosphere within school as well as our incredible children.

Phonics event

On Monday afternoon Miss Vollands will be hosting an information session for parents of all Year 1 children about the upcoming phonics screening check. This session will give you information about the check itself and how you can support your children at home. If you are interested in attending, please come into school via the school office.

Health Services App



We have been asked to share information about a new app developed by Health Services, HDFT. This is an NHS app developed and managed by your Local Health Visiting and School Nursing Teams. This app offers information to support the health and development of children, young people and adults and is tailored to our local area.

Colour Run

On Friday 24th May we will be holding our annual colour run to raise money for school funds. This event was a huge success last year and the children (and staff) that took part had an amazing time. All the money raised goes straight back into school to fund trips, visitors and resources within school.



Have a lovely weekend, Mrs Mason Headteacher

Attendance this week	
Reception – Miss Boon	93%
Reception – Miss Pearson	96%
Year 1 – Miss Wilson	93%
Year 1/2 - Miss Vollands	95%
Year 2 - Miss Blakeway	95%
Year 3 – Miss Binns	99%
Year 3/4 - Miss Holding	98%
Year 4 – Mrs Longoni	98%
Year 5 - Miss Lynch	94%
Year 5/6 – Miss Gibbins	98%
Year 6 - Miss Woodhouse	94%

Dates For Your Diary

Monday 22nd April – Phonics information session for Year 1 parents at 2:45pm

Friday 26th April - Trust Choir practice at Grove Lea Primary School

Thursday 2nd May - INSET Day - School closed for Polling Day

Monday 6th May - Bank Holiday Monday - School closed

Tuesday 7th May - Cresswell Craqs for Years 3 & 4

Monday 13th May- Y6 SATS week in school

Wednesday 22nd May – St Wilfrid's Year 6 transition visit

Friday 24th May - Colour Run

Friday 24th May - Last day of half term

Monday 10th June - School reopens Summer 2

Monday 10th June - Year 1 Phonics Screening Check carried out this week

Monday 10th June - Year 4 Times Table Check carried out this week

Friday 21st June - Year 6 Residential meeting for parents

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Kids WASP Parent Carer Workshop



Kendal Drive Family Hub

Kids WASP Parent carer workshop is a bespoke workshop that looks at Autism, ADHD, DA and Behaviour that challenges.

Each workshop is 2 hours long and will cover information and strategies to help support your family.

After the workshop we will be holding an informal drop in session for parents to offer help, support and guidance around the above.

Alongside this there will be opportunities to access 45 minute information sessions around Sleep, Sensory information and the benefits of Lego therapy.

> 9.30-1pm on the following dates; Wednesday 28th Feb Wednesday 20th March **Tuesday 23rd April Wednesday 19th June Tuesday 16th July Tuesday 1st October** Wednesday 27th November



<mark>If</mark> you would like to attend any of the workshops, please scan the QR code to fill out a referal form Kids Disabled children say we can

Tuesday 3rd December

FREE EMOTIONAL WELLBEING WORKSHOPS

APRIL | MAY

Delivered by qualified therapists and co-produced by experts by experience, our informal workshop sessions have been designed to provide you with useful techniques and coping strategies to help improve your mental health and wellbeing. As well as providing you with useful information about common mental health symptoms.

To access you need to be aged 16+ and be registered with a Wakefield or Five Towns GP.



Sun 28th Apr: 13:00pm - 14:30pm

COMBATTING LOW MOOD

Sun 7th Apr: 11:30am - 13:00pm Thurs 16th May: 12:30pm - 14:00pm

COPING WITH WORK STRESS

Thurs 18th Apr: 18:00pm - 19:30pm

CONTROLLING FINANCIAL WORRIES

Thurs 16th May: 13:30pm - 14:30pm (Socialicious Recovery Hub - WF1 1PN)

EMOTIONAL EATING

Sun 5th May: 11:30am - 13:00pm

EXPLORING GRIEF AND DEPRESSION

Sun 14th Apr: 11:30am - 13:00pm

HOW TO BE KIND TO YOURSELF

Sun 21st Apr: 13:00pm - 14:30pm

IMPROVING SLEEP

Sun 21st Apr: 11:30am - 13:00pm

INTRODUCTION TO MINDFULNESS

Sun 12th May: 11:30am - 13:00pm

KEEP MOVING FORWARD

Tues 30th Apr: 14:00pm - 15:30pm

LIVING IN UNCERTAIN TIMES

Sun 28th Apr: 11:30am - 13:00pm

LIVING WITH CHRONIC PAIN

Sun 5th May: 13:00pm - 14:30pm

MANAGING ANGER & IRRITABILITY

Thurs 11th Apr: 13:30pm - 14:30pm (Socialicious Recovery Hub - WF1 1PN)

*All are delivered via TEAMS, unless otherwise stated.

NHS Whiteful lines

TURNING POINT TALKING THERAPIES

We plan workshops 3 months in advance. For more dates visit the website.





For more information and to book your place onto any workshop, scan the QR code, or contact us on the below:

talking.turning-point.co.uk/workshops

01924 234 860

wakefield.talking@turning-point.co.uk

MANAGING ANXIETY & WORRY

Sun 7th Apr: 13:00pm - 14:30pm Tues 14th May: 12:30pm - 14:00pm

MANAGING EXAM STRESS

Sun 12th May:13:00pm - 14:30pm

MENSTRUAL HEALTH & MOOD

Sun 14th Apr: 13:00pm - 14:30pm

MINDFUL PREGNANCY - MANAGING

ANXIETY & CONNECTING WITH BABY

Fri 5th Apr: 10:00am - 12:00pm Fri 31st May 10:00am - 12:00pm

MINDFUL PREGNANCY - COPING

WITH STRESS & POSITIVE BIRTH

Fri 24th May: 10:00am - 12:00pm

NAVIGATING RELATIONSHIP

BREAKDOWNS

Sun 26th May 13:00pm - 14:30pm

NEURODIVERGENCE & WELLBEING

Wed 3rd Apr: 14:00pm - 15:30pm

OVERCOMING PANIC ATTACKS

Sun 26th May: 11:30am - 13:00pm

POSITIVE BODY IMAGE

Sun 19th May: 13:00pm - 12:30pm

SUPPORT FOR LOVED ONES Sun 19th May: 11:30am - 13:00pm

MANAGING STRESS AS A PARENT Wed 1st May 10:00am - 11:30am

ikingTherapies

@TurningPointTalkingTherapie: @wakefieldtalkingtherapie:

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TURNING POINT TALKING THERAPIES - WAKEFIELD



ON-DEMAND WELLNESS WEBINARS



We now offer a series of On-demand Wellness Webinars - delivered and presented by our local team of qualified therapists who share valuable methods, techniques and evidence-based strategies, to support your mental health – freely available via our <u>website</u>.

No GP referral is needed and there are no waiting lists for this offer.

Scan the QR code to start.

CURRENT SESSIONS INCLUDE:







MANAGING LOW MOOD



MANAGING WORRY



STRATEGIES
TO IMPROVE YOUR
SLEEP

For more information scan the QR code or contact us on the below:

- (a) talking.turning-point.co.uk
- O1924 234 860
- 🖴 wakefield.talking@turning-point.co.uk



