



School News – February 2025

Children's Mental Health Week

This week is Place2Be's Children's Mental Health Week, with the theme being 'Know Yourself, Grow Yourself.' Miss Middleton will start the week with an assembly on this theme and we are having some drop-in 'chatting and chilling' sessions for children this week.

<https://www.childrensmentalhealthweek.org.uk/>

Parents' Evenings

We are looking forward to welcoming you into school this Tuesday and Thursday for Parents' Evenings and hope you find your meetings with teachers both informative and celebratory. If anyone would like to drop in and talk to me, I will be available in my office. On Friday we will be emailing a link to our annual Parent View survey and would really appreciate your feedback. Many thanks in advance.

Safer Internet Day – Tuesday 11th February

This year's theme is '*Too good to be true? Protecting yourself and others from scams online.*' We want all our pupils to appreciate e-safety issues. Mrs Wilmshurst and Mrs Robinson, our computing leads, have organised a 'house quiz' and resources for us to share with children during our "safer day" next Tuesday in school, but perhaps you could talk further at home? Here is the link to the Parents Guidance page from the UK Safer Internet Centre. This includes Top Tips for Parents and a file of family activities. <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2025/tips-for-parents-and-carers>

As parents and carers of young children, in this ever-evolving online world, it is important that you are a step ahead of your children and 'learn the dance before the music starts.'

PACE approach

As a school staff, we have recently received training using the PACE approach. PACE is an attachment focused therapeutic approach with the aim of supporting adults to build safe, trusting and meaningful relationships with children and young people. The principles offer a useful framework from which adults can become attuned to and strengthen their relationships with the children and young people they work with. PACE helps children and young people to feel more connected to, and understood by, important adults in their life and ultimately, to slow down their own responses.

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Website : www.ingleton-pri.n-yorks.sch.uk E-mail : admin@ingleton-pri.n-yorks.sch.uk



PACE is a therapeutic approach developed by Clinical Psychologist Dan Hughes, which outlines four key principles for adults to use when supporting children and young people who have experienced trauma. PACE focuses on the whole child rather than just their behaviour.

PLAYFULNESS
'I can enjoy'
 Being playful creates a fun, positive and calm atmosphere when communicating with a child.

ACEPTANCE
'I can open'
 Accepting a child as a person without judgement, shows a child you can see beyond their behaviour.

CURIOSITY
'I can make links'
 Being open to discovering why a child is behaving the way they are, will help with developing a better understanding.

EMPATHY
'My feelings are valid'
 Put yourself in a child's situation and try to show them that their experiences are important to you.

Our training at bMindful is designed to support key adults' communications and interactions with children which offers them a sense of safety and security. To find out more information on how you can apply the principles of PACE to your practice get in contact with our team at bMindful.

📞 0161 510 0111 ✉️ hello@bmindfulpsychology.co.uk 

Author Visit

The writer Matt Goodfellow will be spending the day with us on Tuesday 25th February. This exciting visit will be an inspiration for all our budding authors and we look forward to welcoming Matt to Ingleton Primary for the first time.

'Explorers'

Children are invited to come along on Wednesday lunchtime for half an hour to explore a Bible story together, do a craft and play games. This club will kindly be led by Hannah Siler from Ingleton Evangelical Church. Hannah is also a school governor. Details from class teachers after half term.

Forest Schools

Children in Swaledale will enjoy a six-week programme of Forest School activities with Miss Richardson, starting next half term on alternate Thursday afternoons. Learning during Forest School helps develop the 5 Rs of Relationships, Resilience, Resourcefulness, Risk Taking and Reflection. Plus, it's outdoors and it's great fun!

Village Pantos

Joining the cast of Rapunzel this year in the chorus at Ingleton Panto are Abi, Ferne, Lottie, Poppy, Cassie and, of course, Mrs Joel. Amelie, Isla and Annabelle are starring in the Bentham panto, Aladdin. Break a leg, everyone, we will look forward to seeing you all on stage. Tickets for Ingleton Panto are on sale at the Community Centre. Have you got yours yet?

World Book Day – Thursday 6th March

We will send more details after half term, but please save the date in the meantime. We will have some exciting plans!

Cooking Club and Gardening Club

I have enjoyed cooking soup, pizzas, lasagne and shepherd's pie with many children from years 4, 5 and 6 at Cooking Club over the past few months. These children have learnt new skills and had great fun. A big thank you must go to many of our staff for helping out each week.

After half term, Gardening Club will begin and that really does mark the start of the new growing season. Details will follow for those keen gardeners in years 4, 5 and 6 who are interested in joining the club.

Sports News

Extra-Curricular Clubs

Lunchtimes are a hive of activity with a variety of activities on offer. These clubs are led by our Year 6 pupils and supervised by teachers.

Club	Who for	When
Makaton	KS1	Monday
Badminton	KS2	Monday
Colouring	KS1	Tuesday
Dance/Fitness	KS2	Tuesday
Dodgeball	KS1	Thursday
Lego	KS1	Friday
Colouring	KS2	Friday

After School Clubs

There are also a number of clubs available after school.

Club	For	When	Led by	Additional Information
Football	Reception – Year 6	Monday 3.30-4.30pm	SDA Sports Academy	Please email sam@sdasportsacademy.co.uk or call Sam on 07463 671654
Dance	Ages 4-7	Wednesday 4.45-5.30pm	Blue Moose Dance	Please email iyd@bluemoosedance.org.uk
Dance	Ages 7-11	Wednesday 3.40-4.40pm	Blue Moose Dance	Please email iyd@bluemoosedance.org.uk
Multi-sports	Reception – Year 6	Thursday 3.30-4.30pm	SDA Sports Academy	Please email sam@sdasportsacademy.co.uk or call Sam on 07463 671654
Cooking	Years 3-6	Thursday 3.30-5.30pm	Mrs Colledge	Groups pre-arranged by Mrs Colledge

Dates for sporting fixtures

Wednesday 12th February – Swimming Gala at Settle Pool in the morning

Thursday 13th February - North Yorkshire Cross Country Final at Giggleswick in the afternoon

Nut Allergy

We are a 'nut aware school,' not due to pupils with nut allergies, but in recognition of potentially undiagnosed nut allergies. Please would you ensure that packed lunches and snacks do not contain nuts. Thank you for your understanding.

Head lice

We have had a few cases of head lice across a number of classes. I'm sure you do already, but please could you check for these little critters regularly and remind those with long hair that their bobble needs to be in their hair not round their wrist in school. Thank you.

Medication in school

If there is a need for us to administer prescription medication we will request that you complete a parental agreement form. Children must not bring any medicines to school.

North Yorkshire Council's Cost of Living web page

If you're struggling to pay for food and other essentials, there are local schemes and organisations in North Yorkshire which may be able to help or point you in the right direction. You'll find information about emergency financial support, managing debt, benefit entitlement, energy bills and staying connected all in one place at www.northyorks.gov.uk/costofliving

Parent Support Group run by the Bradford and Craven NHS Mental Health Support Team



The poster is for a 'Parent/Carer Support Group' organized by the Bradford and Craven NHS Mental Health Support Team. At the top, it features logos for 'Healthy Minds', 'Bradford District and Craven Health and Care Partnership', 'ACTasONE', and 'NHS Bradford District Care NHS Foundation Trust'. The main title is 'Parent/Carer Support Group' with the subtitle 'Supporting Emotional and Mental Health'. Below this, three colored boxes provide details: a blue box for 'Tuesday 25th February', a purple box for '10:30am or 7:30 pm', and a green box for 'Held on MS Teams' with a note to 'Please email the address below'. The central theme is 'THIS MONTHS TOPIC: LIVING A HEALTHIER LIFE WITH YOUR CHILD: WITH MY LIVING WELL SERVICE'. A text box explains the topic: 'Are the demands of modern life a barrier to you and your family living a healthier life? Do you want to know the connections between food, being active and our mental wellbeing? Do you want to discuss healthy living with your child and/or family but not sure where to start? Join this session for support around living healthy, the barriers, difficulties and challenges this may bring.' A 'LIVING WELL' logo is on the right. The bottom of the poster contains the email address 'mhstparentsupport@bdct.onmicrosoft.com'.

Healthy Minds Bradford District and Craven Health and Care Partnership ACTasONE NHS Bradford District Care NHS Foundation Trust

Parent/Carer Support Group
Supporting Emotional and Mental Health

Tuesday 25th February

10:30am or 7:30 pm

Held on MS Teams
Please email the address below

THIS MONTHS TOPIC:
LIVING A HEALTHIER LIFE WITH YOUR CHILD:
WITH MY LIVING WELL SERVICE

Are the demands of modern life a barrier to you and your family living a healthier life? Do you want to know the connections between food, being active and our mental wellbeing? Do you want to discuss healthy living with your child and/or family but not sure where to start? Join this session for support around living healthy, the barriers, difficulties and challenges this may bring.

LIVING WELL

✉ mhstparentsupport@bdct.onmicrosoft.com

Half term holiday

School will be closed the week of 17th February. We will re-open on Monday 24th February.

J Colledge

February 2025

Half term events in the local area



illuminate
festival of ideas
kirkby lonsdale 8 - 23 february 2025

Welcome to Illuminate: Festival of Ideas!
Scheduled to take place from 8-23 Feb, the festival will bring dozens of events - live performances, films, workshops and speaker events plus lots of activities for families over the half term - to venues across town.
Visit <https://illuminate.kirkbylonsdale.org> (or use the QR code) to browse the full selection and build your own festival itinerary.
Let's make it an event to remember!



THE BLUEBIRD
A QUEST FOR HAPPINESS
Sun 23 Feb KL Methodist Church 4PM & 6.30PM



Festival Highlights

BEAUTIFUL MIND
FEB 14
ST MARY'S CHURCH 7.30PM

KENSUKE'S KINGDOM
Kids Cinema, Wed 19 Feb, Lunsdale Hall

BELIEVE
Sat 8 Feb
St Mary's Church 2.30PM

BEN REEL
FEBRUARY 21
ST MARY'S CHURCH 7.30PM

Wicked Little Letters, Thu 13 Feb, Lunsdale Hall, 7PM

Dark Skin & Stardust
Wed 19 Feb
St Mary's Church 7.30PM

The Strange Case of Dr Jekyll & Mr Hyde
Saturday 15 February 7.30pm
St Mary's Church Kirkby Lonsdale

BE CAREFUL WHAT YOU POST



only £39
illuminate
festival of ideas
all performances, films, speakers
events pass
(excludes workshops)

Are you a
special needs family?

COFFEE MORNING

A drop-in coffee morning for parents / carers
and their children who would like to meet
other special needs families and chat / play over coffee and cake
Toys and games for all ages provided.

SAT 15TH FEBRUARY

10AM-12PM

AT INGLETON EVANGELICAL CHURCH



For more detail, contact Lou on 07960699031



SDA
SPORTS ACADEMY

SDA Sports Academy
February Half Term
Camps 2025

Multisports & Chill Out Activities

Camp Dates & Locations

Settle Camp - SDA Studio

Ingleton Camp - Ingleton Primary School

Monday 17th February—Friday 21st February

Camp Details

Ages - 5-12 Years old **Times - 9am - 3.30pm**

Cost - £20 a day - 3 days £50 - Full week £80

Multisports includes - Football, Dodgeball, Cricket, Nerf wars, Tag Rugby, Gymnastics, Trampoline & More.

Chill Out Activities include - *New - Movies* Park Visits, Hide & Seek, Free play, Den Building, Castlebergh Walk, Board Games & More.



**YOU ARE
INVITED TO
JOIN OUR
VALENTINE'S
THEMED MESSY
CHURCH**

**ON THURSDAY 20TH FEBRUARY
AT 11AM UNTIL 1PM.
PLAY CRAFTS & GAMES.
IF POSSIBLE PLEASE
R.S.V.P. 07932049273 FOR CATERING
PURPOSES AS LUNCH WILL BE
PROVIDED.**

**INGLETON
METHODIST
CHURCH**



<https://www.facebook.com/IngletonPrimaryPTA>

Upcoming Events!

Valentine's Disco

Wednesday 12th February

PTA would love to invite all children to our Valentine's Disco.

Reception & KS1 5.30-6.30pm

KS2 6.45-7.45pm

£1 entry includes drinks.

Parents of reception children are free to stay if they wish.

Ice-lolly's, crisps and sweeties will be on sale from 20p.

Reminder – if you are staying with Reception children, we are a phone-free school, so please keep your phones in a bag or in your pocket.

If any parents can help at the event, please let a member of the PTA know.

Any questions please get in touch with us via Facebook messenger. Thank you!