



WISE UP

26 May 2023

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Heads Up

School closes for half term today and reopens on Monday 5th June

The beginning to our summer term has been a fun-filled, full of exciting learning opportunities. We hope that you have a relaxing half term break and look forward to the amazing weeks ahead and the sunshine.

We work as a Team

Two are better than one, because they have a good reward for their labour. If either of them falls down one can help the other up. But pity anyone who falls and has no-one to help them up. Ecclesiastes 4:9,10

Five Ways to Wellbeing week

We have had a fantastic annual 'Five ways to well-being' week, enjoying activities ranging from gardening, different sporting challenges, games with our York City Footballers, taking part in a bare foot trail, leading a flash mob on the playground to writing postcards to a special person.

Thought of the Week






"Don't count the days, make the days count."

Muhammad Ali,
Boxer



THE CHURCH
OF ENGLAND

THE FIVE WAYS TO MENTAL WELLBEING

-  **CONNECT** – 'connect' with people you know: family, friends and neighbours. Spend time developing these relationships but remember to keep to the Government guidelines on social distancing.
-  **BE ACTIVE** – take a walk, jog or cycle or find another activity you enjoy (while also maintaining social distancing).
-  **KEEP LEARNING** – learning new skills can give you a sense of achievement and increased confidence.
-  **GIVE** – even the smallest act can count, whether it's a smile, a thank you or a kind word.
-  **TAKE NOTICE** – be more aware of the present moment, including your thoughts and feelings, your body and the world around you.





"The '5 ways to wellbeing' have been identified through extensive reviews of research as simple actions that anyone can take that will have a positive impact on their day to day wellbeing. There is nothing new or surprising in these messages other than knowing that there is substantial evidence to support their value in living well and that small changes can make a big difference."

Taken from the NHS Partnership, England

Tawny Owls Football Tournament

A group of seven boys took part in a football tournament at Selby College. They played a total of six matches, drawing two and winning four. They showed fantastic respect for each other, their opponents and the referees.

Electrical Fairground

The Eagle Owls have completed their moving electrical fairground rides. Mr Williams arrived for the grand 'switch on' to see them all spinning! The children have had fun building them using design technology skills.



York City Football Club

York City Football club spent an afternoon with the children of Hawk and Tawny Owls. The fun activities involved sportsmanship, teamwork challenges and key footballing skills. A question and answer session with Paddy McLaughlin took place and amazing engagement and responses were given about his career and the values of sportsmanship. Mr Griffiths said that the children were a credit to the school and themselves, displaying all of our Hambleton Christian Values.



Visit from the Dental Nurse

Hawk Owls had a visit from Miss Thompson, a dental nurse from Finkle Hill Dental Practice. They learnt all about different types of teeth, their functions and how to look after their teeth properly. We even ate purple disclosing tablets to see where we needed to brush more carefully! We then brushed the plaque off and had sparkling teeth. A perfect way to celebrate 5 Ways to Wellbeing - Taking Notice.



Mapping skills

Elf owls have been creating their own maps of school and enjoyed their time outside for topic this week in the sun!



Snowy Owls Selby Sings

Snowy Owls had a fabulous afternoon at Selby Abbey for Selby Sings this week. The children were all very well behaved and represented our school amazingly well. Everyone enjoyed singing in the beautiful Abbey and it was a great memory created for our Snowy Owls.

PE Kit

Our school PE kit consists of a red t shirt and black shorts. We would like to remind all parents/carers that football shirts/football kits should not be worn. Thank you.

Father's Day Lunch

We look forward to welcoming our Dads/Grandads in on Wednesday 14th June for our special Father's Day Lunch. Please note that the letters have been emailed out earlier this week and we need all forms back by Wednesday 31st May so that our wonderful cook

can order the food.

Barn Owls Bakes, Buns and Biscuits Sale

Thank you to Barn Owls for the amazing baking which was brought in for their Cake Stall today. It all looked fabulous and yummy. We hope you all enjoyed a cake, bun or biscuit on your way home and we will let you know how much was raised by Barn Owls in due course.

Sunhats and Suncream

Now the sunny weather has arrived and is hopefully here to stay, please remember to apply suncream to your child before school and send a sunhat and water bottle in each day. Many thanks!

Half Term Holiday

And finally, please enjoy the half term holiday and we look forward to welcoming you back into school on Monday 5th June

The Wise Owls Winners were:

| Friday 19th May | Friday 26th May |
|---|--|
| Little Owls: Belle | Little Owls: Lilly |
| Elf Owls: Ivy & Oscar | Elf Owls: Connie & Indie |
| Barn Owls: Marty | Barn Owls: Edie |
| Tawny Owls: Jayden | Tawny Owls: Sebbie |
| Hawk Owls: Residential | Hawk Owls: Evelyn & Amelia |
| Snowy Owls: Residential | Snowy Owls: Oscar & Indie |
| Eagle Owls: Maddy & Georgina | Eagle Owls: Stanley & Amber |

****** REMINDER – WE ARE A NUT FREE SCHOOL ******

Please be vigilant re healthy snacks and the contents of packed lunches .



Our Christian Vision

We are:

Creative

Resilient

Truthful

Compassionate

Respectful

Teamwork