



# Whitecote Newsletter

## PE Uniform

We would like to remind all parents and guardians of the correct PE Uniform that must be worn for each PE class;

- White T-shirt
- Black or grey **unbranded** hoodie
- Black tracksuit bottoms.



## INC WINNERS

**Nurture - I will look after my body and mind.**

**R Apple** - Mia C - You are always sensible in our outdoor area when using the climbing equipment, helping to keep your body safe and healthy.

**R Pear** - Rima M - You take part in our cosmic kids mindfulness sessions with lots of enthusiasm

**1 LAVENDER** - Lilly-Mae H - You are enthusiastic during yoga and movement breaks in class and you talk regularly about keeping yourself healthy. Well done!

**1 ROSE** - Roman G - You have shown a good understanding of how you are feeling and complete our zone of regulation register each morning.

**2 WILLOW** - Corby C - You have been working hard on your co-ordination and team work in PE.

**2 HAZEL** - Luca B - You always remember to drink your milk at playtime and join in our P.E lessons.

**3 SPRUCE** - Indie W - Indie works hard in all lessons. She is able to work independently and also ask for help when she needs it which is a great skill to have.

**3 YEW** - Scarlett B - You use sport and yoga to keep your body and mind healthy. Well done, Scarlett!

**4 ASH** - James W - You have been working hard in class and have been joining in with our Urban Strides dance.

**4 BEECH** - Scarlett A - You said you have been trying to drink more water.

**5 CHESTNUT** - Angel-Mae G - You have been focusing on your wellbeing and using your voice to protect your body and mind.

**5 ELM** - Sankou S - You have been taking calm corner time to help look after your mental wellbeing.

**6 CEDAR** - Rose S - You invest in your mental health by using your phone less and practicing Yoga. Well done- Namaste!

**6 OAK** - Thomas H - You coped really well coming back into school and working hard with a great attitude.

## JANUARY 2025

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

6. History Week

15. Nursery - Winter Walk

10, 17, 24, 31. ACORNS - Baking Fridays

16, 23, 30. Year 2 - Stay and Read

10. Year 2 - Hook Day

20. Year 4 - Maya Workshop

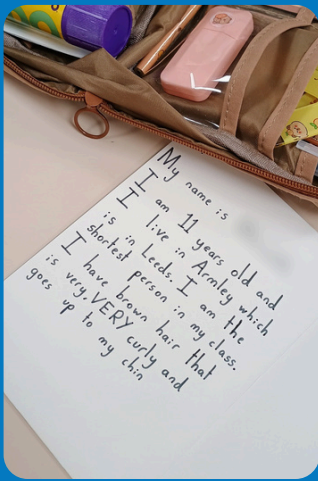
10, 17, 24, 31. ACORNS - Baking Fridays

22. Reception - Trip to local Post Office

14. Year 1 - Hook Day - Inventors

29. Nursery & ACORNS - Chinese New Year

# Year 6 Pen Pals!



Our Year 6 pupils have been making the most of the indoor playtimes by writing letters to our new pen pals- a class of 12 year olds in Germany! We will be posting our letters shortly and will let you know as soon as we receive our replies!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Crispy Chicken Nuggets BBQ Dip Chips	Margherita Pizza Baby Baked Potatoes (v)	Beef Pasta Bolognese	Pork Sausage Yorkshire Pudding Mashed and Roast Potatoes	Fish Fingers Jacket Wedges
Veggie Sausage Hot Dog Chips (ve)	Vegetable Casserole Herby Dumplings (v)	Omelette Jacket Wedges (v)	Vegetarian Sausage Yorkshire Pudding Mashed and Roast Potatoes (v)	Cheese and Tomato Pastry Pinwheel Jacket Wedges (v)
Jacket Potato Tuna Crunch	Wholemeal Bap with Egg Mayonnaise filling (v) Baby Baked Potatoes	Jacket Potato Grated Cheese (v)	Hot Roast filled Bap Roast Potatoes	Jacket Potato Baked Beans (v)
Strawberry Mousse and Homemade Strawberry Sauce	Chocolate Ice Cream Pears	Sprinkle Sponge with Custard	Oaty Ginger Cookie	Chocolate Crispy Slice Fresh Fruit Wedges

**RECRUITING NOW**

WANT TO PLAY RUGBY LEAGUE? NEW TO THE AREA  
FANCY A NEW CHALLENGE? RETURNING TO THE GAME

**U13'S GIRLS - SCHOOL YEARS 7&8**

**WHY CHOOSE FARNLEY?**

DEVELOPMENT CULTURE - NO EXPERIENCE REQUIRED  
FAMILY FRIENDLY CLUB AND WE ARE PROUD TO BE  
ONE OF THE FASTEST GROWING CLUBS IN YORKSHIRE

CONTACT 07946 022429

**RECRUITING NOW**

WANT TO PLAY RUGBY LEAGUE? NEW TO THE AREA  
FANCY A NEW CHALLENGE? RETURNING TO THE GAME

**U11'S GIRLS - SCHOOL YEARS 5&6**

**WHY CHOOSE FARNLEY?**

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To celebrate the start of 2025, My Clothing are thrilled to introduce a NEW discount code for parents:  
UNIFORM10%. This offers 10% off all school uniform orders at [MyClothing.com](https://www.MyClothing.com).

Code: UNIFORM10%  
Expires: 31/03/2025

# WHITECOTE SCHOOL TRIPS

## KEY



Packed Lunch



Outdoor Shoes



Overnight Bag



Pyjamas



Backpack



Waterproof coat



Toiletries



Own Clothes

## Year 3 - Bagshaw Museum

Price - £14.00 to be paid on Arbor by  
24th January

Departing - 09:15am  
Returning - 15:15pm



New Trip  
Coming Soon!

New Trip  
Coming Soon!

New Trip  
Coming Soon!



# EPEC ~ Being a Parent Course

## What is the EPEC Being a Parent Course?

The Empowering Parents Empowering Communities (EPEC) Being a Parent course aims to improve child development and outcomes, parenting, family resilience and family relationships.



The Being a Parent course creates a trusting group ethos, where parents are encouraged and supported to explore:

- Positive behaviour management and discipline strategies.
- Managing parent and family stress.
- Understanding and managing children's feelings.
- Parent listening, communication, play and interaction skills.
- Attachment and parent-child relationships.
- Parenting roles, expectations, and culture.



## Why is it different?

The Being a Parent Course runs over 8 weeks and is completely free. It is run by Parents for Parents. They receive ongoing support and supervision from the EPEC Hub. Their experiences, backgrounds, skills, and qualities make each session inviting and engaging.

## Who is the course for?

The Being a Parent Course is aimed at parents in Leeds who have one or more children between the ages of 2 to 11 years. The course contents relate well to becoming school-ready and does not run during school holidays. Before the Being a Parent Course begins there is a coffee session where you can learn more about what is involved and meet the other parents that are interested in coming.

## Where and when is it?

Hovingham Primary School, Harehills LS8 3QY ~

Starting with an introductory coffee morning Tuesday 14<sup>th</sup> January 2025, 8.30am – 9.30am. Then every Tuesday 1pm – 3pm for 8 weeks from 28<sup>th</sup> January 2025 (no course during half term week).

To book a place ~ join up at the coffee morning or speak to Keely Davison in school or call/message Barbara (EPEC coordinator) on 07891 270311

