



WESTFIELD NEWS

Friday 5th September 2025

Contact: 0113 250 3395 or email office@yeadonwestfieldjuniorschool.co.uk

Dates for your Diary

Wednesday 10 th September	Individual pupil photos
Thursday 11 th September	Guitar Rocks performing in school assembly
Thursday 18 th September	Fire Safety Talk - Year 5 and Year 6
Monday 22 nd September	Muddy Puddle Day - Year 5
Tuesday 23 rd September	Muddy Puddle Day - Year 6
Thursday 25 th September	MEET THE TEACHER - Teachers show slides to tell parents/carers about routines, curriculum, trips, PE days etc.
Saturday 11 th October	Guiseley School Open Day - see poster below
Monday 13 th October	Harvest Festival - whole school assembly
Thursday 16 th October	Year 6 NHS Height and Weight check
Monday 20 th October - Friday 24 th October	Year 6 Cycle Training
Thursday 23 rd October	Halloween disco - whole school
Friday 24 th October	Break up for Half Term
Monday 3 rd November	Back to School
Monday 3 rd November - Wednesday 5 th November	Year 4 Cycle Training
Monday 10 th November	Flu vaccinations
Tuesday 11 th November	Ancient Egyptians history workshop in school - Year 4

Thursday 13th November	Ancient Egyptians history workshop in school - Year 3
Tuesday 18th November	Ancient Greeks history workshop in school - Year 5 PARENTS EVENING
Thursday 20th November	Ancient Greeks history workshop in school - Year 6 PARENTS EVENING
Friday 21st November	TRAINING DAY - School closed to children
Tuesday 9th December	Christmas Performance - Year 3 and Year 4
Thursday 11th December	Christmas Performance - Year 5 and Year 6
Monday 15th December	Christmas church service - more info to follow
Friday 19th December	Break up for Christmas holidays

SCHOOL NEWS

It has certainly been a very busy, but fun start to the new term so far and all the school staff would like to extend a very warm welcome to all the new Year 3s, as well as to all our returning pupils. We hope you all had a wonderful summer, and are looking forward to continuing your exciting learning journey.

Taking a look at the Dates for your Diary section above, you will see there are lots of wonderful activities coming up in school across all the years, including Muddy Puddle Days, the Harvest Festival, History workshops and next month the fabulous Halloween Disco, which is always a super event and much more besides.

All the Year 3s looked extremely smart in their new school uniforms this week and everyone is now looking forward to working with and getting to know you all over the coming weeks and months.

On the subject of school uniforms, parents are welcome to help themselves, for free, to any of the uniform on the clothes rack when they see it out. The rack is usually placed under the verandah in the playground. Can I also remind parents to send their children with their water bottles each day.

Everyone at school is ready for a year of fun, learning and growth as we continue on our voyage of discovery, exploring new ideas and building lasting memories.

Best wishes

Lisa Piotrowicz, head teacher

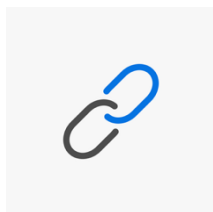
REMINDER - For PE children should not be wearing earrings. Ideally, they need to come to school on their PE day without earrings in or if they can take them out that is fine. If children have recently had their ears pierced then we will allow tape over the earrings. However, if they have had their earrings pierced for over 6 weeks then ideally these should be removed. Thank you.

Website Videos

<https://www.yeadonwestfield-jun.leeds.sch.uk/>

Other staff may have uploaded videos and slideshows not mentioned here. They will have informed the children involved in them.

Our Year 4 leavers entertained us all with a concert. There is a short video of the action viewable at [**About Us – Curriculum – Events within school**](#) or by selecting the link below:



10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS

Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING

Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY

Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS

Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS

Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES

Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS

Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION

Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING

Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED

Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday

The National College

X @wake_up_weds

f /www.thenationalcollege

Instagram @wake.up.wednesday

Music @wake.up.weds

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SATURDAY 11TH OCTOBER 2025

For more information please visit www.guiseleyschool.org.uk

GUISELEY SCHOOL OPEN DAY



HAVE YOU ALWAYS WANTED TO LEARN AN INSTRUMENT OR PLAY IN AN ENSEMBLE?

WHY NOT TRY THE

CITY OF LEEDS YOUTH MUSIC GROUPS

These ensembles are for young people aged 19 and under and offer the highest level of music making opportunities

OR WHY NOT TRY OUR

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To find out more, scan the QR code:



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FAMILY HUB
**SEND
Parent
Carer**
MONTHLY DROP INS

Come and see us at our monthly drop ins to get personalised support, helpful advice, and connect with others in the community.

Whether you're navigating services or facing the challenges of raising a child with possible or diagnosed additional needs, you're not alone.

These sessions are designed to empower parents and carers—helping you feel supported, informed, and confident in speaking up for your child's needs.

Hope Hargreaves, SEND Specialist Co-Ordinator at Seacroft Family Hub, will be hosting these sessions each month. With over 10 years' experience in a variety of roles, Hope brings her knowledge, access to useful resources, and a compassionate approach.



When:

Starting on the 2/10/25
9:30am-12pm
1st Thursday of Every Month

Where:

Swarcliffe Community Centre
65 Stanks Gardens
Leeds
LS14 5LS

