



WESTFIELD NEWS

Friday 31st January 2025

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

Dates for your Diary

Monday 3rd February	Muddy Puddle Day - Year 3
Wednesday 5th February	Muddy Puddle Day - Year 4
Monday 3rd February to Friday 7th February	Children's Mental Health Week
Tuesday 11th February	Muddy Puddle Day - Year 5 & 6
Friday 14th February	Break up for Half Term
Monday 24th February	Training Day (children not in school)
Tuesday 25th February	Children return to school
Saturday 1st March	Bangers and Bingo Night, school fundraiser. More details to follow.
Thursday 6th March	World Book Day - more info available soon
Monday 10th March to Friday 14th March	Year 5 Cycle Training
Monday 17th March to Wednesday 19th March	Year 5 Cycle Training
Thursday 27th March	Easter Service at St John's Church. Parents welcome. Walking volunteers requested. More info to follow.
Monday 31st March to Friday 4th April	Year 6 Cycle Training
Friday 4th April	Break up for Easter holidays
Tuesday 22nd April	Children return to school

Awards w/e 24.01.25

Owls



Monica H
Harvey W

Dominic
Hannah
Carmen B
Darcie H

Marco D-R
Lacey M-P
Connie R
Yousef I

Archie A
Charlie M

Golden Stars



Rachel H
Toby W
Maria E
Finlay A

Evie T
Max A
Ralph
Sophie
Blythe
Thea A
Carmen B
Benjamin F
Alfie M
Darcie H

Alfie S
Jack F
Isabella O
Oliver W
Amelia B
Freddie G
Heidi M
Gayathry C-A
Emily A
Evie K

Elsie-Rose C
Amelia F
Elizabeth L
Lauren W
Mia W

Mrs P's Work of the Week

Outstanding work of the week awards for 10.01.25
goes to -

Ivy L, Niamh, Meredith J, Bobby S, Isaac M, Oscar B

View the work in the display cabinet under the canopy
in the playground.

SCHOOL NEWS

CHILDREN'S Mental Health week begins on Monday, organised by Place2Be. The theme this year is 'Grow Yourself, Know Yourself'. Place2Be has partnered with Here4You, supported by The Walt Disney Company and the characters from Pixar's *Inside Out* and *Inside Out 2* to encourage children to get to know themselves and help them build resilience, grow and develop. Find out more information here - [Families - Children's Mental Health Week](#). Maybe you'll spot your favourite characters from the film!



There are more resources and ideas available at the BBC including a variety of videos about Children's Mental Health week, just click here - <https://www.bbc.co.uk/newsround/articles/c0jn10nnn8xo>

COULD your child be entitled to free school meals? If you are on a low income or receive benefits, you could be missing out on free school meals for your child, for more information please visit this link - [Apply for free school meals](#)

LAST CALL for cat food donations for Prickly Pigs Hedgehog Rescue in Otley. There will be a presentation in assembly on Monday 3rd February about the rescue and any donations will be passed on then. Thank you!

RECIPE OF THE MONTH

WELCOME to January's recipe of the month, this month, a main inspired by the Chinese New Year and a traditional homely dessert! Have a look at the delicious recipes below, recreate them, send photos to news@yeadonwestfieldjuniorschool.co.uk and they will be displayed on the school website and Facebook pages!

Healthy Sweet and Sour Chicken from the BBC Food [website](#)



Ingredients

- | | |
|---------------------------------------|--------------------------------------------------|
| 1 x 425g pineapple chunks | 2 x chicken breasts |
| 2tbsp cornflour | 2tbsp sunflower oil |
| 2tbsp dark soy sauce | 1 x onion, cut into 12 wedges |
| 2tbsp white wine vinegar | 2 x peppers cut into chunks |
| 2tbsp soft light brown sugar | 1 x can water chestnuts |
| 2tbsp tomato ketchup | 2 x crushed garlic cloves |
| $\frac{1}{2}$ tsp dried chilli flakes | 25g piece of fresh root ginger,
finely grated |
| salt and pepper | |

METHOD

1. To make the sauce, drain the pineapple in a sieve over a bowl and keep all the juice - you should have about 150ml/5fl oz. Put the cornflour in a large bowl and

stir in three tablespoons of the pineapple juice to make a smooth paste. Add the remaining juice and 150ml/5fl oz water, then stir in the soy sauce, vinegar, sugar, ketchup and chilli flakes until thoroughly combined. Set aside.

2. Cut each chicken breast into eight or nine even pieces. Heat a tablespoon of the oil in a large non-stick frying pan or wok and stir-fry the onion and peppers for two minutes over a high heat. Drain the water chestnuts and cut them in half horizontally.
3. Add the remaining oil and the chicken to the pan and stir-fry for two minutes until coloured on all sides. Add the garlic, ginger, pineapple chunks and water chestnuts and stir-fry for 30-60 seconds.
4. Give the cornflour and pineapple mixture a good stir and add it to the pan with the chicken and vegetables. Stir well, season with some ground black pepper and bring to a simmer. Cook for 4-6 minutes until the sauce is thickened and glossy and the chicken is tender and cooked throughout, turning the chicken and vegetables a few times. Serve with a small portion of rice.

DESSERT - APPLE CRUMBLE from the BBC food [WEBSITE](#)

Ingredients

1kg/2lb 3½oz Bramley apples
pinch sugar, to taste
1 tbsp water or apple juice
100g/3½oz plain flour
75g/2½oz butter
50g/2oz rolled oats
100g/3½oz demerara sugar



Method

1. Preheat the oven to 200C/180C Fan/Gas 6.
2. Wipe the apples and cut them into quarters, then remove the cores and slice each piece in two. Put them into a pan, taste a slice for sweetness and add a sprinkling of sugar accordingly. Add a tablespoon of water or apple juice and cook over a medium heat for about five minutes, until the apples start to soften.
3. Transfer the apple mixture to a shallow ovenproof pie dish.
4. Blend the flour and butter in a food processor for a few seconds, until the mixture looks like breadcrumbs. (You can rub the butter into the flour by hand if you don't have a food processor.)
5. Stir in the oats and the brown sugar and sprinkle over the cooked apples in the pie dish. Transfer to the oven to bake for 30 minutes or until crisp and golden-brown on top.

SEND COFFEE MORNING

For Parents or Carers of children with ASD, ADHD, ADD, Dyslexia, Dyspraxia or any other special educational needs and disabilities.

Please join me for a relaxed chat, a supportive ear and a cuppa. (run by a local parent)

Where: Brownlee Stone Centre, Horsforth, LS18 5BL
(Ring the buzzer for Horsforth Children's services to gain entry)

When: Friday 20th December, Friday 31st January, Friday 28th February, Friday 28th March, Friday 25th April with more dates to follow.

Drop in anytime from 9-10.30am

It will be great to see you.

Rachael Ward.



The Photo by Pinterest Author is licensed under CC BY-NC



Childcare Vouchers Accepted

Sibling Discount Available



BOOK YOUR PLACE BY SCANNING THE QR CODE WITH YOUR CAMERA



CONTACT sbm@westfieldinfants.co.uk IF YOU REQUIRE ANY FURTHER INFO

February Half Term Football Courses

The course will be delivered at Yeadon Westfield Infant School (LS19 7NQ)
We will be delivering the following course;

WEEK #1 (FOOTBALL); MON 17th FEB TO FRI 21st FEB (5 DAYS)

Each day is 9.00am to 3.00pm and it's for ages 4-12 years
ONLY £15.00 PER DAY

****SPECIAL OFFER 1 - FULL COURSE REDUCTION****
ONLY £62.50 when you book on the full 5 day course (9.00am-3.00pm)

****SPECIAL OFFER 2 - SIBLING DISCOUNT****
Book siblings on our course and each child will cost ONLY £12.50 per day
Please Note; you can book any days at this cost.

****SPECIAL OFFER 3 - WIN A FREE WEEK****
Visit our Facebook page (S.A. Soccer) Like & Share this post to enter our PRIZE DRAW TO WIN A FREE WEEK OF HOLIDAY COURSE (9.00am-3.00pm)

BRAND NEW WRAPAROUND CARE NOW AVAILABLE;
8.15-9.00am (£3 per person per day)
3.00-5.30pm (£9 per person per day)
****Juice, biscuits & fruit included****

BOOK A FULL COURSE INCLUDING WRAPAROUND
(8.15AM TO 5.30PM) FOR ONLY £110.00 (£22.00 PER DAY).

What Parents Need to Know about SQUID GAME

AGE RESTRICTION
15+
Suitable only for 15 years and over.

With themes of horror and violence, it's important for parents and carers to understand the potential risks posed to young audiences by the nine-episode Netflix-exclusive TV show, Squid Game. The series, rated 15+, is about a world where contestants who are deeply in debt play children's games in order to win cash prizes. The losers, however, are violently killed. The show's popularity has meant it has spread in various guises across online platforms, with a heightened risk of children and young people potentially viewing unsuitable content. That's why we've created this guide to help parents and carers understand exactly what Squid Game is all about.

INAPPROPRIATE CONTENT

Some might argue that Squid Game contains content that might not even be suitable for older teens, let alone young children. Characters are brutally tortured and killed through stabbings or getting shot as a result of rules developed and enforced by a masked game master. The show also features sexual content and threats of sexual violence, as well as a strong theme of gambling that runs throughout the whole show.

APPEAL TO YOUNG PEOPLE

Whilst the content is very much adult-themed, some features of the show seem to appeal to young children at face-value. The name "Squid Game" may be interpreted as a programme aimed at children rather than adults. The content itself, such as the bright and childish aesthetics, may also appeal to young children, particularly as there's a focus on playground games to go with it.

SIMILAR CONTENT SUGGESTIONS

When using social media and streaming sites, content is recommended based on what the user has consumed i.e. what they have watched or searched for. Therefore, there is a greater chance of your child being exposed to similar violent or horror-themed content on social media after watching a show like Squid Game.

VIRAL SPIN-OFFS

As well as Netflix, Squid Game has grown in notoriety and prevalence on other platforms, like TikTok and YouTube, with clips of the show going viral. On YouTube Kids, a number of successful channels have taken advantage of the Squid Game trend, creating content such as "How to Draw Squid Game Characters" videos. Its popularity has also led to the creation of app games that put the player in the role of a contestant who is killed if they lose a game.

SCENE RE-ENACTMENTS

Squid Game's pervasive presence on social media has encouraged many content creators to re-enact scenes from the show, which has led to reports of children wanting to also imitate those scenes displayed on social media at home and in school. Much of this content stems from the "Red Light, Green Light" game from the first episode, where contestants attempt to make it past a giant animatronic girl before she shoots them.

Advice for Parents & Carers

USE PARENTAL CONTROLS

Netflix has easily accessible built-in parental controls that allow you to set up a profile for your child with a specific age rating, block them from watching certain shows and even lock their account so it can't be accessed by anyone else. Netflix also allows you to access your child's viewing history to make sure they're not watching anything inappropriate for their age.

CHECK AGE RATINGS

Age ratings on TV shows and films are a way to gauge what is suitable for audiences of different ages. If you are unsure about the content your child is watching, check the age rating to see if the TV show or film is deemed suitable for their age group. If not, try watching the show yourself or talking to other parents who have seen it before to get a better understanding of why it's been rated a certain way.

MONITOR ONLINE ACTIVITY

Squid Game has become a social media craze and it's possible your child will see some content related to the show on various platforms. Therefore, it's important to be aware of which websites your child has visited on their smartphone, tablet or laptop, and to also keep an eye out for which accounts they are following on social media platforms, such as Instagram and TikTok.

HAVE OPEN CONVERSATIONS

Making sure your child is comfortable telling you about what they see online can go a long way to ensuring you are kept in the loop about their online use. Showing an interest in what your child is doing online gives you the opportunity to discuss what is and is not appropriate for their age group, and how they might recognise their own feelings towards content they see.

MONITOR BEHAVIOUR

Due to the viral nature of the show, even if your child has not seen Squid Game, it's important to keep an eye on their behaviour. There have been reports from schools of children "playing Squid Game" in the playground and acting aggressively towards the losers as a way to replicate the consequences of losing in the TV show. Viewing content that makes your child feel uncomfortable could also cause them to feel distressed or distracted, so it's important you can easily spot the signs.

WATCH THE SHOW

If you're trying to figure out whether you should let your child watch Squid Game, it might be a good idea to watch the show yourself first. Doing so will allow you to get a better understanding of the show's content and themes, as well as help you decide if this is something you'd feel comfortable with your child being exposed to.

Meet Our Expert

Carly Page is an experienced and highly respected freelance technology journalist, editor and consultant. Previously the editor of tech tabloid *The INQUIRER*, Carly now works as the news editor for Computer Shopper and iF Pro and writes for a number of publications including Forbes, TechRadar, Tes, The Metro, uSwitch and WIRED.



Sources: <https://www.theguardian.com/tv-and-radio/2021/oct/11/english-council-urges-parents-not-to-allow-children-to-watch-squid-game>
<https://help.netflix.com/en/node/2641> | <https://www.industry.com/article/1009840/parental-controls-on-tv>