



**Upper
Wharfedale
Primary
Federation**

Burnsall Newsletter 23rd January

Welcome to this week's newsletter.

Trim Trail at Grassington

The work on the trim trail at Grassington has created a real buzz of excitement this week! Work has continued today, and we are hopeful that it will be ready for the children to use from next week. The children are very much looking forward to trying it out.

Federation Working Questionnaire

Earlier this week, we sent out an email asking for your feedback to help us strengthen our Federation Working offer. If you have not yet had the opportunity to complete the form, we would really appreciate you taking a few moments to do so. We value the input from all our families, as your feedback will help us to further develop and strengthen our Federation Working and ensure that our children continue to benefit from the very best opportunities, support, and experiences across our schools.

Wishing you a wonderful weekend

Claire Greenwood and Wendy Thompson

Co-Executive Headteachers



Cross Country



Keighley Cross Country league events coming up

- **Wednesday, 4th February 2026** – Cliffe Castle, Keighley

- **Tuesday, 10th March 2026** – Marley Playing Fields, Keighley (All races start at 3:15 pm)

Emails with full information has been sent to registered runners. If your KS2 child is not registered and would like to run, please let us know by Monday.

Public meeting - School Transport Changes impact us all

Tuesday 3rd February 2026; 7.00 p.m. - Kettlewell Village Hall - all welcome

Recent media reports have highlighted the issues with the new NYC homes to school transport policy and the problems it is causing for families in our more remote communities.

Come and learn about how this threatens the whole Upper Wharfedale and Littondale community, how it affects us all - including those who do not have school-age children - and how you can help fight this discriminatory and damaging policy.

Organised by the Parish Councils of Buckden and Kettlewell with Starbotton

Runners and Riders



Volcano workshop- half term fun for those interested.

Whilst browsing opportunities locally for school, we came across this volcano workshop at half term for pupils over 7. <https://skiptontownhall.co.uk/whats-on/home-education-volcanism/>

The Importance of Sleep



Sleep plays a vital role in children's physical health, emotional wellbeing, behaviour, and ability to learn. During sleep, children's bodies grow, their brains process new information, and their emotions reset for the next day. Regular, good-quality sleep can improve concentration, mood, memory, and resilience, while ongoing lack of sleep can lead to difficulties with focus, behaviour, and overall wellbeing.

Many children and young people struggle with sleep at times, whether due to busy schedules, screen use, anxiety, or changes in routine. Supporting healthy sleep habits at home can make a big difference.

Helpful Tips for Supporting Good Sleep

- **Keep a consistent routine** Try to maintain regular bedtimes and wake-up times, even at weekends. A predictable routine helps the body recognise when it's time to sleep.
- **Create a calming bedtime routine** Quiet activities such as reading, listening to a story, or gentle conversation can help children wind down before bed.
- **Limit screen time before bed** Screens can stimulate the brain and interfere with sleep. Aim to turn off devices at least an hour before bedtime.
- **Create a sleep-friendly environment** A cool, dark, and quiet bedroom can help promote better sleep. Comfortable bedding and a familiar setting can also help children feel secure.
- **Encourage daytime activity** Plenty of physical activity during the day supports better sleep at night. Try to avoid vigorous exercise close to bedtime.

- **Talk about worries earlier in the day** If a child feels anxious, setting aside time earlier to talk about worries can prevent them from surfacing at bedtime.

Further Support

For trusted advice and age-specific guidance, parents may find the **NHS sleep advice for children** helpful: <https://www.nhs.uk/live-well/sleep-and-tiredness/>

Other Opportunities





Wild Explorers: Into The Wild

A 2-day experience for young people aged 10 - 16. Into The Wild provides an opportunity for young people to unplug from technology and benefit from all that nature has to offer.

Into The Wild is a 2-day experience that will give young people (10-16 years) increased responsibility and challenge.

You will have the opportunity to set up your own shelter, make your own campfire, plan the menu and cook the food on the fire along with other activities on the day.

The 2 days will be centred around building confidence, leadership, teamwork and resilience.



Price

£95 per child for 2 days inc food
Childcare vouchers accepted

Age

10 - 16 years
Must be in year 6 or above

Upcoming Dates

16th & 17th February 2026

Please note: this is a 2 day experience.



Time

9.30am - 3.30pm

Location

Broughton Hall Estate



hello@wildexplorers.org.uk



www.wildexplorers.org.uk



Wild Explorers

Where nature, fun and adventure collide!

A child-led, fun and nurturing holiday club set in beautiful woodland on the Broughton Estate.

We are an OFSTED registered outdoor holiday club where children can play, enjoy a campfire, woodland crafts, tools and much more!



Price

£35 per child per day
Childcare vouchers accepted

Age

Reception - Age 13

Upcoming Dates

16th - 20th February 2026



Time

9.30am - 3.30pm

Location

Broughton Hall Estate



hello@wildexplorers.org.uk



www.wildexplorers.org.uk



NORTH YORKSHIRE COUNCIL



RE-IMAGINE A CLASSIC CHILDREN'S ART COMPETITION

Calling all young artists!

Get ready to dive into your imagination... What would Alice in Wonderland look like today? Who might join Mowgli in The Jungle Book? It's your chance to give a classic story a modern twist!

👧 For ages: 4-11

📍 Hand in at: Skipton Library

🕒 Deadline: 1.30pm, 21st February

Please include the child's full name, age, and a parent or guardian's email address.








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Calling all young artists!

Get ready to dive into your imagination... What would Alice in Wonderland look like today? Who might join Mowgli in The Jungle Book? It's your chance to give a classic story a modern twist!

Create your artwork using any traditional medium - pencils, paint, collage, pastels (No AI, please - we want your own genius!)

Two age categories:

- 4-7 years
- 8-11 years

One winner from each group will be chosen by bestselling author Anna James, creator of Pages & Co, The Chronicles of Whetherwhy, and Alice With a Why.

Submit your artwork at Skipton Library (physical entries only) by 1.30pm on Saturday 21st February 2026.

Remember to include your full name, age, and a parent/guardian's email - entries without this can't be judged.

All artwork will be displayed at Skipton Library from 23rd Feb-8th Mar, with prizes awarded on 1st March.








Burnsall News



Dinner Money



Chiltern
Wove

100

Dinner Money Envelopes

100 GUMMED ENVELOPES

NAME _____

CLASS _____

AMOUNT _____

KS2 only - Dinner money for this half term is £101.50 - please can this be paid on parentpay. Thank you

Shine Awards



Lucas - for a really lovely piece of history work this week. Well presented and thought out. Well Done!

Ralph - for always persevering and trying your best. Well Done Ralph!

Gracie - for working really hard with Mrs Houghton on her body awareness activities.

Ben - for fantastic maths investigations using the balance scales.

Alatheia and Ivy - lunchtime super star awards.

Federation Fridays

Just a little reminder that we aim to leave before 9am on Federation Fridays, so please can you make sure your child/ren are at school by 8.45am. Thank you

Key Diary Dates for Spring Term

DATES TO REMEMBER

Spring 1

Friday 30th January - Stay and Play in pre school

Sunday 1st Feb - Runners and Riders - see above for more info

Wednesday 4th February - Cliffe Castle Cross country

W/B Monday 9th February - Mental Health week

Monday 9th February - Cracoe and Kettlewell Murton Park trip for year 3 -6

Friday 13th February- Schools close for half term

Spring 2 dates

Monday 23rd February - Schools open

Wednesday 25th February - Planetarium visit class 1

Thursday 26th February - Grassington and Burnsall Murton Park trip for year 3 -6

Friday 27th February Stay and Play in pre school

Thursday 5th March World Book Day

Tuesday 10th March - Cross Country event at Marley 3:15pm

Friday 13th March - Shaun's Quiz Night - see above

W/B 23rd March - Parents' evenings

Wednesday 25th or Thursday 26th March (Depending on cross country winners) Easter fun and services

Thursday 26th March - Cross country final at Cliffe castle for those who qualify

Friday 27th March - Stay and Play in pre school

Friday 27th March - Schools close for Easter