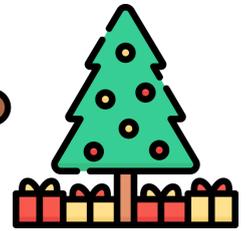




Christmas at Risedale



Friday 1st December 2023

Hlo Hlo Hlo.... Dear parents/carers and pupils



As the year draws to a close at Risedale School, the spirit of giving fills the air. We're thrilled to unveil our plans for the final weeks of term, brimming with festive cheer and opportunities to extend kindness to others. With your support, we can make this season truly memorable for all. Get ready for exciting events, reward trips, and a festive atmosphere that will make this special season unforgettable. Let the fun begin!

Christmas Giving - Parcels for the Community

We'd like to put together some food/care parcels to help as many families in the local community as we possibly can....but we need your help!

What sort of things can you donate?

- Packets, tins, sweets, jars and bottles - things that won't go off.
- Festive treats, chocolates, Christmas cake, Christmas pudding.
- Gift items, toiletries, e.g. soap, bubble bath.



Please bring in all donations by **Monday 18th December** so we can organise distribution within the community.



A little extra motivation...

We hope that a desire to help others is motivation enough for our pupils, but to give them an extra incentive there will be an element of competition with the chance of earning extra Epraise points for the House which makes the most donations:

1st place 100HP, 2nd place 75HP, 3rd place 50HP, 4th place 25HP.

2D DESIGN XMAS WORKSHOP



WEDNESDAY



LUNCHTIME



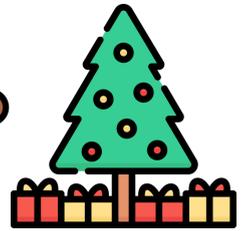
ROOM 34



Join Mrs Vizer and make beautiful Christmas house decorations using 2D Design and the laser cutter. All pupils are welcome.



Christmas at Risedale



Christmas Disco - Wednesday 20th December

Don't miss out on the Risedale School Christmas Disco happening on Wednesday 20th December from 6-8 pm. All pupils are welcome!

To participate, pupils will need to pay an entry fee of £1. Tickets can be bought in advance until 1:30pm on the same day. Please note that tickets will not be available on the door.

To purchase the tickets, parents/carers can pay via [ParentPay](#) (our preferred method). Alternatively, pupils can buy tickets with cash during lunchtime in the canteen from members of the School Council.

The Risedale School Council is organising this fabulous festive event and it's going to be a blast! So, hurry up and get your tickets today!



Elf Olympics - Thursday 21st December



Embrace the spirit of Christmas with the 'Elf Olympics,' an exciting event that will take place on Thursday 21st December. This festive celebration is exclusively for pupils who have earned themselves a high number of Epraise points and demonstrated exceptional behaviour throughout the term. Prepare to witness an extraordinary display of teamwork, sportsmanship, and festive cheer as our talented elves put their skills to the test.

Top Epraise achievers and pupils demonstrating exceptional contributions to school life can also expect an exciting reward trip invitation in the near future.

Christmas Jumper Day - Friday 22nd December

We're having a Christmas Jumper Day on the last day of term, Friday 22nd December, raising money for Save the Children UK. For a donation of £1, pupils can wear a Christmas jumper over their school shirt and tie, instead of their Risedale blazer/black jumper. All other uniform items must be correct.

£1 donation payable either by cash, or preferably, via [ParentPay](#). Donations can be made prior to the event.

Pupils should have all the equipment they need for their lessons that day, including their pencil case, charged Chromebook and PE kit if timetabled.

Please be reassured that we don't want parents/carers to feel pressured into buying a Christmas Jumper, especially for the day. Our only goal is to raise some money for a deserving charity and





Christmas at Risedale



help others at this time of year. If you don't have a Christmas jumper why not make a £1 donation anyway - it's all for a great cause.

Christmas Lunch - Friday 22nd December

Join us for our festive Christmas Lunch on the last day of term.

Tickets:

- **£3.00** each, which includes Christmas dinner, a pudding, and entry into the raffle.
- Limited availability - only 180 tickets will be sold on a **first-come, first-served basis**.
- **Tickets will be on sale from Monday 11th to Monday 18th December.** It is likely that this event will sell out quickly so don't miss out!

Payment:

- Tickets can be purchased from the Canteen staff directly.
- Payment can be made by deducting the cost from the pupil's online dinner account or by paying in cash.



Free School Meals (FSM):

Pupils who usually receive a Free School Meal will need to let the Canteen staff know whether they intend to have the Christmas lunch (at no extra cost) or whether they wish to use their usual FSM allowance to buy food at break time and have this for their lunch instead.

Dietary Requirements:

- Please let the Canteen staff know ASAP if any pupil has any specific dietary requirements (eg. vegetarian or vegan).

Please Note:

- Only the Christmas lunch will be served during lunchtime on Friday 22nd December.
- Please make other arrangements such as bringing a packed lunch or purchasing sandwiches/snacks from the canteen at break time.

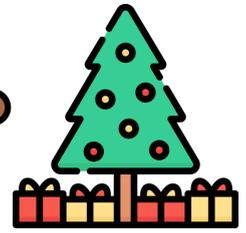
Early Finish - Friday 22nd December

Please note that the school will close at 1.30pm on the last day of term. Buses and taxis will be rearranged and will collect pupils at 1.30pm. For pupils who typically walk home, please make arrangements for their early arrival home. If you have any concerns or questions regarding transportation arrangements, please contact the school office.





Christmas at Risedale



Support from our Pupil Mental Health Ambassadors

We recognise that despite the excitement at Christmas it can also be a difficult time for some of our pupils. Our fabulous team of Pupil Mental Health Ambassadors are here to offer support to pupils who may be struggling. They will be wearing their blue ambassador badges and their photos are in each tutor room and on the board opposite the Canteen. Please ask for support if you are struggling and need a listening ear. The Risedale Family is here and ready to support you.



The YoungMinds Wellbeing Advent Calendar 2023

The lead-up to winter break can be a fun and exciting time, but it's also a period that may make some young people feel anxious and stressed. YoungMinds has created a [Wellbeing Advent Calendar 2023](#) for pupils to look after their wellbeing as they get ready for the Christmas holidays.

The YoungMinds Wellbeing Calendar 2023

Looking after your wellbeing as you count down to the winter break.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>27 Affirmation station</p> <p>Spread some winter joy by writing positive affirmation cards, then having your teacher collect and pass them around. For example: 'I am worthy', 'I can achieve my dreams.'</p>	<p>28 Positive paper chain</p> <p>Each person writes a positive message on a strip of paper. Connect the strips and form a paper chain to display in your classroom.</p>	<p>29 Stretch it out</p> <p>From head to toe, give each body part a good stretch. Roll your neck, rotate your arms and flex your toes.</p>	<p>30 Gratitude snowman</p> <p>Draw three circles on top of each other to create a snowman. In each circle, write something you're grateful for today.</p>	<p>1 Positive playlist</p> <p>Get into the Friday spirit! Suggest your favourite, feel-good songs and create a positive playlist as a class.</p>
<p>4 Star breathing</p> <p>Breathe in or out for three seconds while visualising the shape of a star. Start on the left side of the top 'arm' of the star. Going clockwise, breathe in as you move up the first line, then out as you move down the second. And so on.</p>	<p>5 In the moment</p> <p>Try the 54321 grounding technique. Silently, name five things you can see. Four things you can feel. Three things you can hear. Two things you can smell. And one thing you can taste. Use this exercise whenever things feel a bit too much.</p>	<p>6 Get creative</p> <p>Try to spend 30 minutes doing something creative today. That could be drawing, graphic design, dancing, or even learning a musical instrument. Whatever you like!</p>	<p>7 Alternative Christmas card</p> <p>Write a kind, supportive card that you'd give to someone who might be struggling this festive season - or for someone who doesn't celebrate Christmas. Your teacher can then collect and hand them out.</p>	<p>8 Random act of kindness</p> <p>Do something nice for someone else today. Doesn't it feel great?</p>
<p>11 Signs of winter</p> <p>As a class, take a silent, mindful walk around the school grounds. Noticing signs of winter along the way. Such as frost, falling leaves or even robins.</p>	<p>12 Worldwide winter</p> <p>Learn how other cultures and countries celebrate different things about winter.</p>	<p>13 Self-soothe session</p> <p>Create your own self-soothe box to take home for whenever your emotions feel too much. For tips, check out the How to make a self-soothe box blog on our website.</p>	<p>14 Have a laugh</p> <p>Give laughter yoga a go. It's said to boost happiness and reduce stress! There are loads of free videos on YouTube.</p>	<p>15 Your 2023</p> <p>Write down your favourite school moments of 2023 and any hopes or goals you might have for 2024. Could you make them SMART goals?</p>

For help and advice scan here

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🎄 Merry Christmas from The Risedale Family 🎄