



Summer Newsletter 2024



Hello Summer!

Well, that went quickly. The last year has been a blur and so much has changed with still so much to look forward to in the new academic year.



As you will see when you look through our newsletter, we have had a very busy summer term. It feels like as a school, we are continually pushing both the pupils and ourselves out of our comfort zones and in to new and exciting challenges.

Some of our Year 9 and 10 pupils have been out for 2 weeks work experience as a group and as you will read, have grown in confidence as well as learning new skills.

Arcade Arts continues to develop alongside our pupils who, although don't seem to be as enthusiastic as previous years are still engaging and enjoying the workshops and outdoor activities.

Pupils attended Eden Camp and the trip was very successful. Pupils learnt about the impact of war and all the staff who were with them said how well behaved and respectful they were.

Our Year 11 pupils have now left us and although we are sad to see them go, we look forward to hearing about their adventures as they move into post-secondary school life. The GCSEs went well and we wait in anticipation of the exam results on 24th August 2024.

There will be some changes in September as some staff will be leaving us or moving in to new roles as well as new staff starting their journey with the PRU. These are exciting times and we wish everyone well!

Just to end, I would like to thank you all for your continued support of the school. As a staff body we work hard to ensure the environment is warm and inviting and that our pupils feel safe with us, this will always be our priority.

I hope you all have a lovely summer and there is sunshine galore for you to enjoy.

I look forward to working with you in the new academic year

Jo Fox

Headteacher

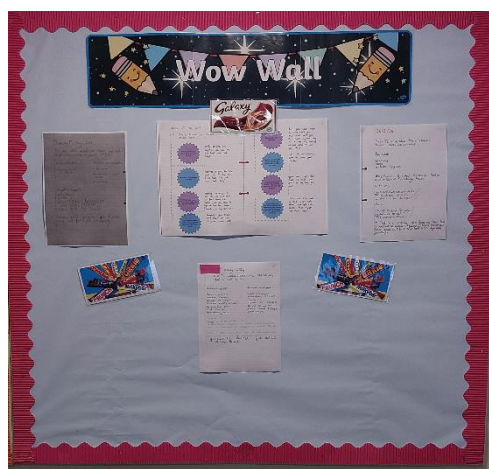


English

There has been some excellent work going on in English at the Pupil Referral Service this term. The Year 11 pupils have worked well, right up to sitting their GCSE exams in English Language. They also sat the Functional Skills exams as did some of our Year 10's.

I want to take this opportunity to wish all the Year 11 pupils every success in their exams and future endeavours.

The Key Stage 3 pupils have also been working hard and have completed work on non-fiction this term. They have studied a range of different articles written from different perspectives to understand bias in the media. They were able to understand censorship and propaganda and how this is used to control the media in some situations. They also investigated the influence social media has on the wider community, society and their own lives, as you can imagine this led to some interesting conversations and debates.



We now have a 'WOW' wall located outside the English room. This is an exhibition of the best work that has been produced by pupils in English lessons. All work that is displayed is rewarded with a praise postcard and a chocolate bar.

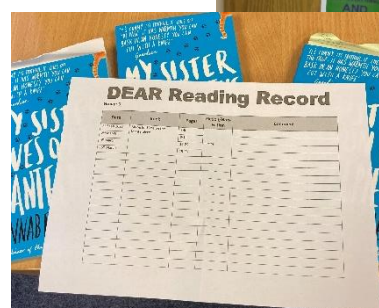
As a side note I would just like to congratulate all of the pupils on improving their spelling ages this term, I am very proud of each and every one of them.

Mrs Ford – English Lead

Reading

During this last academic year, we have made huge improvements to our reading programme and encouragement of 'Reading for Pleasure' across the school.

During DEAR time, which is every Thursday Period 3 – 'Drop Everything and Read', pupils have been reading a "Class reading" book and then discussed this with their Tutors. This has made huge improvements to their



reading ages as most pupils have gone up, sometimes by years.

Well done everyone!

Pupils keep a record of their reading in their exercise books to show how far they have come.



In each classroom there is a 'Disciplinary Literacy' board – this enables pupils to access words which will be in the lessons during that half term.



We have a book wall that displays books relating to each subject – some of which we stock and some which can be loaned out from our online library.

We also have a fully functional library, a calm and comfortable environment full of fiction and non-fiction books that pupils and staff are free to borrow.

If pupils are unsure of what to read, we have a 'Lucky Dip' that is full of different titles to try.



Staff also have access to books in the "Staff Read" book box!



Thinking/Reading Programme

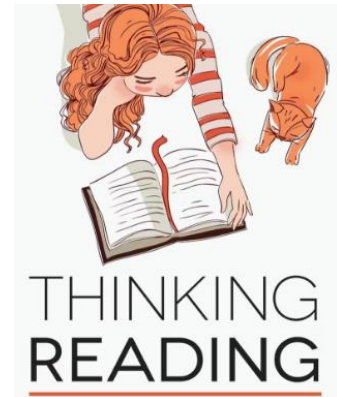
This term we have worked the hardest we **ever** have in Thinking Reading! And that is due to pupils attending school more and being willing to engage over several days in the week – so a big well done to you all!

I'm so pleased to say that almost all pupils are now taking part in the intervention. Every single pupil is making consistent progress, both with reading and comprehension. Confidence has improved significantly whilst reading out loud. I know that not everyone likes doing this but just **wow**, everyone is reading so confidently!

Hopefully this fantastic progress continues into the new academic year.

Miss Oldham

Thinking Reading is a literacy decoding intervention, working with pupils who may have had gaps or struggles in their learning, causing negative differences between their reading age and chronological age. The intervention means pupils work with Miss Oldham 1:1, two to three times a week, until their reading age matches their chronological age.



Maths

This term has been a busy time in maths. It is the time of year when the Year 11 cohort are completing their examinations and are moving on to pastures new.

Key Stage 3 pupils have also been working exceptionally hard on the new White Rose Maths curriculum.

This has been the first full school year using the White Rose Scheme of learning. This has proved very successful allowing pupils to learn whilst also reducing barriers and misconceptions. The resources also allow pupils of all abilities to access the curriculum in a new and more engaging way. This allows for a more tailored approach to each topic allowing pupils to complete work at their own pace.

Key stage 4 pupils have been looking at Construction and Congruency and Ratios and Fractions, in addition to the unit Trigonometry. With most pupils



now able to draw and label right-angled triangles to represent problems and work fluently with the hypotenuse and opposite and adjacent sides.

Key Stage 3 pupils have worked diligently on Lines of Symmetry and Reflection. All pupils have demonstrated they can reflect shapes in a horizontal and vertical lines both touching and not touching the line. This is also in addition to being able to reflect a shape on both types of diagonal lines.



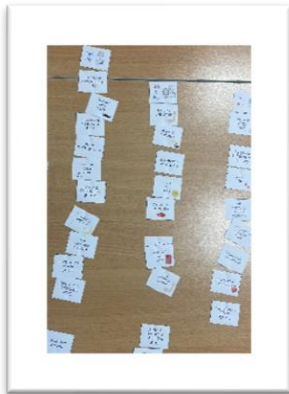
I hope all pupils have a very happy and restful summer break and look forward to seeing them again in September.

Mr Tostevin
Maths Lead

PSHE

Puberty!!!

What is happening to our bodies? Came a collective scream from all those teenagers around the land.



As is always the case when we discuss such topics, there is a modicum of squirming and flushed cheeks, but we dealt with the topic of hair growth, profuse sweating, emotional turmoil and tricky conversations well. At least we knew we weren't alone on this and that it's something we have all had to negotiate at some point in our lives. It doesn't help us in the immediate, when our brains play tricks on us and make our emotions feel like we are sat on a roller coaster with rather a lot of loops. We talked about how we felt and understood that our hormones definitely had a big

part to play. At least we now know this is perfectly normal and were more reassured that it will soon be over and we will become fully fledged adults.

We stepped up a gear in Key Stage Four when discussing 'Relationship and Sex Education'. Again, never an easy topic to talk about but nevertheless a must. Trying to understand when we are ready to be intimate isn't always easy. One thing is clear and that is if you're not, then 'No' means no. It was comforting to learn that we are very good at saying no. The key point we took away from all of this was that being safe was paramount. Knowing how and where to get help and advice was foremost in our minds.

Mrs Aveyard – PSHE Lead

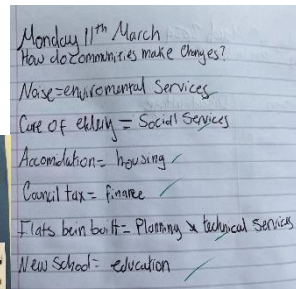
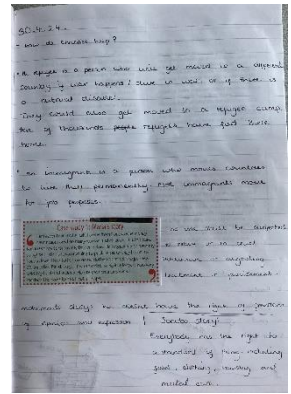
Citizenship

In Y9 Citizenship we started the term with what it means to be British; those principles and values which make us who we are on a local level but also as part of a global community. Starting with our views of other countries, how these views are often skewed by the media and how the resulting stereotypes can affect some of our actions and decisions.



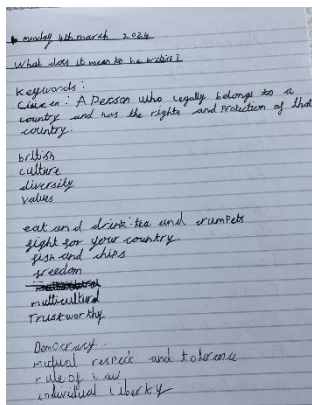
We analysed our roles and responsibilities as a wealthier nation in terms of humanitarian aid, keeping peace and building trade, as well as towards those arriving from abroad. We studied how migration has shaped the UK over time and altered our identity, the subject of fairness in respect of immigration and our understanding on why

people migrate to the UK. These topics helped to develop skills such as understanding other people's experiences, explaining our views in a non-offensive way and evaluating whether our actions are representing our values.



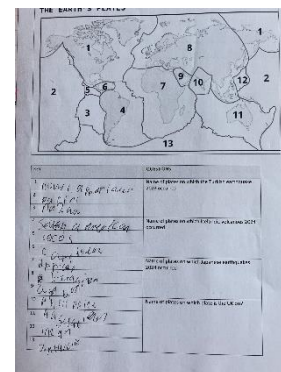
In Y10 Citizenship we built on our understanding of Britain with work on the meaning of democracy in all its forms, nationally and globally; developing our understanding of devolution and how powers are organised from Westminster. This led into building knowledge of parliament, how it works and carries out its functions, the roles and responsibilities of MPs, public institutions and services. This

helped to understand the different political parties and how we can bring about change not only through voting but also through unions, pressure groups and charities. We built on the theme of fairness with analysis of Human Rights legislation from Magna Carta and its impact on modern day rights; comparing countries where rights are upheld to those where they are violated. Developing skills of weighing evidence to reach a conclusion, recognising bias, justifying our opinions and sustaining arguments.



Humanities

In Humanities this term we have been studying geography; initially the physical structure of the earth then the causes and consequences of significant changes to it such as volcanoes, earthquakes and tsunamis. Moving on to the impact of weather, the difference between climate and weather, the impact of extreme weather on how we live and how global warming is making us adapt to change.



This topic has helped us with early map reading skills, reading and understanding symbols. comparing and contrasting data from charts and graphs and evaluating impact of weather on different types of communities.

Mrs Chopping

PE

This term has seen a return to football and the ever-popular staff v pupils' format.

Great progress has been made by all in skill, tactics and most impressively playing as a cohesive team, with the pupils finally worrying the score sheet of staff members, although this could be due to the loss in goal of Mr. "Safe Hands" Tostevin to PPA time.

As an alternative on the last week of the half term the pupils decided that they wanted to play the game with a novelty oversized ball that they had discovered, which was fun.

This term there has also been some pupils attending the local snooker club to play either pool or snooker, which they enjoyed. This also tied in nicely with math's and the use of angles.

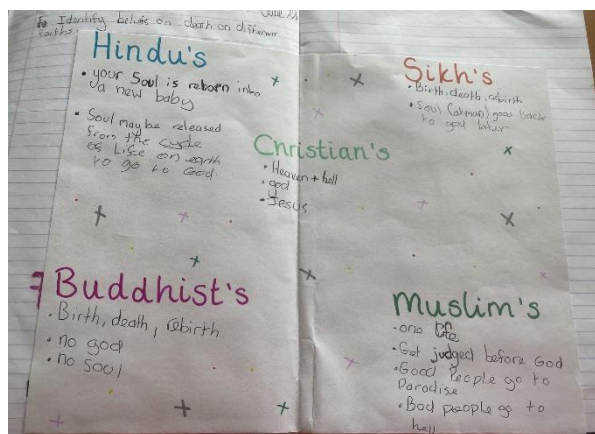
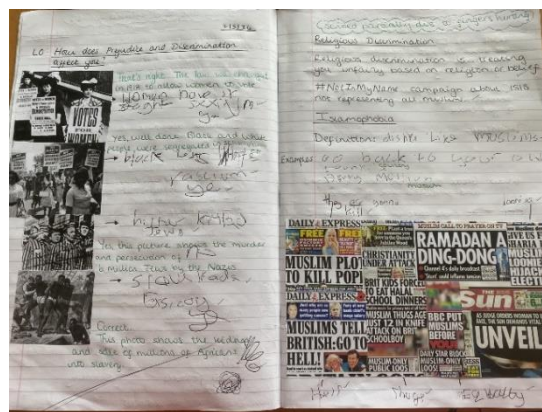
Mr Moore/Mr Brannan



RE

In RE this term, we have looked at; moral dilemmas, multi faith societies, prejudice and discrimination as well as, what happens when we die? And the purpose of life. We have covered a lot and pupils have taken on board a substantial amount of new knowledge.

Pupils have worked hard and remained respectful whilst comparing and contrasting different religions beliefs on our different topics. We have looked at Islamophobia, particularly in the media which pupils really got stuck into. Comparing the differences how certain faiths are portrayed and sometimes, dragged through the media using sensationalism.



We also delved into the purpose of life. What is the purpose of our life? And what makes us truly happy? It was lovely to see that every single pupil put their family and friends made them the happiest, over materialistic things.

Miss Oldham

Intervention Numeracy

This term there have been so many positives during our intervention sessions in numeracy.

We have now used Freckle for a full year and it's been a really big step forward in the amount of work and effort produced. I have also seen almost all pupil's STAR assessment grades go up which is amazing to see.



Change your story

Using the money that count booklets has also been a really good insight into the way pupils think about money and general day to day cost of living. This has provided us with some good debates and opinions also more importantly it has opened some eyes in the knowledge of pupils when it comes to tax, national insurance and pensions.

Mr Brannan



Art



Who is Andy Goldsworthy? Well, he's an artist whose artwork might very well not exist anymore, should you try looking for it. That seems to be a confusing concept, right? Why would someone create something that doesn't last forever? We learnt terms like 'temporary' and 'ephemeral' when looking at photograph examples of our topic 'Land art' this term. What we discovered is that the only evidence some of this work ever existed is because it was photographed just after it was made. It is then left to melt, decay, blow away or collapse. What is good however is that it is made from natural materials and so has no impact on the environment.

With this in mind we took off outside to hunt for suitable materials. Leaves, sticks, stones, mud, trees, even daisies were considered suitable for our ideas. Some stress insured when we were informed that we weren't allowed to use glue to help join our materials together however. We needed to think more creatively. Ideas that came from these restrictions such as weaving materials together proved to be really successful, even if it was a bit tricky to master.



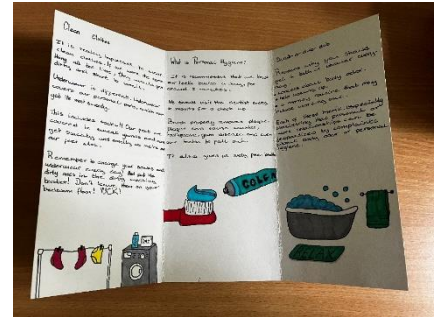
Mrs Aveyard – Art Lead

Life Skills



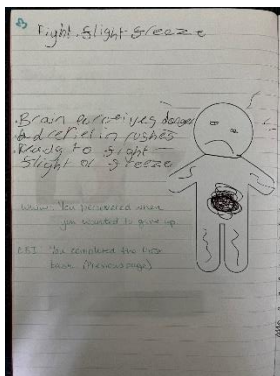
This term in Life Skills, KS3 have been exploring the meaning of 'Healthy and Wellbeing'. The pupils have learnt that it is a combination of our mental and emotional health, physical health and a healthy lifestyle that all contribute towards an individual's optimal health and wellbeing. We started the topic looking at personal hygiene. We completed work

around how to keep clean, washing clothes, washing hands and understanding the risks of infections.



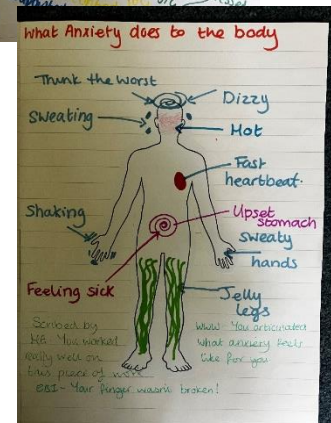
We followed this by discussing what a healthy diet looks like and how this can impact not only our physical health but our mental health too. All the pupils and staff agreed that we could make some changes to our own lifestyle to try and be healthier. The pupils agreed on eating more fruit and veg and less energy drinks, sleeping more and exercising every day should have a positive effect on their mental and physical health.

Social, Emotional, Aspects of Learning (SEAL)



This term in SEAL, the pupils have been busy learning all about anxiety. We all experience anxiety from time to time, it's part of being human however this becomes a problem when anxiety stops you from doing the things you want or need to do in life.

The pupils at the PRS have been exploring what anxiety feels like for them in their bodies, learning all about the sensations and the physical signs that occur when we feel anxious. The pupils have been discovering that there is no 'right or wrong' reason to feel anxious, sometimes it's a clear trigger and sometimes it's unknown. I hope after all their hard work they have a better understanding of how anxiety presents for them and have a range of positive coping strategies to try when they are feeling anxious.



Ms Grainger



Have you seen our school blog? It's a digital space where we showcase and celebrate our joys and achievements along with news, events and other exciting things that happen here at the PRS.

You can find our blog by heading to the school website (www.scarboroughpru.n-yorks.sch.uk), click on the header 'News' and you will see the new "Our Blog" in the drop-down section, in here you will find all of our blog entries.

Some of our latest posts include: Comic Relief 2024, Arcade Arts Continues, Fire Station Careers visit and World Food Wednesday's.



We try to include as many pictures as possible in our blog posts, to give more of an insight into what our pupils do, so be sure to check them out.



Summer Term Visits and Enrichment

Eden Camp Visit

Some members of KS3 attended Eden Camp in May where they found out about what it was like to shop in a 1940s high street, the sights, smells and noises of aerial bombardment during the blitz and what it felt like to seek refuge in an Anderson shelter.

Pupils also saw up close some of our larger military equipment such as tanks and planes from WWII,



and were amazed at some of the arts and crafts created by Prisoners of war.

This was a very successful trip; pupils' behaviour was exemplary with Eden Camp staff and members of the public and we were proud that they were representing the PRU that day.



Infiniti Scaffolding

Pupils were invited to Infiniti Scaffolding



on the Olympia Business Park in Eastfield where they were shown all the equipment required for effective scaffolding, taught the important basics of health and safety, learnt about different joins, how important it is to look after the equipment and some of the terminology.

Pupils were also given information about what the job would look like day to day, how much they could earn and how to move into the industry post-16.



Construction – Work Experience

Some pupils have recently completed two weeks of construction, firstly at the rear of Gallows' Close where a project called 'A Different Path' has started as a joint venture with the community Centre.



Local PCSOs assisted pupils to start the creation of a garden. Pupils learnt skills such as erecting fence posts, making and laying cement, assembling fences and using different types of tools as well as good old hard work digging holes and pushing wheel barrows!



The following week the pupils were at Westway Boxing Club which was being renovated; here pupils developed their painting and decorating skills, drilling holes for wiring, sawing and sanding down shelves and laying flooring.

The pupils were a credit to the school, behaviour was excellent and most completed enough evidence of work to gain a qualification.





Wykeham Lakes

Because the pupils worked so hard and achieved so much without any complaining they were rewarded with a very successful visit to Wykeham Lakes.



Fire Station LiFE course



During our summer term one of our Year 11's had the opportunity to attend the LiFE Course with the Fire Brigade.

This was an experience of the industry looking at aspects of safety and use of equipment.

She got the opportunity to take part in the passing out parade in front of some of the staff and demonstrate some of the skills she had learnt.

Careers

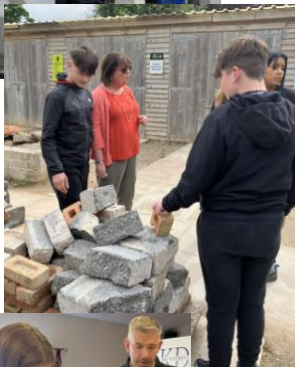
Over the last half term Year 10 and KS3 pupils have attended some employers/post 16 venues.

The visits have included Infiniti scaffolding at Eastfield, Scarborough Fire Station and Skills Village at Eastfield. These types of trips can inspire pupils' exploration of career opportunities and open their eyes to exciting careers.

These visits are aimed at encouraging pupils to think about what they would like to do once they leave school and explore different paths available to them.



On one of these occasions, we attended a small careers fair which was held at Scarborough Rugby Club. There were local and national employers attending as well as local education/training providers, including Legrand Electric Ltd, NHS, Flamingo Land, Yorkshire Care Group LTD, Yorkshire Care Alliance, British Army, KD Recruitment, Zest Eco Ltd, Castle Group Ltd, North Yorkshire Council, Blueberry Academy, Yorkshire Futures, York & North Yorkshire Growth Hub, Scarborough Sixth Form College, and Supporting Choices.



Pupils enjoyed exploring different stalls, speaking to some employers and going up 40m in Fire fighter truck.



Pupil Voice

Here at the PRU, we are keen to embed 'Pupil Voice' into our school community life.

We are very fortunate to have James Koppert to join us every half term for Pupil Voice. James is the Youth Voice and Creative Engagement Officer for North Yorkshire County Council.



Every half term, one pupil from each tutor group represents their tutor's voice at the Pupil Voice meetings. Pupil Voice at the PRU means a whole-school commitment to listening to the views, wishes and experiences of our pupils.

It means placing value on what our pupils tell school staff about their experiences. We want our pupils to feel respected and valued as their ideas and comments are given time and consideration.

At the last meeting, the pupils discussed:

- What to do with our outdoor space,
- Juice at lunch time
- Reduced lunch time hours
- Uniform
- Reward system.



The outcomes of Pupil Voice are then displayed around school on our Pupil Voice display boards.

Mrs Fox and Mrs Chopping also give the pupils the opportunity to discuss the topics in assembly and will answer any questions they have. This allows the pupils to share their thoughts and opinions in an informal way.

YOU ARE
IMPORTANT

Arcade Arts

We have continued our work with Arcade this term and have based ourselves at Woodend Art Gallery for the creative sessions. We have continued our theme of Birds on the Edge as well as utilising the natural world as a means of well-being.



Pupils have been exploring the sights and sounds outside in the gardens behind the art gallery and

have been using these images as well as their own ideas for inspiration as designs for their own skateboards.

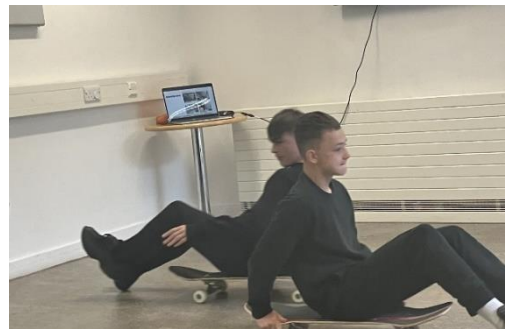
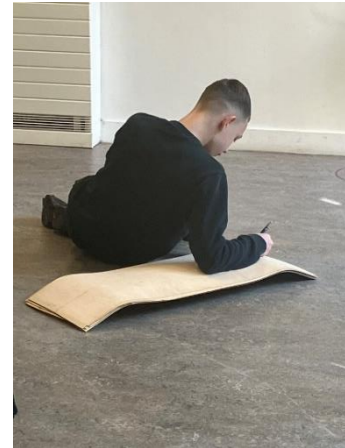


Pupils have also been able to construct the skateboards themselves and then paint their design onto the base.

These will be shown as part of an exhibition at the Danby visitors centre and the pupils will be going to the opening of the exhibition on Thursday 18th July.



There will also be lots of photographs, some which the pupils have taken and many others showing what they have been doing.



Year 11's

GCSEs are over...yay!

The Year 11 pupils were amazing during the exam period. It is always a difficult time and sitting in one room for up to 3 hours was always going to be a challenge but they rose to it and they got through it.

As a treat for after the exams and finishing Year 11, they got to go on a trip to Flamingo Land which again (as you will see) was a huge success.

We will keep our fingers crossed for the results they deserve but whatever the case they can be very proud of their achievements because we are!

Exam results are Thursday 24th August 2024

Flamingo land Year 11 leavers

On 11th June we celebrated our year 11 pupils finishing their GCSE exams.

Pupils and staff had an amazing day out at Flamingo Land resort.

This was a successful final trip for our Year 11 pupils.



We wish them all the best for the future.



EPraise

As from September we will be bringing in a new Positive Behaviour system called EPraise.



This is an online system that enables pupils to accrue points during their lessons in order to save for prizes, certificates and enrichment opportunities.

As a school we will still use our 4 expectations of:

- Work your best
- Hands, feet and objects
- Speak appropriately
- Follow instructions

As pupils and parents, you can access the system via an app on your mobile phone. This enables you to see an up-to-date record of the successes being achieved by pupils as well as upcoming events and enrichment.

We go 'live' in September so watch out for the link being sent to you.

In the meantime if you would like to have a look at the website this is the address: www.epraise.co.uk

We will send you more information in September.

Mrs Chopping

Sadly, the end of this academic year also brings about the end of an era as Mrs Chopping leaves us.

Mrs Chopping has worked at the PRU for the last 9 years in various capacities including Acting Headteacher and is a foundation stone of what the PRU is about.

She has dedicated her time to the children of the PRU and has always fought for the pupils to have a voice. She has worked tirelessly for the pupils ensuring they have the support and opportunities that they deserve and pupils past and present should be very grateful to her for her perseverance and determination.

We will miss her incredibly as part of the team but wish her the very best in all her future endeavours. We really hope she stays in touch and can visit us from time to time.



How to stay safe over the summer

As summer holidays arrives in Scarborough, it's the perfect time to enjoy the sun, sea, and outdoor activities. However, staying safe during the summer is crucial. Here are some essential tips to ensure a fun and safe summer break for our pupils.

1. Sun Safety - Use Sunscreen: Apply a broad-spectrum sunscreen with at least SPF 30. Reapply every two hours and after swimming.

Wear Protective Clothing: Light, long-sleeved shirts, hats, and sunglasses can protect your skin and eyes from harmful UV rays.

Stay Hydrated: Drink plenty of water throughout the day, especially if you're spending time in the sun.

2. Water Safety - Swim in Supervised Areas: Always swim at beaches or pools where lifeguards are present. Scarborough's South Bay and North Bay are popular and have lifeguard services.

Buddy System: Never swim alone. Always have a friend or family member with you.

Know the Tides: Be aware of the tide schedules to avoid getting caught in rising waters or strong currents.

3. Beach Safety - Beware of Jellyfish: If you encounter jellyfish, do not touch them. If stung, seek assistance from a lifeguard.

Protect Your Belongings: Keep valuables at home or secure them out of sight to prevent theft.

4. Outdoor Activity Safety - Bike Safety: Always wear a helmet when biking. Use bike lanes and follow traffic rules.

Stay Visible: If you're out after dark, wear reflective clothing and carry a flashlight.

Stay Connected: Carry a charged mobile phone and let someone know your whereabouts and expected return time.

5. Social media and Online Safety - Privacy Settings: Ensure your social media accounts have strong privacy settings to protect your personal information.

Think Before You Post: Avoid sharing your location in real-time and be cautious about the information you share online.

6. Travel Safety - Use Public Transport Safely: Be aware of your surroundings, keep your belongings close, and avoid traveling alone late at night.

Know Emergency Contacts: Keep a list of emergency contacts and local helplines.

7. Heat Safety - Avoid Peak Sun Hours: Try to stay indoors or in the shade during the hottest part of the day, usually between 11 a.m. and 3 p.m.

Cool Down: Take breaks in shaded or air-conditioned areas, and use fans or cool showers to lower your body temperature.

8. First Aid - Know Basic First Aid: Familiarise yourself with basic first aid procedures for cuts, bruises, and insect bites.

Emergency Services: Know how to contact local emergency services. In the UK, dial 999 for emergencies.

Enjoy your summer to the fullest while keeping these safety tips in mind. Have fun, stay safe, and make the most of your summer in Scarborough!

Things to do in Scarborough

FEAST:

North Yorkshire Together offers young people a range of holiday activities. FEAST vouchers are for pupils who get free school meals; however, they can be given to other families if requested.

These vouchers will be emailed out to parents/carers, and a wide range of indoor and outdoor activities can be booked free of charge.

Swim Safe:

It offers outdoor swimming and safety sessions for 7–14-year-olds. Learn how to keep safe when swimming outdoors, and what to do if you get into trouble in the water. Each hour-long session is free and take place at North Bay Scarborough, between:

- Monday 7th - Friday 11th August.
- Monday 14th - Friday 18th August

You can book sessions at swimsafe.org.uk, or just turn up on the day.

Scarborough Hockey Club:

The Club offers fee beach hockey, every Tuesday throughout August at 7p.m on Scarborough South Bay (10 years or over).

Gallows Close Community Centre

Gallows Close summer holiday club runs for 6 weeks with activities such as bowling, beach trips, arts and crafts and outdoor games.



Visit Scarborough Castle: Explore the historic ruins and enjoy panoramic views of the coastline.

Bay beach, ideal for sunbathing, swimming, or playing beach sports.

Scarborough Beach: Relax on South Bay or North



Peasholm Park: Stroll through this Japanese-themed park, enjoy boat rides on the lake, or watch a naval warfare battle re-enactment.

Alpamare Water Park: Spend a day at this exciting water park with slides, wave pools, and thermal spas.

Alpamare Water Park: Spend a day at this exciting water park with





Scarborough SEA LIFE Sanctuary: Discover marine life and conservation efforts through interactive exhibits and displays.

Open Air Theatre: Attend concerts, theatre performances, and live shows at Europe's largest open-air theatre.



Scarborough Art Gallery: Visit the gallery to see a variety of art exhibitions and local works.

Rotunda Museum: Explore geology, fossils, and natural history, with a focus on the Yorkshire coast.



Castle Howard: Take a day trip to this historic stately home and gardens, a short drive from Scarborough.

<https://scarborough.mumbler.co.uk/school-holidays/summer-holidays/>

**STAY
SAFE**

Dates for your Diary

Last day of Summer Term - **Friday 19th July 2024**

Exam Results (Year 10 & 11) - **Thursday 24th August 2024**

INSET Training days for staff – **Monday 2nd & Tuesday 3rd September 2024** –
School Closed to Pupils

Pupils back to school – **Wednesday 4th September 2024**

Half Term – **Friday 25th October 2024**

Back to school – **Monday 4th November 2024**

Functional Skills Exams (KS4) – **Tuesday 5th & Wednesday 6th November 2024**

Christmas Lunch – **Wednesday 18th December 2024**

Positive Parent Day – **Friday 20th December 2024**

Christmas Holidays – **Friday 20th December 2024**

Information for Parents



SCHOOL UNIFORM GIVEAWAY

Westborough Methodist Church
Sunday 28th July 2024
4pm – 6pm



ALL FREE – ALL WELCOME

Range of primary and secondary school items including shirts, polo shirts, trousers, jumpers, cardigans, blazers, PE kits, shoes and coats
(Items and sizes subject to availability)

For more details – find us on Facebook

@ScarboroughUR 



A free, confidential 12 session programme to fit around your family to support children and young people aged 4 - 19 years, to achieve and maintain a healthy lifestyle.

Providing personalised support, your Health and Wellbeing Coach will guide you through your journey to keep you on track to achieve your healthy lifestyle goals.



Together we will explore a fully holistic approach to becoming more active by making small positive changes without breaking the bank.

For more information please contact our Brimham's Active Healthy Families team on: 01423 556106 or via our email active.health@brimhamsactive.co.uk

www.brimhamsactive.co.uk/families

BRIMHAM'S

Healthy Early Years
North Yorkshire



Family Food

Helping North Yorkshire families to access healthy food

www.healthyschoolsnorthyorks.org

Worried about the cost of food?

We can help you find the right support, if you're struggling with the cost of food and worried about feeding your family healthy meals.

You'll find information at www.northyorks.gov.uk/costofliving in the children and families section.

Our cost of living web page also has information about emergency financial support, managing debt, benefit entitlement, energy bills and staying connected.



SCAN ME

Foodbanks

Enter your postcode to find your local Trussell Trust food bank, including their contact details, website and opening times.

<https://www.trusselltrust.org/get-help/find-a-foodbank>

If you need emergency food, you'll find contact details and information on the food bank's website.

If you're looking to donate food, you can find a list of items and how to donate on the food bank's website.

Please note: This only includes Trussell Trust food banks but other food banks and sources of emergency food may be available in your local area.



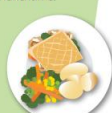
Free School Meals

You could save up to £450 a year with free school meals for your child. As well as saving you money, free school meals can also save you time and provide peace of mind that your child is enjoying a healthy, fresh, and nutritious meal at lunchtime.

Free school meals are available to all Reception, Year 1 and Year 2 pupils through the Universal Infant Free School Meal Scheme.

If you receive certain benefits, your child could also get free school meals during all school years.

To find out more and apply online, go to <https://www.northyorks.gov.uk/education-and-learning/free-school-meals>



Healthy Start

With the NHS Healthy Start scheme, you could be entitled to weekly support towards:

- Vegetables
- Fruit
- Milk
- Infant formula milk
- Pulses
- Healthy Start vitamins

Could you be eligible? If you or your partner receive benefits and are currently expecting, or have a child under 4, you may be entitled to a weekly allowance of £4.25 to help buy healthy foods and milk.

Find out and apply online today: www.healthystart.nhs.uk



SCAN ME



FEAST holiday clubs

FEAST offers a wide range of activities during the Easter, summer and Christmas school holidays. The activities are free to children and young people who get benefits-related free school meals and include a free hot meal or packed lunch each day. Find out more at <https://www.northyorkshiretogether.co.uk/feast>

Food reuse schemes

There are national and local initiatives to stop good food from going to waste and help people save money. Lots of businesses offer food that would otherwise go to waste at much lower prices through free apps like Too Good to Go and Olio.

Check out...
<https://www.toogoodtogo.com>
<https://olioapp.com/en>

Ideas for cooking on a budget

For ideas of how to eat healthily on a budget:
<https://www.nutrition.org.uk/creating-a-healthy-diet/eating-healthy-on-a-budget>
<https://www.bhf.org.uk/information-support/heart-matters-magazine/nutrition/eat-well-on-a-budget>

For some recipe ideas - why not visit:
<https://www.bbc.co.uk/food/collections/budget-dinner-recipe-ideas>
<https://www.bbc.co.uk/food/collections/family-budget-dinners-under-150>

Would you like to eat more healthily?

Fruit and vegetables are a great source of vitamins, minerals and fibre, and an important part of a balanced diet for kids and adults. Try and add some fruit or veg to every meal to try and get to 5 portions of different ones each day. Don't forget portions of frozen and tinned vegetable and fruit (in juice not syrup) still count as one of your 5 a day and are often cheaper and simpler to prepare.

For more ideas visit:
<https://www.nhs.uk/healthier-families/food-facts/5-a-day>
<https://simplyveg.org.uk>

