



Live Sessions

Please remember to sign our *Live Sessions consent form on ParentHUB*.

Key Stage 1 will be holding a weekly live show and tell on a Friday, which will include a story.

Key Stage 2 will be holding a weekly teambuilding session on a Monday and a live story on a Friday.

This week there is also an additional page to the newsletter with the instructions on how to join the Live Sessions.

The Benefits of Physical Activity

Doing physical activity can help raise our self-esteem and positively change our mood. We know that doing exercise releases chemicals in our brain that help with mood, stress relief, and is a way to keep us focussed when it feels like our mind is racing around.

Physical activity can also give us a sense of achievement. For example, if you start using a skipping rope, with time and practice you might be able to do special tricks.

Try and learn new skipping skills e.g. side straddle by watching videos by Dan the Skipping man:

<https://www.youtube.com/dantheskippingman>



Becoming a parent Governor Can you give us a helping hand?

Our Local Governing Body is made up of people like **YOU** who have an interest in the school and a desire to see it succeed. We're looking for people to help us to help Haxby Road Academy go from strength to strength.

- **Your chance to give something back** – school governors are the largest group of volunteers in the country. It's an interesting, rewarding experience and you gain a lot of satisfaction knowing you're making a positive difference.
- **No qualifications required** – you need to be over 18 years of age and a parent/carer or a grandparent of a child currently at the school. You just need common sense, an enquiring mind and a willingness to work as part of a team. No formal qualifications are needed.
- **Training provided – lots of support available** – we'll make sure you are well supported and we will provide access to all the training you need to be an effective governor.
- **Allow between five and eight hours a month** – like most things in life, you get out what you put in. We reckon your time commitment will be between five and eight hours a month, but it's very flexible and you can do more or less.

If you're interested or just want to find out more, speak to the headteacher, or our Chair of Governors Patricia Goodall.

You can email:

haxbyroadacademy@hr.ebor.academy

p.goodall@ebor.academy

