

# Bright Sparks News

Newsletter No. 26

February 2025

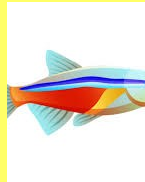
Happy Winter. Despite the cold mornings and wet playtime duties I am enjoying the small signs of spring –emerging bulbs and lighter evenings.

Thank you for all your support . Please feel free to contribute to the newsletters; you can do this by emailing me via to school office on [admin@fishergateschool.com](mailto:admin@fishergateschool.com). All contributions welcome.



## Random bit: Did you know?

**Fish form orderly queues in emergencies.** Scientists interpreted this behaviour as showing that fish can respect social rules even in emergency situations.



## Working memory

**What is working memory?** Working memory involves the ability to keep information active in your mind for a short time (2-3 seconds) to be able to use it for further processing.

Working memory is a temporary storage system

and is vital for many day-to-day tasks (e.g. following instructions, responding in conversations)

### Working Memory

Focuses Attention



Operates over a few seconds

Manipulates information

### Strategies to help

- ◇ Play memory games, such as matching games or memory card games.
- ◇ Use mnemonic devices to help remember information, such as acronyms or visual cues.
- ◇ Repeat information to yourself multiple times to help solidify it in your memory.
- ◇ Use visualization techniques to create mental images of information you need to remember.
- ◇ Break down complex information into smaller chunks to make it more manageable to remember.
- ◇ Use repetition and rehearsal to help remember important information.
- ◇ Practice active listening by summarizing and repeating back what someone has said to you.
- ◇ Write down important information or ideas to help reinforce them in your memory.
- ◇ Use technology, such as digital reminders or voice memos, to help you remember important information.
- ◇ Practice mindfulness exercises to improve focus and concentration, which can help with working memory.
- ◇ Engage in regular aerobic exercise, which has been shown to improve working memory.
- ◇ Play strategy-based games, such as chess or Sudoku, to help improve working memory skills.
- ◇ Use self-testing or quizzing techniques to help reinforce information in your memory.



## Support for parents

**York Inspirational Kids (YIKS)** <https://www.yiks.co.uk/> York Inspirational Kids – a group for parents/families of children with a disability and/or additional need. . offering support, friendship, activities, training and outings for both children and their families who live in the York area.

**SEND Local Offer** <https://www.yorksend.org/learning-support-hub/universal-offer>. Wednesday 12/2/2025 and 02/3/25 9.00 to midday. Parent and carer telephone support phonenumber with the Autism team. Telephone advice and support Email: [parentcarerautismsupport@york.gov.uk](mailto:parentcarerautismsupport@york.gov.uk) to book a slot.

Wednesday 26/02/2025 9.00 to 3.30 Educational Psychology Support Line- All areas of need relating to learning and wellbeing. Bookable Telephone call- one-off confidential consultation of up to 30 mins Email: [EPsupportline@york.gov.uk](mailto:EPsupportline@york.gov.uk)

Monday 10/3/2025 3.30 to 4.30 SaLT Helpline -Chance to seek advice from a Speech therapist Email: [l.battersby@ebor.academy](mailto:l.battersby@ebor.academy) for a chat with Laura Cookson- SLT

Wednesday 12/3/2025 10.00 to 11.00 Parent and Carer Workshop on 'Transitions'. Online via Microsoft Teams Email to book: [parentcarerautismsupport@york.gov.uk](mailto:parentcarerautismsupport@york.gov.uk) and 1.30 to 2.30 in person at YIKS Autism Hub, Clifton Children's Centre. No need to book

**Half-term fun.** February half term in York is great fun. Resist the urge to hibernate, wrap up warm and enjoy the best activities and events on offer in and around York this February. There's lots to do at this time of year, from the JORVIK Viking Festival to a magical fairy trail. Little Vikings have got things to do for free, and some good options for things to do if it rains, too. Here are their highlights:



**JORVIK Viking Festival 2025 (FREE!)** The Vikings are back for the JORVIK Viking Festival in 2025! They will once again be pitching their tents in central York in February for five days of living history, hands-on fun, craft workshops and many other activities. <https://jorvikvikingfestival.co.uk/>

**Colour and Light at York Art Gallery (FREE!)** York's much-loved Colour & Light event, brought to the city by The York BID, is back and set to dazzle visitors of all ages at the iconic York Minster. From Wednesday 12th February to Sunday 2nd March, this completely free event is one of the favourites of the year. Find all the details here : <https://little-vikings.co.uk/colour-and-light-york-2025/>

**Little Vikings I Spy Trail – A free family walking trail of York** Recommended by The Sunday Times, the Little Vikings I Spy Trail is a fun, free walking trail around York. It has been designed to help families explore the best bits of York, with lots to see along the way. Download a map <https://little-vikings.co.uk/events/> or pick one up from the Visit York Information Centre.

**Dark Skies Festival 2025 (FREE!)** Look to the skies this half-term with the Dark Skies Festival in the glorious North York Moors. Taking place from 14th February to 2nd March, activities include stargazing, nocturnal walks, nighttime trail runs, crafts, trails and more.

<https://www.darks skiesnationalparks.org.uk/north-york-moors-events>



**Head teacher–Tina Clarke Deputy Head teacher –Dani Rees Inclusion leader– Lisa Solanki**