

Hob Moor Oaks

19TH SEPTEMBER 2025

Physical Development Curriculum

Last week we shared with you a letter about our Physical development curriculum and whole school offer, including our community based Physical development activities. This week Boughs Class have started their half term of cycling at York Sports Village, using a range of accessible bikes, Oak Trees and Mighty Oaks have continued their swimming lessons at Energise. Along with a group of pupils from Twigs and Oak Leaves who will be taking part in bowling activities at "tenpin".

All of these provide incredible opportunities to build strength, coordination, resilience, and social interaction all while having fun. We look forward to hearing about and seeing how these sessions can develop our pupil's communication, confidence, emotional wellbeing, and life skills.



Wishing you all a restful weekend.

School Office Update

Just a note to say that the School Office opening hours are 8am-4pm. Any enquiries, in person or over the phone, will need to be made within these times. We now also have a card machine in school so payments for trips, snacks etc. can be made directly with the office!



Upcoming Events

- Wed 15th October - 'Means, Reasons & Opportunities' Communication Workshop for Parents (All day event with timed booking available in September)
- Tuesday 21st October 9.30pm - 12pm - "Toileting Journey Project for new parents" more details to follow
- Thurs 13th November - Children in Need
- Fri 14th November - Training Day - **School Closed.**
- W/C 25th November - Parents Evening
- W/C 8th December - Orchard Phase Christmas Nativity

Snack update

Following on from our update about Healthy Schools on the first newsletter of the year, we will continue to offer mid-morning and mid-afternoon snack such as fruit, cereal, rice cakes, breadsticks, 'snap and dissolve' options for pupils who require them. Taking into account our pupil's needs, if your child will only drink juice, please provide this in a named drinks bottle. Please see the voluntary contribution for school snack which is now on Parent Pay, for £2 a week, £24 for the autumn Term. If you would prefer to send your child in with snack, please ensure these are healthy options such as breadsticks, crackers, popcorn, rice cakes, pretzels, pitta, humous, veg sticks, fruit, yoghurts etc.

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We are having a "Superhero Theme Day" on **Thursday 2nd October** and there will be a change to the menu which will shortly be available on ParentPay.

Children in **Reception, Year 1 and Year 2** are entitled to a universal infant free school meal and will be invited to try this meal. If your child usually has a packed lunch they can still have that if they prefer.

If your child is in **Years 3 to 6** and you would like to book the theme menu please book this on ParentPay by Wednesday 24th October. There will be no Cold option on this day. Jacket Potato will be available to any child with a special menu/soft-blend arrangement.

A notification will be sent on ParentHub when the meal is available to book.

Thank you



Employability Mentoring and Support

You'll be matched with your own mentor who will support you one-to-one throughout the programme. Together, you'll look at what matters to you – from improving your wellbeing and confidence, to exploring your next steps into work or education.

We can also help with practical things like writing a CV, preparing for interviews, or finding training that suits you.

Other Ways We Can Help



Self-Esteem Course

This course helps you understand your value, build self-worth and feel better about who you are and what you have to offer.



Anxiety Course

Learn simple techniques to understand and manage anxiety in everyday life. Feel more in control and less overwhelmed.



Workshops

- Confidence & Assertiveness Workshop
- Self-Care & Boundaries Workshop
- Habits & Goals Workshop
- Managing Emotions Workshop
- Positive Thinking Workshop



Group Coaching

A relaxed, supportive space to connect with others, share experiences, and grow together. You'll explore useful tools and ideas to help you move forward.

Contact: RISE2THRIVE – laurac@kyra.org.uk

Trailblazer – briony@kyra.org.uk

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