

Hob Moor Oaks

3RD JULY

It has been a very busy week at Hob Moor Oaks. On Monday we waved our second group of year 6 pupils off to Lea Green for their residential, where they enjoyed stream walking, paddle boarding and bell-bottom boating. They then enjoyed their lunch with their friends from the final group of pupils, who have returned to school today after enjoying stream walking or wheelchair abseiling, campfire and canoeing.

Both groups of pupils have taken these opportunities in their stride and have enjoyed their time away with their friends. A big thank you to all of the staff who took our pupils on the residential and were able to share this fantastic experience with them.

Also in school on Thursday, Woodland Phase had visitors in school as part of their Carnival theme. The children and staff had an amazing time and enjoyed exploring and playing with the drums alongside the drumming team.

Next week we are looking forward to our Year 6 Leavers and Forest Phase Production on Monday and Tuesday Morning, as well as our Whole school Visit to Piglets on Wednesday. Please remember to return your slips for Sports Day so we know how many family members to expect on each day.

Have a lovely weekend.

Monday 6 th July	10am - Forest Phase Performance and year 6 Leavers
Tuesday 7 th July	10am - Forest Phase Performance and year 6 Leavers
Wednesday 8 th July	Whole school Piglets trip
Monday 13 th July	10am - Orchard Phase Sports Day and Wheelchair Races
Tuesday 14 th July	10am - Forest and Woodland Phase Sports Day
Friday 17 th July	Break up for Summer Holidays
7 th & 8 th September	Staff training - School closed
Wednesday 9 th September	Pupils return to school for 2026!

On Thursday, we sent home a parent helper agreement form for those who have volunteered to join us on the school trip.

We ask these to be filled out as part of our new educational visits policy, in the interest of ensuring all children and adults are safe on trips. Once completed, they are valid for the next year.

Accessibility survey

We have been working with CYC about local parks in York, their accessibility for families with SEN, and what improvements could be made to local parks. Gathering direct feedback from families who actually use these spaces is incredibly important. Follow the link below if you would like to complete the survey.

<https://www.surveymonkey.com/r/CYC-AccessibleInclusivePlay>

 **Follow us**

@ hob.moor.oaks

18TH OCTOBER 2026

YORK MARATHON

SCAN TO DONATE.
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HELP ME RAISE £500 FOR HOBMOOR OAKS

MY NAME IS JOE AND THIS IS MY SON HARRY, HE HAS PROFOUND AUTISM AND HAS ATTENDED HOBMOOR OAKS SINCE 2023. SINCE THEN HE HAS COME ON LEAPS AND BOUNDS BUT WITHOUT THE SCHOOLS SUPPORT THIS WOULD NOT HAVE BEEN POSSIBLE AND WE ARE BEYOND GRATEFUL.

SO IM HOPING TO GIVE BACK TO THE SCHOOL AND THE CHILDREN WHO ATTEND, BY HELPING TO PROVIDE THE RESOURCES THEY NEED TO CONTINUE SUPPORTING OTHER FAMILIES LIKE OURS.

ANY DONATIONS ARE GREATLY APPRECIATED NO MATTER HOW SMALL

Free School Meal Application

You'll have noticed we have been sending reminders for parents to complete the Free School Meal application, due to the government's new guidelines.

We urge you to apply even if you don't think you're eligible, as the criteria for eligibility has been expanded to make it accessible to more people. Once completed, it continues checking throughout their school life, so that should circumstances suddenly change, your child will immediately be entitled to free school meals.

If your child does not eat school meals, we still urge you to apply. This is because some children who are eligible for free school meals, also attract funding from the government to support the running of the school, meaning we can provide the best education possible for your child. So even if you do not use the free school meals, it still benefits the school and children in the greater sense.



Summer Sensory Tips and Tricks

Visual: Bright sunshine particularly impacts those whose visual system lets in more light than it can filter.

How to help:

- Sunglasses, wrap around head ones can be more comfortable and stay on well
- Hats
- Social story to support understanding of the change in brightness and wearing of sunglasses/hat
- Provide shade (parasols) or allow option to stay inside or where there is shade
- Monitor for over-alertness due to bright light, encourage use of regulation
 - spaces making it dark

Interoception: Poor connection of body sensations to the brain impacts how a person interprets temperature. They may be feeling hot without understanding why and what to do.

How to help:

- Provide ice, cold snacks. Refrigerate water and fruit.
- Take off jumpers.
- Water play with ice or cold elements like jelly
- Cooling gel packs.
- Keep them hydrated.
- Verbalise how you feel, e.g. my skin feels wet because I'm sweating, I need to take my jumper off. I feel thirsty because it's warm, I'm having a drink.

Smells and tastes: For those sensitive to smells, they may find unfamiliar smells like sweat and other summer related smells (such as rubbish bins festering in the warmth) difficult.

How to help:

- Redirect from the area of smell
- Maintain hygiene and cleanliness
- Use diffusers of citrus or flower smells
- Keep doors and windows open for air flow

For those who seek more smells, activities like flower potion and smoothie making might be an exciting experience.

Sleep: Due to increase in duration of sunlight in the day, melatonin levels will be affected, which can reduce sleep, increasing tiredness.

Calming ideas to support regulation:

- Keep the indoor environment with low lighting, if possible, just sunlight.
- Calming music (60 beats per minute)
- Open doors and windows for a breeze and airflow

Tactile: Different tactile sensations of the season may be that more skin is showing so sensitivity to different touch input may increase hypervigilance. Suncream is also important but some may struggle with the feeling.

How to help:

- Social story for needing to wear suncream, short sleeves/shorts
- Awareness around how things may feel against the skin and more vigilance to not brushing by a child
- Model wearing short sleeves and suncream
- Consider the smell and feel of suncream, try something light and quick absorbent with no fragrance for those sensitive to the input
- Distract them while putting the suncream on or let them rub it in