

Filey Academy Newsletter



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PRINCIPAL'S INTRODUCTION

SPRING TERM.

ISSUE 5

March 27th 2026

Dear Families,

I'd like to start this edition of the newsletter by saying a huge 'Well Done!' to our Year 11 students who have recently completed their final set of Trial Exams with us. They've shown determination, focus and a real desire to be the best they can be throughout what has been a demanding half term. We're so proud of how they are preparing for the 'real' exams, which begin in May. We're looking forward to seeing students at revision sessions over the Easter break and we know that they'll be working on their focus areas over the next couple of weeks, too. Thank you to the families of Year 11 students for attending our Supporting Success evening.

I'm pleased to say that plans are progressing well for improvements to the site and we'll have contractors with us over the holidays as we prepare for work to be carried out on the Science labs, Food Tech, a Photography room and the Hall.

When we return after Easter, we're looking forward to seeing Year 7 -10 students in their new Delta uniforms. Further details can be found in the newsletter.

As you know, we've now said goodbye to Miss Charters and wish her much happiness for exciting times ahead. Mrs McKie, our new SENCo, starts with us on 13th April and we'll also welcome Mr Sims, our new teacher of English, at the start of next term.

Do enjoy our latest version of the newsletter and I wish you all the very best for the Easter break.

All best wishes,
Miss Pegg
Principal

KEY DATES AND NOTICES

(May be subject to change)

- End of Spring Term: Friday 27th March
- Summer Term begins: Monday 13th April - **All students return in their new uniform**
- May Day Bank Holiday: Monday 4th May
- Summer Half Term: Monday 25th May
- Students return to Filey Academy: Monday 1st June
- Summer Term ends: Friday 17th July



Maths Challenge!

A 'mystery box' contains a mix of cubes and spheres.

Each cube is worth 7 points

Each sphere is worth 4 points

The total score of all the shapes in the box is 74 points

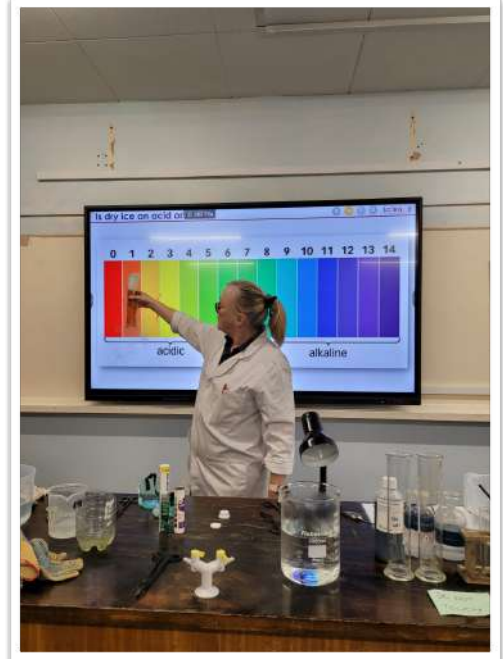
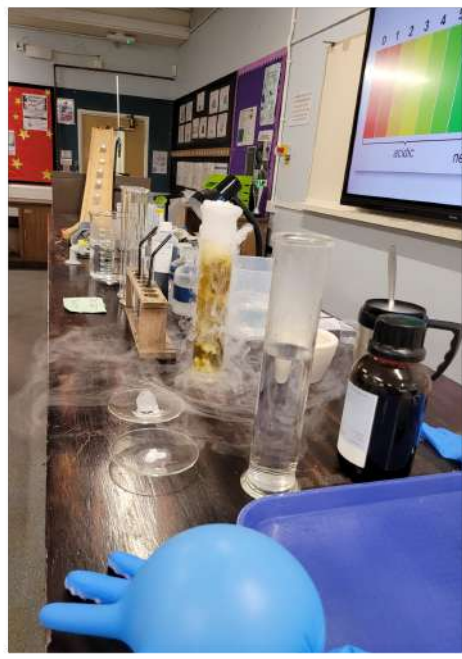
There are more cubes than spheres, and the total number of shapes is less than 15

How many cubes and spheres are in the box?

Answer on Page 24



British Science Week - March 2026



On the 12th March, as part of British Science Week, Mrs W Alsop, our Science Technician, put on an impressive show based around carbon dioxide for our students. They were treated to some very impressive experiments which led to some colourful and sometimes noisy outcomes! All students involved had a thoroughly great time!

Dr H Harron - Director of Science



World Book Day 2026



As always, the love of reading was at the forefront for students at Filey Academy this month. The World Book Day celebrations saw staff dressing up as their favourite book characters and students carrying out a range of activities involving poetry and story-telling.



World Book Day 2026



Three of our keen readers explain why they chose the books they are reading at the moment: Xiangling was excited to get her book (Chaos at the Chocolate Factory by Sibel Ponder) using her World Book Day voucher. She said that she has only just started reading it, but it is a good story so far.

Libby is enjoying reading Cool by Michael Morpurgo. Libby really likes his style of writing and said that she found this book really gripping as there is a boy in a coma and you don't know if he will be able to come out of it.

Katie has set herself an admirable challenge of reading 50 books this year! She has just finished The Secret Garden by Frances Hodgson Burnett, which is book 18 on her list! She chose this book because she had seen the movie and enjoyed it. However, Katie said that she much preferred the book as there were lots of extra bits that weren't in the movie, and you got a better idea of how the characters were feeling. Katie is now on book 19 (The Catastrophic Friendship Fails of Lottie Brooks by Katie Kirby), and said that it is a really funny book, where you follow the life of a student as she journeys through secondary school. It also has great illustrations! Well done so far Katie! At this rate, I am sure you will be able to achieve your goal!

Success for the girls in PE.

Year 8 Football



Year 8 girls football team travelled to George Pindar School to participate in the annual 7-side football Scarborough Partnership tournament. Students developed skills from previous years tournaments and showed a strong team cohesion to apply tactics and skills. Isabella denied some fantastic shots at goal throughout the tournament with some super goal keeping saves. Well done to all who participated!

Year 7 Netball



Y7 Netball team competed within the district netball tournament this half term. Coached by Learning Manager, Miss Howells, the students showed determination and resilience to compete against some very skilful and talented academy teams. Students worked tirelessly to apply skills which had been practiced in PE lessons during the Autumn curriculum. A huge well done to Emillia and Ruby who scored some amazing goals throughout the tournament.

More PE success for the girls...



Filey Academy travelled to George Pindar School to compete in the Scarborough Partnership Y7 7-a-side football tournament. Throughout the tournament our students showed Leadership, Engagement, Ambition, No Excuses and Respect at all times. Students worked resiliently to battle and challenge against some difficult opposition throughout the tournament. A huge well done to all who participated: great team effort.

Miss B Gordon - Teacher of PE

SUBJECT FOCUS

And there is more!....



The Y7-Y10 netball team played in their final game of the season against George Pindar School. Students played against some impressive competition, but our students competed extremely well to challenge George Pindar's attack.



Lilly S Y10 scored 4 goals in one game with some great tactical play defensively by Ella and Eli to move the ball up the court. Minnie and Esmae Y9, took the lead on the court to support their Y9 team in tactics and skill application. Phoebe Y7 was unbreakable in defence in the first game. Nothing was passing into her final third!



A huge well done to all students who have participated and represented our academy in netball this year. Netball practice will again resume in the next academic year.

And a little more too...



KS3 Badminton Team Success

A huge well done to our KS3 badminton team, who recently competed at Pindar School against Graham School, George Pindar, and Scalby School.

After some fantastic matches, the tournament ended in a three-way tie for first place, leading to an exciting playoff. Our team showed great determination and teamwork throughout and finished 3rd overall.

We are incredibly proud of all our players for their hard work, effort, and sportsmanship. Well done, Team Filey!

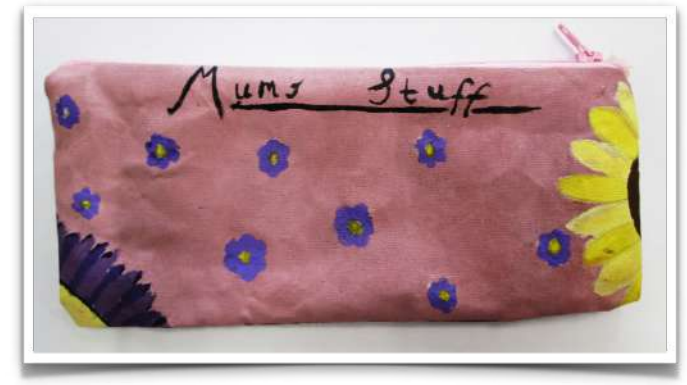


Rugby Fixture Report – Years 8 & 9

The Year 8 and 9 rugby team faced Headlands in an exciting fixture hosted by Bridlington RFU. Well done to all pupils who took part in a thrilling contest that went right down to the wire. Despite a strong team performance, we were narrowly defeated by just two tries.

After the final whistle, the players can be seen here performing the traditional 'respect tunnel', where each team forms a guard of honour and applauds the opposition from the field, a fantastic touch that showcased excellent sportsmanship.

Impressive Year 8 Art & Textiles



During this Textiles project, students were taught about Pop Art and its influence. They learnt about different famous Pop Art Artists and experimented with a selection of decorative textile techniques.

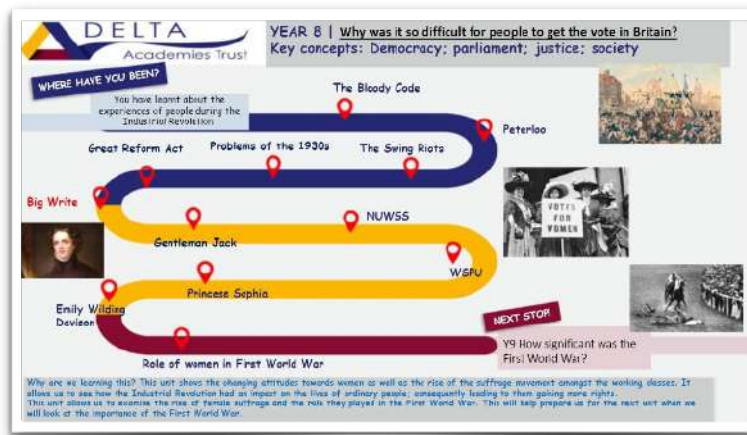
Throughout this creative journey, students learnt how to develop and refine ideas, produce textile samples and designs inspired by Pop Art Artists, and this led to them making their own pencil case.

History at Filey Academy



Year 7

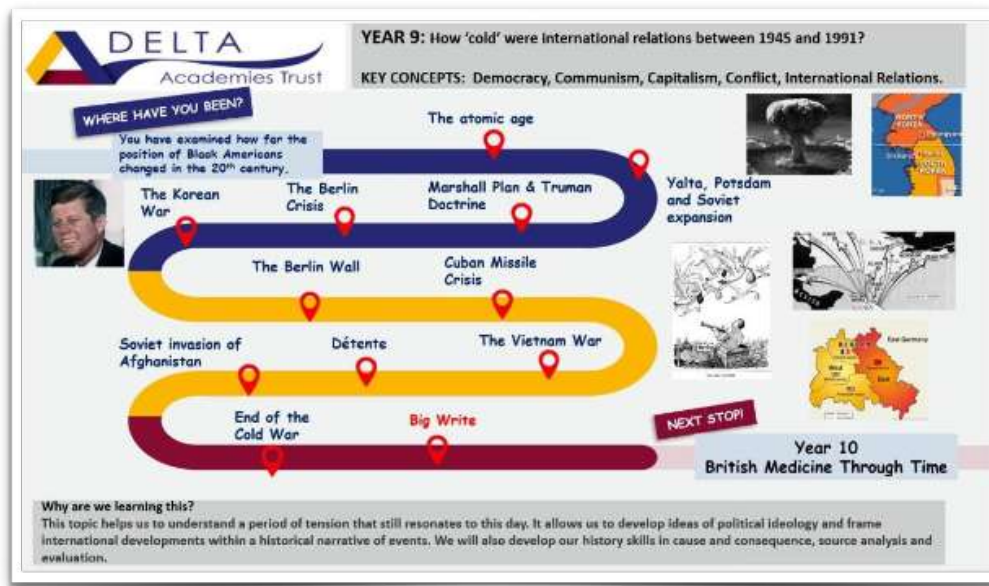
This half term, students have been exploring the question - 'What were the problems facing Medieval Monarchs?'. This continues our inquiry into how Britain was connected to the rest of the world between 500BC and 1500AD. Students have been getting into the mind of Henry II, when he ordered the brutal murder of Thomas Beckett and asking whether Henry II really meant to kill his friend. They have also been considering why King John was so bad and what led the barons to draw up the Magna Carta to keep him in check. Upcoming topics will include the Black Death and the Peasants' Revolt.



Year 8

In Year 8, students are asking Why was it so difficult for people to get the vote in Britain? They have been learning about the Bloody Code, when the government made over 200 crimes punishable by death. They have also explored the Peterloo Massacre and are just beginning to understand the huge problems that the 1830s presented for British voters, including kidnapping and forcing people to become drunk in the local tavern. Year 8s have been becoming fantastically empathic towards those in the past who have been denied the vote. They recently wrote some letters to 19th Century Parliament to express their discontent and offer some solutions.

History at Filey Academy



Year 9

Year 9 have just begun their studies into the Cold War. We have been spending time considering why America dropped the atomic bombs on Japan at the close of WW2. They have learned about the conferences the USA and UK held with the USSR and the impacts that these had. They will go on to analyse the consequences of the Berlin Wall and will even look at more modern events such as the invasion of Afghanistan.

Our Year 9s are becoming fantastically confident historians. Many have chosen to take the subject forward into their GCSEs and will soon begin considering their skills in more depth. It has been fantastic to see that so many are keen to take this option and we look forward to guiding them through years 10 and 11.

Year 10 and 11

Year 10 have been exploring Early Elizabethan England. They are beginning to see how Elizabeth was a fantastic diplomat and how she managed the relations she held with people around her. They are engaging fantastically and are starting to show some brilliant exam technique.

Year 10 have weekly quizzes online which are set for homework. These help students in embedding previous learning, and they help their teacher to notice gaps in knowledge. Please do support your Year 10 at home with completing these every week.

It has been an exciting start to the Half Term with History mock exams underway for year 11. They have been preparing and revising for months, and their final mock is a sign that the end is in sight.

Please do continue to support your Year 11 child at home with their revision, and do utilise the Parent Quiz book that was sent out recently.

SPARX Maths

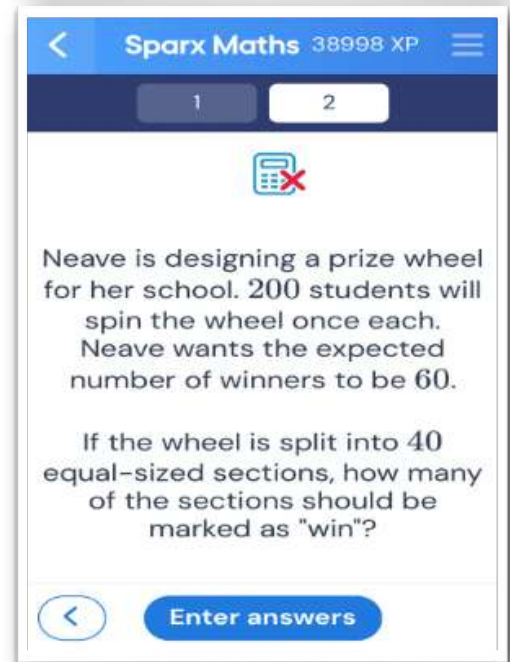
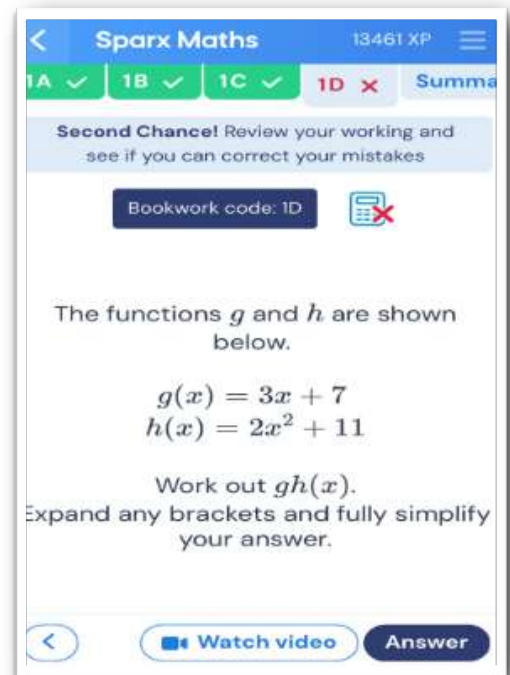
Sparx Maths is an online learning platform that creates personalised maths homework for students aged 11-16.

We believe that practice makes perfect, so each week, your child's teacher selects the topics that have been taught in class and we build a personalised set of questions to match your child's current level of understanding.

Our aim is for all children to strive for 100% completion of their homework.

By consistently using Sparx Maths, your child can build a solid foundation in maths and achieve their full potential.

Sparx Maths is due every Wednesday at 11pm! The Maths team are available in ICT1 to support any students struggling to get to 100% completion. Shout out to 7Ma1 and 8Ma2 for superb completion rates!



Proud to be a

Sparx Maths School

'PROUD' Thursday - March 26th



Congratulations!

PROUD Thursday was held once again on the 26th March. This frequent event allows students the opportunity to share and celebrate their work. Mr Clark, Miss Perry and Miss Pegg were thrilled to see such excellent work, produced across a range of subjects.

Our new school uniform - April 2026

From Monday 13th April 2026, pupils currently in Years 7 to Year 10 will adopt the Delta uniform. At Filey Academy we believe that uniform shows the local and wider community that we have the very highest standards. Our uniform is also one of the ways in which we ensure all pupils are treated equally, always. We are pleased to be able to provide this to you **free of charge**.

All pupils in Years 7 to 10 will be provided with a full Delta uniform which consists of the following:

Delta Blazer
Delta Tie
Pack of 2 shirts

Pair of trousers or pleated skirt

Delta long-sleeved PE polo top

Pair of PE shorts

Pair of PE socks

Other important points on uniform to note include:

Shoes should be plain black, flat and polishable. **Trainer style shoes are not permitted.**

Boots are not permitted, unless there is proof of a medical requirement for them.

Pupils currently in Year 11 will remain in the current Filey Academy uniform for the remainder of this academic year but will continue to adopt the same standards as all other year groups including tights to be worn with all skirts. Full details of our uniform can be found on our website [Welcome to Filey Academy - Filey Academy](#).

Our stockists, SPT Uniforms, will be holding the pop-up shops at the academy over the Easter break where additional uniform items can be purchased or incorrect sizes exchanged. The dates of these events will be advised to parents in due course.

If parents or carers need to change any of the uniform or purchase more, uniform pop-up shops will be open on the following dates:

| | |
|-----------------|----------------------------------|
| Filey Academy | Thursday 9th April: 1030 - 1400 |
| Scalby Academy | Wednesday 1st April: 1030 – 1400 |
| | Tuesday 7th April: 1030 – 1400 |
| Scarborough UTC | Thursday 2nd April: 1030 - 1400 |

Our first trip to Dallowgill!

Originally built in 1640, Dallowgill School was a National Society of the Church of England School. Dallowgill was purchased by the Trust in 2019 and after extensive refurbishment is now an outdoor education centre.

We are very lucky to have secured a place to take some of our new year 7 cohort to visit Dallowgill on a residential visit in October 2026- further information will follow regarding this visit during the transition day period. This is a 3-day (2 night) visit. Students will develop teamwork and leadership skills in a variety of activities over the 3 days whilst also making lifelong memories through some great experiences.



Choir Club on Fridays

Friday Lunchtimes Just Got Louder!

What if we told you there was a way to lower blood pressure, reduce stress, and boost social confidence—all before the afternoon bell rings?

The secret is out: **The Filey Academy Choir is officially in session!**

Every Friday, Miss Borrill channels her inner Gareth Malone to lead our newest (and noisiest) community. We aren't just singing; we're tackling everything from legendary club classics to smooth crooner hits.

The Best Part? The playlist is up to you. Members pick the tracks!

The Talent Level? Whether you're a shower-singer or a secret superstar, you're welcome. Being able to hold a tune is a bonus, but definitely not a requirement.

The Solo Situation? Only if you're brave enough to ask for the mic. No forced solos, ever.

When: Fridays | 12:25 – 12:55 PM

Where: The Music Room



ATTENDANCE UPDATE

This term we are especially proud of our attendance in Year 11 and Year 7. Strong attendance is the foundation of student success; every day in school is a day of learning, connection, and growth. Thank you for working with us to ensure our students are present, prepared, and ready to learn; at the moment 62 of our students have maintained 100% attendance throughout the school year which is a significant achievement.

Additionally, far more students have above 90% attendance and this number continues to grow.

Rewards

As well as our continued focus on weekly 100% attendance we have been rewarding students with Easter Eggs this week. The 100% draw will take place this Friday - 3 lucky students will be taking home a TV, a voucher for Amazon and a San Marco Voucher to treat the family.

Support

Please contact us if you feel you need support with your child's attendance. We enjoy working alongside parents as this is how we feel we get the best for everyone.

Attendance Reminders

- School Attendance Goal for every child: 95%
- On time, every time: students should be on site for 8.35am
- Messages for absence can be accepted via MCAS or by calling school
- Students who miss fewer than 5 days per term perform significantly better academically.
- Even missing 1–2 days a month can add up to learning gaps.

PERSONAL DEVELOPMENT

Spring term: Personal Development

Students have been busy as ever with form time, assemblies, speakers and Life lessons delving into a range of topics linking to our five key Personal Development themes:

1. Our Values, Character and Identity;

2. Being Healthy and Safe;

3. Being Respectful;

4. Being RE informed Citizens;

5. Being successful in the future

| Week | What we did as part of student's Personal Development: |
|---------------------------|--|
| 23 rd February | <ul style="list-style-type: none"> Online safety Equality Act/Protected Characteristics History of LGBTQIA+ month |
| 2 nd March | <ul style="list-style-type: none"> National Careers Week NHS: How to use services World Book Day activities and competition |
| 9 th March | <ul style="list-style-type: none"> British Science Week Invacuation and Fire Evacuation procedures International Women's Day |
| 16 th March | <ul style="list-style-type: none"> Mental health and Relationship awareness performance of 'Inside Out' by theatre company An Invisible Man to Year 10 Scarborough UTC assembly to Year 8 Debt Awareness Week |
| 23 rd March | <ul style="list-style-type: none"> Protected Characteristics Sign language for Deaf Awareness Day Recognition and Reward assemblies for the Spring term Champions breakfast for Reward winners 100% Attendance prize draw |

Careers Education

On Tuesday 24th March, we took a group of Year 9 students to York St John University as part of their involvement in the 'Making Waves' project run by the university. The project aims to give students the tools that they need to make informed decisions about their futures and widen access to higher education. Students worked in teams to develop their research and communication skills by considering problems faced in their community and coming up with innovative ways that these could be overcome. Students said, "Going to the university was really fun; it was nice to see the university campus, and I gained confidence and teamwork skills".

Students did a fantastic job of presenting their ideas and teams from Filey Academy scooped first and second place in the Student's Choice competition!

PERSONAL DEVELOPMENT

Upcoming Life units:

Yr7 LIFE, Unit 5: Understanding How We Change

1. How does puberty change us?



2. How can I feel good about my body image and identity?



4. How can I stay safe online?



3. How do I establish friendship boundaries?



5. How do I recognise and respond to child on child abuse?



5. What is FGM and why is it illegal in the UK?



Your LIFE lessons are part of your Personal Development; these lessons are enhanced by Form Time activities, Assemblies, guest speakers, visits, enhancement activities, the Student Leadership Group.



Yr8 LIFE, Unit 5: Animal Welfare

1. Are animals a resources that we can use?



2. What do Christians believe about animal rights?



4. Should vivisection be completed banned?



3. How can we express our views about animal rights?



5. Are we all stewards?



6. Eating meat: yes or no?



Your LIFE lessons are part of your Personal Development; these lessons are enhanced by Form Time activities, Assemblies, guest speakers, visits, enhancement activities, the Student Leadership Group.



PERSONAL DEVELOPMENT

Yr9 LIFE, Unit 5: Crime and Punishment

1. Should we agree with 'an eye for an eye'?



2. How is our Government structured?



4. How does criminal justice work?



3. How are laws made?



5. What do the Police do?



6. Should we have saved Lisa Montgomery?



Your LIFE lessons are part of your Personal Development; these lessons are enhanced by Form Time activities, Assemblies, guest speakers, visits, enhancement activities, the Student Leadership Group.



Yr10 LIFE, Unit 5: Exploring Influence

1. How can I respond assertively to peer pressure?



2. What is the impact and influence of gangs?



4. Who are the victims of knife crime?



3. How can we handle peer pressure surrounding drugs?



5. Extremism and radicalisation: what's the difference?



6. Was Shamima Begum unfairly treated by the UK government?



Your LIFE lessons are part of your Personal Development; these lessons are enhanced by Form Time activities, Assemblies, guest speakers, visits, enhancement activities, the Student Leadership Group.



Personal Development

We recognise that the curriculum extends beyond the academic, technical or vocational. We recognise that the curriculum is the entirety of learning opportunities offered to pupils both inside and outside the classroom. We aim to provide our pupils with a broad range of opportunities to enable them to develop their individual talents and broader character. We aim to develop students as active global pupils with the skills, abilities and attributes to contribute positively to their communities. We aim to remove barriers to participation to ensure an equity of offer for all pupils.

"Education is not the filling of a pail, but the lighting of a fire."

REVISION IDEAS & RESOURCES

New GCSE revision resources available via BBC Bitesize

This summer term, students can access a wealth of new exam revision resources covering French, Spanish, Religious Studies, Science, English Literature and Maths as well as the huge bank of materials already available on the BBC Bitesize website. For fans of the popular Divided Islands game, we've launched a new level created especially for those sitting the GCSE Maths Foundation Level paper.

For students who prefer to learn on the go, we're launching new podcasts series in collaboration with BBC Sounds. Historian, Alice Loxton, presents a History of Medicine podcast, and students can join Dr Jean Menzies to brush up on their GCSE English exam skills. There will also be a revision series for those sitting Religious Studies this summer.

The new podcasts add to the existing suite of over 200 episodes covering Biology, Chemistry, English Literature, History and Physics which are also available on the BBC Bitesize website.

We are continuing to create new study support resources adding to the Bitesize website which already includes videos, past papers, exam-style questions, interactive flashcards and study guides for a range of GCSE subjects. There are also plenty of tips to support students in the run-up to exams, including creating a revision timetable – a study essential.



Download Now!



Google Play



App Store

SAFEGUARDING

SAFEGUARDING AT FILEY ACADEMY

Working together to safeguard our Filey Community

**MEET THE SAFEGUARDING TEAM
HERE TO HELP**



Miss Pegg
Principal



Mrs Emmerson
Pastoral Lead
DSL



Mr Oakley
Student Welfare
DDSL

WHO ELSE CAN HELP? LEARNING MANAGERS:



Miss Howells
Year 7



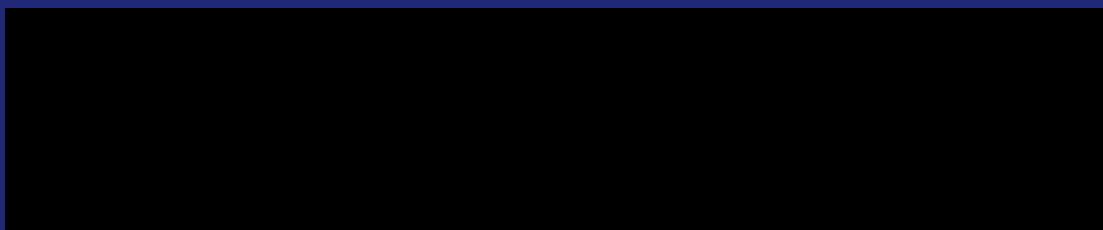
Miss Borrill
Year 8 & 9



Mr Knowles
Year 8 & 10



Mr Emmerson
Year 11



PASTORAL STRUCTURE

Year 7

Learning Manager - Miss Howells

SLT link - Mr Gunning

Form tutors - Miss Gordon, Mr Glover, Miss Moulton, Miss Francis

Year 8

Learning Manager- Miss Borrill (8CBu/8LTa) & Mr Knowles (8TMc/8SMa)

SLT Link - Mrs Rowland

Form tutors - Miss Buxton, Mr McCandless, Miss March, Miss Tavendale

Year 9

Learning Manager - Miss Borrill

SLT Link - Mrs Tyler-Mort

Form tutors - Mr Bond, Miss Nuttall, Mr Woodruff

Year 10

Learning Manager - Mr Knowles

SLT link - Miss Perry

Form tutors - Miss Elliot, Miss Foster, Mr Young, Mrs Rowland (Thurs/Fri) & Mr Gunning (Mon-Wed)

Year 11

Learning Manager - Mr Emmerson

SLT Link - Mr Philliskirk & Miss Pegg

Form tutors - Miss Adams, Mr Fryirs, Mrs Ives, Miss Robinson.

feast

Free activities

for

children and young people
this school holiday.

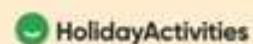


**Packed with sport, art, fun
and food, there's something
for everyone**

Everyone in North Yorkshire can join in, with
FREE places for those from Reception to Year 11
who receive benefits-related free school meals.

Discover what's on offer at

feastNY.org





WELLBEING IN MIND TEAM

The Wellbeing in Mind Team

The Wellbeing in Mind Team is an NHS mental health team that work in educational settings, such as schools and colleges. We focus on providing early intervention mental health support for students, school staff, parents and carers. As an NHS service the support you receive will be recorded on your NHS record and we will liaise with your GP as a part of your care.

About the Assessment

The assessment will take around 40-60 minutes and we will discuss your current difficulties, look at how this affects your day-to-day life and make sure you are safe. You will be asked about a recent time when you felt anxious or low in mood and how you thought, felt, and behaved in this situation.

All this information will then be summarised in your 'problem statement' which will help you to think of a goal you would like to work towards. From the information gathered we will discuss the best therapeutic approach that would support your problem statement. This could be CBT (Cognitive Behavioural Therapy), Occupational Therapy, or another therapeutic intervention.

The assessment is confidential, but if your therapist is concerned for your safety, they have a duty of care to make sure you are safe so they may need to share some information. Any information shared, who it is given to and why, will always be discussed with you first.

The assessment is a way to make sure we are the right service for you. If we decide that the Wellbeing in Mind Team (WiMT) is not the best service for you, we will put a plan together to ensure you can receive the right support.

What Happens After Assessment?

If the WiMT is the right service to support you, you will be offered 6 - 8 weekly sessions that will last around 30-40 minutes.

These sessions will support you to work towards improving your mental health and wellbeing.

You will work with your therapist to set goals and work on skills to help you achieve this.

Five Ways to Wellbeing



- **Connect** - It's important for our wellbeing to connect positively with others. Sharing our experiences and listening to others' experiences helps us to learn, grow, and feel less alone!
- **Be Active** - Exercise releases endorphins - natural chemicals produced in the body which boost happiness.
- **Take Notice** - Reminding yourself to take notice can help you to be aware of how you're feeling and help you to manage this.
- **Give** - Acts of giving and kindness can help improve your mental wellbeing by creating positive feelings and a sense of reward.
- **Keep Learning** - We're always learning new things - often without realising it. Feeling like you're learning and developing can boost your self-esteem.



WELLBEING IN MIND TEAM

What to Expect from Your Sessions

Your sessions usually happen once a week. In term-time these will be in school, but in the school holidays you may have sessions online, or if possible, travel to your nearest CAMHS (Child & Adolescent Mental Health Service) building for your sessions.

You and your therapist will work together to understand the problem you are struggling with and work together to set a goal for you to work towards.

It is important to practice the skills you will learn at home, and your therapist will set tasks for you to complete these between your sessions. It is important you bring these with you to the next session, as reviewing them will be the starting point of each session and will help your therapist know whether you understand the work you are doing, as well as what is and what isn't working.

Your therapist will help you to challenge and change your negative thoughts, as well as any unhelpful behaviours to create a more positive cycle of thoughts, feelings, and behaviours.

At the end of your treatment, you will work with your therapist to create a wellbeing plan that will help you to stay well and look after your mental health.

Useful Resources

Websites

<https://www.thegoto.org.uk>

<https://www.youngminds.org.uk>

<https://www.mind.org.uk>

<https://www.weheartcbt.com>

<https://www.recoverycollegeonline.co.uk>

<https://www.tewv.nhs.uk/services/camhs/>

Text and Telephone Support Services:

Confidential text service for young people aged 11-18 struggling with their mental health and wellbeing: Text **"BUZZ US"** to **07520 631168** for confidential support.

Shout provides free, 24/7 text support for young people across the UK experiencing a mental health crisis. Text **YM** to **85258**

Hear to Help – telephone helpline available 8am-8pm, 7 days a week for emotional wellbeing support. Call **01423 856 799**.

Contact Us

Email: tewv.wimts Scarborough@nhs.net

Follow us on Instagram:
[@wellbeinginmind.mhst](https://www.instagram.com/wellbeinginmind.mhst)

ONLINE WEBINAR SCHEDULE SUMMER TERM 2026

Monday 20th April 4pm - 5pm -
Exam Stress

Monday 15th June 4pm - 5pm -
Transitions

Monday 13th July 4pm -5pm -
5 Ways to Wellbeing

All webinars can be accessed through Microsoft teams and are free to join. We welcome young people, parents and carers, teachers and other professionals to join. Joining information will be posted on our social media channels closer to the time.



@wellbeinginmind.mhst



@WiMT_MHST

If you have any questions please contact
tewv.wimtwsa@nhs.net

Young Carer Service

Info for Adults

Young Carers provide support to a family member or friend due to a physical or mental illness, disability, frailty, life limiting condition or addiction.



**carers
plus**
YORKSHIRE

One Click Away
carersplus.net

Helping young carers to confidently balance their caring responsibilities with everyday life opportunities.

The service includes group work, family support and opportunities to meet other young carers.

- ✓ Signposting to practical information
- ✓ Peer group support
- ✓ A listening ear
- ✓ Support to discover themselves
- ✓ Providing them with a voice
- ✓ Guidance to navigate obstacles

Contact Us

Scarborough, Whitby and Ryedale Office

Carers Plus Yorkshire Ltd
96 High Street, Snainton,
Scarborough, YO13 9AJ

01723 850155

Hambleton and Richmondshire Office

Carers Plus Yorkshire Ltd
Suite 17, Evolution Business
Centre, 6 County Business
Park, Darlington Road,
Northallerton, DL6 2NQ

01609 780872

Visit: carersplus.net Email: admin@carersplus.net

North Yorkshire and York

Nothing

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Us

Without

Us

Children and Young People's Mental Health Advisory Group



Easter Event

Friday 10th April 2026, 12:30pm-3:30pm

SPARK:York, SHOW Space, 17-21 Piccadilly, York YO1 9PB

For young people
(aged 25 and under),
supporting workers,
and senior leaders

Lunch
provided

Help with
young people's
travel costs

Scan here to book your
place by Fri 3rd April



Humber and North Yorkshire
Health and Care Partnership

For more info email Be.Heard@nhs.net

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night; it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives; during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes; not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method'. It's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself, while it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gilbert – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



School Drop In Sessions

15.45 - 16.45

The team at Compass Phoenix are hosting Drop-In Sessions over the Summer term on different topics. These informal sessions are remote via Teams & offer school staff a chance to ask questions, explore resources, and share best practice.

15th April - Stress & Anxiety

20th May: Self-harm & Self-Injurious Behaviours

17th June - Transition

Scan the QR code for the link to the meeting, or use the link below to join!

<https://teams.microsoft.com/meet/32545391752627?p=Jl5JVYQkwH742vjLY>



*For a detailed discussion about a child, please book a Professional Consultation. [Our online form can be found here](#)



Visit the [Compass Phoenix webpage](#) to complete the consultation request form or call 01904 661916 to schedule your appointment

JOIN THE WOMEN UNLOCKED MENTORING PROGRAMME

CALLING YOUNG WOMEN AGED 16-24 IN
YORK AND NORTH YORKSHIRE!



- Make a positive impact on Gender Equality while developing your own skills through mentoring.
- Apply for a place on the Women Unlocked Mentoring Programme Now!

Deadline: Friday 10th April 2026

Questions? Contact Emily at
Emily@leaders-unlocked.org



Link to application form -

<https://forms.gle/dZC3JKZcGyAGD53a6>



**LEADERS
UNLOCKED**

 **YORK
& NORTH
YORKSHIRE**
COMBINED AUTHORITY



Saturday 4 – Sunday 5 April 2026

- Toilets
- Baby Changing
- Art Exhibition in the Concert Hall. (Entrance via Post Office)
- First Aid
- Lost Children

P Car parking is available at:
 West Avenue Car Park, YO14 9BE
 Station Avenue Car Park, YO14 9AH
 Filey Brigg Car Park, YO14 9ET

Filey Food Festival Opening Times:
 Saturday 10am – 5pm
 Sunday 10am – 4pm

Filey Evron Centre Rooms

- Seagull Rock
- Anne Oxley Art
- Filey Candles Co
- O'Donnell Moonshine LTD
- SA Sauces
- Julie Moss Ceramics
- Fairfax Distillery
- Killer Celebrations
- A J Delights

- 1. Ladies In Pink
- 2. Ros Grime Sheffield
- 3. Mediterranean BBQ Grill
- 4. Black Dog Wine Agency
- 5. Geordie Banger Company
- 6. The Great British Cheese Co
- 7. Sunrise Patisserie
- 8. Mocha me a coffee
- 9. La Porketta
- 10. La Focaccia
- 11. Scarborough Creperie
- 12. All Seasons Fruit Shop
- 13. Candy Chops
- 14. The North Bar Roasting Co
- 15. Burtree Puddings
- 16. The Twisted Curry Co
- 17. Bayview Bees
- 18. Spiral Spudzz
- 19. Crofts Chocolates
- 20. Racey Cakes
- 21. Bee Natural Wraps
- 22. Natural Pawprints
- 23. The Clucking Pig
- 24. Sama Sama
- 25. Brown & Blond
- 26. Kin Toffee Vodka
- 27. The Weston Biltong Co
- 28. Spirit of Yorkshire
- 29. Helbrows The Foodie Folk
- 30. Chapmans Cheesecake
- 31. The Cheeseboard
- 32. Caroline's Fudge & Sweets

- 33. Ideal Promotions
- 34. 23rd Street Food Co
- 35. The Sawley Kitchen
- 36. Twisted Roots Distillery
- 37. Fig and Rose
- 38. The Saucy Seagull
- 39. Wicstun Distillery Ltd
- 40. Alvis Homemade
- 41. The Rose Cottage
- 42. The Rose Cottage
- 43. Mobile Bar Services
- 44. Mobile Bar Services
- 45. Bubba's Smokin Hog Roast & BBQ
- 46. Really Indian
- 47. Shaw Meats
- 48. Shaw Meats

- 49. Embers Events
- 50. Malvaisco Marshmallows
- 51. Glutenless Fancies
- 52. The Hot Waffle Bakes & Co
- 53. Your Glow Candles
- 54. Kotinos Foods
- 55. Calders Kitchen
- 56. King Floss
- 57. El Fuego
- 58. Jerk House
- 59. Istanbuls Kitchen
- 60. Sri Non Thai Street Food
- 61. Churros & Strawberries
- 62. Toasted Marshmallows
- 63. The Yorkshire Kitchen
- 64. Rhucello

- 65. Country Cupcakes
- 66. Charles Taylor Furniture
- 67. Filey Lions
- 68. Eat Indian at Events
- 69. Priory Vodka
- 70. Untamed Cat Food
- 71. Blueberry Hill Preserves
- 72. The Singing Pineapple
- 73. Filey Distillery
- 74. The Crusty Pie Co
- 75. The Crusty Pie Co
- 76. Raisthorpe Manor
- 77. Jinger Drinks
- 78. Pure Pet Food
- 79. Bake For The Soul

- 80. Deutschland Deli
- 81. Birra Montecassino UK
- 82. Shio! Singapore Street Food
- 83. Northern Shakers
- 84. MHC Wood Crafts
- 85. Go Whoopies
- 86. Robyn's Pet Co
- 87. Royal British Legion



Information shown on this map is correct at the time of printing. Layouts and details may change without notice. Map is not to scale.

fileyevroncentre.co.uk/filey-food-festival

Filey Food Festival

4th / 5th April