

Kings Worthy

Primary School

Newsletter



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Dear Parent and Carers

Half Term is Here and Then it Will be Time to Get the Winter Coats Out!

Now that the weather is turning colder and wetter I will be asking teachers to check that all children have coats at break and lunch time. Children always have the opportunity to ask a member of staff if they can take their coat off if they are warm after running around. Please ensure that your child brings a named coat into school every day after half term.

I wish you all a restful and safe half term and I'll look forward to seeing you all on **Tuesday 1st November**.

Inset Day Reminders

Just a reminder that **tomorrow** is an inset day.

Monday 31st October is also an inset day – we will be completing our annual safeguarding training.

Pumpkin Walk Reminder

The first day back after half term will see the return of the pumpkin walk in our Woodland Walk area. Please bring them in on **Tuesday 1st November** so that Mr Carr can arrange the pumpkins enabling us to safely enjoy this annual experience together. They can be dropped off at the gates for the Woodland Walk.

I have attached some pictures from previous years to remind you of the incredible designs.



Winchester Community Food Pantry

Winchester Community Food and Clothes Pantry have been in touch. They wanted to share that they are an organisation within the Winchester area to help local families with both food and clothing. If this is an organisation that you think you may need support from, they do not work on a means tested basis like basic banks but on a 'no questions asked'. You can find out further information here: <https://www.unit-12.org/community-food-pantry>

Year 3 Aqua Swim!!

8 of our Year 3 children took part in a swimming competition on Tuesday 18th October. They showed their BEST throughout and managed to achieve coming second place in the overall results.

We were really impressed with their teamwork skills and they did not stop cheering on their teammates throughout the event. It was mentioned that we were the loudest school, with the best cheering, even the parents that attended cheered brilliantly from the sides! Well done to everyone involved, we are so proud of you all!

(written by Miss Dabill and Miss Shuff)



Hello Yellow

Thank you so much for all your yellow accessories on Monday 10th October along with the contributions made via our Just Giving page, we raised £80.00 so far. The children spent time in their classes talking about feelings and who they can talk to both at home and at school, in different situations. Throughout the school different activities were completed, such as scavenger hunts, creating own affirmation cards, quizzes, mindfulness activities and walks around the school spotting yellow objects. The day ended with an assembly with Mr Dodson where I hear the children were lucky enough to hear some of his amazing jokes, which I know put a smile on lots of their faces! If you still want to donate, the link closes on October 31st. <https://www.justgiving.com/fundraising/kingsworthy-helloyellow>

(written by Mrs Coleman)



BBC Children in Need

We will be supporting 'Children in Need' on **Friday 18th November**. The theme this year is, 'Changing Young Lives across the UK'.

Logging onto the BBC website it states...

Welcome to The Great SPOTacular!

On Friday 18th November, your school can be part of an amazing day of fun, excitement, and fundraising by hosting a SPOTacular Children in Need Day.

By taking part, you can support children and young people that are experiencing new challenges due to the cost of living crisis.

The last couple of years have been incredibly hard for children and young people. Living through Covid has caused feelings of anxiety, fear and hopelessness in too many children; and the cost of living crisis is now pushing even more families into hardship.

Find out more about the challenges that children are facing and how we're there for those who need us the most

We've not quite finalised the day here at Kings Worthy, but we will let you know as soon as we can.



Mummify a Pharaoh – Our Visit to the British Museum

On Tuesday, Year 4 visited the British Museum in London to learn about Ancient Egypt. It was an epic journey to and from the museum with the children having to endure 7 hours on the coach. Once there, we toured the mummies and Egyptian sculpture galleries. The children impressed everyone with their super questions, curious minds and excellent knowledge of all things Egyptian. The parents and staff were simply amazing. They worked really hard to keep the children engaged and enthusiastic in an extremely busy museum.



"I was so impressed with how my group worked together to gather information using the sculptures, pictures, information cards and interactive displays. Annabelle in 4S talked to our group about Mummified Cats and how some contained different animals as it was frowned upon to have different pets." Mr Brewster

"The British Museum was brilliant. The mummies were not fakes...they were real! The hieroglyphics were so detailed. My favourite sculpture was the winged horse. It was huge!" Flossy

"I thought the coach journey was very long but the actual museum was amazing. I saw so many cool things like mummies, sarcophagi and actual body." Harris

"I really enjoyed the mummies section of the museum because there was so much to see and so many different examples. There was a body mummified in sand too." Annabelle

"I really liked how the statues were complete and not damaged after thousands of years. I really liked seeing the mummies too." Ben

"I loved that everything was real and had a story about how it was found. It was so cool to see how old and big the sarcophagi were." Erin

(Written by Mr Brewster)

Family Thrive

Just a reminder there is still time to sign up to our Family Thrive sessions after half term. These will be offered on a Tuesday evening 6.00pm-7.30pm, starting on 1st November. You can sign up via your child's Scopay account.

The course covers areas such as:

What is the Thrive Approach?

- How do our brains develop?
- How your right brain talks to your left brain!
- Why play and creativity are so important to you and your child
- How to support your child at times of change and difficulty
- Everyday triggers and how to keep calm
- How to be a behaviour detective!

This is what some previous participants have said:

'It helped me understand my own emotions and how to approach my children's emotions too'

'I liked the opportunity I had to discuss challenges and experiences with other parents in a safe space.'

'I am now able to talk to my children about how they are feeling and how to manage those feelings.'

'This course has made a huge difference in our house and reduced conflict.'

Here we are at the end of our first half term back at school! The half term break is the ideal opportunity to spend some quality time with your children and take some time to look after yourselves as parents and carers. I have attached the same picture that was in the newsletter at this time last year about noticing the little things in your child as I feel it is just as relevant now!

***'The best gift, and investment, you can give your child is your time.'* - Kevin Heath**

The guide below has been given to us by Thrive with some suggestions for parental self-care.



Survival Kit for Parents and Carers

As a parent or carer, it is important to look after yourself so you are better able to support your children. Try these simple but effective ideas designed to help you look after your wellbeing.

Have some fun

Try something you wouldn't normally do, such as karaoke, a quiz night for friends or an online dance class.

Time for you

Spend 1 hour at the weekend doing something just for you. This could be something you have been meaning to watch, read or cook for some time.

Laugh

Limit how much news you watch or listen to, look at something that makes you laugh instead!



Be positive

Write short positive notes to yourself and leave them where you can see them.

Feel good

Wear a new outfit or something that makes you feel special – do your make-up or wear your favourite perfume or aftershave.

Show gratitude

Write a thank you text or note to someone who has helped you or you appreciate.



Reconnect

Phone, text or write to a friend you have lost touch with.



Be creative

Try drawing, making, or revamping something.



Exercise

Do some physical activity - go for a walk or bike ride, do some yoga or try an online class.



Structure

Ensure you have a good routine in place. Make a plan for the day with breaks and fun built in.



Do something familiar

Remember a hobby or an interest that you used to have as a child and start it again.

Breathe

Explore the power of breathing techniques. When things seem hectic, take 5 minutes to stare out of an open window or practice techniques outside.

Seek help

Find help when you need it - it's ok to not be ok.

Stay regulated

Try to do a body scan at a quiet time in your day. Explore the impact this has on your wellbeing and see if you can build it into your routine.



Self-appreciation

At the end of every day, think of 3 things that went well.

Spelling Shed

Our Super Speller competition comes to an end today so we will find out in the first week back if 2VT have managed to hold on to the trophy. It is looking likely with these top spellers this week.

Individuals

1st Place – Jasper, Year 2

2nd Place – Daniel, Year 2

3rd Place – Anna, Year 2

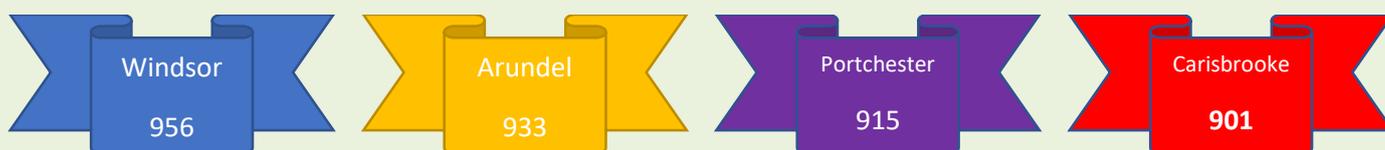
Classes

1st Place – 2VT

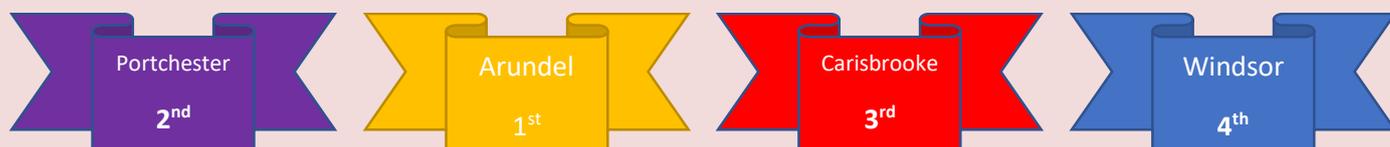
2nd Place – 2S

3rd Place – 6S

House Points – Week Five



House Points – Termly Places



Jamie Dodson
Headteacher