

# Kings Worthy

Primary School

## Newsletter



Telephone: 01962 881410

E-mail: [admin@kingsworthy.hants.sch.uk](mailto:admin@kingsworthy.hants.sch.uk)

[www.kingsworthy.hants.sch.uk](http://www.kingsworthy.hants.sch.uk)

20th October 2023

Newsletter Number: 7

Dear Parents and Carers

### Half term hallelujah!

As the dark nights draw in and the weather turns 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.

Another half term has flown by already and the day after we come back we will be into November and all the excitement that the run up to Christmas brings.

It is with sadness that we must say goodbye to Mrs Griffin today who is leaving Kings Worthy to take up an opportunity outside of education. Mrs Griffin joined the staff team in September 2019 working one to one with a child to enable them to access learning and participate fully within the school. Along the way she supported so many other children and we would all like to wish her the best of luck with her new adventure. She will be remembered for her love of boomtown and campervans!

I wish you all a restful and safe half term and I'll look forward to seeing you all on **Tuesday 31<sup>st</sup> October**.

### Inset Day Reminders

Just a reminder that **Monday 30<sup>th</sup> October** will be an inset day. We will be working on maths and mastering number; special educational needs; and gymnastics.

### Holiday Lunch Scheme - Christmas 2023

Winchester Basics Bank are running a school holiday lunch scheme over the Christmas break. The scheme will provide food for 10 meals per child, and is designed to replace the hot meal that children would receive in school. For more information, or to register please visit; <https://winchesterbasicsbank.co.uk/get-help/> or

### Secondary School Applications

Just a reminder, for those of you who have children who are currently in Year 6 and are entering Year 7 in September 2024, the **closing date** for secondary school applications is **Tuesday 31<sup>st</sup> October 2023**. It is vital that you apply before the deadline as late applications will not be considered until after all on-time applications.

### Packed Lunches

Just a reminder to not bring nut products into school, this includes foods such as pesto and humous which are made with nuts. Many thanks for your support with this.

## House Captains

At the beginning of this term, each of the four houses in school met and elected their house captains for the year ahead. Congratulations to the chosen 8 (shown below), and a huge well done also to all of the children who put themselves forward for election.



**Arundel: Elodie & Connor (holding the shield as current annual champions)**

**Portchester: Nadia & Oscar**

**Carisbrooke: Martha & Harry**

**Windsor: Eliza & Henry**

## 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 31<sup>st</sup> October** so that Mr Carr can arrange the pumpkins enabling us to safely enjoy this annual experience together.

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

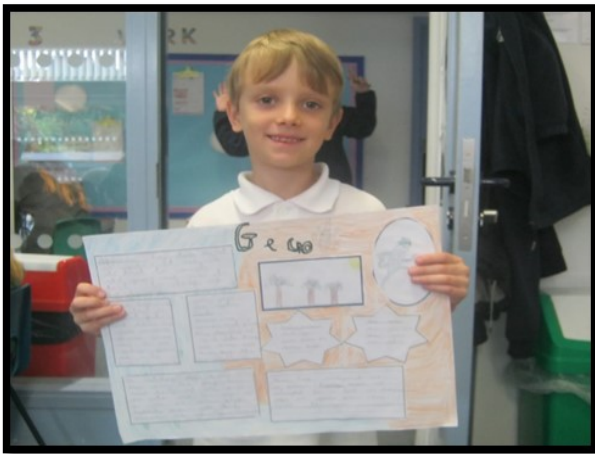


### Year 3

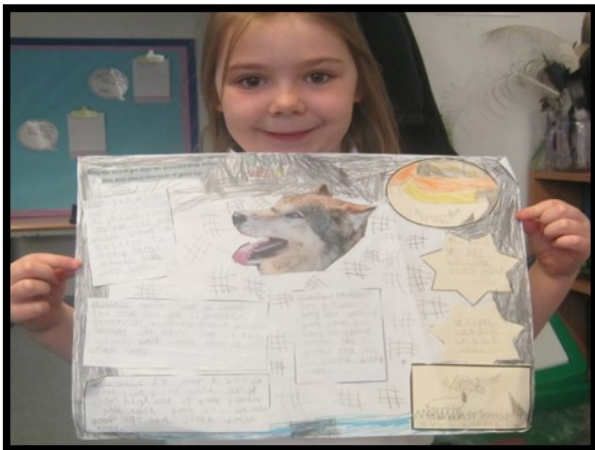
The children in year 3 have been working incredibly hard in their writing over the last half term. We started the term off with our 'Deadly 60' topic and a visit from Jungle Jonathon. This week the children have completed their fact files about a deadly animal or insect. We shared them together as a class and we were even lucky enough to have a visit from Mr Dodson who tried his best to photobomb certain children!



'I loved writing my koala fact file! You are so silly Mr Dodson!' - Molly in 3S



'I found out that a gecko licks their eyeball to keep them clear!' – Oli P in 3S



'I liked making my fact file because it was fun and you can find out lots of information about an animal you love!' – Beth 3S

'I found out that pumas are solitary animals!' - Stella 3H'

'Did you know that pumas can't roar, but they can purr?' - Penny 3H



## **BBC Children in Need**

We will be supporting 'Children in Need' on **Friday 17<sup>th</sup> November**.

Logging onto the BBC website it states...

This year, we're calling on schools across the UK to celebrate the power of positive relationships, and the impact of these relationships in helping to support children and young people throughout the school years.

Many children and young people experience some of their first positive relationships with teachers and mentors at school, and so we want to celebrate you.

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




## **Family Thrive**

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.

Please note, underlined text are hyperlinks to websites. Thrive® is not responsible for the content on these websites. Please check the specific Covid-19 guidance for your area and only use this activity if it is safe to do so. © Fronting the Challenge Projects Ltd 2021. All Rights Reserved.

### Maths Shed

In an exciting turn of events, 4D made it to the top of the maths shed leader board this week! It was great to see some new names on our individual top three. Well done to all of our winners!

#### Classes

1<sup>st</sup> Place – 4D

2<sup>nd</sup> Place – 2C

3<sup>rd</sup> Place – 2B

#### Individuals

1<sup>st</sup> Place – Teo, Year 4

2<sup>nd</sup> Place – Daniel K, Year 5

3<sup>rd</sup> Place – Skye, Year 5

*(written by Mrs Smyth)*

### Spelling Shed

Finally! 4R have knocked 2C off the top spot on leader board this week, with a fantastic score of over 30 million points. Well done 4R. Congratulations to our individuals leaders – Vladyslav, Ayush and Arnav – great work this week.

Happy spelling!

#### Classes

1<sup>st</sup> Place – 4R

2<sup>nd</sup> Place – 2C

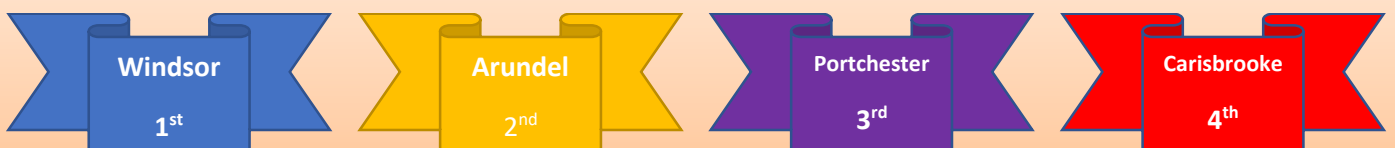
3<sup>rd</sup> Place – 2B

*(written by Mrs Cowling)*

### House Points – Week Six



### House Points – Termly Position



Jamie Dodson  
Headteacher