

**06.10.2023**

A message from Mrs Rourke...

Firstly, may I thank everyone who donated cakes, attended our coffee afternoon or made a donation using the QR code in aid of the MacMillan Coffee Event held last Friday- it never fails to surprise me how generous and kind the Knypersley Community is. We raised a staggering **£473.00**. Well done and thank you to everyone!

Next week we have our parents evenings taking place on Tuesday and Wednesday. We have so much positive news to celebrate regarding your children's progress please ensure you make an appointment via Arbor or let us know if those dates aren't convenient for you. I am sure we can help. I am available in school so please come and speak to me if you have any questions. If you still have questions about Arbor please also use this time to talk to staff who will be happy to help.

Finally, I want to make you aware well in advance that after half term we will no longer be providing morning snack in school. Children in Nursery, Reception and KS 1 will continue to have their free fruit and all children under 5 will continue to have their free milk. Beyond this we want to encourage pupils to bring their water bottles to keep hydrated and a healthy snack for first break- such as piece of fruit, packet of raisins or a breakfast bar. Crisps, chocolate, biscuits etc will not be allowed. I hope you will support us with this change and hope that it allows for pupils to have more choice with their snack and understanding what constitutes a healthy lifestyle.



## Important dates in the next 4 weeks:

**10/10/2023** Parents' Evening 3:30-5:30pm

**11/10/2023** Parents' Evening 5:30-7pm

**12/10/2023** Individual School Photos

**19/10/2023** Harvest Festival

**24/10/2023** Flu immunisation

**24/10/2023** Year 3 Curriculum workshop

Please see our annual calendar on the school website for a full yearly overview of exciting events to come!

Class	Attendance
Busy Bees	95.7%
Creative Caterpillars	93.4%
Class 2	94.4%
Class 3	95.7%
Class 4	97.5%
Class 5	97.5%
Class 6	97.4%
Class 7	96.1%
Class 8	98.2%
Class 9	97.5%

This Week's winner is:  
**Class 8**



Please follow the following link <https://www.knypersley.staffs.sch.uk/lunch-menu/> to find our school lunch menu. Next week we will be following **week 3**.

## REMINDER

We've continued our membership with National Online Safety! Download the apps or access it online using the following link

<https://nationalcollege.com/enrol/knypersley-first-school>

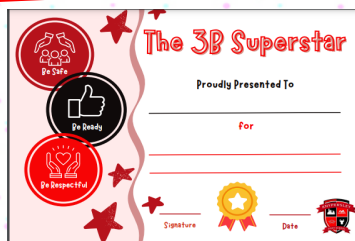
Choose parent and enjoy all of the amazing resources!

Thanks for your continued support!

**Our whole school attendance target is 100%.**

This week, our school attendance was: **96.4**

# Rewards and Celebrations



**Creative Caterpillars-**

**Busy Bees-**

**Class 2- Olivia**

**Class 3- Abigel**

**Class 4- Lucas**

**Class 5- Millie**

**Class 6- Cody**

**Class 7- Lilly**

**Class 8- Rose**

**Class 9- Tristan**

**Nursery:- Ruby**

**Creative Caterpillars- Henry**

**Busy Bees- Ayeza**

**Class 2- Brooke**

**Class 3- Olivia**

**Class 4- Tahlia**

**Class 5- Eliza**

**Class 6- Joshua**

**Class 7- Alice**

**Class 8- Archie**

**Class 9- Trinity**

**Nursery- Henry**

**Creative Caterpillars-Charlie J**

**Busy Bees- Samuel**

**Class 2- Harper**

**Class 3- Laurence**

**Class 4- Rosie**

**Class 5- Emilie**

**Class 6- Tom**

**Class 7- Hugo**

**Class 8- Ronnie**

**Class 9- Jay**



**Achievements Outside of School...**

**Our Winning House Team this Week is..**

**AIR!**





## Harvest Festival

On **Thursday 19th October** we will be holding our annual Harvest Festival led by our Year 4 pupils. We invite Year 4 parents into school from 9:00am for a 9:15am start.

We ask as part of our Harvest Festival for donations of canned goods. Your generous gifts of food will then be donated to the local foodbanks and the most vulnerable within our community.

We ask that all donations are brought into school by **Monday 16th October**.

I would like to thank you in advanced for your support with the Harvest Festival and we look forward to welcoming our Year 4 parents into school on the morning.

## Photo Day—Thursday 12th October

On Thursday 12th October the photographer will be joining us for individual pupil and sibling photos.

If your child has siblings that are not currently at Knypersley First School there is opportunity for you to arrive at the school office from 8am for access to a full sibling photoshoot.

## PTFA Christmas Markets 2023

This year the PTFA will be hosting a 'Knypersley Christmas Market' on **Friday 24th November**.

Within the market there will be many stalls, games and craft activities to start all of your festive celebrations!

We are excited to offer out a select number of market stalls within the event to local businesses. We are especially keen to find business that specialise in small trinket gifts, jewellery and homemade gifts.

For more information around stall reservation please email: [Knypersley.PTFA@cflptrust.co.uk](mailto:Knypersley.PTFA@cflptrust.co.uk)



## Weekly Round-up!



**The 'Knypersley News'**  
Learning together, learning for life!







We are thrilled to announce that Springhead Primary School has joined the Children First Learning Partnership this week, taking our number of schools in the trust to six.

On 2<sup>nd</sup> October, we had a special Teams assembly where all the schools joined together to celebrate this momentous day.



The Headteachers from all the schools went to visit Springhead in the afternoon and had a tour round the school meeting the staff and pupils.

We are really looking forward to working together on many exciting projects.

Further information on the Children First Learning Partnership can be found at [www.childrenfirstlp.org.uk](http://www.childrenfirstlp.org.uk)



# Mental Health and Wellbeing

## at Knypersley First School

At Knypersley First School we are committed to making a difference to the lives of young people and providing an environment which allows all of our pupils to feel happy and safe in our inclusive learning environment. We know that having positive mental health is essential to life, helping us to grow, learn, form positive relationships and experience life to the fullest. It is our aim to prepare our children for their future life in an ever-changing world where they can recognise their own mental health needs. We want our children to be able to talk about their mental health and know what they can do to support their own mental health, in our positive and consistent environment. This is a reflection of our school's statement; 'Learning Together, Learning for Life'. We support the children to build their confidence, independence and resilience so they can keep themselves mentally healthy.



Tuesday 10th October is World Mental Health Day. On this day we will be focusing on our emotions, awareness of others and self-regulation strategies. The Mental Health Champions will also be leading an assembly on the day to remind children of self-regulation strategies to aid themselves in school.



## What is Mental Health?

Mental health is about how we are feeling, the thoughts we are having and how this affects choices we make and how we behave. It's about how we respond to different things, and how we deal with our

## What feelings and emotions can you name?

It is ok to and normal to feel different emotions.



If we experience uncomfortable emotions for too long or too often, then of it is important to speak to someone you trust to get the help you need.

### Who could you talk to...

✓ We want you to get the help and support you need.



Parents/ Carers

Other family members



Doctor

Grandparents

School staff



Our Values are at the heart of our school and support our wellbeing;

**C**ollaboration  
**H**onesty  
**I**nspiration  
**L**eadership  
**D**emocracy  
**R**espect  
**E**quality  
**N**urture

Our school rules support our mental health:





# What do we do in school to promote **POSITIVE** Mental Health?



Worry Monster



Time to talk areas (inside and on the yard)



Calm Corners in every classroom



Emotions Boards in every classroom



Knypersley Knights (Pupil Leadership Team) – All have had Mental Health Champion training

Circle time sessions  
Behaviour ladders  
Extra-Curricular Clubs  
Pupil Leadership Teams



## Our PSHRE Curriculum

How can you help look after your own Mental Health?

These are the areas in our curriculum that promote positive mental health and teach us how to make healthy choices for our bodies and minds:

### 1: HEALTH AND WELLBEING

Healthy Lifestyles  
Emotions  
Keeping Safe

### 2: RELATIONSHIPS

Communication  
Bullying  
Fairness  
Friends

### 3: LIVING IN THE WIDER WORLD

Rules and Responsibilities Communities

Be Mindful



Spend time with people you care about



Do something you enjoy



Play a game



Spend time outside



We want everybody to feel happy and safe in school.



PSHRE



**SMILE OFTEN**

## Self-Care & Mental Health for Kids

Share your own feelings to encourage self-awareness.

Find social groups that help them feel like they belong.

Set aside time for low-stress or solo activities.

Practice self-care for yourself to set the standard.

Focus on articulating feelings. "I am angry," "I am sad."

Encourage journaling and diaries.

Encourage your child to focus on the moment.

Establish a self-care routine.

Recognize toxic stress events.

Cultivate interests and hobbies.

Blessing/Manifesting

Kindness is



Think



Sun

Mon

Tue

Wed

Thu

Fri

Sat

Share a



everyday



# Our Autumn Bookshelf!



## Nursery



## Reception



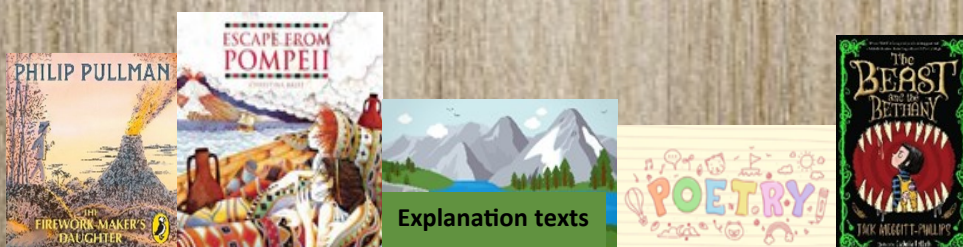
## Year 1



## Year 2



## Year 3



## Year 4