

# Kilby St Mary's C of E Primary School Newsletter



January, 2025

Christian Value Focus: Hope

British Value Focus: Tolerating Faith's and Beliefs of Others'

It has been lovely to be back in school again I have very much missed you all. I want to say a special thank you to Mrs. Maher and Mr. Howard who worked so hard in my absence to keep the school running smoothly. On leaving, Mrs Maher remarked on what a wonderful school Kilby is and how she thoroughly enjoyed her time with us. This reminded me of the quotes from our Summer 2024 SIAMs inspection; ***'the school that gives you a hug when you walk in', 'this school has laid the foundations of community, friendship and kindness which has enabled my child to be successful', 'Members of the school community describe themselves as jigsaw pieces which are held together by love and compassion.'*** I truly am lucky to be part of such a wonderful community.

We have many exciting things happening this term particularly in the run up to Easter. So please do keep an eye on the dates. We will also be sending reminders out close to the time.

Miss Hartshorne



# Diary Dates

- ▶ Thursday 6<sup>th</sup> February - Height & Weight Check FS and Y6
- ▶ Tuesday 11<sup>th</sup> February - Safer Internet Day
- ▶ HALF TERM - 17<sup>th</sup> - 21<sup>st</sup> February
- ▶ Wednesday 26<sup>th</sup> February - Parents Evening 1
- ▶ Thursday 27<sup>th</sup> February - Parents Evening 2
- ▶ Thursday 6<sup>th</sup> March - World Book Day
- ▶ Friday 28<sup>th</sup> March - Mothers Day assembly
- ▶ Thursday 10<sup>th</sup> April - Church Easter Service
- ▶ Friday 11<sup>th</sup> April - Class photos
- ▶ EASTER HOLIDAYS - 14<sup>th</sup> - 25<sup>th</sup> April
- ▶ **SATs Week - 12<sup>th</sup> -16<sup>th</sup> May - ALL CHILDREN MUST BE IN SCHOOL**



# Attendance

Attendance is a statutory element which staff and governors are required to monitor in accordance with the school attendance policy. The government requirements regarding attendance were updated in August 2024 and our Attendance policy has been updated and shared with parents accordingly. Our whole school target for attendance is 96%.

It is important to ensure that all children attend school in order that they continue to make progress across all subjects as well as socially.

Attendance for the school year until 23.1.2 by year group.

Foundation Stage - 95%

Year 1 - 95.8%

Year 2 - 95.7%

Year 3 - 93.7%

Year 4 - 95.8%

Year 5 - 96%

Year 6 - 97.1%

It is great to see year groups 1, 2, 4 & 5 are meeting the target of 96% with Year 6 exceeding it - Well done!

# Happy Birthday from Kilby!

- ▶ Dougie
- ▶ Ralphie
- ▶ Louie
- ▶ Olivia D



# Seedlings

Seedlings have kicked off the new term learning all about the season of Winter - and we have had some wonderful, cold wintery weather to accompany it! We have painted on foil using cold, icy colours, made marks and patterns in frosty trays and heard lots of wintery stories.



We loved looking at a globe and learning about the really, really cold places on earth. We learnt about the Arctic and Antarctica and the creatures that live there. We really enjoyed doing an experiment to see how an adult penguin's feathers are waterproof to keep it warm and dry in the icy weather.

Next week we are going to be finding out all about the celebration of Lunar New Year!



# Oak

- ▶ We have enjoyed exploring our wonderful wintery outside these past few weeks and made bird feeders to help the birds in the cold. We have been finding out what life is like in colder parts of the world like the Arctic and Antarctica. We found out that polar animals stay warm because they have a layer of blubber under their skin. We tried putting our hand in the icy water in a blubber glove and our hand stayed warm!
- ▶ We loved reading 'Lost and Found' by Oliver Jeffers who is our author of the term and have retold it through acting then rewritten it to share with everyone. We thought about what it would be like to be an explorer like Scott of the Antarctic and what we would pack in our suitcases.
- ▶ The new Beebots have been great fun to use! We have been finding out how to programme them to make them move around the map. We had to think very carefully to plan the route and then think how to give the Beebot the right instructions.

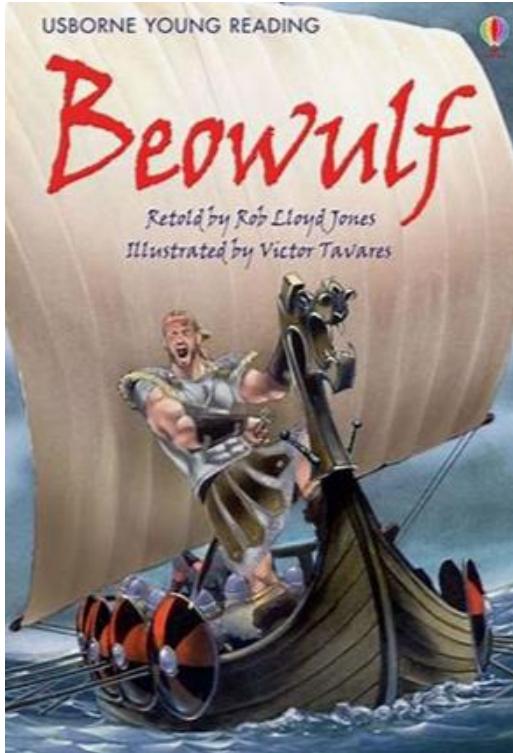


# Willow

Our Literacy unit this half term has been following the story of Leaf by Sandra Dieckmann. We have looked at each of the characters and even created our own artwork to go with the story. We are now delving deeper into non-fiction texts to write our own fact file about polar bears.

In geography, we have been using our map and directional skills to discover our capital city London. So far, we have located key landmarks, human and physical features and tube stations. By the end of the term, we will be planning our own imaginary trip around London using a map to visit key landmarks.





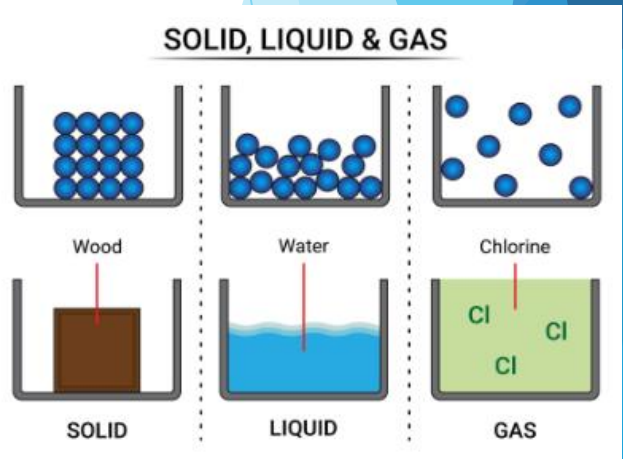
# Maple

In literacy, we are creating a fact file on Andy Warhol. This links nicely to the artwork we have started in the style of Warhol which will lead us into our self-portraits using bold colours.

In history, we are learning about the Anglo-Saxon invasion and the impact it had on Britain and Leicestershire. We are extending this learning into literacy using the Osborne story of Beowulf to create our own retelling of the story, creating our own mythical creature, writing a diary extract as Beowulf, and using alliteration in poetry to plan, draft and edit our own kenning for a competition.

We are also learning about states of matter in science. Most children can define the three states, solids, liquids and gases, and how the molecules behave in each state.

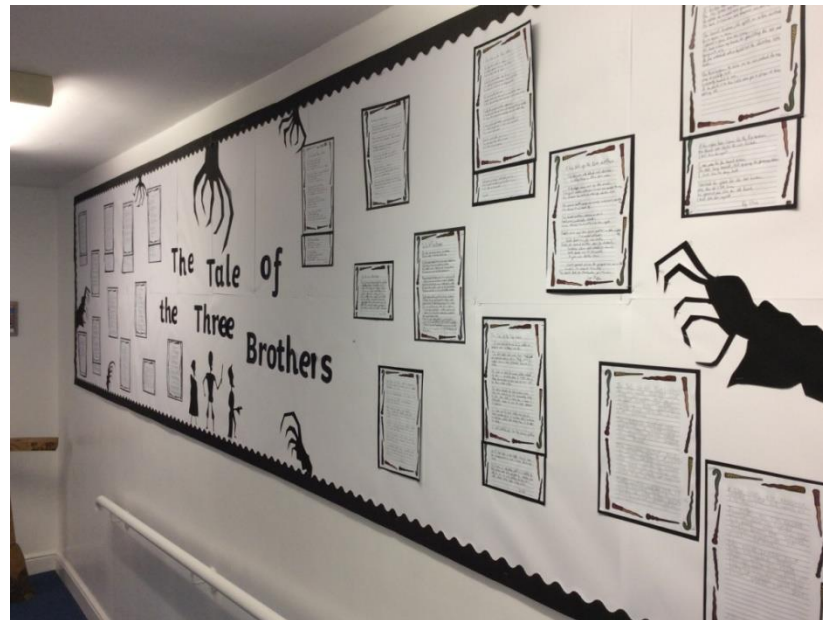
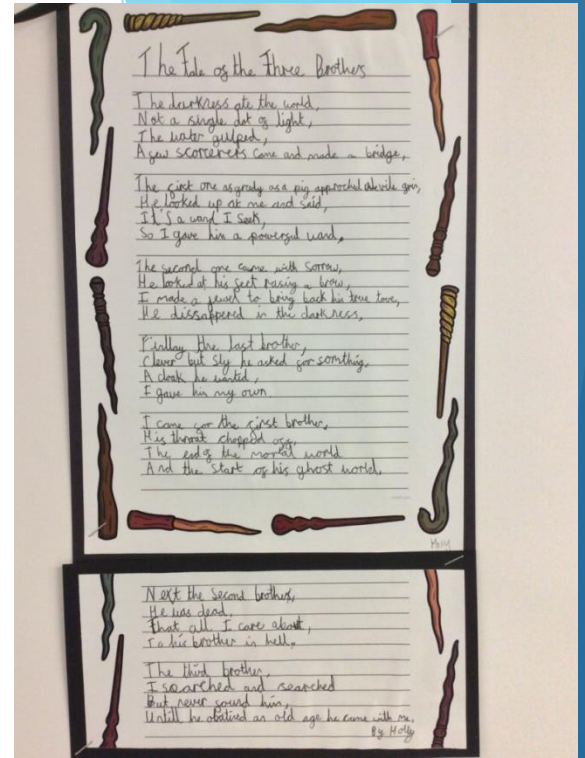
So far in music, the children have enjoyed learning about the beat and rhythm. They have learnt that the beat is the steady pulse that you feel in the tune, like a clock's tick. It's the beat you'd naturally clap or tap your foot to. The rhythm is the actual sound or time value of the notes, which in a song would also be the same as the words. Their listening skills and repetition has been outstanding.





# Rowan

- ▶ In Maths, we have been learning how to multiply large numbers and divide large numbers by large numbers! It's complicated stuff, and everyone has been working hard to master these skills; well done!
- ▶ In English, we have been studying the Tale of the Three Brothers. The story explains the origins of the Deathly Hallows (for all of you Harry Potter fans!) and we have written narrative poetry about the story and reports on the three objects.
- ▶ We are fortunate to have Amy join us from our Sports Partnership to run Dodgeball sessions as part of our Aspiration Active programme. I'm looking forward to seeing how some of Rowan get on at the Dodgeball Tournament at Brockington on 6<sup>th</sup> February.



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# E Safety



- ▶ This month's E Safety Guide from National Online Safety is all about: '*Smartwatches*'.
- ▶ See the attached guide for more details.



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

Twitter - [@natonlinesafety](https://twitter.com/natonlinesafety)

Facebook - [/NationalOnlineSafety](https://www.facebook.com/NationalOnlineSafety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 31.07.2019

# Reading - Donations

Reading is fundamental to all aspects of the curriculum, no matter the text type. Reading contributes to your child's developing vocabulary, use of language and comprehension skills and their writing. To this end we are looking to set up

## Magazine Monday!

For this we would be grateful for any donations of magazines or comics that you no longer require that would be of interest to children. These would be available to the children each **Monday** and stay in school. They need to be appropriate for primary age. Please note that we would not be able to return them.

Suggestions include:

*Comics, Whizz, Pop Bang!, National Geographic Kids, gardeners magazines, car magazines, Lego, First News,*

*Thank you!*





# NUTRITION Newsletter

JANUARY 2025

## WHY IS HEALTHY EATING IMPORTANT?

Eating a healthy balanced diet is important to maintaining good health. This means eating a wide variety of foods in the 'right proportions' to maintain a healthy body weight. The NHS Eatwell Guide is based around the 5 food groups: carbohydrates, protein, dairy, fruit and vegetables and fats and sugars. It advises how much of what we eat should come from each food group to achieve a healthy, balanced diet. You can find out more about the Eatwell guide [here](#)



## Encouraging healthy eating habits

**Be a role model** Children tend to imitate, if they see you eating a wide range of healthy foods, they are more likely to try a variety of foods.

**Eating as a family** also helps to encourage healthy habits.

**Healthy snacks** Have healthy snacks available between meals, such as fruit, vegetable sticks or rice cakes.

**Change4Life** have lots of healthy snack ideas.

**Get children involved.** Research has shown that allowing children to get involved with food preparation and cooking encourages them to eat a wider variety of healthy meals.



Click the image to find some delicious and healthy family meals to make together!

## Stay hydrated

Children aged 4-13 should aim to drink between 6-8 glasses of water every day. Water helps to keep joints healthy, is great for teeth and helps circulate blood flow.

Staying hydrated helps with concentration and focus. Not drinking enough water can result in dehydration. This can cause dry mouth, headaches, tiredness and dizziness.



The NHS offers tips and advice around water, drinks and hydration, click the image to find out more.

Source: NHS

# What is an eating Disorder?

An eating disorder is described as a mental health condition where you use the control of food to cope with feelings and other situations.

Unhealthy eating behaviours may include eating too much or too little or worrying about your weight or body shape.

Anyone can develop an eating disorder, the most common being:

**Anorexia nervosa** (often called anorexia) – trying to control your weight by not eating enough food, exercising too much, or doing both

**Bulimia** – losing control over how much you eat and then taking drastic action to not put on weight, such as making yourself sick or taking laxatives.

**Binge eating disorder (BED)** – eating large portions of food until you feel uncomfortably full

**Other specified feeding or eating disorder (OSFED)** Find out more on the Beat website [here](#)  
**Avoidant/restrictive food intake disorder (ARFID)** ARFID is when someone avoids certain foods, limits how much they eat or does both. People suffering with ARFID can struggle with the smells, taste or texture of certain foods. They might have a lack of interest in eating or worry about choking or being sick after eating certain foods.

Source: NHS

## Find support

The following organisations have lots of advice and support. Click the images to head straight there.



**Beat**  
Eating disorders

**NHS**

**YOUNGMINDS**  
fighting for young people's mental health

**CAMPAIGN AGAINST LIVING MISERABLY**

**mind**



January is a great time to try a new sport or activity! Joining a team or trying out a new physical activity gives children the opportunity to meet new friends, develop their confidence, learn how to play by the rules, stay focused, be consistent, and work hard towards their goals. It also gives them a taste of competition and teaches them that there's always room for improvement.

Click the logos to find Clubs, Groups & Activities in your area!



LET'S GET SOCIAL!



Health | Well-being | School Sport | PE | Physical Activity  
Supporting health and education through sport and physical activity



Health | Well-being | School Sport | PE | Physical Activity  
Supporting South Leicestershire Schools to provide opportunities for all young people

# South Leicestershire Community Board

The Joy App has a host of activities and support within your local community. Find out more here.

joy

Click for info!

TIPS FOR YOUR WINTER Wellbeing

- MAKING IN A WINTER WOODLAND
- SILENT NIGHT
- SPUNK JOY
- LET THE RAINBOW
- STAY CONNECTED

Do you need help now?  
24/7 support is available over the phone.  
CALL NHS 111  
SELECTING 2 FOR MENTAL HEALTH  
This number is open 24 hours a day and is totally free and confidential.

Follow our top tips to get the right NHS care, this winter and all year round

- Use NHS 111 when it's urgent
- Check out the urgent care services near you
- Use a pharmacy for minor illnesses
- Get support with your mental health and wellbeing at a neighbourhood mental health cafe
- Get in the know, before you need to know, visit: [www.getintheknow.co.uk](http://www.getintheknow.co.uk)

NHS Leicester, Leicestershire and Rutland

There are Neighbourhood Mental Health Cafés spread around Leicester, Leicestershire and Rutland, run by trained and supportive staff, who are there to listen and provide the practical support you may need when you need it most.

- A safe and relaxing space where you can be yourself and take part in gentle activities
- One-to-one support with a member of our team to explore ways to cope and how to manage your mental health
- Practical advice and information about other services that might be helpful to you for longer-term support

Click here to find your nearest Neighbourhood Mental Health Café.

South Wigston High School

## SWHS GYM MEMBERSHIP

5-8PM WEDNESDAYS  
SAT 10-4PM  
SUN 9-4PM

Contact Us: [admin@swsports.co.uk](mailto:admin@swsports.co.uk)  
20 Thurston Rd, South Wigston, Leicestershire, LE18 4TA

£2 PER SESSION  
£18 A MONTH

Find local support services in your area this winter here



# Uniform.



We kindly remind you that jewellery must not be worn in school as this can be a danger to your child and other children.



Please remember that children's hair should be tied back/up, especially on PE days, again for safety reasons.



Thank you for your co-operation