

Kilby St Mary's C of E Primary School Newsletter



March 2025

Christian Value Focus: Perseverance

British Value Focus: Tolerance of different Faiths and Beliefs

It has been yet another busy month here at Kilby. It has been wonderful to welcome families into school for both the World Book Day and Mother's Day assemblies. We also have our annual Easter Service on Thursday April 10th at 2pm at the church which is followed by the FOK Easter Egg hunt back at school which I hope you will be able to attend.

This week we welcomed Mrs. Davis to school. Mrs. Davis has been appointed as a Learning Support Assistant (LSA) to work across the school in most classes and to help with lunchtime supervision. After Easter, Mrs. Lodge will also join our team again working as an LSA across the school and a lunchtime Supervisor. Mrs. Lodge will also be working alongside Mrs. Craven and Miss Reid at our increasingly popular Afterschool club. With the addition of extra adults to our team it means we will be able to extend our curriculum offer by reinstating our lunchtime clubs which will be exciting for the children as they have missed them. We are also hoping to achieve a 'Happy Lunchtimes Award' next term ... watch this space!

I want to take this opportunity to wish all the families here at Kilby a Happy Easter and thank you for your continued support.

Miss Hartshorne



Seedlings

Seedlings have had a super busy, and fun few weeks. Our first mini topic after half term was 'Pets and Vets'. We loved talking about our own pets, or pets we would like to have and learning all about how different pets are cared for. We really enjoyed the stories all about Hairy Maclary and read them over and over again! We loved our veterinary surgery role play area and became very good at making appointments for poorly animals and using our medical equipment to help them to recover!

During the last few weeks we have been busy learning all about Spring time and observing the wonderful changes that are happening outside. We have noticed the change in weather and become experts at spotting different spring flowers. We have also helped to do some planting in Oak class garden and are looking forward to seeing our potato and carrot plants grow!



Oak



Oak class have had a busy few weeks... here are a few of our highlights...

- We celebrated British Science Week by thinking of questions we wanted to find answers to then carrying out our own experiments. We investigated magnets, colour mixing and seed growth.
- As part of our Spring topic, we went on a local walk and found the lambs with their mothers. We loved seeing them leap around having fun!
- This week, Mrs. Graves' daughter visited us and helped us listen for high, middle and low pitch. She also introduced us to the flute and played a beautiful piece from Beauty and the Beast.



Willow

- ▶ Willow class have been learning all about computer algorithms in computing.
- ▶ We have been learning how to code our beebot robots using forwards, backwards, left and right.
- ▶ We had a brilliant trip to the Leicester Botanic Gardens Arboretum on the 27th. We learnt all about different types of trees, did leaf and bark rubbings, went mini beast hunting and pond dipping!
- ▶ In science, we have been observing beans germinating in our class science experiment and observing how sunflowers grow.



Oak and Willow Trip to the Botanic Gardens Arboretum.

- ▶ On Thursday 27th March both Oak and Willow classes went to the arboretum in Leicester.
- ▶ We had such an exciting day. In the morning, we identified types of trees by looking at their leaves, bark and seeds. We then made a passport for a tree by taking bark and leaf rubbings, measuring and drawing the tree.
- ▶ In the afternoon, we went pond dipping and found frogspawn and lots of other pond critters. We then explored the woodlands, under rocks, in flowerbeds and in the trees themselves to find all sorts of mini beasts.



Maple

Maple class have had a busy few weeks.

In music, we have been learning about pitch. In small groups, we composed our own piece of music using percussion instruments; a glockenspiel or xylophone to represent fish swimming calmly. This also links nicely to our science unit '**changing sound**' where we learnt how sound waves travel through solids, liquids and gases.

In computing, we have been learning how to use data loggers in an app to collect data over time such as temperature, sound, pitch and volume.

In French, we have been learning about places in France and the weather.

In Maths, we have completed our multiplication, division and geometry units and are now starting area, length and perimeter. In literacy the children have made huge progress on their writing, spelling, punctuation and grammar. Their recent story writing exceeded our expectations.

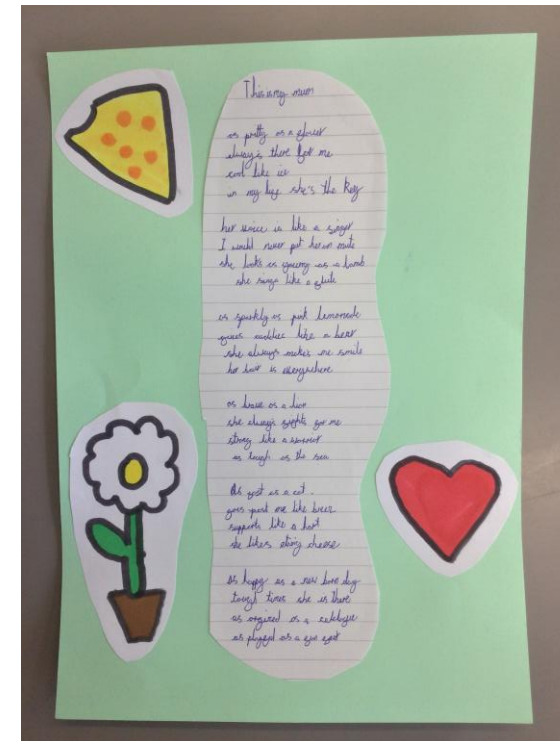
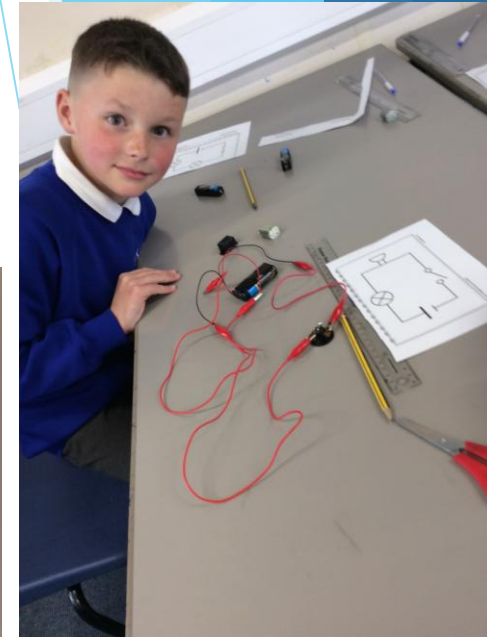
In design technology, the children are starting to plan how to make a model greenhouse to set criteria.

And finally, we have been learning the skills and knowledge necessary for tag rugby and yoga which they are all enjoying immensely.

Mrs. Connell and Mrs. Fielding.

Rowan

- ▶ We have been learning about how to make narrative writing grip the reader through studying *The Alchemist's Letter*, a story about a machine that turns the owner's memories into gold. The more vivid the memory, the more gold it produces... Children have used devices such as similes, metaphors and pathetic fallacy to write excellent descriptive pieces. We also used similes and metaphors in our Mothers' Day poems; we hoped you liked them, Mums!
- ▶ In Maths, we have learnt how to calculate perimeter, area and volume, including the area of triangles. Tricky stuff!
- ▶ In Science, we are enjoying learning about how electrical circuits work: how to make the motors turn, the bulbs light up and the lovely-sounding buzzers buzz...
- ▶ In Yoga, we have worked in groups to create our own 'flow' using poses taught, including: Elephant, Moon, Reindeer, Stick Insect and Aeroplane.



TAG Rugby

- ▶ A group of Year 3/4 children took part in the 'Mega Rugby Fest' at Vipers Rugby Club earlier in the month.
- ▶ They took part in some drill exercises, then played some small team matches against other schools.
- ▶ The children had a great time, were competitive and sporting, and behaved impeccably as ever, being excellent ambassadors for our school. Well done, boys: Alyan, Alby, Theo, Misha, Enzo, David & Kai.
- ▶ Thank You to parents and carers for supporting this event.



Move It March!

- ▶ For Move It March, we welcomed Active Anita to school to help us think about being more active.
- ▶ We hope that the children are continuing to Move It in March! They will be keeping track of their physical activity throughout the month; we will find out who is the most active class at the end of the month!



School Council

In 2023, the school council were given the opportunity to work with Mr. Pausey who is a member of the Parish Council. Enthusiastically, the children created a survey for the parents and carers to voice their thoughts and opinions about the park in Kilby. The responses were collated and given to Mr. Pausey.



Almost two years later, The Parish council are pleased to announce that they have been awarded a grant of approx. £20,000 from 'The National Lottery' to refurbish the park area in Kilby. Works will begin in the summer.

This is fantastic news. Thank you to Edie, Amber, Ben, Albie and Teddy as you shone through as 'agents of change'.

Children and Young People are integral to building a fairer and more sustainable world for everyone. Courageous Advocacy equips them with the skills, tools, confidence, and opportunity to speak up and take action on issues of justice. Courageous Advocacy is an integral part of the Church of England Education Office's vision for education.



The present school council (pictured right), are working as agents of change on their own agenda, more details to follow.

WELCOME TO SQUIRREL LODGE



A BIG thank you to Eric Wright Carpets for donating the new carpet in our mindfulness area, a safe space for all children to learn, grow and be happy... we hope you love it as much as we do!

World Book Day 2025!

This has to be one of our favourite days at Kilby - when we get to celebrate our love of reading!

As always, all the children (with thanks to parents!) showed off their great creativity through such an array of wonderful outfits.

We were delighted at the great turn out from parents who then spent time in the classrooms sharing books with the children.

A special thanks goes to our guest judge, Igor, who supported Mrs. Turner in the impossibly difficult job of awarding prizes for the amazing and creative costumes.

They found it so hard to choose!

Well done everyone!



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 up to 21st March by year group.

Foundation Stage - 94.9%

Year 1 - 96.2%

Year 2 - 95.8%

Year 3 - 94.4%

Year 4 - 95.5%

Year 5 - 95.2%

Year 6 - 97.0%

Well done everyone - most year groups have met the target. Congratulations to Year 6 who have exceeded it!

E Safety

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



www.nationalonlinesafety.com

Twitter - @natonlinesafety

Facebook - /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

What Parents & Carers Need to Know about INFLUENCERS

In today's digital age, social media influencers play an increasingly significant role in shaping the opinions, interests and behaviours of our children. While many of these individuals can have a positive effect, influencer culture can also present certain risks – such as encouraging consumerism, affecting self-esteem and blurring trustworthiness. To help ensure a safe online environment for young people, it's vital to maintain open communication, set sensible boundaries, promote a healthy self-image and teach digital media literacy. Our guide delves deeper into all of these.

WHAT ARE THE RISKS?

HEIGHTENED CONSUMERISM

A major way that influencers make money is through brand partnerships and sponsored content. As a result, children who follow them may be exposed to a steady stream of advertising; this can lead to materialistic attitudes, unrealistic expectations and an increased desire to have the latest products. Many influencers have built huge social media followings around their large, impressionable following.

THE SOFT SELL

Some influencers aren't always transparent about the motivations behind their posts, blurring the lines between genuine recommendations and paid-for promotions – and young people sometimes find it difficult to distinguish authentic content from advertising. Many major social platforms have taken steps to make sponsored content and ads easier to identify, but it remains an area of concern.

PRIVACY CONCERNS

Inspired by their favourite influencers, children may start sharing more of their own lives online – which could reveal personal information or details about their daily routine. This openness can put them at risk of cyberbullying or even predatory behaviour. This is exacerbated by live streaming, which gives young people no time to consider the potential consequences of saying too much.

UNDERMINING SELF-ESTEEM

Many influencers share images and videos of themselves and their activities, which are often painstakingly curated and edited to present an idealised version of their life. Children who follow these influencers may develop distorted expectations about body image and the concept of beauty, which can potentially lead to negative self-esteem and even mental health issues.



Advice for Parents & Carers

KEEP TALKING

Chat to your child about the content they consume on social media and the influencers that they like. Encourage them to think critically about what they see and hear online, and listen to any concerns they might have. Maintaining this line of open, honest communication can help your child to make informed decisions about which individuals they follow and what content they engage with.

SUPPORT A HEALTHY SELF-IMAGE

Reinforce your child's awareness that real life isn't usually as picture perfect as it may appear on social media – and how some content (particularly that of influencers) is often curated, staged or edited to look more glamorous. If possible, highlight examples of other influencers who share authentic, relatable material which acknowledges their imperfections and struggles as well.

SET SOME BOUNDARIES

Agree age-appropriate boundaries for your child's social media use, including time limits and privacy settings. (The two major operating systems on mobile devices, Android and iOS, have these controls baked in). Try to keep an eye on your child's online activity and discuss it regularly with them – including reminding them of the potential risks that can arise from following influencers.

PROMOTE MEDIA LITERACY

Talk to your child about the concepts of sponsored content, advertising and potential influencer bias. Teach them to critically evaluate the information they're presented with online and to consider the possible reasons behind content creation. This can help young people develop the skills to make healthier decisions about the influencers they choose to follow and the content they consume.

Meet Our Expert

A former teacher of digital learning and currently a security specialist and UK's leading mobile programme analyst, Tom is a former member of the UK's leading digital forensics team. He has the experience of children, staff and parents – and which strategies help to ensure that the online world remains a fun, educational tool rather than a minefield of risks.





SLEEP & MINDFULNESS

Newsletter

MARCH 2025

THE IMPORTANCE OF SLEEP

Sleep is an essential function, it allows your body and mind to recharge, leaving you refreshed and alert when you wake up. Good sleep improves your brain performance, mood and overall health. Sleep is as important as a balanced diet, regular exercise and even breathing!



Did you know? zzz

Children 6 to 12 years need 9 to 12 hours sleep
Teenagers 13 to 18 years need 8 to 10 hours sleep

Source NHS Foundation Trust

COMMON SLEEP PROBLEMS

- Fear/Anxiety
- Night Time Wetting
- Sensory Issues
- Self-Settling
- Changes in routine
- Feeling hungry or thirsty
- Discomfort

The Sleep Charity have more information on common sleep problems in children. [Click here](#)



TIPS FOR A GREAT NIGHT'S SLEEP!

- A consistent bedtime routine is important as it teaches your child what to expect in the time leading up to bedtime.
- All electronic devices should be turned off at least one hour before bedtime this includes T.V, computers, games consoles and mobile phones.
- Help them to become involved in a quiet, relaxing activity such as colouring/drawing or building a jigsaw in the lead up to bedtime.
- Baths are helpful but only if your child finds them relaxing. Ideally a bath should take place at least 30 minutes before bedtime.
- The bedtime routine should last about 20- 30 minutes and have an end-point which your child will know means it is time to go to sleep, such as turning out the light and saying goodnight and leaving the room. Source: The Sleep Charity



The Sleep Charity has lots more tips & advice on bedtime routines, visit the website here!

Mindfulness

Mindfulness is important for children for several reasons, as it can have a positive impact on their emotional, mental, and physical well-being.



Mindfulness helps children become more aware of their emotions and how to manage them. It teaches them to pause, recognise what they're feeling, and respond in a calm and controlled way, rather than reacting impulsively.

Children can experience stress, even at a young age. Mindfulness techniques, like deep breathing or focusing on the present moment, can reduce anxiety and help children feel more grounded and calm.

Practicing mindfulness helps children improve their concentration by training them to focus on one thing at a time, which can enhance their learning and academic performance.

Advice & Support

There are a number of services and organisations that can offer advice, support and guidance on all areas of mindfulness for children and young people. Click on the logos to head straight to their websites!



Key Dates

- INTERNATIONAL WOMEN'S DAY - 8TH MARCH
- WORLD SLEEP DAY - 24TH MARCH
- NUTRITION & HYDRATION WEEK - 17-23RD MARCH
- WORLD ORAL HEALTH DAY - 20TH MARCH

5 ways to Wellbeing



Find out more here!



LET'S GET SOCIAL!



Health | Well-being | School Sport | PE | 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

NHS  **World Oral Health Day**
20 March

World Oral Health Day promotes global awareness of oral hygiene and dental health. For more support and information on how to keep your children's teeth healthy, click [here](#).

South Leicester Youth Hockey

GROWING YOUTH PARTICIPATION IN HOCKEY

JOIN US:

- 11-13 YEARS
- 14-16 YEARS
- 17-19 YEARS
- AMASSADOR SCHEME

REGISTER NOW
£70 PER TERM (5 WEEKS)
through a mixture of club and online

AMBASSADORS:

DAVID CONDON
GREAT BRITAIN AND IRELAND
"I really wanted to see South Leicester as a potential ambassador because I can give my experience and advice to help other clubs and players."

KERRY WILLIAMS
GREAT BRITAIN AND IRELAND
"I really wanted to see South Leicester as a potential ambassador because I can give my experience and advice to help other clubs and players."

ROHAN BHEEM
GREAT BRITAIN AND IRELAND
"I really wanted to see South Leicester as a potential ambassador because I can give my experience and advice to help other clubs and players."

OUR WEBSITE: [SLEY.HOCKEY](#)



"Move It March" is running across our South Leicestershire schools, with the aim of encouraging children to become more physically active and increase the number of children achieving the recommended guidelines of at least 60 minutes of exercise every day. Being physically active has many benefits for your child; it helps keep them fit and healthy, can increase concentration levels in class, can support mental wellbeing and promotes healthy lifelong behaviours. The programme runs until Monday 31st March.

NHS

Leicester, Leicestershire and Rutland

To find information on Walk-in vaccinations for flu, COVID, RSV, MMR, and pertussis (whooping cough) Click [here!](#)

Happy Birthday from Kilby!

March Birthdays

- ▶ Eliana
- ▶ Alijah
- ▶ Ben
- ▶ Eden
- ▶ Poppy M



Diary Dates

- ▶ Thursday 10th April 2pm - Church Easter Service
- ▶ FOK Easter Egg hunt 3:30pm
- ▶ Friday 11th April - Class photos
- ▶ EASTER HOLIDAYS - 14th - 25th April
- ▶ Monday 5th May - School Closed for May Day
- ▶ **SATs Week - 12th -16th May - ALL CHILDREN MUST BE IN SCHOOL**
- ▶ HALF TERM - 26th - 30th May

