



Hello,

What a gloriously sunny week we have had. There has been lots of fun happening in the sun, with children taking their DEAR (Drop Everything And Read) time outside and using their creativity during play times. You can see all of these wonderful things on our X (formerly known as Twitter) page.

The EYFS children, Hawkins Class and Bloomfield Class, had a wonderful time at the farm this week. The general consensus seems to be that the pigs were the best animals there, closely followed by the guinea pigs! I wonder if Peppa has something to do with that?!

A reminder that the Movie Night is happening next week. If your child in Y1-6 would like to attend, then please do so on the MCAS app.

Next week is **Mental Health Awareness week**. The theme this year is 'Movement – Moving more for our mental health'.

The children will be looking at this in school and perhaps you could take some time with your friends and family and enjoy some quality time outside.

[Mental Health Awareness Week | Mental Health Foundation](#)

Have a great weekend, enjoy the sunshine and see you next week.

Miss Rebecca Smith.



MOVIE NIGHT *It's on the 16th*
MAY

Starts at 5:00

TICKET £2.50
Tickets cost £2.50 and they include **POPCORN AND JUICE**

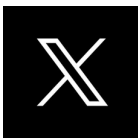
PURCHASE YOUR TICKETS ON THE MYCHILD AT SCHOOL APP!

CHICKEN RUN DAWN OF THE NUGGET
WE ARE WATCHING CHICKEN RUN DAWN OF THE NUGGET

YOU MAY BRING: A blanket, Snacks, Pillow/cushion



Search: KnightonTMET <https://twitter.com/knightontmet>



Please make sure that you follow us on X, formerly known as Twitter, to keep up to date with news and events but also see what your children are up to whilst in school!

Enquiries: office@knighton-tmet.uk



Date: 10.05.24

Issue: 30

Principal: Miss Rebecca Smith



Monday 13th May – KS2 SATs week begins

Gates open from 8:15am for Y6 breakfast.

Tuesday 21st May – Year 5 assembly

(parents to come to the main office at 9:00)

21st – 22nd May – Y6 London Residential

Friday 24th May – ‘wear green for the eco team’ non-uniform day

Friday 24th May – school closes for May half term

Monday 3rd June – school reopens to children

Attendance



A huge congratulations goes to Macaulay Class & Richmond Class this week for amazing attendance and to Sheridan Class for excellent punctuality this week, Well done!

Please remember that gates open at **8.40am** and children must be in class by **8.50am**.

Please keep up your hard work with your attendance and punctuality. Many thanks.

Miss Key.

Class	Attendance %
Bloomfield	91%
Macaulay	97.7%
Lansdowne	95%
Richmond	97.7%
Hughenden	90%
Lothair	91.6%
Sheridan	88.3%
Whole School Attendance	92.5%

Congratulations to our badge winners this week:

Bloomfield
Noah. R – Green

Hughenden
Sebastian - Bronze
Sumayyah - Bronze
Anika – 2nd round red
Ava – 2nd round red
Kaya – 2nd round green
Alfie – 2nd round green
Amelia – 2nd round green
Rayan - Green
Mia – Green merit
Millie – 2nd round yellow
Eloise – 2nd round yellow
Evie – 2nd round yellow

Lothair
Sofia – Gold
Layla – 2nd yellow
Samanta – Green
Max – 2nd Blue

Sheridan
Mikolaj – 2nd Bronze star
Evelyn – 2nd Blue merit
Brooke – 2nd Blue merit
Amelia – 2nd Blue merit
Cameron – 2nd Red merit
Bliss – 2nd Bronze star
Farhang – 2nd Red merit
Reminae – 2nd Silver star
Ziwa – 2nd Blue merit
Jahkayle – 2nd Bronze star
Serghei – 2nd Bronze star
Olivia – 2nd Red merit

Zahra – 2nd Gold star
Anaiya – 2nd Gold star



Character muscle of the week

Resilience:

The ability to recover after difficulties and to try again.



Primary Leadership Team #collaboration #community



Movie Night.

When: Thursday 16th May @ 5:00pm

Where: school hall

What: Chicken Run 2: Dawn of the Nugget

Price: £2.50 – tickets available on MCAS

Extra info: juice and popcorn provided. Bring your own pillow/cushion/blanket and snacks if you wish. (No nuts)



MAINS

Loaded Beef Nachos or
Loaded Veggie Nachos

Or

Jacket Potato with choice of fillings

SIDES

Sweetcorn Salad

DESSERT

Chocolate Raspberry Slice

Thursday 16th May 2024

Uniform.

You can purchase uniform from any supermarket, or you can purchase uniform with and without our logo on from Uniform Direct, details below.

Address – 54-56 Humberstone Gate, Leicester. LE1 3PJ

Online link – [Knighton Mead Primary Academy \(uniform-direct.com\)](http://knightonmeadprimaryacademy.uniform-direct.com)



Uniform	Dark grey trousers Dark grey shorts Dark grey skirt Grey or black leggings (must be worn with a long top) Dark grey pinafore dress Red gingham dress Grey, white, red or black plain tights White polo shirt (either with or without school logo) Red sweatshirt (either with or without school logo) Plain black trainers (no logos) Plain black shoes
Bags	Book Bag (with or without the school logo) School PE kit (with or without the school logo)
PE Kit	Black joggers Black shorts Plain red T shirt Black plimsolls or trainers of any colour
Jewellery	Plain stud earrings Robust watch (optional) No other jewellery should be worn. Plain headbands to keep hair tidy may be worn
Headscarves (Optional)	Plain black or white or red Headscarves should be tight fitting or removed during <u>PE</u> lessons for Health and Safety reasons





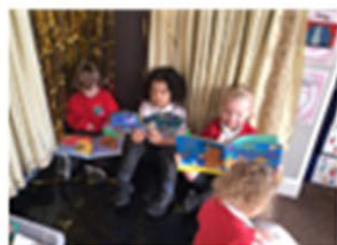
KNIGHTON MEAD
PRIMARY ACADEMY



Was your child born between
1st September 2020 – 31st August 2021?

We have part-time Nursery places for 3-4
year olds available to begin in September
2024.

Visit the school office to find out more or
call 0116 2330666 to make an appointment.



CCOZ (Community Chill Out Zone)

CCOZ workshops are free mental health and wellbeing workshops that are delivered by Relate practitioners to children and young people in schools and community venues.

We begin the workshop with an introduction to the brain so that young people are able to understand how their brains work when they become anxious, angry and stressed.

We introduce 2 parts of the brain that at Relate, we call the Wise Owl (Pre-frontal Cortex) and the Guard Dog (Amygdala).

We call the Pre-frontal Cortex the Wise Owl because it is the logical, thinking part of the brain. We call the Amygdala the Guard Dog because it is always on the look out for danger and perceives whether we're safe or unsafe.



WISE OWL



GUARD DOG

We explain that we will know when our Wise Owl part of our brain is in control because we can feel calm and safe. When the Guard Dog part of the brain is in control we can feel scared, angry and unsafe.

When the Guard Dog part of our brain believes that we are in danger, it sends out an alert. This alert comes from our brain and goes to the rest of our bodies too.

This can cause lots of uncomfortable feelings in our bodies. We call these physical symptoms, 'early warning signs', because it is our bodies way of warning us and getting us prepared, just in case we are not safe. Some early warning signs include:

- Heart beating faster
- Breathing quickly
- Feeling sick/butterflies
- Shaking
- Feeling hot/cold
- Headaches/feeling dizzy

If we can become aware of what we are feeling, as early as possible, we can calm ourselves down so that the Guard Dog part of the brain knows that everything is okay, our Wise Owl can take control again and we can feel calmer and safer.

To discuss Relate's counselling services you can contact us on:
0116 254 3011
reception@rlr.org.uk

Often, when we feel anxious, we breathe fast, short and sharp breaths. Breathing in this way can make us feel worse. This is why slowing our breathing, and taking deep, full breaths can help to reduce our anxiety symptoms.

In the workshop, we introduce belly breathing. To practise at home, all you need to do is imagine there is a balloon inside of your belly. When you breathe in, slowly through your nose, the air goes into your belly and fills the balloon up with air, so your belly pushes all the way out. When you breathe out, slowly through your mouth, you are letting all of the air out of the balloon, so your belly goes back to where it started.



Another way to regulate your breathing is by hand breathing. You should still do belly breathing whilst doing hand breathing. To practise hand breathing, you trace around your hand with a finger from the other hand whilst you inhale and exhale.



Each child has made a 'happiness box'. They have decorated it with the things that make them feel happy and calm. The idea of their happiness box is to fill it with things that will promote emotional resilience as well as reduce low mood, anxiousness and anger.

Examples of things to put in a happiness box:

