

Friday, 18th October
2024

Kingsfield's



NEWSLETTER



A message from Mrs Hodson...

We have had another fantastic, jam packed week at Kingsfield. Our Year 4 children were excellent role models at the Tag Rugby tournament at Woodhouse on Tuesday, showing great team work and sportsmanship.

We have also had our information meetings for our upcoming Year 4 Standon Bowers residential. We hope you found the meeting useful, the presentation is on our website if you were unable to attend.

We would like to say a huge thank you to Mrs Cliffe for organising our Scholastic Book Fair and for everyone that has attended. The money spent has meant that we have £484.80 to spend on books for our library-AMAZING!

We hope you all have a lovely weekend, from Mrs Hodson, Ozzy, Elvis and all at Team Kingsfield.

PS just a reminder that our last day of the term is on THURSDAY next week.

Next Week...

Monday	Y4 Bikeability 2.30pm PTFA meeting
Tuesday	Super Squirrels Swimming -1 Nursery Phonics Workshop 2pm or 5.30pm
Wednesday	Harvest Assembly 10.30am Reception Open day Y1 Phonics Workshop 2pm
Thursday	Fantastic Foxes Forest School-3
Friday	SCHOOL CLOSED

This Week's
Winners is:
Fantastic Foxes

Class	Attendance
Brilliant Butterflies	95.59%
Busy Bees	97.79%
Charming Cheetahs	96.24%
Perfect Panthers	97.66%
Learning Lions	97.8%
Super Squirrels	96.77%
Fantastic Foxes	99.03%
Wise Owls	97.23%

School Policies Update

As part of our annual policy reflection cycle, we have had the below policies ratified by our School Governors. These policies are now live on our website and we would like to invite you to read through the changes that have been made-please contact the school office if you would like more information.

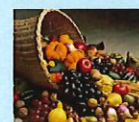
[Kingsfield-ECT-Policy-2024-1.docx \(live.com\)](#)

[Kingsfield-Pupil-Premium-Policy-2024.docx \(live.com\)](#)

[Kingsfield-First-School-Child-Protection-Safeguarding-Policy-2024-2025.doc](#)

Next week
we are on
week 2 of
our lunch
menu

On Wednesday, 23rd October we will be having our Harvest Assembly in school. We would like to ask for donations of food for our local food bank to support families in our local area.



School Matters!



Our whole school attendance target is 96%.
This week, our school attendance was: 97.29%



Rewards and Celebrations



- Clever Caterpillars - Orla G
- Brilliant Butterflies - Indie
- Busy Bees - Darcie
- Charming Cheetahs - Rosie
- Perfect Panthers - Evie
- Learning Lions - Harry J
- Super Squirrels - Charlie
- Fantastic Foxes - Teddy
- Wise Owls - Evelyn

- Clever Caterpillars - Tommy J
- Brilliant Butterflies - George
- Busy Bees - Joseff
- Charming Cheetahs - Lydia B
- Perfect Panthers - Fletcher
- Learning Lions - Harry S
- Super Squirrels - Layla T
- Fantastic Foxes - Mason
- Wise Owls - Poppy

- Clever Caterpillars - Rhys S
- Brilliant Butterflies - Isla
- Busy Bees - Henry
- Charming Cheetahs - Joshua
- Perfect Panthers - Courtney
- Learning Lions - Rebecca
- Super Squirrels - Iris G
- Fantastic Foxes - Pippa
- Wise Owls - Beau

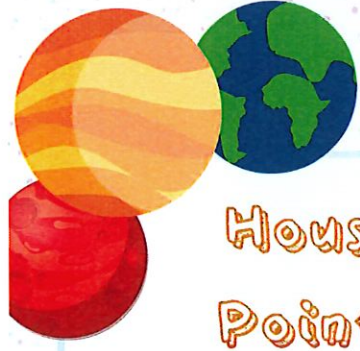


Other Celebrations....

Well done to Charlie who has won a medal for a football competition and also for his football team

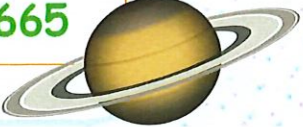
Well done to Isabelle who has received a swimming star certificate

Please send an email to office.kng@cfiptrust.co.uk if you would like to share any of your child's outside of school achievements.



House Points

Mars	628
Earth	698
Saturn	498
Jupiter	665





Noticeboard...



SKILLS FOR LIFE Multiply **FREE Multiply First Aid courses** FOUNDATION

Why not... Brush up on your maths skills while completing one of our FREE first aid courses.

Baby First Awareness 2 hr course.
Emergency First Aid at work 1 and 3 day courses.
Paediatric First Aid 1 day course.

Whether you are a new parent or need a course for work, we can help. Contact us today.



COURSE DATES:
MULTIPLY BABY FIRST AID
 WEDNESDAY 23RD OCTOBER OR
 WEDNESDAY 30TH OCTOBER
 TIME: 9:30-11:30

MULTIPLY EMERGENCY FIRST AID AT WORK. 1 DAY COURSE
 THURSDAY 7TH NOVEMBER OR
 THURSDAY 12TH DECEMBER
 TIME: 9:30-4:00

MULTIPLY PAEDIATRIC FIRST AID 1 DAY.
 THURSDAY 14TH NOVEMBER
 TIME: 9:30-4:00

Venue:
 Staffordshire Moorlands
 Family Hub, Albert Street,
 STB 6DT

To book:
 Just call: 01782 297970
 Email:
 familyhubadminmoorlands
 @staffordshire.gov.uk
 or...Book at reception.

COURSES DELIVERED BY PORT VALE VC FOUNDATION



KINGSFIELD FIRST SCHOOL, BIDDULPH
MULTI SPORTS HOLIDAY CLUBS

Come and join us for some sports, games and activities from **October 28 - November 01**. Our action-packed program gives children the chance to remain active, develop skills and make new friends within a safe and secure program. We provide an environment where everyone is challenged and enjoys themselves.

TEAM SPORTS 	ALTERNATIVE SPORTS 	MULTI SPORTS 	ENRICHMENT ACTIVITIES 
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Alongside our regular timetable we will be offering some fantastic additional **FREE** activities within our Booster program. Please see our schedule of events on our MyASM booking portal.

Ofsted Registered

We accept payment of childcare vouchers from most schemes. Applies at selected venues

BUG CLUB
INFLATABLES
MUSICAL MAYHEM
PUMPKIN CARVING
MONSTER MASH (DISCO/PARTY)
BRING A BIKE & SCOOT SKILLS

From **£25.00** per day



Half-Day & Wrap-Around options available
Book now at asmports.co.uk
 call: 01782 366332 Email: info@asmports.co.uk

We currently have a vacancy for a lunchtime supervisor.

The position is term time only for 1 hour per day with an hourly rate of £11.79 (Grade 2 Scale point 3)

If you are interested or know someone who may be, then please call the school office on 01782 973800 for an application pack.

This school is committed to safeguarding and promoting the welfare of children and young people / vulnerable adults and expect all staff and volunteers to share this commitment.

This position is subject to a criminal records check from the Disclosure and Barring Service (formerly CRB) which will require you to disclose details of all unspent and unfiltered spent reprimands, formal warnings, cautions and convictions in your application form.

It is an offence to apply for this position if you are barred from engaging in regulated activity.

October is
walk
into school
MONTH

Get involved and get active by pledging to walk to school at least once a week throughout October.



air aware
 Staffordshire

Walking to school is great for your mental and physical health and also helps the environment!

Discover more at staffordshire.gov.uk/activeschooltravel

Staffordshire County Council

0300 111 8000



This week our spotlight is on...



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night. It's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals filling them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.



6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up the military sleep method: it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



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