



Hello,

First of all, we would like to say a huge thank you to everyone that supported the **Macmillan Coffee Morning** through donations of food, attending the event and supporting the 'Wear Green' day. A huge **£705** was raised for this incredibly worthwhile charity.

As you know, we pay a subscription to **Times Tables Rock Stars**. In the past, children have benefitted from this as it has supported their maths fluency and times table knowledge. Unfortunately, not many children are logging on at home and using this fantastic resource. All children have their log in details and we ask that you encourage them to log on at home and develop their maths skills. To raise the profile of TTRS, we are having a **Rock Star Cross Trust Battle on Thursday 12<sup>th</sup> October** and are encouraging children to come in dressed as Rock Stars.



It's that time of year again! **The Autumn School Disco is on Wednesday 25<sup>th</sup> October**. Years 1,2 & 3 time is 3.15pm-4.15pm. Years 4,5 & 6 time is 4.30pm-5.30pm. The price is £2 for entry plus a drink, crisps and a chocolate biscuit bar. We look forward to welcoming lots of children to the event. Years 1,2&3 will need to be collected from the KS1 playground via Thackeray Street. Years 4,5&6 pupils will need to be dropped off and collected on the KS2 playground via the Sheridan Street gate. You can now book and pay on MCAS app. You can find this in the club section on the App, click on Autumn Disco and then you need to enrol by 12pm Monday 23<sup>rd</sup> October.

Tuesday 10<sup>th</sup> October is **World Mental Health day**. We will be working with the children to discuss this year's theme of 'Mental Health is a universal human right..' Making sure you look after your mental health is just as important as looking after your physical health. Here are some suggestions that everyone can try, to help manage stress and look after your mind.

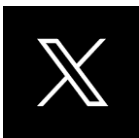
- *Spend time with or in nature. You may go to a local park, find a tree-lined street to travel down; visit a nature reserve or go to an allotment or garden. Spending time in natural surroundings or with animals is proven to reduce feelings of stress and anxiety and improve your mood.*
- *Practise meditation or mindfulness to find calm and restore. There are lots of ways to inc your day — you can take time to focus on your breathing or try out mindfulness colouring*
- *A few times a week, take time to move. Mind and body are one; so, whether it's going to swimming or attending a yoga class, movement is a great way to de-stress, increase feel-good hormones and improve your overall health.*
- *Have a digital detox. Phones and social media can cause us to feel anxiety and pressure. Taking some time away from technology, whether it's short breaks away from your phone or a day when you limit all technology, can be really helpful for reducing stress and worry.*
- *Talk it out. If you're ever worried about your mental health or start to feel like you're becoming stressed or anxious, talking to someone you trust, such as a friend or family member, is a great way to calm yourself down and look after yourself.*



If you try an activity from the ideas above, we would love to hear about it. You could always share it on X and tag us in @knightontmet. Have a fabulous weekend.

Miss Rebecca Smith.

**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](mailto:office@knighton-tmet.uk)**



**Date: 06.10.23**

**Issue: 06**

**Principal: Miss Rebecca Smith**



**Wednesday 11th & Thursday 12th**

**October**—Parents' Evening.

**Thursday 12<sup>th</sup> October** – TTRS Day – dress as a rock star

**Friday 13th October** - end of the first half term

**Mon 16th Oct - Fri 20th Oct** - HALF TERM

**Monday 23rd October** - school reopens

**Wednesday 25th October** - Autumn Discos

**Monday 20th November** - inset day

**Thursday 21<sup>st</sup> December** – Carol service at Church of the Nativity

**Thursday 21<sup>st</sup> December** – end of term

**Friday 22<sup>nd</sup> December – Tuesday 9<sup>th</sup> January**  
– CHRISTMAS HOLIDAYS

**Attendance**



A huge congratulation goes to Lothair class with amazing attendance this week. They win their 2nd house for the attendance reward chart. Congratulations also goes to Hughenden class with the best punctuality this week and least number of late marks. Please remember that the school gates open at **8.40am** and everyone needs to be in school on time and ready to learn. Please call the office everyday your child is absent.

Many thanks and best wishes,  
Mrs Edwards

Class	% Attendance
Bloomfield	91.5%
Macaulay	95.8%
Lansdowne	96%
Richmond	87.5%
Hughenden	94.8%
Lothair	97%
Sheridan	91.2%
Whole School Attendance	93.4%

Congratulations to the following children for achieving badges this week:

**Hughenden**

- Jenson - Silver
- Neve - Silver
- Isaac. H - Silver
- Louie - Silver
- Charlie - Silver
- Issac - Silver
- Alfie - Silver
- Blayne – Silver

**Lothair**

- Amelia – Silver
- Benji – Silver
- Casey – Red
- Rocco – Bronze
- Rosie – Silver

**Sheridan**

- Alia – Red merit
- Jahkayle – Red merit
- Olivia – Green merit



**Character muscle of the week Empathy:**

To be able to understand other people's feelings and find the best way to help or comfort them when they need it. To be a good friend.



**Primary Leadership Team #collaboration #community**

**Harvest**

A reminder that we are collecting food for the Salvation Army foodbank.

If you can make a donation, then please do so before Thursday 12<sup>th</sup> October.

Thank you.

