



Hello,

We started the week with the wonderful Y4 assembly on their learning about Romans. It was fantastic to see the children demonstrating such confidence and enthusiasm and sharing their wonderful learning with us. A huge thank you to the Year 4 team and children for this - I am not sure whether I agree that Romans should rule Knighton Mead though!

As part of their regular safeguarding agenda item, the Primary Leadership Team have been learning about the importance of consent and sharing this information with their classes. This link was shared with classes to support understanding: [consent for kids \(youtube.com\)](https://www.youtube.com/watch?v=...)

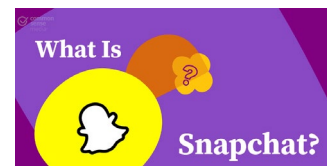
Please find a useful link to an information page about the social media app Snapchat. The recommended age for this app is 13 but we know that many of our children have access to and use it. We have been learning about social media in Computing lessons and this information page may give you further clarity and guidance on the app. [Parents' Ultimate Guide to Snapchat | Common Sense Media](https://www.common.sense.media.org/en/parents/ultimate-guide-to-snapchat/)



Respecting neighbours

We have been out enjoying the sunshine this week and lets hope that we have a sunny bank holiday weekend.

Have a great weekend and see you on Tuesday.  
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: 03.05.24**

**Issue: 29**

**Principal: Miss Rebecca Smith**



**Wednesday 8<sup>th</sup> May** – EYFS trip to the farm.  
**Monday 13<sup>th</sup> May** – KS2 SATs week begins  
**Tuesday 21<sup>st</sup> May** – Year 5 assembly  
 (parents to come to the main office at 9:00)  
**21<sup>st</sup> – 22<sup>nd</sup> May** – Y6 London Residential  
**Friday 24<sup>th</sup> May** – ‘wear green for the eco team’  
 non-uniform day  
**Friday 24<sup>th</sup> May** – school closes for May half  
 term  
**Monday 3<sup>rd</sup> June** – school reopens to children

## Attendance



A huge congratulations goes to Macauley Class this week for amazing attendance and to Hughenden 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	89.5%
Macauley	98.7%
Lansdowne	95%
Richmond	93.7%
Hughenden	95.2%
Lothair	90%
Sheridan	98.3%
Whole School Attendance	94.1%

### Here are our badge winners this week:

#### Lansdowne

Kyrell – Green merit  
 Leo – Green merit  
 Livja – Green merit  
 Mia – Green merit  
 Femi - Yellow  
 Jeswin - Green

#### Hughenden

Alfie – Second round green  
 Kaya – Second round green  
 Harlow – Second round green  
 Freya Leigh – Second round green  
 Louie – Second round green

#### Lothair

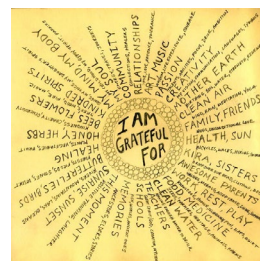
Zidan – Silver



## Character muscle of the week

### Gratitude:

Being thankful and showing appreciation.



### Primary Leadership Team #collaboration #community

Wear Green for the Eco Team –  
non-uniform day.



When – Friday **May 24<sup>th</sup> 2024**

Why - to raise money to buy t-shirts for the Eco Warriors and to raise awareness of how we can support the environment.

What – you can wear something green (if you have it) and bring in a suggested donation of £1

Thank you, The Primary Leadership Team 😊

## 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)

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



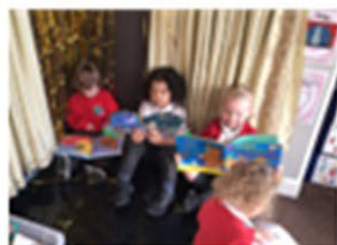
**KNIGHTON MEAD**  
PRIMARY ACADEMY



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:

