



Weekly Newsletter

FRIDAY 13th OCTOBER 2023

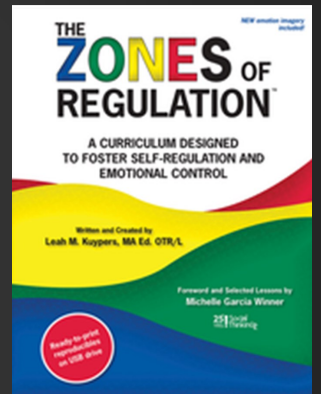
Loving Learning Together



Latest News

Dear Parents and Carers,

Children at Knotty Ash have had a lovely week, especially learning about how to look after their emotions during World Mental Health Day. Huge thanks to Mrs O'Hanlon for organising. We used the day to launch 'Zones of Regulation' across the school, which gives children a simple way to talk about their emotions. Emotions are categorised into 4 zones, and we probably go through all of them during a day.



We're teaching the children that each zone is appropriate at different times but the GREEN zone is best for learning and there are ways we can all regulate our emotions to help us be in the right zone at the right time.

What zone am I in?

Blue Zone (Sadness)	Green Zone (Calm)	Yellow Zone (Alertness)	Red Zone (Aggression)
sad 	calm 	silly or wiggly 	frustrated
tired 	I'm ready to work 	upset 	mad
sick 	happy 	hyper 	yelling
bored 	I'm okay 	confused 	hitting

Use tools to get in the green zone

drink of water 	count 	deep breaths 	squeeze and release 	wall push ups 	use fidgets 	draw 	write this 	talk with adults
take a break 	self talk 	take a walk 	stretch 	volcano breath 	lift something heavy 	ask for a snack 	think of a calm place 	listen to music

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October Half-Term 'Eat to Meet' programmes for children



Liverpool
City Council

Date: 12th October 2023

Dear Parent or Guardian

The October Half Term Eat 2 Meet programme starts on the 30th October and there are lots of great activities happening over the school holidays. Children and young people, from reception to age 16 (including year 11 leavers), who are eligible for benefits related free school meals, will be able to access hundreds of activities throughout the half term holidays including specific provision available for children with SEND or additional needs, at no cost. There's a great range of activities across the city including Halloween themed activities such as pumpkin carving, apple bob, halloween crafts making spooky masks, boxing, football, music, dance, cycling, cooking, podcasting, basketball, arts and crafts, drama, zumba, trips out and much more! Every day there will be a range of fabulous meals available with many schemes holding family events as well.

To find out where the nearest scheme is click on this link [October Half Term 'Eat to Meet' - Merseyside Play Action Council \(merseyplay.com\)](#) or go to <https://www.merseyplay.com> and click on the October Half Term Eat 2 Meet link.

When a parent/guardian/carer has chosen the activity/scheme they will need to contact that organisation to book a place. Each organisation will have either a telephone number, email address or online booking system. If the child has any additional needs or dietary requirements then please discuss this with the organisation when booking. There is no central booking system so please read the details of the programmes on the website and contact the providers directly.

- ☐ If you want to know how to register or how to check if your child is eligible for free school meals then please click on the link <https://www.gov.uk/apply-free-school-meals>
- ☐ You will need your national insurance number or an asylum seekers support number.

- ☐ If you are struggling with the cost of living then please click: <https://www.liverpool.gov.uk/cost-of-living/>
- ☐ If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. Click on the link to find out how to register <https://www.healthystart.nhs.uk/>
- ☐ If your child is not eligible for benefits related free school meals you may be eligible for support with childcare costs - <https://www.gov.uk/childcare-calculator>

Liverpool City Council is working with Mersey Play Action Council, the local schools, voluntary and community organisations, and childcare providers to deliver the October Half Term Eat 2 Meet programme.

The Family Information and SEND Directory also provides a wealth of useful information and support for families - [FISD](#).

Regards

Sally Dobbing

Sally Dobbing - HAF Project Manager

To find out where the nearest scheme is click on this link [October Half Term 'Eat to Meet' - Merseyside Play Action Council \(merseyplay.com\)](#) or go to <https://www.merseyplay.com> and click on the October Half Term Eat 2 Meet link.

Reminder from last week—there's loads of useful information in this...

[Liverpool Parenting Newsletter](#)

Autumn Edition Liverpool Parenting Newsletter September-November 2023 (office.com)



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Weekly tip from Helen Fisher #SignsOfARainbow #MakingMoneyMakeSense

WARM HOME DISCOUNT

The application process for this £150 discount off your electricity opens on Monday, 16th October. This discount is available to those families on means-tested benefits, or in a home with a low energy efficiency rating.

You do not need to do anything; the Government will identify those eligible households, write to them and inform their energy company to apply the discount.

If you do not receive a letter by the end of December then ring them on 0800 731 0214.

School Crossing Patrol

We're so lucky to have our very own Keith to help children and families cross over Thomas Lane.

Please help him to keep everyone safe by following the rules on the next few pages (especially crossing in front of him rather than between the cars that he's stopped.)

Can I also remind all our families not to park or wait near the crossing or on the zigzags—and please tell taxis the same message!

Liverpool City Council

School Crossing Patrol
Information for parents and drivers

Stop Means

STOP

liverpool.gov.uk/roadsafety

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Parents

Even where a School Crossing Patrol is provided, parents remain responsible for making sure their children get to school safely. Just as they do when a zebra crossing or pedestrian crossing is provided. When children arrive at the crossing point:



The Patrol will tell them to wait to the pavement and use the **STOP** sign as a barrier to prevent them from edging forward, until they are called.



The Patrol will then use the **STOP** sign to instruct traffic to stop. The Patrol may need to wait for safe gap in the traffic. **DO NOT FOLLOW THE PATROL INTO THE ROAD.**



When the traffic has stopped, the Patrol will call you to crossover. Please walk in front of the Patrol so he/she can see you.



The Patrol will remain in the centre of the road until all the children and adults have completed crossing the road.

A colorful illustration of a road scene. In the background, there is a grey building with a clock tower and two chimneys. In the foreground, there is a teal car on the left, a blue car on the right, and a white van in the bottom right. A large yellow sign with a red border is in the center, held by a yellow pole. The sign contains text about slowing down when approaching a patrol.

**PLEASE
SLOW DOWN
WHEN
APPROACHING
A PATROL**

A child struck at 20mph is more likely to survive but at 40mph they will almost certainly die.

liverpool.gov.uk/roadsafety

Drivers

When approaching a school you should reduce your speed and be prepared to stop, also be patient and considerate. School Crossing Patrols need to see and be seen. It can be difficult to see children on the pavement, especially if cars park right next to the crossing location. Children may run into the road without thinking about the traffic.

If you are a driver, remember:

- By law you **MUST** stop when signalled to do so by a Patrol displaying a Stop sign.
- Do not move forward and remain patient.
- Do not park at the School Crossing Patrol location or close to where a Patrol is working.
- Look out for signs or flashing amber lights which warn of a School Crossing Patrol ahead.
- Park with courtesy and consideration to others, observing all regulations in accordance with the Highway Code and in such a way that our children are able to enter and leave the school safely.



It is an offence under the Road Traffic Regulation Act 1984 if you do not stop when signalled to do so by a School Crossing Patrol. If you do not stop the possible penalties include:

- **A fine of up to £1000**
- **3 penalty points**
- **Disqualification**

School Crossing Patrol Signals

Sign upside down

Not ready to cross pedestrians



Sign sideways

Barrier to stop pedestrians



Sign held up high

Ready to cross pedestrians
– vehicles must be prepared to stop



Extended out

All vehicles must stop





What have we been learning? Nursery



This week in Nursery we have been getting ready for Halloween . We have been dressing up as witches, skeletons and cats . We have been singing Halloween songs about spiders and ghosts . We read Room on the Broom and have been making sentences about it with our colourful semantics cards .

We made spooky ghosts and scary spiders in the creative area .

We also continued learning about Autumn , we read Leaf Man made our own leaf man collages and leaf crowns .

In maths we have been comparing sets and saying which has fewer or more objects in it , we have also done lots of counting and singing lots of number rhymes . We have also been signing our numbers using BSL .

In PE we practised ball skills and played with the parachute .

It was Norah's birthday she was big 4 !! We met our new class amanassasor who is Lola from year 6 . She came down to introduce herself and talk to the children she was amazing !!

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What have we been learning?

Reception



This week the children have enjoyed lots of activities this week! We started off with World Mental Health Day where we explored the zones of regulation and the children now sign in of a morning with their picture to let us know what zone they're in; Green, Blue, Yellow or Red. We enjoyed some cosmic yoga too which got us all in a relaxed, happy mood.

In Phonics, we have learnt the sounds 'n' as in net and 'm' as in man and in Maths we have been looking at comparing quantities of amounts using 5 frames and cubes.

In Forest school we made faces using natural resources and even played stuck in the mud, well, I say played, we just ended up stuck in the mud, literally! Always good fun 😊

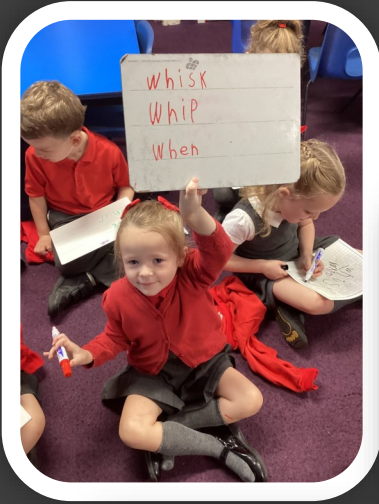
We have been reading the story, Bear Snores On this week and the children have really enjoyed the repetition of the text and have also learnt new vocabulary such as 'lair' and 'slumber'.

Have a lovely weekend and I look forward to another fabulous week 😊

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What have we been learning? Year 1



Year 1 have had an amazing week. We've continued with recapping the sounds they learnt in Reception and applying them in our writing. In English, the children have done some work on writing sentences for the purpose of captions. The children learnt about Ken Dodd and began to create their own tickle sticks. They've also looked at changes in the local area, focusing on Knotty Ash Primary School and Alder Hey Children's Hospital. We also had Forest School this week; the children made faces of themselves out of nature. It's been another fun filled week in Year 1.

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What have we been learning?

Year 2



This week the children are developing their skills on partitioning numbers in Maths. They have had lots of practical maths lessons to develop their confidence in this area.

In English the children have been continuing their recount writing to write a recount of our walk around the local area last Thursday! They have all worked so hard and produced some lovely writing.

Last Thursday the children; really enjoyed their walk around the local area and they especially liked exploring all of the art work of Lucy Casson. We are continuing this work this week in our sketch books.

After our walk, the children enjoyed learning about Ken Dodd! They found the story of his life very interesting and even made their own tickle sticks! The children were very impressed by a photo of Mr England with Ken Dodd.

The children all wore green this week for Mental Health Day. We had a lovely morning exploring our feelings and thinking of ways we can relax and feel calm.

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What have we been learning?

Year 3



It's been a week of thinking about our own wellbeing in Year 3 as we celebrated World Mental Health Day on Tuesday by wearing something green and enjoying Mindfulness colouring! Mrs O'Hanlon organised a wonderful Forest School experience to help us connect with nature and boost our mood. We planted sensory plants, created arty faces with our finds and even built a 'Minibeast Mansion!'

In Reading Explorers, we learnt about the fascinating discovery of magnets in Ancient Greece as well as having fun with the comic rhyming poem 'Be Glad Your Nose is on Your Face' by Jack Prelutsky. The children loved talking about what it would be like to have their nose in other places. We have explored the features of non-chronological reports in English and employed all our creative skills making our 'Journey of the Chocolate Bar' mini-Book Art. In Maths, we have worked on the multiples of 2 in our two times table as well as exploring place value and ordering in larger numbers to 100. On Thursday, our Computing guru Mr Buck taught us the importance of protecting our personal information online and how to create strong passwords. But one of our favourite moments of the week was pairing up to give each other back massages to ease our anxieties, control our breathing and help us feel calm. We loved it and it certainly worked a treat!

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What have we been learning?

Year 4



It has been another busy week in Year 4! The children have started looking at non-chronological reports and their key features in English. We have also really enjoyed reading Pippi Longstocking. In Maths, we have continued learning about place value including estimating numbers on a number line. The children enjoyed observing the changes to our eggs in Science and how the sugary drinks affected the colour of the shells! The children have also learnt about the digestive system as well as highlighting the seven continents on a world map.

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What have we been learning?

Year 5



In Maths this week, we have been exploring number lines to one million. They have been practising putting numbers accurately on a number line. Next week, we will be drawing more of our own. In English and the inclusive curriculum, we have been exploring the transatlantic slave trade and Liverpool's massive involvement in it. We focused closely on the senses and feelings of the people involved in this. Swimming was once again great and so was chess! The children played against Mr Steele! In PE, we have been enjoying tennis and we were able to explore front hands, back hands and volleys! The class have really enjoyed it! In Art, we continued to look at bronze art from the kingdom of Benin and have explored sketching from sight! The children also had a visit from Childwall High School!

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What have we been learning?

Year 6



Year 6 have worked really hard this week and we're well into the Autumn term now. The lazy summer days are but a distant memory! Their brains are bulging with word classifications in grammar; finding the difference between decimal numbers using a number line and subtraction skills; learning about the transatlantic slave trade and debating whether some jobs we do are more important or more dangerous and whether the jobs that earn the most in our society are really the most important. That was a very impassioned P4C debate that we had on Wednesday afternoon!

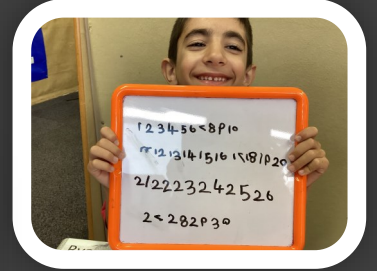
In P.E., our ball skills topic has introduced us to all the different ways we throw, kick and move a ball, as well as games such as bench ball and touch rugby. It's been a great term so far and the children are doing so well.

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What have we been learning?

DRB 1



This week in our class, we have been working extremely hard in our maths lessons. We changed our room into our own IKEA café and had fun choosing one item, paying for it using pennies. Then towards the end of the week, we started looking at buying two items, adding them both up to find the total.

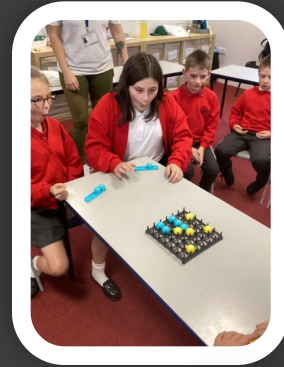
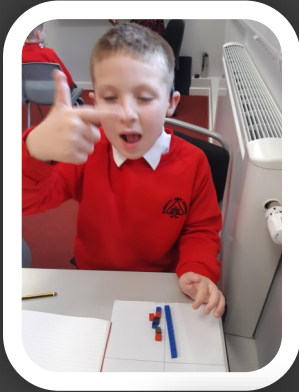
We had a 'Mental health' focus day, where we looked at different emotions and played 'guess the emotion' game with our friends. We also enjoyed a bit of Yoga and massage throughout the day too. To top it off, we had a fun filled forest school afternoon with Mrs O'Hanlon, where we made some fish in the water using natural materials such as stones, leaves and twigs. We had a chance to do a bit of digging and even planted some herbs too!

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What have we been learning?

DRB 2



We have had a brilliant week in KS2 DRB. We have all improved our addition and subtraction skills in Maths. As part of our Creative Curriculum we have started learning all about Benin and the fantastic art that was created there over 500 years ago! We designed masks for the Oba and hope to create these before half term. As always, we had lots of fun in PE and swimming. We enjoyed mindfulness activities to celebrate Mental Health Awareness and we also reminded ourselves about the Zones of Regulation! Rain stopped some of our outdoor breaks but we thoroughly enjoyed the games Mr. Jones brought in for us.

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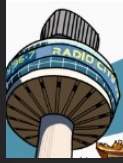


Term Dates and Events

Monday 16th October	Official handover date for building works
24th-27th October	Year 5&6 residential trip to Ireland
Thursday 26th October	Prospective parents showaround for Reception in Sept 2024
Friday 27th October	School finishes at 3:20pm for half-term (after-school care still available)
30th Oct—3rd Nov	HALF TERM WEEK
Monday 6th Nov	Inset Day—school closed
Tuesday 7th Nov	School reopens at 8:50am (breakfast club available)
Tuesday 7th Nov	Knotty Ash fireworks at Bright Park

Term dates for this year and next year are available on the school website:

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Liverpool Family Information
& SEND Directory



Dear Parent/Carer,

Re: Autistic Spectrum Disorder Parents/Carers Training Course

We would like to take this opportunity to invite you to attend a course on Autistic Spectrum Disorder (Child must have an ASD diagnosis)

The course will be held via a virtual zoom session and will run from 9.30 am till 12 noon on 30th, 31st October & 1st November 2023 this is the Autumn half term school week.

(all 3 sessions need to be completed)

The course will allow you to meet and share information with other parents.

To book your place for the training course- You need to contact the ASD Training Team

E-mail – asdtrainingteam@liverpool.gov.uk

Please contact us as soon as possible as places are limited.

The course is for parents/carers only and not for your children.

Look forward to meeting you.

Kind Regards

ASD Training Team

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**MAKING MONEY
MAKE SENSE**



Do you need help or advice with:

Money management

Maximising income

Budgeting

Welfare benefits

Banks/credit options

Energy efficiency

Housing



**We can offer advice and support that is
free, independent and confidential.**



Signs of a Rainbow CIC

will be at Knotty Ash Community Hub

Tuesday afternoon—1.00 —3.00 pm

Wednesday morning 9.30—11.30 am

Please contact Ruth Carson on 2284222 to make
an appointment

or complete a Googlform [https://forms.gle/
cbwKstUAtnk15F3M7](https://forms.gle/cbwKstUAtnk15F3M7)

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Who's Who?

Leadership Team

Miss Clements-Bedson	Headteacher
Mr England	Deputy Headteacher & SENDCo
Ms Sweeney	Head of Deaf Resource Base
Ms Bridson	Head of Early Years Foundation Stage (EYFS)
Mrs O'Hanlon	Forest School and Mental Health Lead
Mrs Carson	School Business Manager

Teachers

Mrs Davies	Nursery
Ms Bridson	Reception
Mrs Nugent	Year 1
Mrs England	Year 2
Mrs O'Hanlon/Mrs Cartwright	Year 3
Mrs Murphy	Year 4
Mr Hall	Year 5
Mr Houghton	Year 6
Mrs Woods	DRB 1
Mrs Rigg	DRB 2

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Family Activities & Support

The latest edition of the Liverpool Parenting Newsletter is here.

www.allabout-family.co.uk/liverpool

You will find new information about local support available for families and children in Liverpool, along with information regarding events and activities on offer running from March to May 2023.

We have also been sent information about Family Learning and Engagement Courses run by LCC Adult Learning Service. This can be found on our school website, link here:

<https://knotty-ash-primary-school.secure-primariesite.net/family-information-and-support/>

For families in receipt of benefits related free school meals, there are a variety of activities over the Summer break, all of which are free and include a meal:

<https://merseyplay.com/summer-haf-holiday-activities-food-2023/>

Locally, St John's Church offer a range of community groups and activities for families:

<https://www.stjohnsknottyash.org/our-community>

There's also a range of groups and activities available at Yew Tree Children's Centre for parents whose children are 0-5 years.

<https://liverpool.gov.uk/children-and-families/early-years-and-childcare/childrens-centres/yew-tree-childrens-centre/>

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It can be tricky deciding whether or not to keep your child off school or nursery when they're unwell.

There are government guidelines for schools and nurseries about [managing specific infectious diseases at GOV.UK](#). These say when children should be kept off school and when they shouldn't.

If you do keep your child at home, it's important to phone the school or nursery on the first day. Let them know that your child won't be in and give them the reason.

If your child is well enough to go to school but has an infection that could be passed on, such as a cold sore or head lice, let their teacher know.

Other illnesses Follow this advice for other illnesses:

Coughs and colds

It's fine to send your child to school with a minor [cough](#) or [common cold](#). But if they have a fever, keep them off school until the fever goes.

Encourage your child to throw away any used tissues and to wash their hands regularly.

High temperature

If your child has a [high temperature](#), keep them off school until it goes away.

Chickenpox

If your child has [chickenpox](#), keep them off school until all the spots have crusted over.

This is usually about 5 days after the spots first appeared.

Cold sores

There's no need to keep your child off school if they have a [cold sore](#).

Encourage them not to touch the blister or to share things like cups and towels.

Conjunctivitis

You don't need to keep your child away from school if they have [conjunctivitis](#).

Get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.

COVID-19

If your child has mild symptoms, such as a runny nose, sore throat, or slight cough, and feels well enough, they can go to school. Your child should try to stay at home and avoid contact with other people if they have [symptoms of COVID-19](#) and they either:

- have a high temperature
- do not feel well enough to go to school or do their normal activities

Ear infection

If your child has an [ear infection](#) and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.

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Hand, foot and mouth disease

If your child has hand, foot and mouth disease but seems well enough, there's no need to keep them off school. Encourage your child to throw away any used tissues straight away and to wash their hands regularly.

Head lice and nits

There's no need to keep your child off school if they have head lice but tie hair back. You can treat head lice and nits without seeing a GP.

Impetigo

If your child has impetigo, they'll need treatment from a GP, often with antibiotics. Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment.

Encourage your child to wash their hands regularly and not to share things like towels and cups .

Ringworm

If your child has ringworm, see your pharmacist unless it's on their scalp, in which case you should see a GP. It's fine for your child to go to school once they have started treatment.

Scarlet fever

If your child has scarlet fever, they'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks.

Your child can go back to school 24 hours after starting antibiotics.

Slapped cheek syndrome (fifth disease)

You don't need to keep your child off school if they have slapped cheek syndrome because, once the rash appears, they're no longer infectious.

But let the school or teacher know if you think your child has slapped cheek syndrome.

Sore throat

You can still send your child to school if they have a sore throat. But if they also have a high temperature, they should stay at home until it goes away.

A sore throat and a high temperature can be symptoms of tonsillitis.

Threadworms

You don't need to keep your child off school if they have threadworms.

Speak to your pharmacist, who can recommend a treatment.

Vomiting and diarrhoea

Children with diarrhoea or vomiting should stay away from school until they have not been sick or had diarrhoea for at least 2 days (48 hours).



<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

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