



Weekly Newsletter

FRIDAY 2nd FEBRUARY 2024

Loving Learning Together



Latest News

Dear Parents and Carers,

I'm sorry this week's (last week's!) newsletter is so late.

This week is Children's Mental Health Week, and the children are enjoying a range of activities focused on looking after their emotional wellbeing.

Our timetable of activities is here:

- Monday** 'My Voice Matters' assembly with Mrs O'Hanlon
KS2 Forest school and carousel of activities for good mental health
- Tuesday** Musical Theatre Club assembly for school
Parents' drop-in coffee morning
Webinars 'You are Amazing' for KS1 and KS2
EYFS/KS1 Forest school and carousel of activities for good mental health
Lenka, Mental Health practitioner workshops with KS2
- Wednesday** 'Wellbeing Wednesday' including P4C and wellbeing activities
- Thursday** Parents' drop-in coffee morning
KS1 Webinar 'Wellbeing and Me'
- Friday** Mental Health celebration assembly
Friday Flicks—feel-good film afternoon!



For more information, visit <https://www.childrensmentalhealthweek.org.uk/>



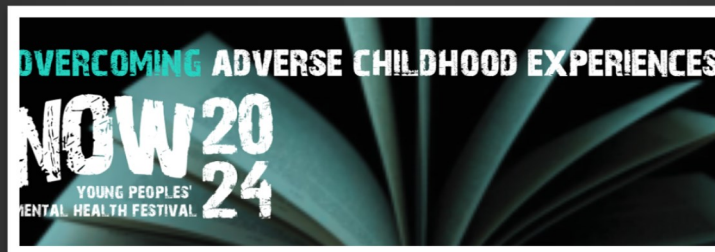
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Year 6 Boy's Football

For the football fans in y6, things have been a little different this year. For starters, we've been able to take the boys in the team all together in a minibus - rather than relying on parents to take time out of their busy schedules. Secondly, matches are played one after another on a Friday afternoon, so gone

are the days of turning up on a windy Wednesday evening only to discover that the other team are a no show. Instead, the team gets a whole afternoon to live out their dreams on the pitch. It's been fantastic and the boys are really enjoying the new system. Not only are they enjoying it (the most important thing of course) but we are also a really competitive unit. We are right there at the top of the league and the championship is within reach - provided the boys maintain their hard work and determination. Much thanks is owed to all those who work hard to organise the match days. Keep your fingers crossed for us that our winning streak continues and thanks for any support that you can give to the team.



Now Festival of drama

Knotty Ash Musical Theatre group will be performing in this year's Now Festival on Wednesday 7th Feb, sharing an original drama piece called Escape, which they have devised themselves with the wonderful Mr Hall. We're very proud of them. Good luck on Wednesday everyone!

To buy tickets please visit here: <https://nowfestliv.com/the-festival/>

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Half Term Eat to Meet Holiday Programme

As Half term approaches, please see below details of the 'Feb Half Term Eat to Meet holiday programme'.

The February "Eat to Meet 2" Half Term programme starts on the 12th February and there are lots of great activities happening over the school holidays. Children and young people, from reception to age 16, 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 activities linked to Chinese New Year, Shrove Tuesday, and Valentine's Day as well as boxfit, football, music, dance, cycling, gymnastics, smoothie making bike, cooking, discos, archery, arts and crafts, drama, tri-golf, trips out and zorbing! Every day there will be a range of fabulous meals available with many schemes holding family events as well.

To find out where your nearest scheme is click on this link <https://merseyplay.com/february-half-term-eat-to-meet/> or go to <https://www.merseyplay.com> and click on the February Eat to Meet half term activities 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 their child has any additional needs or dietary requirements then they will need to discuss this with the organisation when they book. There is no central booking system so they will need to 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/>

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

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



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A-Z OF MENTAL HEALTH

Positive mental health and wellbeing makes us feel content, peaceful and valued. Use these tips to improve your mental health one letter at a time.

 <p>ASK FOR HELP You are not alone, so reach out and ask for help</p>	 <p>BREATHE Focus on your breath to find a sense of calm</p>	 <p>CONNECT Connect with friends, family and trusted adults</p>	 <p>DETOX Unplug from social media and other distractions</p>	 <p>EMOTIONS Observe how you feel and label your emotions</p>	 <p>FIND SAFE PLACE Go to a place where you feel safe and at ease</p>
 <p>GRATITUDE Focus on the things you're grateful for</p>	 <p>HEALTHY HABITS Create a balanced routine with healthy habits</p>	 <p>INQUIRE Pause and ask yourself, 'how do I feel right now?'</p>	 <p>JOURNAL Use a journal to express your thoughts and feelings</p>	 <p>KINDNESS Be kind and compassionate to yourself and others</p>	 <p>LET GO! Feel more energised, by moving your body</p>
 <p>MEMORIES Visualise three things you are proud of</p>	 <p>NATURE Improve your mood by exploring the great outdoors</p>	 <p>OPENNESS Be open to new activities and notice what happens</p>	 <p>PATIENCE It's okay to not be okay, so give yourself time</p>	 <p>QUIET Take quiet moments every day to reflect</p>	 <p>REST Be mindful, rest often and get plenty of sleep</p>
 <p>SUPERHERO Stand in the Superhero Pose for two minutes every day</p>	 <p>THOUGHTS Track your thoughts in a journal, and notice any themes</p>	 <p>UNIQUE You are unique, and so is your mental health</p>	 <p>VOLUNTEER Boost your self-esteem by giving back to others</p>	 <p>WORRY TIME Schedule 'worry time' to help solve practical worries</p>	 <p>EXCITEMENT Do more of the things that bring you joy and excitement</p>
 <p>YOU MATTER! You are important and your feelings matter</p>	 <p>ZEN Practise calming activities like yoga and meditation</p>	<p>Find out more about how Optimus Education can help boost your wellbeing at healthinschoolsuk.com</p>			



What have we been learning? Nursery



This week in nursery we have been learning all about Lunar New Year.

We found out how some children in Liverpool prepare for LNY and how they celebrate. We have been making Chinese Lanterns and in PE we did some Dragon dancing and Lion dancing . We have a Chinese messy play tough tray and we have been doing some CNY counting activities.

In Maths we have also been learning how to order numbers up to 5 and then 10 . We have been working out which is the missing number in a sequence .

On Tuesday we had forest school and we really enjoyed doing lots of gross motor activities - climbing , swinging, balancing and running .In phonics this week we have been finding out all

about the letter E and we have been collecting objects which begin with this sound . Our new children have all settled in well and are enjoying being in nursery .

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What have we been learning?

Reception



This week Reception have started learning all about Space. We have been reading the story "The Way Back Home" by Oliver Jeffers which the children have really enjoyed. We have made moon pictures and have also been finishing off our penguin fact booklets from last week - the know so much! We even did 'space' in PE where the children had to use their jumping and balancing skills to 'get across the moon'.

In Phonics we have done the sounds 'x as in fox' and 'y as in yo-yo'. In Maths we have continued and finished off 'more' and 'fewer'. They have been using number tracks and ten frames to help them

We have also enjoyed building and practicing our writing! Well done everyone 🙌

Thank you for another lovely week Reception 😊

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What have we been learning?

Year 1



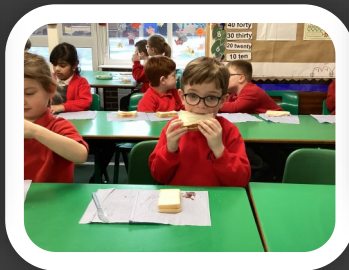
This week Year 1 have continued to write their own non-fiction book about hazards found in a household. The children also met an author this week on a livestream as part of the Liverpool Children's Festival of Reading. They heard Lucy Farfort talk about how she has illustrated and written books. She read her story, *In our Hands* and then tasked the children to create a character who could help their local area.

In Maths, we've started looking at numbers to 20 focusing on 11, 12 and 13. We've looked at how daylight changes through the seasons in Science and the children created a pictogram to present their understanding. In computing, the children thoroughly enjoyed using scratch to develop their understanding of coding.

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What have we been learning? Year 2



This week year 2 have been very busy writing instructions! Their favourite being instructions for how to make a jam sandwich...probably because this involved eating jam sandwiches!!

Through Science, the children have set up their own weather station to track our weather! They have enjoyed recording the weather results each day! They are enjoying learning about weather in our country and comparing it to other countries.

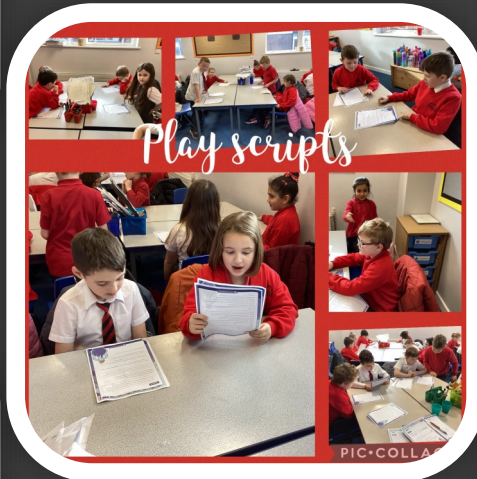
The children are continuing to enjoy music lessons this half term. This week they enjoyed using the instruments to compose their own beat! It was lovely hearing all of the musical beats they created with each other!

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What have we been learning?

Year 3



What a jam-packed week it's been for Year 3! On two afternoons, we welcomed teaching students from Hope University. They encouraged us to care for our planet by exploring water pollution, recycling and ways to reduce our carbon footprint. Liverpool Children's Festival of Reading provided us with another wonderful lived streamed session, this time with author Mo O'Hara. She introduced us to graphic novels through her character Agent Moose, a hapless secret agent who made us all laugh, especially when we 'grew' antlers too!

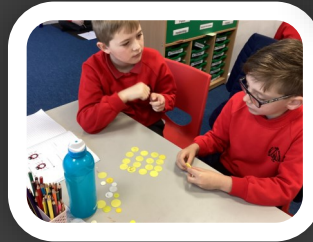
In Reading Explorers, we read a different graphic text - Tom Gates by Liz Pichon - and used our creativity to produce a timeline in typical 'Tom Gates' style! In Maths, we learnt more about the relationship between multiplication and division through the 4 times table and continued to investigate measures. We enjoyed a bit of role play in English as well as learning about possessive apostrophes and writing the final versions of our 'In My City' poems. But one of our favourite lessons this week had to be on 'Musical Monday' when we learnt about musical notation including notes E and D, playing tunes on our glockenspiels with great gusto!

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What have we been learning?

Year 4



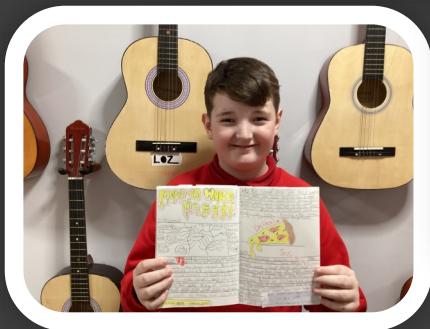
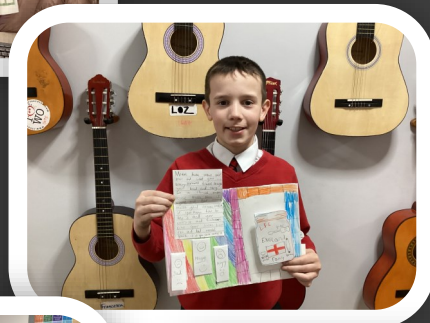
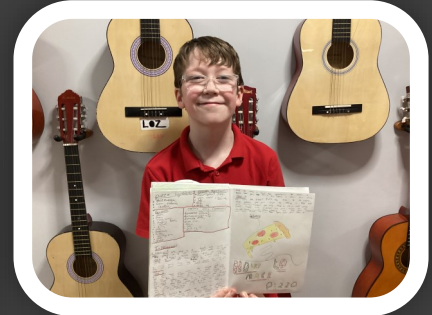
It's been another busy week in Year 4! The children started the week at a very wet forest school but that didn't deter their spirits and all children enjoyed themselves as well as having great big smiles on their faces! In Maths, we have been multiplying three numbers together and we have also started looking at factors and factor pairs! In English we have continued focusing on play scripts and have now planned an alternative ending to Little Red Riding Hood which we are looking forward to writing in play script form next week! We were very lucky to have some students in from Liverpool John Moores university on Tuesday and Wednesday! They taught us all about recycling and air pollution which the children thoroughly enjoyed. In PE, the children loved learning and playing lacrosse which was a sport that a lot of them had never played or even heard of before! The children learnt how to scoop, dribble and pass to one another.

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What have we been learning?

Year 5



This week, Year 5 have been exploring lots! In Maths, we have begun the lovely topic that is fractions! We learnt about how they represent part of a whole and even explored equivalent fractions. This means that different fractions can equal the same amount. Much to the fanfare of Mr Hall, we have started animal farm and read chapters 1 and 2! This has been an absorbing read so far and the children have made some stellar predictions! We have continued to learn about Buddhism and most of the children have finished their unreal bookarts on mental health!

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What have we been learning? Year 6



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What have we been learning?

DRB 1



On Monday, we went to the Boccia tournament and had a fantastic time. We remembered the rules and did our best to aim for the white ball. Well done everybody!!

We carried on with the 'Pancake' story and begun roleplaying to help us remember the sequence when we retell the story to the class. Of course, we've all enjoyed eating our pancakes at the end of the week. Yum yum! For maths, we've continued with measuring and looked at how we use a ruler properly when we measure objects around the classroom.

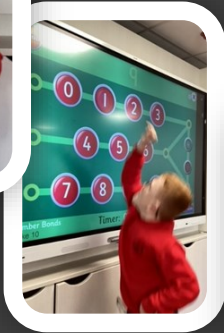
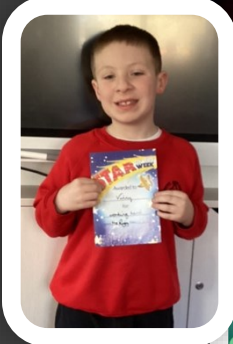
Finally, we have been describing what it is like in each of the four seasons and did a great job at sorting pictures to match the seasons too!

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What have we been learning?

DRB 2



We started off the week by attending the annual North West Deaf Boccia Championship. We came away with runner-up medals and certificates and we had the best day! In our English lessons this week, the children have been retelling the story of the Hare and the Tortoise; it is just wonderful to see their story-telling skills develop day-by-day. In Inclusive Curriculum we have continued to learn about the Ancient Chinese Shang Dynasty and spent some time comparing how the Shnag people would have travel compared to forms of transport we use now. We reminded ourselves about the oceans of the world and learned which ocean is closest to China. The children thoroughly enjoyed completing two jigsaws: one of the world and one of Asia. Our Star of the week this week is Vinny – he has worked really hard in Maths!

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Attendance



Class	Attendance
Reception	87.9%
Year 1	95.1%
Year 2	96.1%
Year 3	89.2%
Year 4	83.3%
Year 5	87.5%
Year 6	97.6%

Whole school attendance this week **91.0%**

Class attendance winners **Year 6 97.6%**

Well done to everyone who's been in school every day this week. If you feel a bit poorly or you have an appointment, try to come in for as much of the day as you can.

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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)



BROADBAND SOCIAL TARIFF

If you are on means-tested benefits, you may be eligible for the Social Tariff, which can work out at about £12.00 a month. Most of the big providers have signed up to this, if your provider does not, then change to another company.

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Term Dates and Events

5th—9th February	Children's Mental Health Week
12th—16th February	HALF TERM
Thurs 7th March	World Book Day
Fri 15th March	Red Nose Day
18th—22nd March	Parent-Teacher meetings
Thurs 28th March	2pm End of Term
29th March—12th April	EASTER HOLIDAY

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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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PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING FEBRUARY HALF TERM 2024



moneysavingcentral.co.uk/kids-eat-free

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

TESCO

Kids eat free with a purchase of 60p+ from
From Mon 12th - Fri 23rd February 2024

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

GREENE KING PUBS

Kids Eat Free all-day with the purchase of an adult's meal. Deal, Monday-Friday, between Mon 12th - Friday 23rd February 2024

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase a full priced adult's main meal (App needed)

IKEA

Kids get a meal from 95p daily from 11am

MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

YO! SUSHI

From Mon 12th - Fri 23rd February 2024 kids eat free with every £10 adult spend

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.

Copyright of MONEY SAVING CENTRAL

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HOUSING ADVICE OUTREACH

We can help with: disrepair, evictions, homelessness applications, landlord harassment, Property Pool Plus, rent increases and more

Location	When?	Time?
Joseph Lappin Centre (L13 5SH)	Mondays fortnightly from 4th January 2024	12pm - 3pm
Granby Toxteth Development Trust (L8 00F)	Every Tuesday	10am - 4pm
Our House, Walton (L4 6XB)	Tuesdays Fortnightly from 9th January 2024	10am - 2pm
Speke Children's Centre (L24 0TW)	Every Wednesday from 3rd January 2024	10am-2pm
Anfield Children's Centre (L4 2QG)	Every Thursday	10am - 12:30pm
Liverpool Arabic Centre (L8 0TP). For Arabic speakers, translator provided	Every Thursday	10am - 1pm
Sahir House (L2 2AH)	Third Thursday of every month	1pm - 4pm
Everton Community Shop (L4 4AJ)	Last Friday of every month	10am - 12:30pm
The Brink (L1 4JN)	Every Friday	10am - 2pm

SEEK HELP

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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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