



Weekly Newsletter

FRIDAY 16th MAY 2025

Loving Learning Together



Latest News

Dear Parents and Carers,

What a week we've had here in Knotty Ash and of course, the stars of the show have been our fabulous Year 6! They've taken their end-of-KS2 national tests (SATs) and come in every day with a positive and determined attitude. We're so proud of them all!

On Friday, most of Year 6 had the chance to relax but those in our Girls' Football Team headed off to Liverpool Academy to compete in the Liverpool Schools' Final! We didn't bring home the trophy this time but all the girls played with skill, intelligence and real team spirit. Well done to them, and to their brilliant coach, Miss McCormick.



Meanwhile, Year 1 and Year 2 have continued their learning about the environment. Year 2 even had a very special visitor, Ava's dad, who told the children about his work turning rubbish into sustainable energy. Nursery learned about snails and Reception learned about farms, including making their own mud paint! Year 3 and Year 4 have enjoyed some fossil-themed Forest School activities, and Year 5 have used Eurovision as their inspiration for geography research.



On Wednesday, our incredible Signing Choir attended an event at St George's Hall which promoted Mental Health awareness.

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Some of our children from Year 3 and Year 4 were lucky enough to be invited to a sports festival held at Holly Lodge School—it was loads of fun, and of course our Knotty Ashers threw themselves into all the activities!



More exciting news—this time about some members of staff...

Mr Jones and Miss Fisher went to Buckingham Palace this week, and even met the King!

They were invited to a garden party there in recognition of their inspirational work in organising the Anti-Bullying Schools' Project. Well done to them, And to the other members of the dedicated team who organise ABSP each year!

And finally, some news just in on Saturday... one of our brilliant Year 5 boys competed in a football tournament with his team—and won! We can't wait to find out all about it on Monday! Well done Dylan!

Add the sunshine to an already wonderful week, and Knotty Ash really has been the place to be!

Hope you all have a lovely weekend

Miss Clements x

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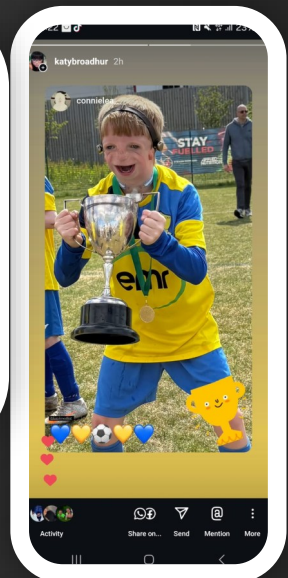


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@InclusionBucks

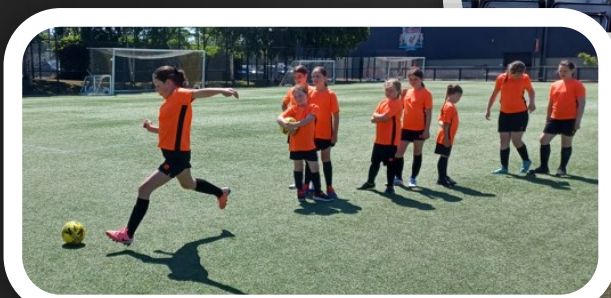
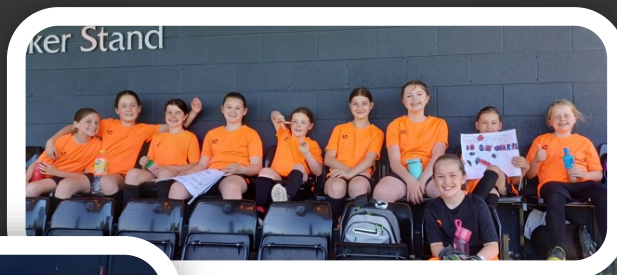
Follow

Unbelievable Saturday for the club. One of our younger teams only went and won on a mainstream cup competition today. Well done to all involved





Congratulations on reaching the Liverpool Schools' Final !



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We Need You to be a Parent Governor

You may have seen an email from school asking for Parent Governors. We have two vacancies to join our friendly governing board, who meet once every 6 weeks to hear about school developments, ask questions and offer suggestions. There are documents to read, and it is a commitment but it's very rewarding and interesting. If you'd like a chat to find out more, please pop into school or give me a ring.

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This month, at Knotty Ash Primary School we've extended our partnership with Zero Food Waste. We are now hosting events in the school hall on a Saturday and Sunday evening.

Bags of food need to be booked in advance (see below for how to do this.) It's not a food bank; it's saving food from landfill :)

We are really pleased to be able to help with this good cause, but rest assured we are also working hard to make sure the school site is safe and there is minimal disruption to the local community.

Liverpool Zero Waste Community

SATURDAY EVENTS

11 - 12pm
Open Event - No booking required
St Hilda's Church, Stuart Avenue, L25 ONG

12 - 1pm
Open Event - No booking required
Methodist Centre, Atherton Street, Prescot, L34 5QN

10pm
Bagged Event - Bookings open at 7am
Elm Hall Drive Methodist Church, Elm Hall Drive, L18 1LF

10pm
Bagged Event - Bookings open at 7am
Knotty Ash Primary School, Thomas Lane, L14 5NX

By working in partnership, saving surplus food & building community: great things can happen!

Liverpool Zero Waste Community

SUNDAY EVENTS

6pm
Bagged Event - Bookings open at 7am
The Place To Be, Eastern Avenue, L24 2SX

10pm
Bagged Event - Bookings open at 7am
Knotty Ash Primary School, Thomas Lane, L14 5NX

Everyone is welcome and everything we distribute is free

By working in partnership, saving surplus food & building community: great things can happen!

HOW TO BOOK BAGS

- Send us a message via messenger at 7am on the day you want to collect, bookings before 7am are not accepted.
- If there is more than 1 event that evening, please specify the event you wish to attend.
- All bags are allocated on a 1st come, 1st served basis in the order we receive messages.
- Please only send 1 message, someone will always reply, if you message multiple times you will lose your place.
- If you are allocated a bag, it will be ready for collection at 10pm.
- Please only request 1 bag per household per 7 day period.

By working in partnership, saving surplus food & building community: great things can happen!

Zero Waste - Liverpool

7.2K likes • 11K followers

Like Message

Posts About More

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What have we been learning?

Nursery



This week has been a week full of snail activities ! On Monday Mrs Davies brought some snails in from her garden at home and we observed them moving and eating . We had some snail races and we found out about snails on the internet . We found out that snails have thousands of micro teeth!

We used old CDs to make snail collages and we made a lovely snail display. In maths we learned the vocabulary of capacity - full, empty, half full etc and it came in really useful when we needed our water bottles filling lots of times during the hot spell.

In our phonics work we have been finding out all about the b sound and we have been finding rhyming pairs. In PE we have been continuing to practise ball skills .

This half term is going so quickly and all our new children are settling in well.

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What have we been learning?

Reception



Reception have continued learning about the farm this week. They have looked at what farms were like in the past and how farmers used to get all the jobs done long ago.

In Literacy, we have explored the book 'Rosie's Walk' and completed lovely story maps together. We also completed lots of other farm activities and even made our own paint from mud!

The children have continued to develop their subtraction skills and were even writing their own number sentences! They enjoyed playing subtraction bingo together!

Everyone enjoys a trip to Forest school on Tuesday! Reception love playing hide and seek at the end!!

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What have we been learning?

Year 1



This week the children have been working really hard to prepare for the Phonics Screening Check after half term. They've focused on spotting chatty friends in words which they've done so well with. In English, we've continued immersing ourselves in the book clean up by sequencing the story and beginning to look at how Rocket feels during different parts of the story. Towards the end of the week, we learnt what a diary entry is, in preparation for writing one next week. In Maths, we've explored numbers to 50 by counting in tens and then ones to work out the number. The children have worked so hard at this and have really started to secure their understanding. The children had Forest School, which is always their favourite time of the week. We looked at plastic pollution and the harm it was causing to oceans. The children were very responsive and have been recalling the times they've been picking up litter to look after our oceans and sea creatures.

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What have we been learning?

Year 2



We've had a wonderfully productive week in Year 2, with the children working tremendously hard to make strides in all their subjects. As well as moving on to measuring mass in g and kg in Maths and diary writing in English, the children thoroughly enjoyed a visit to the classroom by Eva's dad Danny. He works in a waste to energy plant and this ties in with our current topic on plastic production, use and re-use. He was kind enough to share some exciting videos of rubbish being turned into molten liquid and his expert driving of a giant bulldozer that piles up the rubbish. The children asked tons of very interesting questions and he was kind enough to answer them all. In Art, the children have begun studying Land Art: a collection of artists who use nature to create incredible patterns and images. The children get to use our beautiful Forest School area to recreate these patterns and to experiment with their own ideas. It's been tremendously enjoyable and rewarding in the recent lovely weather and it really makes you feel lucky to be able to use the wonderful environment and facilities that we have here at Knotty Ash Primary. Have a lovely weekend everybody!

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What have we been learning?

Year 3



FOSSIL
MAKING

PIC-COLLAGE

Year 3 have had an incredible week starting with Forest School on Monday when they made their own fossils using natural materials and clay. During Art the children looked at animal cave art and produced some amazing drawings and paintings. In English have been looking at non-chronological reports and analysing their parts in preparation for writing their own reports next week. In Maths we have been learning to tell the time and read scales in litres and millilitres. Most of all we have been enjoying the sunshine.

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What have we been learning?

Year 4



What a wonderful and sunny week in Year 4! The class enjoyed playing their first field hockey game outside in the sunshine on Wednesday afternoon.

During our maths lessons we have been practising our recall of our 2,4, 6- and 7-times tables through songs, dances and games.

On Wednesday, the class were introduced to our new text for this half term, 'Garbage Guts' and we made some exciting predictions about the story. We have also been taking a closer look at a range of non-chronological reports in preparation for writing our own next week.

The class enjoyed exploring fossils during science this week and discovering how they are formed. We even had a go making our own imprint fossils using clay and some natural organisms we found in forest school such as leaves and flowers!

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What have we been learning?

Year 5



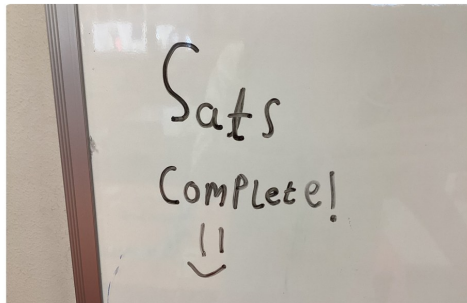
This week, Year 5 have had a wonderfully diverse week! We have edited and finished our adventure stories based on Henry Moore's underground sketches. We also enjoyed exploring Eurovision and took the time to pick a nation and explore everything from their geographical features to their musical choice. We then conducted a proper voting ceremony where we discussed each song and its musical features. As well as this we presented our research findings to the class and learned so much about 15 different countries! Furthermore, we began bus stop division this week. We also were able to explore line graphs and direct speech! In Science, we explored shadows and how the Earth moves causing our shadows to change over time! How very exciting!

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What have we been learning?

Year 6



SATs are now all finished! ☑ Year 6 have been absolutely amazing this week and have done us all so incredibly proud! I can't praise them enough for their great attitudes to just come in every morning and try their best with each exam. Every day they have enjoyed a breakfast of pastries and fruit to set them up for the day and have finished the week with a lovely cooked celebratory breakfast ! On Friday, we have had a relaxed day of crafts, games and films to unwind and are looking forward to the SATs party on Monday. They should all be very proud of their hard work this week and enjoy a well-deserved rest!

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What have we been learning?

DRB 2



This week, Junior DRB have been busy bees! In English, Ann has been sharing the story *Harry Saves the Ocean*, which the children have really enjoyed. They've been writing fantastic simile sentences inspired by the story — so creative and full of imagination!

The book also sparked some thoughtful discussions about how we can take care of our school environment. We went on a litter-picking walk around school and spotted areas where litter tends to build up. The children then made colourful and eye-catching posters to put up in these spots, reminding everyone to pop their rubbish in the bin and help keep our school clean and happy.

A special shout-out goes to Vinny this week for his amazing learning attitude! He's been fascinated by the globe and worked hard to create his own picture of the Earth. He even drew and labelled animals and placed them in the correct parts of the world — so impressive that Mrs. CB awarded him a Headteacher sticker!

And finally, with the sunshine making our break times even better, please remember to send your child to school wearing sunscreen, with a sun hat and water bottle.

Have a lovely weekend, everyone!

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Attendance



Class	Attendance
Reception	96.1%
Year 1	95.3%
Year 2	94.3%
Year 3	98.9%
Year 4	93.1%
Year 5	95.6%
Year 6	94.6%

Whole school attendance this week 95.4%

Class attendance winners Year 3 98.92%

Congratulations to Year 3—AMAZING attendance!

Remember, every child should be in school every day,
unless they are too ill. For support, give us a call!

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Online Safety

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.

SNAP STREAK

97
DAYS

What Parents & Educators Need to Know about

SNAPCHAT

AGE RESTRICTION
13+

Snapchat is a messaging app which allows users to send images, videos and texts to others. Its best-known feature is that anything sent 'disappears' 24 hours after it's been viewed; however, users are known to take screenshots or use another device to obtain a photo of their screen. In 2023, Snapchat added a chatbot function called 'My AI'.

WHAT ARE THE RISKS?

ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

PREDATORS AND SCAMS

Predators can exploit Snapchat's disappearing messages by, for example, telling a user they have naked photos of them and will post them unless they're paid. Snapchat's own research found that 85% of teenagers had experienced this – on this app or others. This likely isn't helped by 'SnapMaps' – a feature which highlights your exact position in real-time. This is meant to help friends keep track of each other, but could be used for more sinister reasons.

MY EYES ONLY

Snapchat has a hidden photo vault called 'My Eyes Only'. Teens can conceal sensitive photos and videos from parents and carers in this folder, which is protected by a PIN. You can check for this by clicking on the icon which looks like two playing cards. This takes you to the 'Memories' folder which stores photos, stories and the My Eyes Only folder.

SCREEN TIME ADDICTION

Snapchat prioritises user engagement, with features like streaks (messaging the same person every day to build up a high score). The app also has sections called 'Discover' and 'Spotlight', which show tailored content to each user. However, this could also be seen as an attempt to hook users into watching videos endlessly. Furthermore, constant notifications can lure people into using the app.

INAPPROPRIATE CONTENT

Some content on Snapchat simply isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beautify' effects on photos can set unrealistic body image expectations – creating feelings of inadequacy in younger users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

Advice for Parents & Educators

UTILISE PARENTAL CONTROLS

Snapchat's 'Family Centre' lets you view the details of the child's account – their friends list and who they've spoken to in the last week – and report any concerns. You must invite a child to the Family Centre for them to join. To keep the child's location hidden on the app, go into settings and turn on 'Ghost Mode' and 'Hide My Location', and ensure they know not to share their location with anyone.

BLOCK AND REPORT

If a stranger does connect with a child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, the child can tap the three dots on that person's profile and report or block them. There are options to state why they're reporting that user – such as annoying or malicious messages, spam or masquerading as someone else.

FAMILIARISE YOURSELF

Before you allow a child to download Snapchat, download it yourself and familiarise yourself with the app. Snapchat has produced a parents' guide to the app to help you understand how it works and any protections they have in place. A link for this can be found in the sources below.

ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. For example, discuss My AI's responses to questions and how reliable they are. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/snapchat-2021>

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ONLINE SAFETY NEWSLETTER

PROTECTING PRIVATE AND PERSONAL INFORMATION ONLINE

ISSUE 2

PROTECTING YOUR PERSONAL INFORMATION

In today's digital age, it is more important than ever that children are learning how to protect their personal information online. Remind children that before sharing their information, they should ask themselves the following:

- Do I know this person?
- Is the site secure? (Look for a  in the web browser)
- Am I sharing any private details? (Birthday, school, address)

By following this process, children build a routine that protects their personal information.



TOP ONLINE SAFETY TIPS FOR CHILDREN:

Help your child build smart online habits with these key tips:

- **Check privacy settings** – Only friends should see their posts.
- **Never share personal details** – No addresses, phone numbers, or school names.
- **Use strong passwords** – Mix letters, numbers, and symbols.
- **Only accept real friends** – Don't add strangers online.
- **Think before posting** – Photos and comments stay online forever.

APP SPOTLIGHT - INSTAGRAM



This week's app spotlight is **Instagram**.

Instagram is popular for sharing pictures and videos, but as a parent, it's important to know what to monitor if your child is using it. Without guidance, children could be exposed to harmful content, strangers, or pressure to post things they don't fully understand.

- Instagram requires users to be at least 13.
- Make sure your child's account is set to private.
- Regularly check who is following them; they should only connect with people they know.
- Keep up with what they are posting.

Scan the QR code to learn more:





Online Safety Newsletter

April 2025

Screentime

Screentime is classed as any time spent in front of a screen, so it includes everything from watching tv to completing homework on a laptop. Whilst there is no recommended screentime (except for under two, which is zero), it is important that we find a balance.

Screentime can obviously be beneficial, both for educational and entertainment purposes, however it is important to be aware of the risks, such as:

- Eye strain.
- Disrupted sleep.
- Less time for other activities and being outdoors.
- Affects our attention span.

Further information

Childnet discuss what is screentime and how much screen time is enough in this useful article:

<https://www.childnet.com/help-and-advice/screen-time-boundaries-parents/>



Social Media Concerns

Most social media apps have a minimum age rating of 13+. Whilst there are benefits, this article discusses some of the potential risks of using social media.



Risks of Social Media

- **Inappropriate content** – social media may expose children to content that is not appropriate for their age, including sexually explicit content or content that promotes harmful behaviours such as self-harm.
- **Cyberbullying** – this can take many forms, including sending nasty or hurtful messages, leaving unkind comments, sharing photographs of somebody else without their permission or impersonating somebody with a fake account.
- **Excessive Screentime/Addiction** – too much time online can affect mental health and disrupt sleep patterns.
- **Contact from strangers** – there is a risk of stranger contact, which can lead to an increased risk of grooming.
- **Challenges** - children may not have developed the skills and ability to critically analyse what they see online. Whilst some challenges are fun and provide no risk, there will be challenges online that are risky/dangerous.
- **Sharing too much information** – children may share personal information e.g. their phone number, school name or inappropriate photos of themselves.
- **Algorithms** – algorithms influence what we see on social media platforms to keep us engaged on the platform. This can lead to 'echo chambers' where users are only seeing content that relates to their opinion rather than seeing a balanced viewpoint. It can also lead to a user being exposed to large amounts of content about one topic/theme, which may not be helpful if it is negative.

How can I help make it a safer environment?

- Check the age rating of each app and restrict access until they reach that age.
- Set up age-appropriate parental controls, for example set content restrictions and screen time limits.
- Chat to your child about what they are doing online, including who they are following and interacting with online.
- Restrict devices in their bedrooms.
- Show your child how to use any reporting and blocking tools.

Further information

You can find out more from the following:

- <https://kidshealth.org/en/parents/social-media-smarts.html>
- <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/social-media/#Talkingaboutcyberbullying>

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Group Chats

Is your child part of any group chats? This could be on social media, for example on WhatsApp or within games such as Fortnite. If so, it is important that you are aware of the potential risks, which include:

- **Inappropriate content** – there is often a lack of moderation within chat facilities so users could be exposed to content/language that is not suitable for their age.
- **Bullying** – there are many instances where inappropriate/hurtful comments are shared within groups, this could take the form of name calling or body shaming. Bullying can also be in the form of excluding others from the group. These issues often overspill into 'real life'.
- **Strangers** – your child could be added to groups with people they do not know or even with someone that they have previously blocked.
- **Conversations can be shared/screen shot** – make sure your child is aware that anything they share within a group can be shared with others outside the group.
- **Sharing personal information** – remind your child to be aware of the information they share with others including images and location.



How can I help make group chats safer?

- Check the recommended age rating and adhere to them. If we all did this, peer pressure would be reduced.
- Set up age-appropriate parental controls and set screen time limits.
- Show your child how to use any reporting and blocking tools.

What else can I do?

- It is crucial to have regular conversations with your child about the risks outlined above and about what they are doing online.
- Talk about who they are chatting with, encourage them to think carefully about the messages they send and how they might be perceived by others. Talk about positivity and not saying anything hurtful. Ask them to think about whether they would say what they are messaging, face to face.
- Devices should be used in family rooms so you can monitor what they are doing and who they are interacting with.
- Finally, make sure to model good digital behaviour yourself, as children often learn by observing the adults around them.

Further information

Childnet have created a Group Chat Guide for parents following consultation with the Childnet Youth Advisory Board and Digital Champions: <https://www.childnet.com/resources/cheat-sheet-group-chats/>

Did you know some Emojis have a double meaning?

For those that have watched Adolescence, you will know children and young people may be using emojis to mean something completely different. For example, the kidney bean emoji may be used to identify as an incel. It is important that you are aware of how emojis can be used and keep up to date with the way in which they can be used as their meanings are changeable. You can find out further information here:

<https://www.bark.us/blog/emoji-slang-guide/>

Vodafone: The Rise of the Aggro-rithm

Vodafone released a short video last year, titled 'The Rise of the Aggro-rithm'. It highlights the harmful algorithms targeting young boys. It's certainly worth a watch as well as learning about the terrifying statistics accompanying it:

<https://www.vodafone.co.uk/newscentre/press-release/ai-aggro-rithms/>

3 things to consider before giving your child a smartphone

Wayne Denner has published a blog discussing the three things that parents wished they had considered before giving their child a phone. You can read the article here:

<https://www.waynedenner.com/3-things-parents-wish-they-had-considered-before-giving-their-teen-a-smartphone/>



Who's Who?

Leadership Team

Miss Clements Headteacher

Mr England Deputy Headteacher & SENDCo

Ms Sweeney Head of Deaf Resource Base

Mrs O'Hanlon Forest School and Mental Health Lead

Mrs Carson School Business Manager

Teachers

Mrs Davies Nursery

Mrs England Reception

Mrs Nugent Year 1

Mr Houghton Year 2

Mrs O'Hanlon/Mrs Cartwright Year 3

Miss Kerr Year 4

Mr Hall Year 5

Miss Hunter Year 6

Mrs Woods DRB 1

Mrs Rigg DRB 2

Mrs Murphy Spanish & Interventions

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Term Dates and Events

Mon 19th May	Year 6 party
Wed 21st May	Toy Story: The Musical performances (daytime and evening)
26th-30th May	HALF TERM—school closed
Mon 2nd June	INSET DAY—school closed
Tues 3rd June	Liverpool Healthy Lifestyles classes in KS2 (every Tuesday for 6 weeks)
Thurs 12th June	IQM Review Day
Mon 16th June	Parents' 'Book Look' 3:30—4:30—come and see your child's work from this year.
Wed 18th June	Liverpool Athletics competition events
23rd—27th June	Houses Week—lots of fun for the whole school!
Mon 23rd June	'Chemistry with Cabbages' workshop for y6
Tues 1st July	Sports Day—for all years (times to follow)
Thurs 3rd July	School Disco (details to follow)
Fri 4th July	Y6 Moel Famau trip (to be confirmed)
Thurs 10th July	Y6 vs The Teachers Rounders match
Tues 15th July	Y6 Leavers' Evening 5-7pm
Thurs 17th July	Knotty Ashtonbury 3:30-6pm
Fri 18th July	Term ends 1:30pm

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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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Meaningful May 2025

MONDAY



5 Let someone know how much they mean to you and why

12 Listen to a favourite piece of music and remember what it means to you

19 Reflect on what makes you feel valued and purposeful



26 Remember an event in your life that was really meaningful

TUESDAY



6 Look for people doing good and reasons to be cheerful

13 Find out about the values or traditions of another culture

20 Share photos of 3 things you find meaningful or memorable

27 Focus on how your actions make a difference for others

WEDNESDAY



7 Make a list of what matters most to you and why

14 Get outside and notice the beauty in nature

21 Look up at the sky. Remember we are all part of something bigger

28 Do something special and revisit it in your memory tonight

THURSDAY

1 Do something kind for someone you really care about

8 Set yourself a kindness mission to help others today

15 Do something to contribute to your local community

22 Find a way to help a project or charity you care about

29 Today do something to care for the natural world

FRIDAY

2 Focus on what you can do rather than what you can't do

9 What values are important to you? Find ways to use them today

16 Show your gratitude to people who are helping to make things better

23 Recall three things you've done that you are proud of

30 Share a quote you find inspiring to give others a boost

SATURDAY

3 Take a step towards an important goal, however small

10 Be grateful for the little things, even in difficult times

17 Find a way to make what you do today meaningful

24 Make choices that have a positive impact for others today

31 Find three reasons to be hopeful about the future

SUNDAY

4 Send your friend a photo from a time you enjoyed together

11 Look around for things that bring you a sense of awe and wonder

18 Send a hand-written note to someone you care about

25 Ask someone else what matters most to them and why



ACTION FOR HAPPINESS

Happier · Kinder · Together



JOIN OUR FRIENDS OF BRIGHT PARK VOLUNTEER COMMUNITY

Come and be a part of developing and maintaining the park and its programmes.

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- Park Maintenance
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Come visit us at:

Bright Park,
81 Thomas Lane,
Knotty Ash, L14 5NS

REGISTER NOW

0151 903 9488

connect@brightpark.co.uk

Pack your child a **HEALTHY LUNCH BOX**

Choose a variety of foods from each food group



Fruit



Vegetables



Dairy



Wholegrains



Lean meat
& alternatives



A Healthy Lunch Box



MAKE WATER
YOUR DRINK



PACK ICE BRICKS
TO KEEP FOOD
COOL



USE A THERMOS
TO KEEP FOOD
WARM



Health

This resource was developed and designed by the Health Promotion Service, Western Sydney Local Health District, with contribution by South Eastern Sydney Local Health District and Western Downs Local Health District.

[60 kids' lunchbox recipes | BBC Good Food](#)

[School packed lunch inspiration | BBC Good Food](#)

[Healthy packed lunches - British Nutrition Foundation](#)

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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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