



THE CHURCH
OF ENGLAND

**Kingsland CE (VA)
Primary School**



The Kingsland Times

Friday 31st January 2025

Let your light shine

“Let your light shine before others that they may see your good deeds and glorify your Father in heaven.” Matthew 5:16

Let your light shine on our vision:

As God’s children, overflowing with His light, we will shine before others to inspire, nurture and bring joy so all may embrace life in its fullness to the glory of God.

Our Christian value for this half-term is **JUSTICE**

Please help your child to reflect on the importance of this Christian value

Life at Kingsland CE Primary School: life in all its fullness (John 10:10)

Kingsland School likes to be outward-looking and innovative. We greatly value our relationship with the local community and especially with Rev Julie, Rev Rosie, and Kingsland and Eardisland Churches. As part of the school’s vision of ‘Let your light shine’, we aim to provide high quality cultural capital opportunities for all our children – this is why we take an active part in the Herefordshire Performing Arts Festival, why we take our children to Young Voices, why all children get to represent the school in external sporting fixtures, and why we were asked to lead the Diocesan recorded nativity this year. As a result of the success of this partnership with Hereford Diocese, the school has been asked to lead some audio prayers, which will be distributed throughout the Diocese during the year. Our first prayer was written and delivered by Oliver, about our value of JUSTICE, and can be heard on the school website [here](#). Well done, Oliver!

PLEASE DO NOT PLAN HOLIDAYS DURING TERM TIME

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Website: www.kingslandceprimary.com



Dates for your diary

Tuesday 4 th February	Winter Concert 5.30pm in the school hall
Tuesday 11 th February	Safer Internet Day
Wednesday 12 th February	Break the Rules Day! See below for details
12 th and 13 th February	Parents' Evenings
17 th – 21 st February	Half term
Tuesday 25 th February	KS1 Storytelling evening 5.30pm – 6.30pm in school
WB 3 rd March	Herefordshire Performing Arts Festival
Thursday 6 th March	World Book Day
Friday 7 th March	Y6 children to World Day of Prayer in Methodist Chapel 2pm
7 th – 9 th March	Ventures residential (some Y4/5 children)
WB 10 th March	Science week – more details to follow
Wednesday 12 th March	HPAF Celebration Concert 5.30pm in Kingsland Church
Friday 11 th April	Term ends
Monday 28 th April	Start of summer term

The full 2024 - 2025 term dates can be found on the school website following the link:

<https://www.kingslandceprimary.com/term-dates/>

Big Question

We continue our series of BIG QUESTIONS as a focus for family discussions. This week's BIG QUESTION is:

How brave do you have to be to stand up against injustice?

BIG QUESTIONS



Every Friday, a child is awarded with "The Maths Rock" – this is given to a child who has worked especially hard in maths during the week. This week's winner is **Ava** ... Well done!



Storytelling Evening for YR/1/2 children on Tuesday 25th February 5.30pm ... children are invited to attend our very special Storytelling Evening. Parents are also invited into school at that time for a social 'tea and biscuits' and to join the children with the final story of the evening – save the date!



Governor news: focus on Clare Traynor: Foundation Governor - I am a Foundation Governor at Kingsland school and a parent to a child in the school. I am an active member of Kingsland C of E church and am on the PCC. I am passionate about the positive role schools play in helping children develop into caring, confident, capable, and successful individuals. I am excited to support the school in all of its endeavours.

House Tokens

Congratulations to the following children for achieving a house token!

Ambrey	Berrington	Croft	Mortimer
Henry	Emmy	Daisy	Arthur
Scarlett	Harvey	Sarva	Myla
Phoebe	Hugh		Molly
Ben	Renee		Arlo
Ffion	Oliver		Leah
Oliver	The Class 1 Team		Arthur

Congratulations go to the following children who have received Headteacher's Awards:

Archie for a super musical composition using technology; **Bella** and **Arthur** for excellent maths work; **Harvey**, **Ottillie** and **Henry** for super descriptions of The Twits; **Harry** for fabulous improvements with his handwriting – well done!

Attendance

This week's attendance – well done Class 2!

Class 1	Class 2	Class 3	Class 4	Class 5	School total
92.08%	99.35%	94.19%	98.79%	94.38%	95.96%

Holidays

Holidays should not be arranged for during term time. Holidays will not be authorised and may well be subject to a referral to Herefordshire Council, resulting in a fine or legal action. The school would very much wish to avoid this situation. The school's attendance policy can be found [here](#). Thank you for your support with this.

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

Did you know ...
Jacqueline du Pré was
born in 1945 and
died in 1987, aged
just 42.



Use the QR code
to listen to
Jacqueline play
Elgar's famous
cello concerto.

Musician

Jacqueline du Pré

Making Connections ...



Jacqueline was
married to famous
pianist Daniel
Barenboim. Use the
QR code to listen to
Jacqueline play
Haydn's famous cello
concerto, conducted
by Daniel Barenboim.



Use the QR code
to listen to
Jacqueline play
Dvorak's famous
cello concerto.



Jacqueline du Pré was a British cellist – she was regarded as one of the greatest cellists of all time. Her career was cut short by multiple sclerosis, which forced her to stop performing at the age of 28; she died 14 years later at the age of 42. Her Stradivarius cello was made in 1673, and is worth well over £1 million.

What else can
you discover
about Jacqueline
du Pré?

Did you know
that, as a cellist,
Jacqueline was a
very
inspirational
person for Mr
Debenham as he
learned the
cello?

of the Month

if she was still alive, it would be Jacqueline's
80th birthday this year.



Open the Book Worship Time – an exploration of JUSTICE through the story of Elijah.



Thank you to Wendy and Rosie for leading our Worship Time

Break the Rules Day

Wednesday 12th February 2025

Children are invited to take part in Break the Rules Day by bending the rules listed below in exchange for a donation to the PTA fund. A contribution of £2 is suggested, but any amount—big or small—is greatly appreciated!

It's a fun and exciting opportunity to let loose, get creative, and express yourself.

Remember, children will not need to wear their PE kit on this day.

Rules You Must NOT Follow (wink, wink!):

1. No crazy hair is allowed!
2. No colourful hair accessories, please!
3. No hats, definitely not!
4. No skipping school uniform!
5. No nail varnish at all!
6. No football kits under any circumstances!
7. No make-up or face paint, ever!
8. No odd socks or crazy tights - not even a little!
- 10.No hero capes are allowed - especially not proudly!

The week before, a special Mental Health Week assembly will celebrate self-expression and individuality. Use Break the Rules Day to express the real you!

PTA TREAT FRIDAY

31ST JANUARY

HOT CHOCOLATE

50P

See you in the
playground after school.



TIPS FOR FAMILIES

Place2Be's

**CHILDREN'S
MENTAL HEALTH
WEEK**

1 Encourage journaling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journaling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need.

Go for a walk, drive, or try some mindful colouring or baking together.

3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)



Messages from Kingsland Church



Sunday 2nd February 9.30am, Kingsland Church

Messy Bridesmaids

Come and join us as we hear Jesus' story of some bridesmaids who weren't ready when the bride and groom arrived! Ice some wedding cakes, get messy painting and or follow the trail around the church. We will then worship together, with songs, the message from the bible story and prayers before sharing breakfast of sausages, cocoa pops and more!

All children with any members of their families welcome! We meet for about an hour. Please let us know if you have any food intolerances, allergies or dietary requirements so that we can cater accordingly. This helps us keep food wastage to a minimum as well.

For more information: wendy@mortimerscrosschurches.co.uk

Saturday 8th February 3-5pm, Kingsland Methodist Chapel

Youth Social

Calling all pupils year 5 and above! As we approach Valentine's Day, come and join us for crafts, games, food and chat as we think about what love is, how we love others and how we can love ourselves. What does God have to say about love, and is that the same as falling in love? Bring your friends and chill out.

For more information: revdrosie@mortimerscrosschurches.co.uk

Winter Concert

Our Winter Concert is being held on Tuesday 4th February at 5.30pm in the school hall. Tickets are now available (2 per family) from the school office. There is no charge for tickets, although any kind donations will be gratefully received .

Oaker wood
NATURALLY ADVENTUROUS

HOLIDAY FUN!!

Children's Holiday Club, for 7 - 11 yr olds
£25 per day in 2025 | Book Online



Weds 19th
& 20th
February

Also, Teen Adventure Day: Paintball & High Ropes.
Outdoor adventure & fun for all the family.
Birthday Parties available.
Get in touch to plan your next adventure!



Visit www.oakerwoodleisure.co.uk

FEBRUARY HALF TERM - INTENSIVE SWIMMING LESSONS

at Leominster Leisure Centre

Our 4-day Intensive Swimming Learn to Swim Course is for beginners aged 4 plus or children in Stages 1-2 on our learn-to-swim programme aiming to advance their skills to the next Stage.

When? 17th - 20th February

GOOD TO KNOWS...

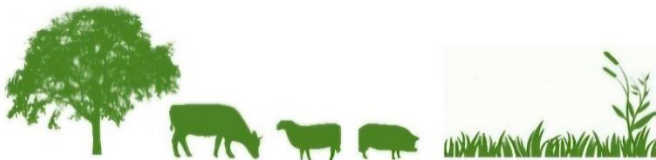
- Sessions run Monday to Thursday
- Various times
- Sessions last 30 minutes per day

£30

For 4 sessions

Find out more at www.haloleisure.org.uk. Pre-booking required - call 01568 612540 or pop into Reception

halo



Eyton Hall Farms.

Email: fhdfarm@btinternet.com

£95 per ½ lamb box. (Roughly £8-9 per kg)

Our last ½ lamb boxes contained

9 cutlets

6 chops

2 shoulder joints

2 leg joints

Mince

The meat comes in a box 39×30×14 cm - which is roughly the size of one shelf of your average fridge.

**Local Lamb boxes Available
to Order**

**(Order by the 31st Jan,
available by the 7th Jan)**

**Please contact Leanna Dale to Order
email: cheekychicken103@hotmail.com
Phone: 07742355239 or speak to me at
school.**

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Liners**

SCAN HERE

17/18/19 FEBRUARY 2025 9AM-3PM

ST MARY'S RC HIGH SCHOOL, LUGWARDINE HR1 4DR

Herefordshire Cricket

Safer Internet Day

Online safety training for parents and guardians by West Mercia Police

Learn more about the dangers of kids being online and how you can help to keep them safe.

Join our free one hour online parent awareness session to give yourself a head start in an ever changing digital world.

Date: Tuesday 11 Feb 2025

Time: 10am

Location: Microsoft Teams via Eventbrite

Sign up to the Eventbrite session by clicking on the following link:
<https://www.eventbrite.co.uk/e/online-safety-child-exploitation-session-for-parents-and-guardians-tickets-1123477364039?aff=oddttdtcreator>



Protect our children!



Digital therapy enabling children to self manage their fears and worries

Recommended by **NICE**



What is Lumi Nova?

Everybody worries sometimes, but sometimes worries stay and can have a big impact on your child's life.

Lumi Nova can support your child by helping them set goals and challenges to overcome their worries, one step at a time.

- ★ **NICE recommended digital therapy** through a fun mobile game (smartphone/tablet)
- ★ For **7-12 year olds**
- ★ Supports **mild to moderate fears, worries & anxiety***
- ★ **Based on Cognitive Behavioural Therapy (CBT)** and provides Psychoeducation and **Exposure Therapy** - The gold standard of care for treating anxiety
- ★ Safe, effective & easy to use



*Lumi Nova is for children aged 7-12 experiencing mild to moderate anxiety. It is not recommended for use with children who have severe anxiety, are in crisis, have suicidal thoughts or are at risk of self harming **without clinical supervision**.

See instructions for use: bit.ly/luminova-ifu

Using Lumi Nova can help your child:

- ✓ Learn **life long skills** on how to self manage their worries
- ✓ Learn how to **breakdown fears and worries into manageable steps**
- ✓ **Build confidence and resilience** by completing small challenges in the game and in real life
- ✓ **Understand what worry and anxiety is** so they can learn to cope
- ✓ Talk about their own worries in a way that is **non-stigmatising**



To learn more visit:
luminova.app/handw



UK Health
Security
Agency

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



Should I keep my child off school?

Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.

Most pharmacies can help you with **seven common conditions** without needing a GP appointment

- **Sinusitis**
(adults and children aged 12 years and over)
- **Sore throat**
(adults and children aged 5 years and over)
- **Earache**
(children and young adults aged 1 year to 17 years)
- **Infected insect bite**
(adults and children aged 1 year and over)
- **Impetigo**
(adults and children aged 1 year and over)
- **Shingles**
(adults aged 18 years and over)
- **Urinary tract infection**
(women, aged 16 to 64 years)

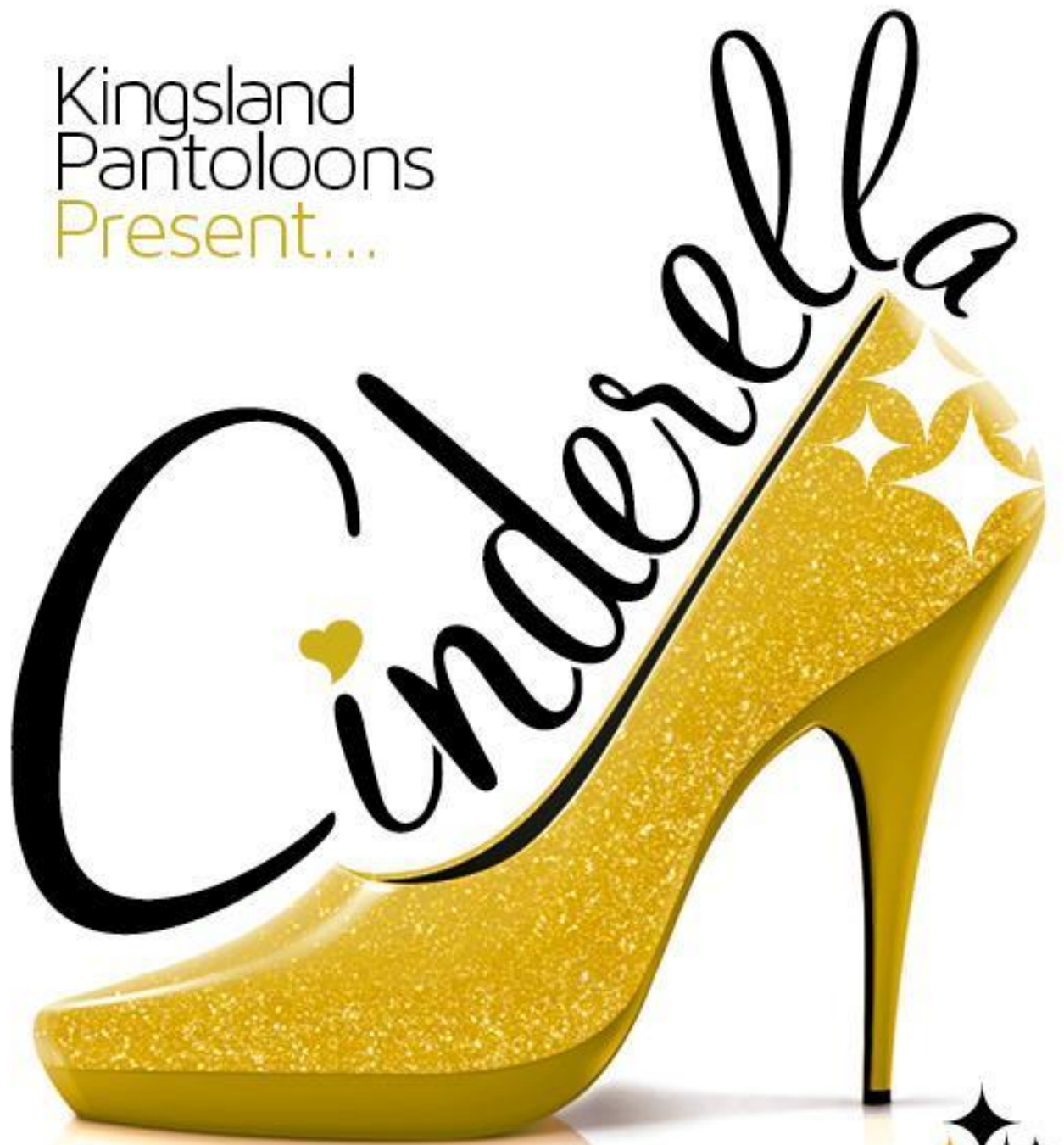


Ask your pharmacy for more information about this free* NHS service

Visit your Pharmacy First!

*NHS prescription charge rules apply where a medicine is supplied

Kingsland
Pantaloons
Present...




THE PANTO

7.30^{PM} FRI 21ST, 2^{PM} & 7.30^{PM} SAT 22ND FEB

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**Remembering key
knowledge and
vocabulary**

**Maintaining excellent
learning behaviours**

Kingsland CE Primary School



'Let Your Light Shine'



What are our aims for this year?

**Developing
sequential curriculum
planning**

**Improving school
attendance**

Worship Videos

Spring 1

This half term we will celebrate parts of Jesus' life from the visit of the wise men at Epiphany, his baptism and when he visited the temple with his parents. We will also learn about people who showed great courage from the Old Testament.

1. Epiphany - follow the star
2. Jesus' Baptism
3. Noah - People of Courage
4. Esther - People of Courage
5. Candlemas
6. Joseph - People of Courage

The wise people will shine like the brightness of the sky. Those who teach others to live right will shine like stars forever and ever.

Daniel 12:3



How do you showcase wisdom?
Who do you see as wise today?
How do they shine?

In what ways can you teach others to be wise?

Sorry washing

When Christians pray to ask for forgiveness and say sorry for their wrong choices it is called repentance. Baptism is a sign of repentance.

Fill a bowl with water.

Take some time to think about the wrong choices you have made that you would like to say sorry to God. As you ask God to forgive you for each wrong choice wash your hands to show that you are asking to be made clean again.

Candlemas



Design your own prayer candle, what images or symbol would you choose to put on it to help you pray?
Maybe you could use a battery powered candle at home as a focus to help you reflect and pray there.



Scales often symbolize Justice. If you have a pair at home or school, use them for reflection. Write down names of those facing injustice on one side and a prayer for them on the other.

What happens if you keep adding new prayers?

Lego Ark

Gather some bricks or other construction toys to build an ark. Think about how Noah had to persevere despite others trying to stop and distract him.

When have you had to persevere?
Who you would want to keep safe aboard it.

Pray for their safety.



RIP & REPAIR

Take a sheet of scrap paper. Tear it in half.

Think about people and places that you are aware of that need reconciliation. Who are the two 'parties' that need to be reconciled?

Write or draw one 'party' one each half.

Pray for them and then stick the two pieces back together using sticky tape or a sticky plaster as a sign of what you are praying for.

Notice who the torn edges still show. The rip isn't forgotten about, but the repair brings them closer together.

Use me, God. Show me how to take who I am, who I want to be, and what I can do, and use it for a purpose greater than myself.

Martin Luther King Jnr.

What makes us wise today?

What are the right things that you need to do?

If you were the prime minister for the day which rules would you change to protect people?

Which takes more courage, to forgive and move on to to keep a grudge?

Can we go a whole day without making wrong choices in what we say, think and do?

In what ways is Jesus like a light in the world?

Thinking it through



Kingsland CE Primary School

Let your light shine

“Let your light shine before others that they may see your good deeds and glorify your Father in heaven.”
(Matthew 5:16)



This half term's Christian value is:

JUSTICE

Educating for Dignity and Respect



A prayer for JUSTICE

Father God, You take care to listen well to people, especially those that are vulnerable. You are passionate about seeking JUSTICE for everyone. Give us wisdom when we need to make decisions. And when we get it wrong, give us the humility and courage to say sorry. Amen.

Christian Value Family Reflection

Welcome to our Christian Value Family Reflection which offers some suggestions, thoughts and ways into exploring and reflecting on the value of this half term: **JUSTICE**

A reflection on JUSTICE by Wendy Maddocks, Foundation Governor, Kingsland Church

It's not fair! It's not fair that I have to go to bed first just because I am the youngest. It's not fair that my friend finds reading really easy but it takes me half an hour to read a page. It's not fair that she always gets picked for the football team but when I kick a ball my football boot comes off and goes further than the ball ever does! It's not fair!

We all feel injustices in our everyday life and sometimes they are just because we are impatient to grow up or we want to be good at everything.

I want to remind you about a girl called Malala. She was born in Pakistan and when she was 11 years old, new rulers took over in her region of Pakistan and decided that girls could no longer go to school. She spoke out, doing a blog to tell everyone how unfair it was. In 2012, when she was just 15, a masked gunman got on her bus and shot her. These are Malala's words:

'I woke up 10 days later in a hospital in Birmingham, England. The doctors and nurses told me about the attack — and that people around the world were praying for my recovery.'

We sometimes feel as children that nobody listens to us and we can't do anything to change things. But Malala spoke out about injustice. Even though she was just a child, people all over the world listened to her. In fact, BECAUSE she was 'just a child' it made her message even more powerful.

We read a story in Mark's gospel in the Bible of people bringing children to Jesus:

'... the disciples scolded the people. When Jesus noticed this, he was angry and said, 'Let the children come to me and do not stop them'.

God hates injustice, as these verses in Psalm 82 remind us:

'You must stop judging unjustly. Defend the rights of the poor and the orphans, be fair to the needy and the helpless'.

Brave people all over the world stand up for JUSTICE. Men and women, black and white, rich and poor, old people and children. Never think that your voice will not be listened to because you are not the right type of person. From local things, like someone being bullied in the playground, to global things like animal cruelty, we all have a voice and need to speak up if we see things that are unfair. Malala's actions changed the law in Pakistan. **How will you be a change-maker today?**