



THE CHURCH OF ENGLAND

Kingsland CE (VA) Primary School



The Kingsland Times

Friday 24th March 2023

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 **THANKFULNESS**

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)

This week, Class 4 and 5 children enjoyed a fabulous interfaith learning visit to Wolverhampton. They visited three different places of worship – a Mosque, a Gurdwara and a Mandir – and learnt all about the cultures, beliefs and traditions of other people.

On Friday next week, we invite the school community to take part in a traditional Christian celebration, our Easter Service. This will take in place in Kingsland Church at 1.30pm and will be a fantastic celebration of the Easter story and wonderful singing.



PLEASE DO NOT PLAN HOLIDAYS DURING TERM TIME

Kingsland CE Primary School, Kingsland, Leominster, Herefordshire HR6 9QN

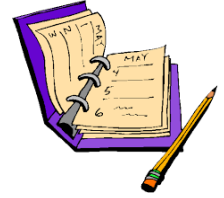
Telephone: 01568 708436

Email: admin@kingslandengland.hereford.sch.uk

Website: www.kingslandceprimary.com



Dates for your diary



Wednesday 29 th March	HPAF Concert in Coronation Hall 5.30pm
Friday 31 st March	Easter service in Kingsland Church 1.30pm
Monday 17 th April	Start of term
WB 24 th April	After School Clubs start
1 st and 8 th May	Bank Holidays – school closed
WB 8 th May	KS2 national tests (Y6)

The full 2022 - 2023 term dates can be found on the school website following the link:
<https://www.kingslandceprimary.com/term-dates/>

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

Alfred for writing super reading – well done!

House Tokens

Congratulations to the following children for achieving a house token!

Ambrey	Berrington	Croft	Mortimer
Ada Perry Willow Henry	The Class 1 Team Bethany Flo Wilf Mya	The Class 1 Team Max Matilda Syd Daisy	William Ella Hector Mollie

This week's attendance – congratulations to Class 3

Class 1	Class 2	Class 3	Class 4	Class 5	School total
94.38%	97.84%	99.44%	95.45%	94.71%	96.67%

Big Question

We continue our series of BIG QUESTIONS as a focus for family discussions. In Worship Time on Thursday we heard the story of Jesus and the children ... so this week's BIG QUESTION is:

What would the world be like if everyone looked the same and believed the same things?



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 **Meghan** ... Well done!



OUR GOVERNORS

An update from the school governors: this week, the **Love to Learn Committee** met to review the school's recent Ofsted report and reflect on curriculum planning. The **Staffing Committee** also met to discuss all aspects of staffing and financing the school.



Parents and carers across Herefordshire and Worcestershire can now download the free HANDi app, designed to advise them on what to do if their child is unwell. The App contains information about when and how to ask for help, to give people the confidence to deal with minor childhood health care conditions.

The HANDi app provides advice and support to parents and carers of children up to eleven years of age when their child is feeling unwell. It works by asking questions about the child's condition, to help the parent decide on the best course of action. All of the advice has been developed and approved by local NHS paediatricians and other healthcare professionals.

The app offers simple and straightforward advice for conditions including, asthma, wheezing, high temperature, diarrhoea and vomiting and abdominal pain, amongst others. It enables a parent to check the symptoms and get instant, NHS-approved medical advice.

For more information, and to download the App, visit the The Herefordshire and Worcestershire Integrated Care System website. Or Search "Handi" on the Apple App Store and Google Play.

Y6/Y5 played Shobdon in a school Football match on 23rd of March at Shobdon. By the end it was 4-2 to us, our scorers were Harry and Max with 2 goals each. We had lots of fun! Thank you for having us, Shobdon!

-By Hatty (Y5)



The Year 4 football team had a super time playing against Leominster Primary School this week. It was a close match with Leominster winning 2-0. There was also an enjoyable penalty shoot-out after the match with Leominster winning 2-1. Theodore playing in goal was unanimously voted Player of the Match!

Messages from Kingsland Church:



Sunday 26th March
9.30am Aymestrey Church

Noah's Ark

Explore the Bible with drama and dressing up!



Sunday 2nd April
9.30am Kingsland Church

Palm Sunday

Messy activities and crafts, followed by
breakfast. (Finishing 10.15am)

Come and see the donkey and join in with the
processions into church to celebrate Palm
Sunday. (finishing 10.40am)

Please put the dates in your diary and we
look forward to welcoming you. For more
information contact the church on
kingslandchurchoffice@gmail.com



*Herefordshire Performing Arts Festival:
Celebration Concert*

on Wednesday 29th March 2023
at 5.30pm in the Coronation Hall

This will be a wonderful evening for everyone to enjoy the achievements of the children who performed in the Herefordshire Performing Arts Festival. It will be an awesome evening of poetry and singing - you will be in for a treat!

*Voluntary contributions would be most welcome to cover
festival entry costs (£5 per entry)*

KINGSLAND C E PRIMARY SCHOOL

'Raising the Roof'

Fundraiser

An evening of Live Music, Food, Grand Draw and
Auction of Promises.

Saturday 13th May 2023
7.00pm—12.30am

Luctonians Rugby Club

Tickets £20.00
To include food (Pig Roast)
and live music from...

FRONT 
RUNNER

**Tickets available from the
School Office, Kingsland Village Shop
and Luctonians RFC.**

**Dietary requirements: please contact
School office Tel. 01568 708436**



KINGSLAND SCHOOL PTA

Invite you to join us for our fun,
family friendly

EASTER

BINGO!

FRIDAY 24th MARCH 2023

at Kingsland Coronation Hall

5pm / Eyes down 5:30pm

FREE ENTRY / BINGO BOOKS 50p EACH /

WIN EASTER EGGS / DRINKS & SNACKS / RAFFLE

Local mental health help for children

In Herefordshire and Worcestershire



I feel okay.

Looking after yourself

There are some simple things you can do to keep feeling happy. They're known as the 5 ways to wellbeing.

- **Keep active:** run, jump or do sports.
- **Take notice:** paint what you can see, listen to sounds or play I spy.
- **Connect:** talk and make new friends.
- **Keep learning:** how you want to.
- **Give:** help at home or share with friends.



I feel sad or worried.

Talk to someone

Talk to a family member like your mum or dad, a close friend or a trusted adult for example your teacher about how you feel.

Visit the CAMHS website

It includes activities you can do at home and where to go for help. www.camhs.hacw.nhs.uk

HELP!



I have thoughts of hurting myself or I am in danger.

Call the NHS mental health helpline for free:

☎ 0808 196 9127 at any time and on any day.

☎ Call 999 If there is an emergency, you are really hurt or feel unsafe.

Other people who can help you

- ☎ **Young Minds:** Text YM to 85258 anytime for free support
- ☎ **Childline** free phone: 0800 1111



You can also scan this QR code to access an online version in your own time.

Worried about a child's mental health

- Share concerns with the child's school/ college
- Visit the CAMHS NHS website www.camhs.hacw.nhs.uk
- Visit your GP Practice Team if you are a parent or carer to discuss the best options, including access to specialist services.
- Young Minds parent support: www.youngminds.org.uk/parent

Adults

Local mental health support you can access today

In Herefordshire and Worcestershire



I want to keep a healthy mind.

Looking after yourself

Search '5 steps to mental wellbeing' on the NHS Choices website for simple tips on how to keep your mind healthy.

Community Services

List of local community services that offer information, advice, and tools.

Worcestershire – Here2Help:
SearchForHelp.worcestershire.gov.uk

Herefordshire – Talk Community:
www.talkcommunity.directory.org



I'm struggling and have been for a couple of weeks.

Now We're Talking

Access to self-help guides and online courses. www.nowweretalking.nhs.uk

Qwell Free mental wellbeing support including online chat and forums. www.qwell.io

NHS Healthy Minds Self refer for free online, group or 1:1 talking therapies. www.healthyminds.whct.nhs.uk

☎ Worcester: 0300 013 57 27
☎ Hereford: 01432 220 507

Visit your GP Practice Team To discuss the best options for you, including access to specialist services.



I need urgent advice and support for myself or someone I know.

Call the free local NHS urgent mental health helpline:

☎ 0808 196 9127

If you need advice and support quickly (24 hours a day 365 days a year).

☎ Call 999

For free, if you are seriously injured, have taken an overdose or if there is an immediate risk to life.



You can also scan this QR code to access an online version in your own time.

Wellbeing and Recovery College For a wide range of courses designed to build new skills at any point on your journey. www.wellbeingandrecoverycollege.org.uk

Useful national resources

MIND: www.mind.org.uk ☎ Samaritans freephone: 116-123 ☎ Text "SHOUT" to 85258



EASTER TENNIS DAYS

Bridge Street Sports Centre

April 3rd, 6th, 10th & 13th

9.30am - 2.30pm

Ages 7-12

Cost £32 per day / £60 for two
Sibling discount available too.

Fun games | Learn new skills | Prizes | Make new friends |
Mini Matches | Competitions |



For more info, please contact Howard:
howard86tennis@outlook.com
07821997770
facebook.com/leominstertennisclub

Children's Easter Holiday Activities at Halo Leisure

FREE Swimming crash courses.

SWIMMING - our pools will be open everyday!

Gymnastics Holiday Day Camp!

JumpINGym Indoor Soft Play

Racket sports - Tennis & Badminton

Book by calling your local centre or pop in and speak to our reception team!

<https://www.haloleisure.org.uk/activities/herefordshire/childrens-activities/holiday-activities>

Terms and conditions apply



EASTER HOLIDAY CAMP



3rd, 4th, 5th, 6th, 11th, 12th,
13th, 14th April
8.45am - 3.30pm

£25 a day

Book two days and receive a 5% discount
Book four days and receive a 10% discount

To book please email
communitycoaching@luctonians.co.uk



ITINERARY

Easter Holiday Club

3rd April	Rugby and Flag Football
4th April	Football and Dodgeball
5th April	Cricket and Lacrosse
6th April	EASTER FUN DAY!
11th April	Rugby and Flag Football
12th April	Football and Obstacle Race
13th April	Rounders and Touch Rugby
14th April	FUN DAY!

YrR - Yr4 & Yr5 - Yr8

To book please email
communitycoaching@luctonians.co.uk



You are warmly invited...

...to a Dementia Awareness session on Wednesday 29th March. The event will enable Kingsland's organisations and businesses to provide a better service to people with dementia. It will be delivered by Cheryl Poole, Chair of Dementia Friendly Leominster, Dementia Nurse Specialist, and a member of the Herefordshire Dementia Action Alliance.


Over 1 million people in the UK are predicted to have dementia by 2025. Although dementia can strike at stage of adult life, old age is the strongest known risk factor for dementia, so all communities with a high proportion of older people will have friends, relatives, neighbours and customers living with this condition. **Everyone** can support them by knowing about:

- the symptoms of dementia, so it can be recognised in a neighbour or customer
- ways of communication, so a person's needs, wishes and emotions can be understood
- small changes that can be made to premises or buildings, to make people feel more welcome and less stressed

The Familiar Treasures Project is organising one lunchtime and one evening training session for representatives of local organisations, businesses and community groups. So that you don't go hungry, a light 'working' lunch or supper will be offered, as well as drinks. There is no obligation to do anything after the training – this is just an awareness raising opportunity.

Wednesday 29th March
The Corners Inn, Kingsland
11.30 – 2pm or 5.30 – 7pm

Please RSVP with your session preference and whether you'd like food by 17th March to: thefamiliartreasuresproject@gmail.com or text / phone 07931 560742



Knowing more and remembering more.

Being INCLUSIVE and GREEN.

Kingsland CE Primary School



'Let Your Light Shine'



What are our aims for this year?

Developing a sense of passionate service and courageous advocacy.

Fulfilling our potential in maths and English.



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:

THANKFULNESS

Educating for Community and
Living Well Together



A prayer for THANKFULNESS

Thank you, God, for all your blessings to me and my family; for the strength you give me each day and for all the people around me who make life more meaningful. 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: **THANKFULNESS**

A reflection on THANKFULNESS by Wendy Priday, Foundation Governor, Eardisland Church

A Bible story that illustrates the value of THANKFULNESS is the story of the ten lepers: Luke, Chapter 17.

A leper is a person who has a disease called leprosy which causes sores all over their bodies. In Jesus' day this disease was very common – people who had this disease were thought to be unclean and were required to stay away from others because of the fear that they may be infected.

One day, Jesus was walking through a small village when he saw a group of ten lepers. They stood far away from Jesus and called to him, “Jesus, Master, have pity on us.” Obviously, they knew who Jesus was and that he had the power to heal them. When Jesus heard them, he called back to the lepers and said “Go, show yourselves to the priest.”

As the lepers went on their way to see the priest, they looked at their skin and the sores were gone! Jesus had healed their disease! They were so happy that they ran up and down the streets singing and dancing. Suddenly, one of them stopped and went back. Praising God with a loud voice, he threw himself at Jesus' feet and said “Thank you”. Jesus said to him, “Weren't there ten who were healed? Where are the other nine?” Only one out of ten remembered to say, “Thank you.”

Every one of us has so much for which to be thankful and don't you just hate it when someone does something nice for you and you are prompted with the words “Now what do you say?” We all know what to say, but unfortunately, we sometimes forget to say it - which is what happened in our Bible story.

During Covid, many of you sent cards and pictures to the Wye Valley NHS to say a very big “Thank you” to them for all their extra hard work during this pandemic – and then they wrote back to you with their heartfelt thanks saying how much they appreciated what you had done!

There is a very old saying “Count your blessings” and, indeed, it reminds us to celebrate and be truly thankful for everything, our families and friends and the acts of service in this amazing world that keep us all going each and every day.