



THE CHURCH OF ENGLAND

**Kingsland CE (VA)
Primary School**



The Kingsland Times

Friday 17th 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)

The week has been dominated by the Herefordshire Performing Arts Festival with over 60 children taking part with poetry and choir performances. Whether children come back with medals or not, they are ALL winners in our eyes. The fact that they have committed to learning a poem and the effort that goes in to the preparation means they have learnt vital skills and gained in confidence. We look forward to our HPAF Celebration Concert on Wednesday 29th March at 5.30pm in the Coronation Hall, where all children who took part are invited to perform their poems again in front of a supportive and encouraging audience. Please make a note of this date in your diaries – it will be a fabulous celebration of poetry and singing!

THANK YOU to Mrs Smith for leading us through Science Week, with exciting visitors presenting about falconry and bees, as well as assemblies and the sharing of the children’s fantastic science projects.

PLEASE DO NOT PLAN HOLIDAYS DURING TERM TIME

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

Telephone: 01568 708436

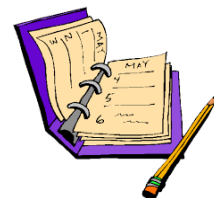
Email: admin@kingslandengland.hereford.sch.uk

Website: www.kingslandceprimary.com



Dates for your diary

Friday 17 th March	Parents' Show and Tell Science Projects 2.45pm
Monday 20 th March	Children's book shelf book sale
Tuesday 21 st March	Class 4/5 inter faith visit to Wolverhampton
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



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:

Helen, Ruby, Jacob and Nora for writing super diary entries; **Henry** for super improvement with letter formation – well done!

House Tokens

Congratulations to the following children for achieving a house token!

Ambrey	Berrington	Croft	Mortimer
Jacob Scarlett Lucy Henry Olivia Malvina The Class 1 Team	Ava Hugh Charlie	Jasmine Isabelle Jack	Clara Jorja Alice Gilbert Arthur Madeleine

This week's attendance – congratulations to Class 2

Class 1	Class 2	Class 3	Class 4	Class 5	School total
97.92%	99.4%	98.15%	95.96%	97.71%	97.86%

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 can we learn from different faiths?



Swimming Gala

On Saturday 4th March, the school entered their first team in a very long time to the Hereford Schools' Swimming Gala. Kingsland had a wonderful experience taking part in many races and relays. Henry even came away with a medal! Well done to the Kingsland Swimming Team and thank you to Mrs Small for attending and supporting.

Class 4 and 5 inter faith visit to Wolverhampton

We greatly look forward to deepening our interfaith learning when we visit three different places of worship in Wolverhampton next week. Interfaith learning is an essential part of the school's Religious Education curriculum, the Herefordshire RE syllabus which applies to all Herefordshire schools, and the DfE direction towards children's education of key British values. We believe it is especially critical for our children to open their eyes to a wider world as this part of the country lacks ethnic diversity and richness, and is a key component of the school's International School Award and connections with Tanzania. The school embraces all aspects of diversity whether this be faith, gender, race, disability and religion, and believes that a deep and respectful understanding of these is essential for children living in 21st century Britain.



The hall was BUZZING with excitement when The Queen Bee (Meriet Duncan) came to share her vast knowledge about bees ...





An update from the school governors: this week, the **Learn to Love Committee** met to discuss plans for our Easter worship and other events in the summer term such as Refugee Week and the Coronation.

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 **James** ... Well done!



Messages from Kingsland Church:

Mothersing Sunday

Sunday 19th March
11am Kingsland Church

Come along and join our celebration of Mothers and all those who mother us. This is an all-age service of about 45 minutes, with hymns and prayers to give thanks to God for the gift of love. Flowers will be given out, pictures drawn, Brownies and Cubs will be parading and the Church Steel Pans Group will be playing.

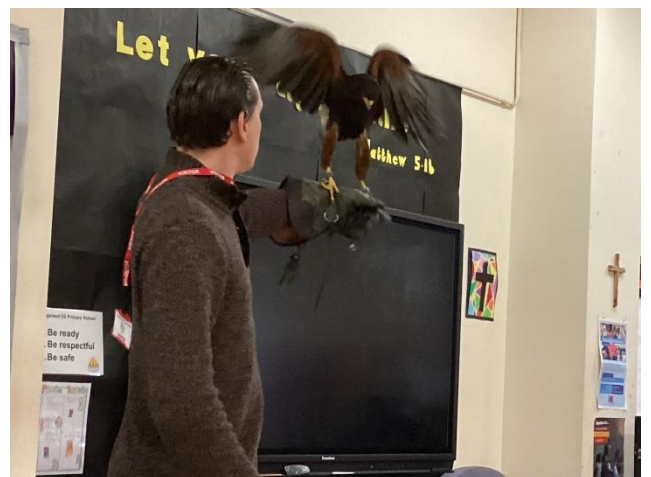
Sunday 26th March
9.30am Aymestrey Church
Noah's Ark
Explore the Bible with drama
and dressing up!



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



Luke Mammott from Wye Valley Falconry fascinated the children with his feathered friends ...

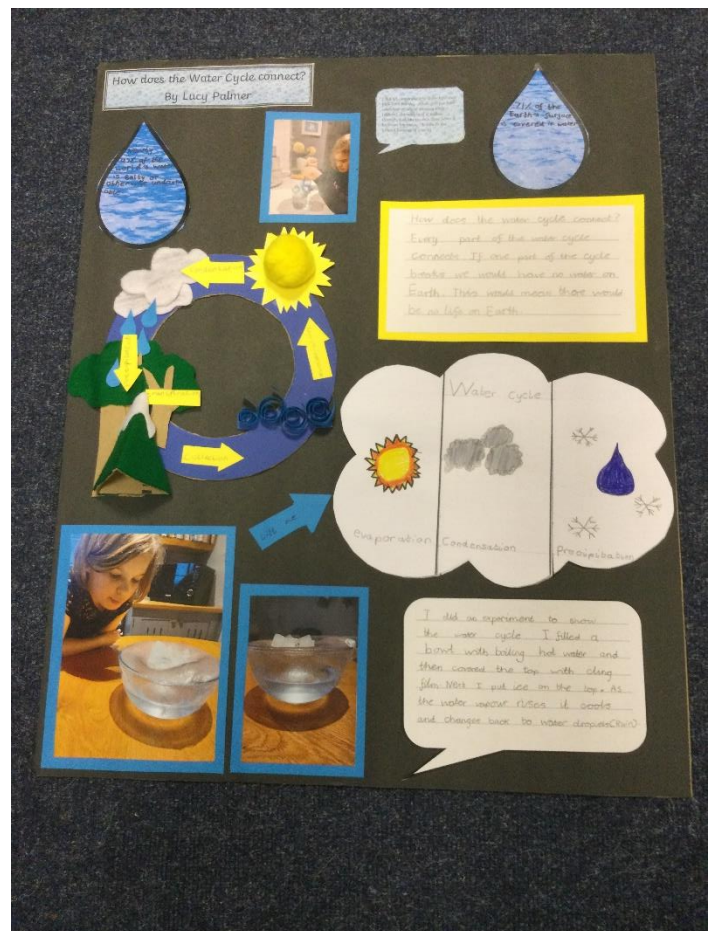


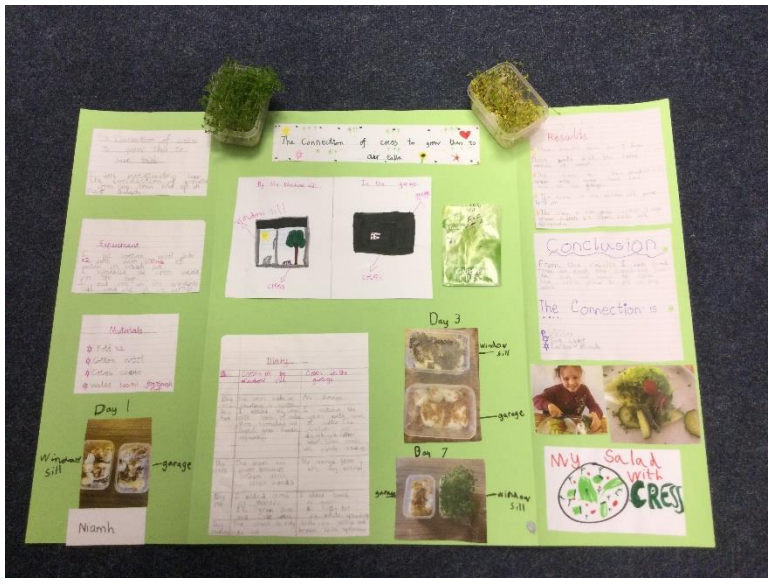
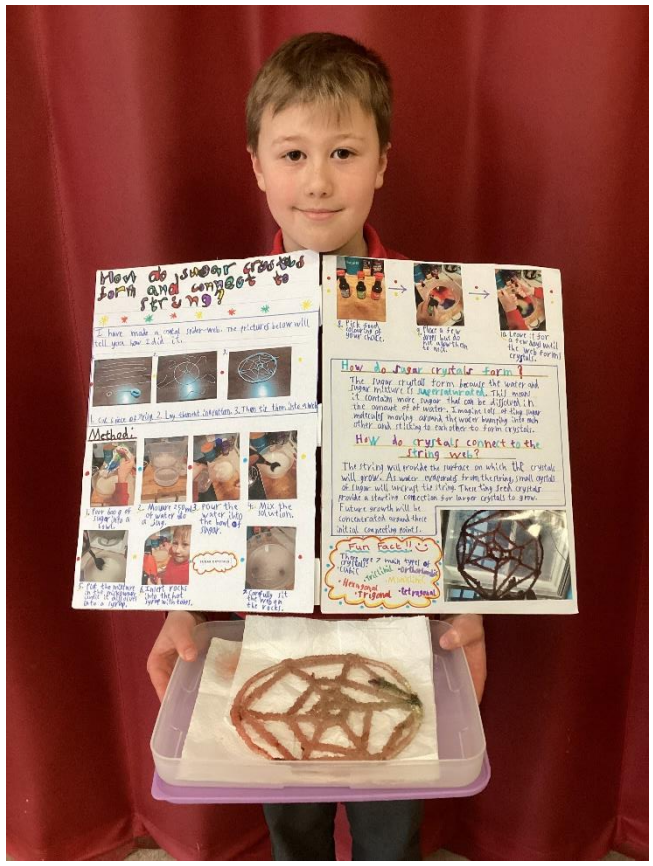
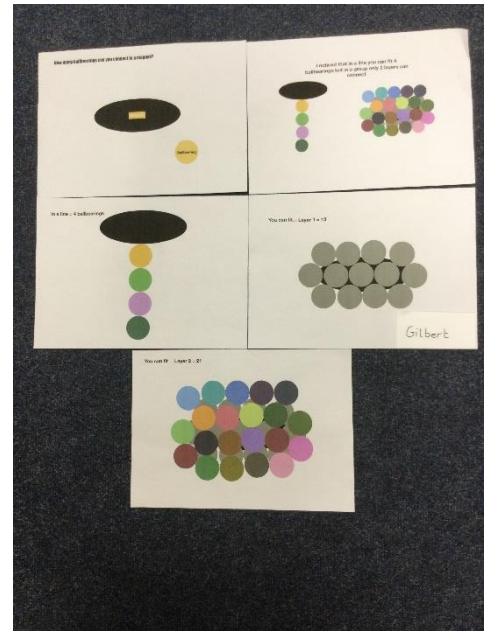
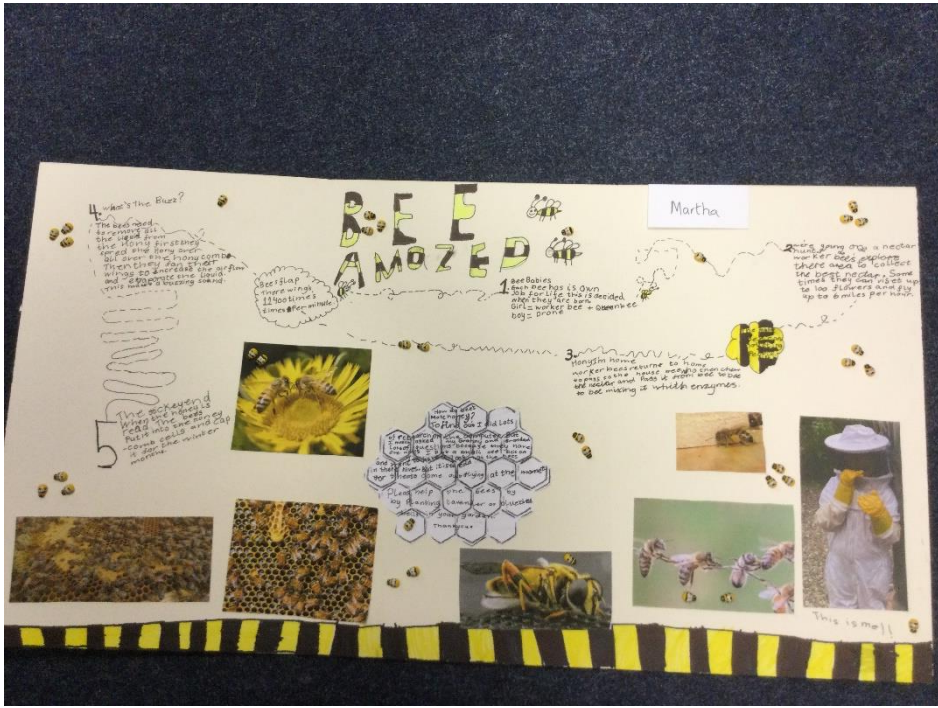


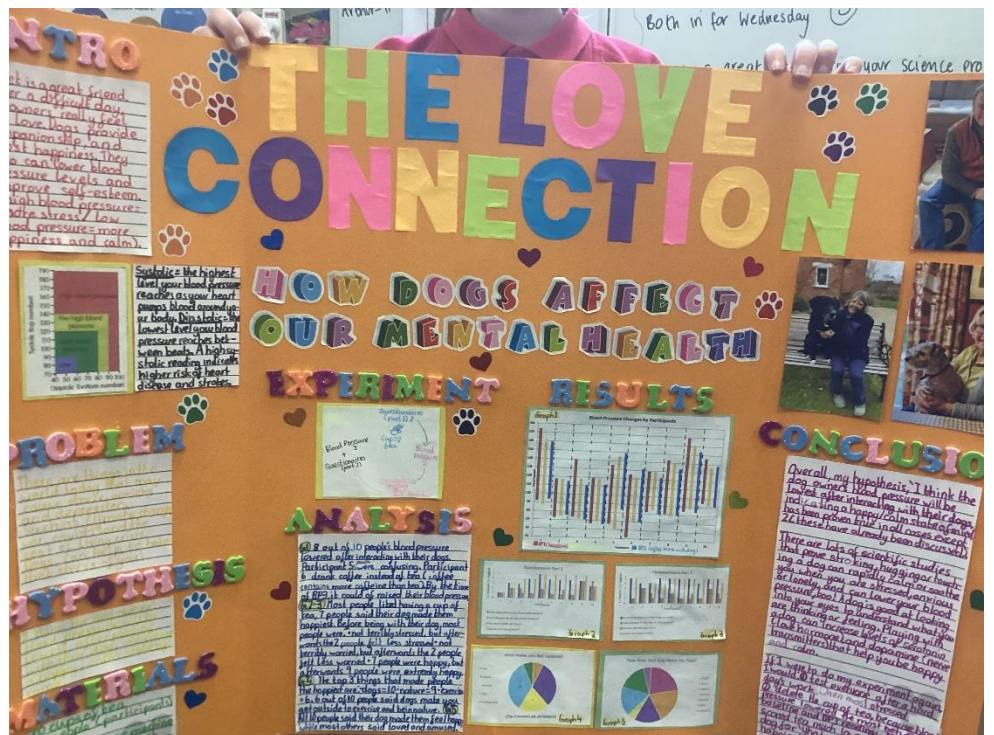
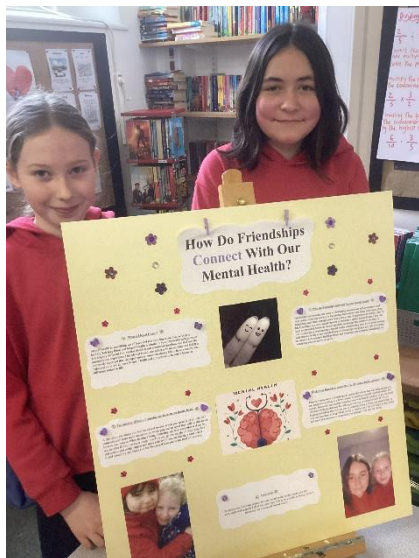
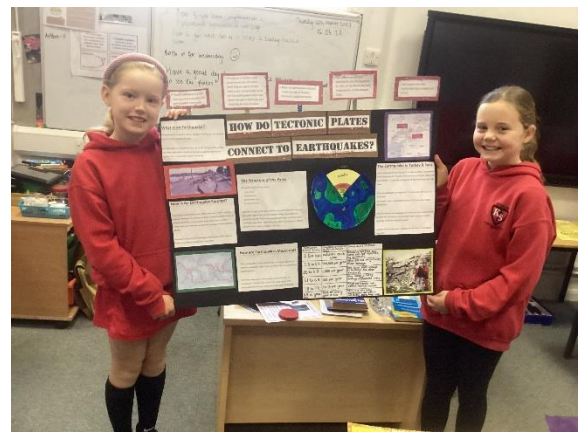
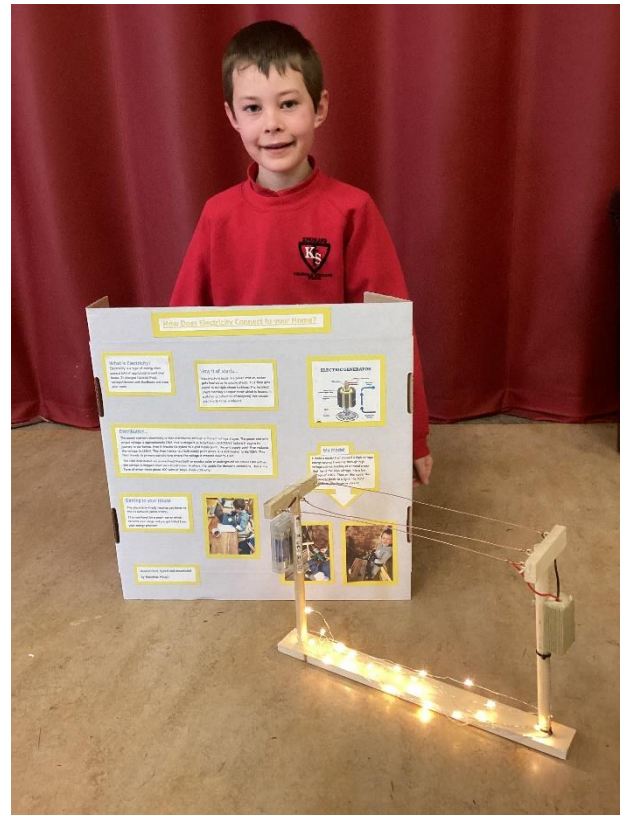
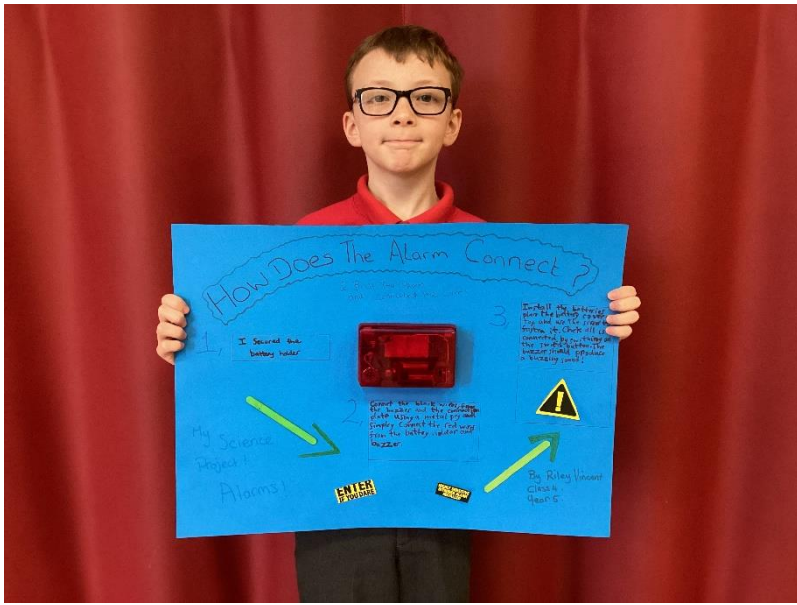
This week, Class 4 having been making incredible clay coral reefs ...

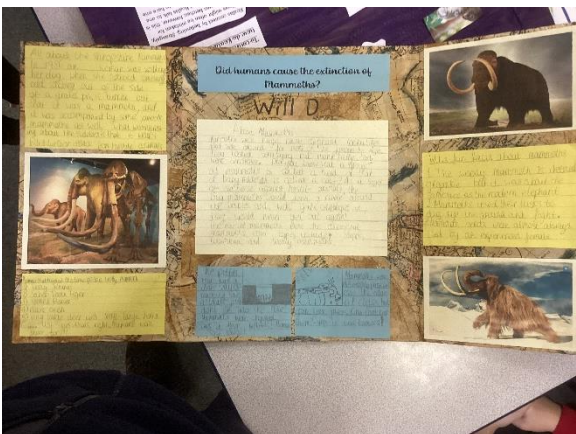
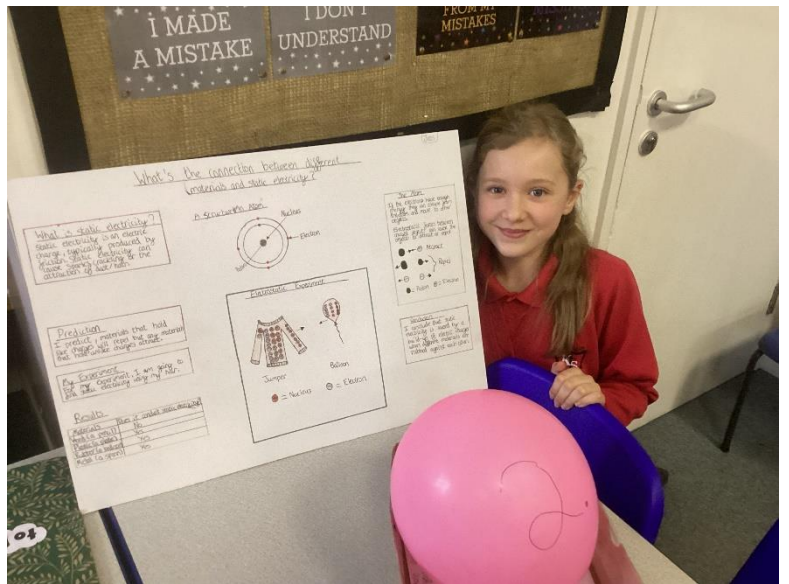
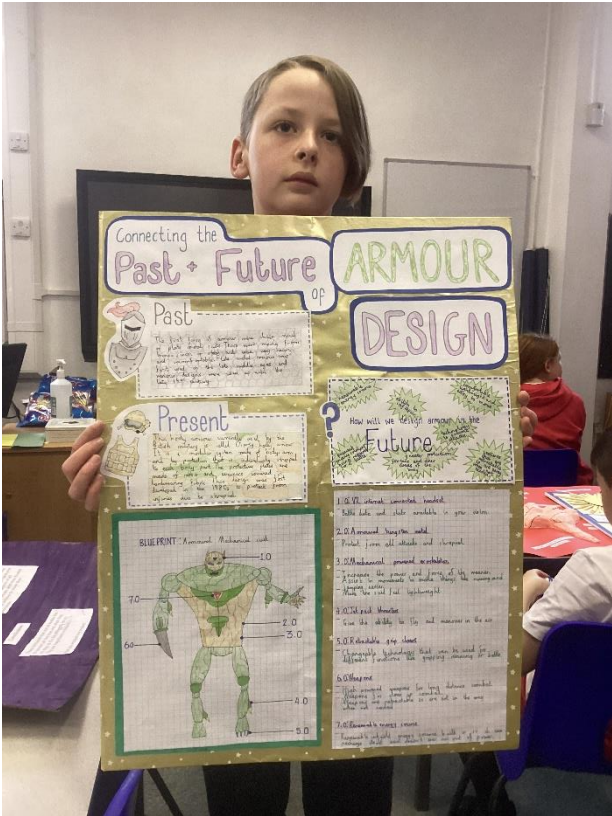
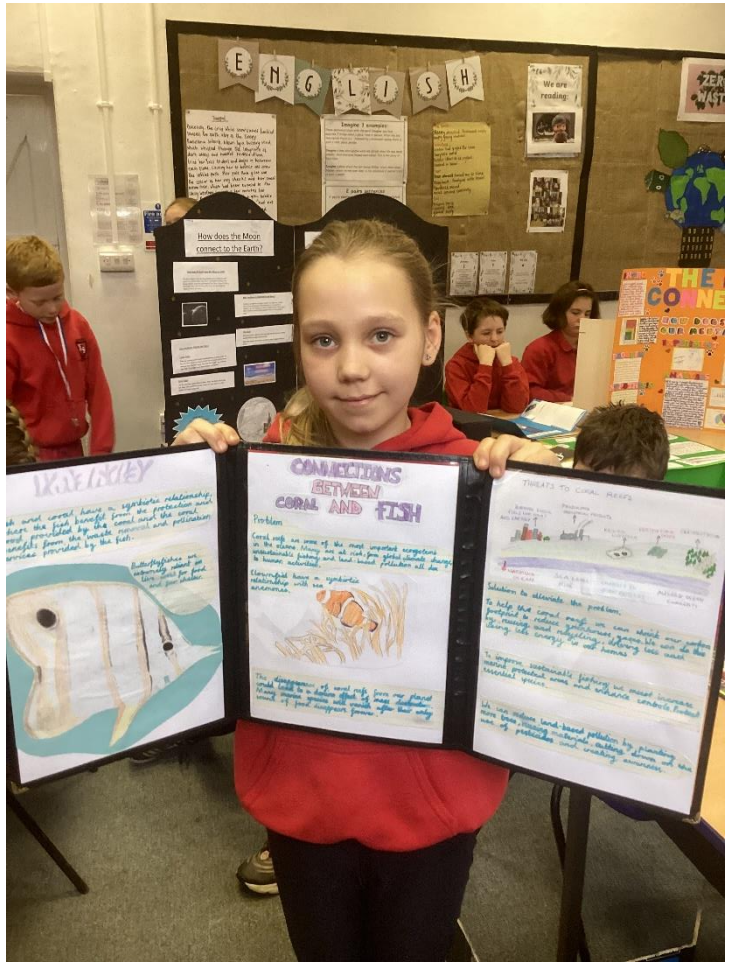
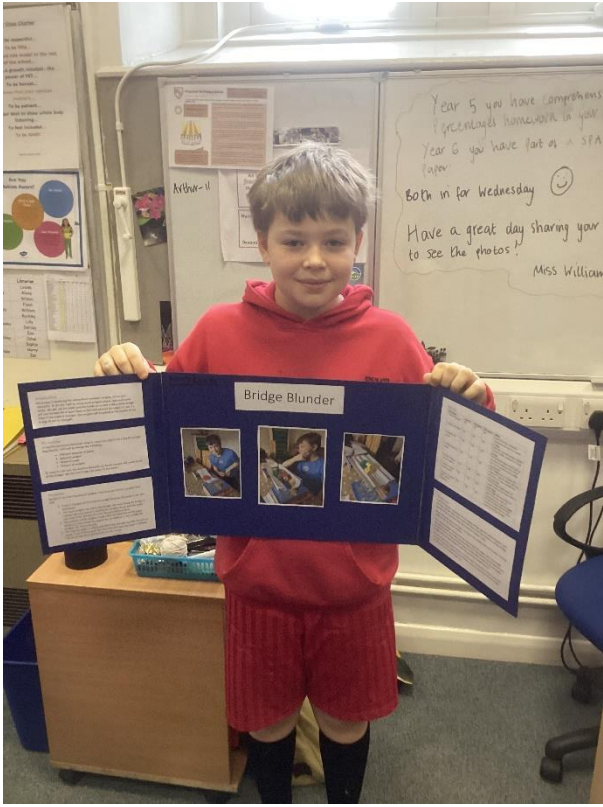


Science Projects – what a fabulous display of learning!











*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



The Children's Bookshelf

Kingsland Primary

POP UP BOOK EVENT

Monday 20th March

ALL BOOKS BRAND NEW & JUST £2

“ LET'S GET CHILDREN READING ”

**The Children's Bookshelf, Maylord Shopping Centre on Gomond Street
Hereford, HRI 2DP**



EASTER

family activity taster day

Saturday 1st April 10am - 2pm
Whitecross High School, Hereford



Fun for
School aged
children



Free meal
included!



Lots of exciting activities to try!



Book now on the Talk Community website:
www.talkcommunity.org/holidayactivities

Funded by the Department for Education



TALK COMMUNITY



Kingsland Primary School

(April – July 2023) WEEK ONE



Please send completed menu & exact payment together in a sealed, named envelope into school by **9.00am TUESDAY** each week (lunches should be ordered one week in advance). Please make cheques payable to 'Wigmore School', no cheques can be accepted for less than £5.00. **Meals are £2.40 each.** To cancel meals, please call the canteen on 01568 770118 by 9am on the day of cancellation. This number cannot be used to order meals.

A selection of breads and a variety of salads/vegetables will be available each day, also fresh fruit and yoghurts are available daily and cold drinking water.

Meals are funded by the government and are free for Reception, Year 1 and Year 2

	NAME: _____ Class: _____		Please tick choices clearly
	Week 1 17 Apr <input type="checkbox"/> 8 May <input type="checkbox"/> 5 Jun <input type="checkbox"/> 26 Jun <input type="checkbox"/> 17 Jul <input type="checkbox"/>		
Tick all weeks to be ordered AMOUNT ENCLOSED with this order £			
MONDAY	Main	Macaroni Cheese & green beans	
	Vegetarian		
	OR	Jacket potato with various toppings	
		Fruit Cookie	XXXXXXXXXX
TUESDAY	Main	Roast Chicken with mash & roast potatoes & carrots	
	Vegetarian	Cauliflower Cheese	
	OR	Jacket potato with various toppings	
		Flapjack	XXXXXXXXXX
WEDNESDAY	Main	Spaghetti Bolognese with peas & sweetcorn	
	Vegetarian	Quorn Bolognese	
	OR	Jacket potato with various toppings	
		Fruit Sponge	XXXXXXXXXX
THURSDAY	Main	Sausage, mash & gravy with seasonal vegetables	
	Vegetarian	Veggie Sausage	
	OR	Jacket potato with various toppings	
		Krispie Cake	XXXXXXXXXX
FRIDAY	Main	Fish Finger with sautéed potatoes and baked beans	
	Vegetarian	Onion Bhajee Burger	
	OR	Jacket potato with various toppings	
		Cinnamon & Sultana Bun	XXXXXXXXXX

ORDERS MUST BE IN BY 9AM TUESDAY A WEEK IN ADVANCE AT THE LATEST.

Kingsland Primary School

(April – July 2023) WEEK TWO



Please send completed menu & exact payment together in a sealed, named envelope into school by **9.00am TUESDAY** each week (lunches should be ordered one week in advance). Please make cheques payable to 'Wigmore School', no cheques can be accepted for less than £5.00. **Meals are £2.40 each.** To cancel meals, please call the canteen on 01568 770118 by 9am on the day of cancellation. This number cannot be used to order meals.

A selection of breads and a variety of salads/vegetables will be available each day, also fresh fruit and yoghurts are available daily and cold drinking water.

Meals are funded by the government and are free for Reception, Year 1 and Year 2

	NAME: _____		Class: _____		Please tick choices clearly
	Week 2 24 Apr <input type="checkbox"/> 15 May <input type="checkbox"/> 12 Jun <input type="checkbox"/> 3 Jul <input type="checkbox"/>				
		Tick all weeks to be ordered			
		AMOUNT ENCLOSED with this order £			
MONDAY	Main	Tomato Pasta with seasonal vegetables			
	Vegetarian				
	OR	Jacket potato with various toppings			
		Catherine Wheel Biscuit			XXXXXXXX
TUESDAY	Main	Roast Turkey with mash & roast potatoes & green beans			
	Vegetarian	Veggie Frittata			
	OR	Jacket potato with various toppings			
		Iced Sponge			XXXXXXXX
WEDNESDAY	Main	Sausage Roll with potato wedges & seasonal vegetables			
	Vegetarian	Veggie Roll			
	OR	Jacket potato with various toppings			
		Melting Moment			XXXXXXXX
THURSDAY	Main	Chicken Korma with rice & peas			
	Vegetarian	Veggie Korma			
	OR	Jacket potato with various toppings			
		Ice Cream			XXXXXXXX
FRIDAY	Main	Fish Fillet with chips & baked beans			
	Vegetarian	Spicy Cauliflower Bites			
	OR	Jacket potato with various toppings			
		Lemon Drizzle			XXXXXXXX

ORDERS MUST BE IN BY 9AM TUESDAY A WEEK IN ADVANCE AT THE LATEST.

Kingsland Primary School


(April – July 2023) WEEK THREE



Please send completed menu & exact payment together in a sealed, named envelope into school by **9.00am TUESDAY** each week (lunches should be ordered one week in advance). Please make cheques payable to 'Wigmore School', no cheques can be accepted for less than £5.00. **Meals are £2.40 each.** To cancel meals, please call the canteen on 01568 770118 by 9am on the day of cancellation. This number cannot be used to order meals.

A selection of breads and a variety of salads/vegetables will be available each day, also fresh fruit and yoghurts are available daily and cold drinking water.

Meals are funded by the government and are free for Reception, Year 1 and Year 2

	NAME: _____ Class: _____		Please tick choices clearly
Week 3 1 May <input type="checkbox"/> 22 May <input type="checkbox"/> 19 Jun <input type="checkbox"/> 10 Jul <input type="checkbox"/>			
Tick all weeks to be ordered AMOUNT ENCLOSED with this order £			
MONDAY	Main	Pizza with potato fries & seasonal vegetables	
	Vegetarian		
	OR	Jacket potato with various toppings	
		Butterscotch Biscuit	XXXXXXXXXX
TUESDAY	Main	Roast Chicken with mash & roast potatoes & seasonal vegetables	
	Vegetarian	Veggie Quiche	
	OR	Jacket potato with various toppings	
		Jelly	XXXXXXXXXX
WEDNESDAY	Main	Homemade Meatballs with spaghetti & peas	
	Vegetarian	Quorn Balls	
	OR	Jacket potato with various toppings	
		Muffin	XXXXXXXXXX
THURSDAY	Main	Chicken Burrito Wrap with sweetcorn	
	Vegetarian	Veggie Burrito Wrap	
	OR	Jacket potato with various toppings	
		Chocolate Crunch	XXXXXXXXXX
FRIDAY	Main	Fish Fillet with chips & baked beans	
	Vegetarian	Mac & Cheese Mega Bites	
	OR	Jacket potato with various toppings	
		Fudge Cake & Custard	XXXXXXXXXX

ORDERS MUST BE IN BY 9AM TUESDAY A WEEK IN ADVANCE AT THE LATEST.

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 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.