

Keyworth Primary School Newsletter



Keyworth Primary School

Part of The Gem Federation

www.thegemfederation.co.uk

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Executive Headteacher: Sarah Beard

Head of School: Ray Capper

Friday 10th May 2024

Term Dates 2023-2024

| September 2023 | | | | | | |
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| October 2023 | | | | | | |
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| November 2023 | | | | | | |
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| December 2023 | | | | | | |
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| January 2024 | | | | | | |
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| February 2024 | | | | | | |
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| March 2024 | | | | | | |
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| April 2024 | | | | | | |
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| May 2024 | | | | | | |
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| June 2024 | | | | | | |
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| July 2024 | | | | | | |
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| August 2024 | | | | | | |
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School Holidays

INSET Days

Tutorial Day

Bank Holidays

Polling Day

Important dates for your diary

| Event - Summer term 1 | |
|-----------------------|---|
| 15.04.24 | INSET day |
| 16.04.24 | Children return |
| 23.04.24 | Nursery reading and moving workshop at 2:00pm |
| 02.05.24 | Polling day - school closed to children |
| 03.05.24 | Class photos |
| 06.05.24 | Bank holiday - school closed to children |
| 13.05.24 - 16.05.24 | KS2 SATs week |
| 15.05.24 | Reception eye tests |
| 16.05.24 | Southwark Council Coffee Afternoon - 3:15pm |
| 24.05.24 | Last day of the half-term |

Celebrations

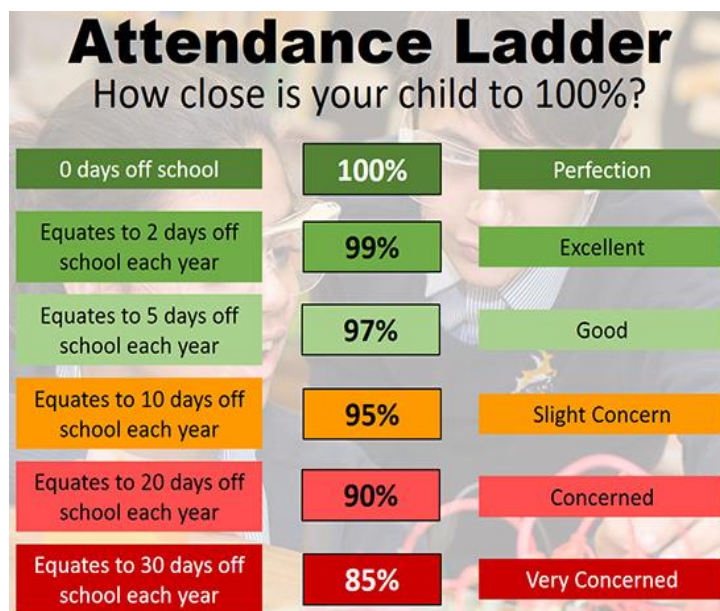
| Class | Star of the Week | Writer of the Week | Mathematician of the Week | Reader of the Week | Presenter of the Week |
|-------|------------------|--------------------|---------------------------|--------------------|-----------------------|
| RCJ | Mia | Kwaku | K'sharii | Yussuf | |
| 1AJ | Banyamin | Raed | Alex | Freddie | Wendy |
| 1HE | Afia | Misbahu | Savannah | Jayden | Erovre |
| 2PH | Ami | Avianna | Jaime | Tajay | Nabiha |
| 2ER | Josiah | Fatima N | Jaren | Adam | Fedor |

| Class | Star of the Week | Writer of the Week | Mathematician of the Week | Presenter of the Week |
|-------|------------------|--------------------|---------------------------|-----------------------|
| 3MR | Zeynab | Luky | Zack | Idris |
| 3GC | Sima | Nate | Yusra | Ashley |
| 4AB | Sahr | Zaynab | Teddy | Keyla |
| 4EB | Petr | Jade | Ben | Ayaan |
| 5BH | Awo | Kaycee | BJ | Chukunazor |
| 5AA | Lillie | Maxi | Samih | Lucas |
| 6MV | Sara | Saif | Maida | Daybel |
| 6CS | Majid | Suleyman | Annabel O | Kenza |

| | |
|---|----------|
| This week's gem winners are.... | Diamonds |
| This week's treasure chest winners are... | 1AJ 6CS |

Attendance

| Class | Attendance |
|--------------------------------|---------------|
| RCJ | 96.43 |
| 1AJ | 93.75 |
| 1HE | 95.31 |
| 2PH | 97.05 |
| 2ER | 94.23 |
| 3MR | 97.63 |
| 3GC | 97.98 |
| 4AB | 92.41 |
| 4EB | 95.52 |
| 5BH | 98.31 |
| 5AA | 94.44 |
| 6MV | 93.75 |
| 6CS | 98.08 |
| Whole school | 95.46 |
| School average (year) | 94.77% |
| National average (year) | 93.1% |
| School target | 96% |



This week's attendance winners are **5BH**

Classes with the best attendance this term so far...

| | | |
|-----------------------|------------|------------|
| 1st | 2nd | 3rd |
| 2PH 95.55 | 4AB 95.44 | 4EB 95.42 |

Latest News

KS2 SATs - reminder

Children in year 6 complete their KS2 SATs during the week of **Monday 13th May**. For your reference, the timetable is below:

| Date | Test |
|-------------------------------------|---|
| Monday 13 th May 2024 | Grammar and Punctuation test - 45 minutes Spelling test - 20 minutes |
| Tuesday 14 th May 2024 | English reading test - 60 minutes |
| Wednesday 15 th May 2024 | Mathematics Arithmetic (Paper 1) - 30 minutes Mathematics Reasoning (Paper 2) - 40 minutes |
| Thursday 16 th May 2024 | Mathematics Reasoning (Paper 3) - 40 minutes |

- Children will need to be in school every day and on time. SATs will take place first thing each day - I would suggest children arrive to school when the gates open in the morning (8:45am) or that they attend Breakfast Club (a free place is offered for year 6 children this week).
- Please ensure your child goes to bed early every night and eats a good breakfast each morning.
- When completed, SATs are marked externally with results being sent to Keyworth in July.
- Class teachers will also separately submit a grade for the work that the children have completed in class this year.

The children have been working extremely hard all year and I want them to know that their best is enough.

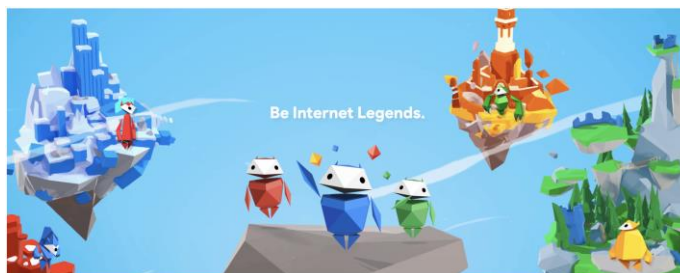
At the end of this newsletter you will find some mindfulness strategies as well as SATs scenarios sentence starters to share with your child, as appropriate.

Reception eye tests - reminder

Kings College Hospital Optical Services will be coming into Keyworth on **Wednesday 15th May** to meet Reception children as part of the National Eye Screening Programme. Each year all Reception aged children are invited to have their eyes checked as part of this program. These checks help to ensure a child's eyesight is developing normally. Vision screening takes place at this age so any problems can be picked up early. Look out for further information sent to your email.

Safeguarding - FREE Be Internet Legends resources

Be Internet Legends by Google, in partnership with Parent Zone, is an online safety programme - helping children become safer, more confident explorers of the online world. It provides free teaching resources, assemblies, and much more. For parents, it offers free downloadable activities to help understand and support a child's online world. The programme is aimed at UK primary schools and school settings with children aged between 7-11 but it can easily be adapted to suit older or younger years.



- [Be Internet Legends](#)
- [Parent Zone programmes](#)
- [Be Internet Legends SEND resources](#)

School Superzones - Keyworth Coffee Afternoon
Thursday 16th May 2024
15:15 - 16:00

Dear Parents/Carers,

Keyworth Primary School is part of a **School Superzone**, which is a project where actions are taken to protect children's health and promote healthier behaviours around a school.



As part of this, Southwark Council would like to find out more from parents and children about the local area and environment, particularly on the following topics:

- Road Safety
- Active Travel
- Parks and Open Spaces
- Local Food Premises
- Community Safety
- Air Quality
- Damp and Mould.

We would like to invite you to a coffee afternoon to hear from you about your thoughts on the above, and listen to your suggestions.

This will take place on **Thursday 16th May at 3:15pm - 4:00pm** in the school.

For any questions, feel free to contact sam.bodmer@southwark.gov.uk.

Kind regards,
Sam Bodmer
Public Health Policy Officer
Southwark Council



JOIN OUR WEAR IT GREEN DAY EVENT!

Mental Health Awareness Week

(13th - 19th May)

What: Wear It Green Day

When: Friday 17th May 2024



Registered with
FUNDRAISING
REGULATOR

Registered Charity No. England 801130, Scotland
SC039714, Company Registration No. 2350846

[mentalhealth.org.uk](https://www.mentalhealth.org.uk)

Support for families 1 - Mental Health Support

For help supporting your child/ren:

The Nest in Southwark:

The Nest in Peckham offers drop-ins or booked sessions on Saturdays between 10:30 and 2:30 for parents/carers of young people aged 0-25. You will be offered a slot with a trained counsellor to gain advice or help with signposting.

Phone: 0208 138 1805

Website: www.thenestsouthwark.org.uk

Parenting Smart by Place2Be:

Online parenting advice from mental health professionals, with practical tips to support your child with their mental health and wellbeing.

Website: www.parentingsmart.place2be.org.uk

For parents/carers own mental health:

Southwark Talking Therapies:

If you have a Southwark GP, then you can access support through Southwark Talking Therapies. You can self-refer on the website and they will then get in touch to assess what support would be the most appropriate for you. They offer online and face-to-face sessions, and it is free to access.

Website: www.talkingtherapiessouthwark.nhs.uk

Phone: 0203 228 2194

Qwell by Kooth

Free online mental health support without waiting lists, commissioned by the NHS. Download the app and sign up for one-to-one regular or drop in sessions with an accredited therapist.

Website: www.qwell.io

Support for families 2 - Summerhouse Behaviour Support Service

Do you need support with complex behaviour needs?

Summerhouse Behaviour Support Service is able to work with children and families to address social, behavioural, and emotional concerns that may arise among primary-aged pupils. They have a dedicated team who can provide timely advice, guidance, and support. Whether you're dealing with a specific case or seeking general strategies, they are just a phone call or email away. Here's how you can reach them:

Telephone: 0208 693 2592 between 8:45 am and 3:30 pm, Monday to Friday.

Email: Reach out to us at office@summerhouse.southwark.sch.uk.

Word of the Week

This week's *Word of the Week* is **disastrous**. Please discuss its meaning with your child/ren and encourage them to share what they have learned with their teachers in school to receive gems. Do they know the origin? Can they use the word correctly in a sentence? Can they identify and explain the meaning of alternative forms e.g. **disastrously**. Can they identify any synonyms or antonyms?

Please find below previous words that we have used in school:

| | |
|-----------------------|---|
| Previous words | defensible, corresponded, exaggerated, recommended, determined, hinder, accommodated, controversy, sacrifice, persuade, awkward, thorough, convenient, suggested, harassed, relevant, definite, category, curious, occurrence, conscious, familiar, mischief, apparent, identity, profession, existence |
|-----------------------|---|

I would like to wish you and your family a wonderful weekend!

Ray Capper
Head of School

Understanding the EHCP Process Workshop

Join us for an enlightening workshop led by Felicie Malla, a representative from the local authority, where we will delve into the intricacies of EHCPs.



Understanding the EHCP Process: How the panel decides whether to agree to an assessment



Dispelling Misconceptions: A diagnosis doesn't automatically mean a child requires an EHCP



Importance of Reasonable Adjustments: Supporting children with additional needs effectively



School Applications: When and why schools make EHCP applications, including financial thresholds



Realistic Expectations: Why an EHCP doesn't guarantee 1:1 adult support and its potential drawbacks



Transition Planning: Applying for EHCPs for secondary transition by Year 5 and available supports



Alternative Supports: Exploring other avenues to assist SEN children transitioning to secondary



Challenges and Limitations: Understanding the constraints of EHCPs and how to navigate them



Application Guidance: Step-by-step process for parents to apply for an EHCP



Thursday

13



13th



June

@ Bessemer



Monday

17



17th



June

@ Keyworth

For more details see information in newsletter above

For more details see information in newsletter above

SATs mindfulness strategies

SATs Mindfulness Brain Breaks

Brain breaks are short breaks that you can take from working hard or studying. They will help you to concentrate better, reduce your stress, make you feel more energised and in control of your own emotions.

They may only take a few minutes but they can have a positive effect on how you are feeling and how productive you are.

You need to take a brain break before you get to the point where you are very tired or become distracted already.

Some brain breaks will work better for you than others so it is important to try them out and see which ones work best for you.

The cards included in the pack have some ideas for you to try.

SATs Mindfulness Brain Breaks

Mindful Walking

- This may take as long as you wish from ten minutes onwards.
- Make your senses as strong as you can.
- Think about what you can hear, see, smell and touch.
- As you walk, think about what you can hear.
- What can you see?
- What can you smell?
- What can you touch?
- How does it feel when you touch it?
- Can you describe it in three words?
- Notice what the sky looks like.
- What is the weather like?
- What does the weather feel like?
- What noise is the weather making?
- Are there any creatures?
- Are there any birds?
- How are the creatures or birds moving?
- Do they make a sound?
- What colours are they?

SATs Mindfulness Brain Breaks

Breathing Colours

- This will take five to ten minutes and is similar to mindful breathing.
- Start by choosing a colour that makes you feel calm and relaxed.
- Then, think of a colour that makes you think of anger, sadness or frustration.
- Imagine you are breathing in the relaxing colour.
- Feel it going into your nose and mouth and filling your lungs.
- As you breathe out, think about the colour that makes you feel stressed leaving your body through your lungs and your nose.
- Picture breathing it out and letting it drift away from your body.
- Imagine that the air is now the colour of relaxation and every time you breathe out, the stressful colour mixes with it.
- See the colours mixing together and the stressful colour disappearing into it.
- Keep breathing in the happy and calm colour and breathing out the stressful colour.

SATs Mindfulness Brain Breaks

Body Scan

- A body scan can take about ten minutes.
- It can help you to relax and feel more content.
- You can lay down for this exercise.
- Make yourself comfortable and then close your eyes.
- Think about your toes and your feet for a few seconds.
- Think about how they move, how they feel and whether they are warm or cold.
- Are they relaxed?
- Are they comfortable?
- Move onto your calves and think about your knees, your thighs, up to your stomach, your chest and then your arms.
- Think about your fingers, your wrists and then your back, neck, face and head.
- For each body part, think about all the questions and then move on when they are answered.
- If any part of the body feels tight or stressed, try to relax and let the stress out of your body.
- When you have finished thinking about every part of your body, slowly open your eyes and enjoy the feeling of being relaxed and calm.

SATs Mindfulness Brain Breaks

Mindful Eating

- Often, we eat when we are distracted. We might eat when we are talking to others or when we are watching TV or playing a game.
- Taking the time to think about how we eat and what it feels like can help you relax.
- It will only take five to ten minutes.
- Find something small to eat. It could be a piece of fruit, vegetable or chocolate. Check with an adult about any allergies you might have first.
- To start, take three deep breaths, breathing in and out slowly.
- Think about how the food feels in your hand and then start to take small bites of the food.
- What does the food taste like?
- What does the food feel like in your mouth?
- Is the food warm or cold?
- Is it smooth, crunchy, chewy, bitter or sweet?
- Try taking a smaller or bigger bite of the food.
- How does this change the texture, the feel in your mouth or the taste?
- Think about how your body eats the food and how it makes you feel.

SATs Mindfulness Brain Breaks

Practise Being Grateful

- This is a lovely opportunity to think about gratitude.
- For five to ten minutes every day, write down what you are grateful for.
- You can keep all the ideas together in a little scrapbook or keepsake box.
- Think about what you are grateful for. Some ideas to help you get started are:
- a skill or talent that you have
- a person that you love or admire
- someone you are inspired by
- an object or item that you love and enjoy
- friends and family
- something that someone said to you
- something that made you laugh

SATs Mindfulness Brain Breaks

Self-Reflection

- Take five to ten minutes to think about what you have learnt today.
- Think about what new skills you have learnt or developed.
- Think about what you have learnt from other people.
- Think about what you have learnt about yourself today.
- Think about how you can use that learning tomorrow and the day after that.

SATs Mindfulness Brain Breaks

Mindful Breathing

- This may take about five minutes to do.
- You can either sit or stand.
- It is important to be comfortable.
- Put both of your hands on your stomach.
- Close your eyes and take three slow deep breaths in and out.
- Think about how your hands move as you breathe.
- Think about how the breaths make your body move.
- Can you feel the air filling your lungs?
- Can you feel the air travelling up and down your nose?
- Can you hear yourself breathing?

SATs scenarios discussion starters

SATs Scenarios



Arfa is stuck on a maths question. The more she reads it, the more confused she feels. She starts to feel anxious and upset. What should she do?

SATs Scenarios



Ricky's pencil breaks during his writing test. The class has been told they shouldn't talk or distract anyone else. Ricky starts to feel worried. What should he do?

SATs Scenarios



Zofia is trying her best in her reading test. Her friend starts to wave to her and then keeps tapping Zofia under the table. This is distracting Zofia and stopping her from being able to focus on the activity. What should she do?

SATs Scenarios



Farid is doing his spelling test. His friend is finding it really hard and so starts to copy Farid's answers. What should Farid do? What should his friend do?

SATs Scenarios



Amelia has nearly finished her answer booklet. She really needs the toilet. The class has been told they shouldn't talk or distract anyone else and should make the most of all the time they have to complete the test. What should she do?

SATs Scenarios



Theodore is finding the test really challenging. It is making him feel really uncomfortable inside. He starts to feel frustrated and angry and he wants to cry. What should he do?

SATs Scenarios



Anichka can't remember the instructions for the test they are doing. She can see everyone writing things down. She starts to panic. What should she do?

SATs Scenarios



Abdalla has finished all of his maths questions before everyone else. There is lots of working time left. What should he do?

SATs Scenarios



Rosie is finding school being different from normal hard. She likes things to be as they always are. How she is feeling inside is making it really hard to concentrate. What should she do?

SATs Scenarios



Santiago has a headache and feels a little dizzy and sick. His hands feel sweaty too and it is hard to hold his pencil. What should he do?

SATs Scenarios



Izzy went to bed really late last night and is feeling very tired. This is making it hard to concentrate. What should she do?

SATs Scenarios



Jimi didn't have any breakfast; just some sweets on the way to school. He feels very hungry and tired. This is making it hard to concentrate. What should he do?