

A word from Mrs Harrison: The sun has been shining and we have had a wonderful week. What a way to start our Mental Health Awareness Week. On Monday, the year 5 children went on school residential to Hindleap Warren and had the most amazing time. Children had the opportunity to try so many new activities, from crawling in the mud, to climbing the climbing tower, to night walks and teambuilding, the children came back exhausted but happy. It has been wonderful hearing all their tales !

Year 6 have been swimming this week at St Johns School and I had the joy of seeing their swimming lessons in action yesterday. The children's progress over the week is evident to see and they have loved the experience.. Children from across the school have taken part in this term's Maths Challenge today with Mrs Shaw. I popped in to visit our aspiring mathematicians and was very impressed with the questions between the children and the perseverance being shown.

It seems the good weather will be with us for the whole weekend so the PTA camping event happening tonight should have all the ingredients they need to have a truly wonderful time! See you all on Monday.

Mental Health Awareness week

This week we've been marking Mental Health Awareness Week with an in depth look at what anxiety is and how building our resilience can help combat it.

Throughout the week children have also had the opportunity to try out different coping techniques such as breathing patterns, meditation, mindful doodling and journaling to find what works for them. Out of these techniques, journalling has been enjoyed the most across the school so each class will have a copy of the journal page we've been using on Google Classroom if your child would like to continue doing this. If you'd like more information about mental health and how to support your child and yourself, please visit :

<https://www.youngminds.org.uk/parent/>

Please read more on the next page about what we do to teach and support children to manage their emotions, using the Zones of Regulation.



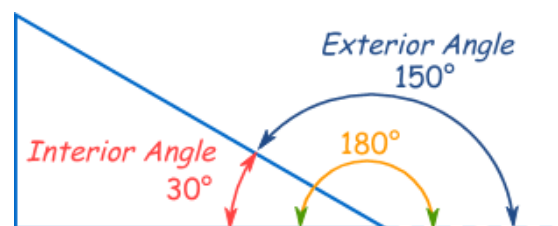
Maths Challenge Group

Today the Maths Challenge group of Year 3- Year 6 children have been exploring the total interior angles of a range of shapes. They've been using protractors to measure angles accurately; exploring patterns between different shapes and then investigating the total angles using an algebraic formula really challenge the children.

James explained "I learnt that there's a formula to figure out the angles of a polygon".

Sam shared "It was really fun and we even drew angles of 2 degrees, which was difficult. I liked using a formula".

It was great to see all of the children so enthusiastic about their Maths and excited about learning completely different skills.



Attendance Cup.

This week's winners:

6H : 99.6%



House Points

1st: Rowling 280

2nd Attenborough— 206

3rd: Farah — 205

4th: Windsor—157

Term Total	213	554	210	293
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A plea from us all at Knaphill School: Please, please consider our families that walk to and from school when you are trying to park or drop off your child. Please do not drop off at the entrance to the staff carpark, park in our neighbours entrances or break the law by mounting the kerb.

Please show our community respect and keep us all safe.



"Life is 10% what happens to us, and 90% how we react to it" Charles Syndoll

Zones of Regulation

Back in January, we introduced the Zones of Regulation at Knaphill School; a program which teaches and supports children to manage their emotions.

From time to time, all of us find it hard to manage strong feelings such as worry, anger, restlessness, fear or tiredness, and this stops us from getting on with our day effectively. The Zones of Regulation aims to teach children strategies to help them cope with these feelings so they can get back to feeling calm and ready to learn. These coping strategies are called 'self-regulation'.

No zone is a bad zone and we will all experience feeling within each of the zones at different times.

Teaching the children about managing their feelings will support them now, but also in later life, so that they don't turn to negative coping strategies which affect their mental and physical wellbeing.

Our aims are to help children to:

- Recognise when they are in the different Zones and learn how to change or stay in the Zone they are in.
- Increase their emotional vocabulary so they can explain how they are feeling.
- Recognise when other people are in different Zones, thus developing better empathy.
- Develop an insight into what might make them move into the different Zones.
- Understand that emotions, sensory experiences such as lack of sleep or hunger and their environment might influence which Zone they are in.

The ZONES of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
Sad Bored Tired Sick	Happy Focused Calm Proud	Worried Frustrated Silly Excited	overjoyed/Elated Panicked Angry Terrified

Yellow Zone

The yellow zone describes a heightened state of alertness and elevated emotions, but with some control. A person may experience stress, frustration, anxiety, excitement, silliness, the wiggles or nervousness when in the yellow zone.

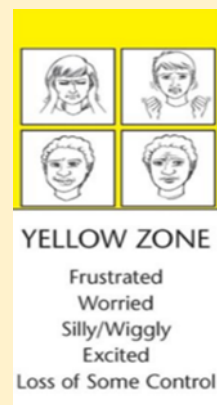
Regulation activities that might support children when they are in the yellow zone include:

- Stretching
- Going for walk outside
- Drinking a glass of water
- Listening to some calm music
- Closing their eyes to reduce sensory stimulation
- Writing down how they are feeling
- Doing a puzzle
- Drawing/painting
- Origami
- Play dough
- Reading

Talking about how they are feeling to an adult

Completing a calming sequence (for example, squeeze your hands together; close your head; then rub your legs. Repeat the sequence five times)

Counting (for example, counting forward and backward in 1's, 2's, 5's etc, counting objects, counting colours, counting their breaths, counting their pulse)



eyes and rub your



Knaphill Federation of Schools

Knaphill Lower School and Knaphill School

"Together we are better"



Weekly Update : Knaphill Junior School

Friday 19th May 2023



Year 5 Hindleap Warren



Watch the
Birdie!

PHOTO



DAY!

Our photographer - Danny - will be visiting us
to take group photographs of the children on



THURSDAY 25th MAY

- 🕒 **Print prices from £10** (before discounts!)
- 🕒 **Build your own pack & save**
- 🕒 **Discounts for prompt online orders**



**It's free for your child to be photographed &
there's no obligation to purchase**

DON'T FORGET to wear clean clothes on the day & bring your best smiles!

Dates 2022-23

All dates are kept up-to-date on the school website: kfos.co.uk/news/calendar/

Date	Event	Year Group
Monday 24th April	3R trip to Chertsey Museum	Year 3
Tuesday 25th April	3J trip to Chertsey Museum	Year 3
Wednesday 26th April	3D trip to Chertsey Museum	Year 3
Wednesday 26th April	Hindleap Warren parents meeting—in 5F @3:30pm	Year 5
Monday 1st May	Bank Holiday	All
Friday 6th May	School celebration for King Charles' coronation: including talent show	All
Friday 12th May	SATs Pizza Party	Year 6
Monday 15th— Thursday 25th May	Swimming	Year 6
Monday 15th—Wednesday 17th May	Hindleap Warren residential	Year 5
Thursday 25th May	Class Photos	All
Friday 26th May	Egyptian Day and workshop	Year 6
Monday 29th May— Tuesday 6th June	Half Term	All
Thursday 8th June	Winston Churchill visiting children and their teachers	Year 6
Tuesday 13th June	Woking High staff visiting children and their teachers	Year 6
Thursday 15th June	Apprentice Day	Year 6
Tuesday 20th June	Ancient Greek Day	Year 5
Thursday 6th July	Sports Day	All
Friday 7th July	INSET	All
Wednesday 12th and Thursday 13th July	Summer production to parents	Year 6
Friday 14th July	Reports sent home	All
Wednesday 19th July	Leavers' BBQ	Year 6
Friday 21st July	Leavers' assembly	Year 6
Friday 21st July	Last day of term—finish at 1:15pm	All
Date	PTA Events	
Saturday 20th—Sunday 21st May	Family Camp weekend	All
Saturday 1st July	Summer Fair	All
Friday 7th July	LEGOLAND day	All
Friday 21st July	Colour run	All