

05.01.2024

# Knaphill Junior School Weekly Update



To empower all children to have a bright future.

## This Month's Focus Value: COURAGE

### A note from Mrs Harrison:

Happy new year to you all. It has been wonderful to see everyone back at school and ready for the Spring term. I have really enjoyed spending time with our children and hearing all their news and excitement from the Christmas holidays.

During our celebration assembly this morning, I was so proud of the values that were shared during the Star of the Week certificate presentation. Our children are showing our values in all they say and do. Living our values means that they will become the very best versions of themselves and ensure that our school is the very best that it can be. Thank you to all our school community for supporting our Values-based Education.

Read on further to see our focussed value of the month for January, which is the value of courage.

Have a wonderful weekend. See you on the gate on Monday!

### Value of the month: COURAGE

Definition: Courage is having the strength to overcome challenge

#### What does courage look like:

The ability to face fear, pain, danger and uncertainty with strength, bravery and determination.

COURAGE IS NOT A BUNCH OF FLASHY ACTIONS THAT IMPRESS OTHERS. QUIET COURAGE ALSO COUNTS.

### House Points Weekly Winner

As it has been a short week, all house points earned from this week will roll over to next week.



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## Stars of the Week

Congratulations to this week's winners:

Year 3- Toby, Keira and Harry

Year 4- Ryan, Enzo and Jack M and Amelia-Rose

Year 5- Ruby and Eli

Year 6- Matilda, Oscar and Connor

## Attendance Cup

Congratulations to Hazel class - the first winners of the Attendance Cup in 2024!



## The Festive TTRS Results!

Our festive-time TTRS tournament saw every class at Knaphill School battling it out to be the champion times tabling class. The winning class-whom will be enjoying an additional break-time- were Oak Class! Well done to all the children in Oak Class.

We have a new tournament starting today with every year group competing against each other. Which year group will gain an additional break-time just for them?! Get practising your times tables and it could be your year group.

15th December - 4th January 2024

🏆 3 - Oak 230   3 - Maple 98   6 - Hazel 71   4 - Cedar 51   3 - Elm 36

Completed and 5 more...

Info **Class Results** Pupil Results Certificates

Class Average Correct   Class Total Correct

Rank	Class	Score
1	3 - Oak	230
2	3 - Maple	98
3	6 - Hazel	71
4	4 - Cedar	51
5	3 - Elm	36

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## Staying Safe On-line

Some lucky children have received new devices for Christmas. Children between the ages of 4 and 17 are spending an average of 4 hours a day on digital devices! Take a few moments to look at the poster of top tips below and talk together about how you can manage your screen time effectively.

We strive to nurture harmonious relationships with our neighbours. Regrettably, the careless parking habits of some have chipped away at this endeavour. Local residents understand that during certain times of the day traffic will be heavier. However, it is not reasonable for them to endure blocked driveways caused by parents abandoning their vehicles during pick-up times.

Let us, therefore, live out our school value of respect, park smart and uphold the goodwill we've fostered in our neighbourhood.





## Top Tips for...

# MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

### GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

### TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

### GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

### LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

### AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

### HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

### BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

### 'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

### SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

### TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

### SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

### WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College®



National Online Safety®

#WakeUpWednesday



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## Well Done



Mourad has demonstrated our value of courage at his gymnastics club - trying new moves and performing on challenging apparatus . He has aspired to achieve his goals and earned a medal and certificate.

We are proud of you.

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

Date	Event	Year Group
Thursday 4th January / Monday 8th January / Monday 15th January	Tudors Workshop - This event is happening over 3 days year 5 children will attend once.	Year 5
Wednesday 24th January	Year 6 meeting for parents about Stone Farm - 3:30pm Elder Classroom	Year 6
Monday 5th - Friday 9th February	Year 4 Bikeability	Year 4
Monday 5th - Sunday 11th February	Children's Mental Health Week	All
Thursday 8th February	Theatre Trip	Year 6
Monday 12th - Friday 16th February	Half Term	All
Monday 19th February	INSET	All
Monday 26th - Wednesday 28th February	Residential Trip	Year 4
Monday 4th March	Book Week Event	All
Monday 4th March - Friday 8th March	Book Week (Thursday 7th March - World Book day)	All
Sunday 10th March	Mother's Day	



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Date	Event	Year Group
Monday 11th -Friday 15th March	Science Week	All
Friday 15th March	Red Nose Day	All
Monday 18th - Friday 22nd March	Opportunity for Parents and Guardians to view children's books - 3:30pm Day for each year group TBC	All
Tuesday 19th - Friday 22nd March	Residential	Year 6
Tuesday 26th March and Wednesday 27th March	Parents' Evening	All
Wednesday 27th March	SEND Passports sent home	
Thursday 28th March	Last Day of Spring Term - Finish at 1:15pm	All

# Child Health Drop-in and Breastfeeding Support

Eastwood Leisure Centre Albert Drive,  
Sheerwater, GU21 5RF

Wednesdays 9.30am to 11.30am

Come and meet the team

Soft play area

Coffee shop

Health Visitors (birth-5 years) School Nurses (5-19 years)

Referral support, advice and signposting as well as:

Self-weigh option Dental care

Early years support Sleep

Health reviews Toileting

Health promotion Healthy eating

Breastfeeding Heights & Weights

Behaviour

Mental health

Eating disorders

And more .....







Stay for **FREE** tea,  
coffee & a chat

## Clothes4U

*Pre loved clothes with TLC*

from

### Knaphill Methodist Church

Broadway, Knaphill, Surrey GU21 2DR

**Next open day: Saturday 20 January 2024 2-4 pm**

**To claim your FREE clothes, ask for a voucher - speak to:**

**Mrs. Phillips**



All are  
welcome to  
join us for tea,  
coffee, cake &  
a chat in a  
friendly  
environment



Whether  
you're  
looking for  
clothes for  
yourself,  
friends, or  
family



We have  
lovely,  
pre-loved  
clothes for  
everyone to  
take away &  
enjoy wearing



We look forward  
to meeting you  
& your family



If you would  
like to donate  
clothes,  
please  
contact us on  
the email  
below



If you would  
like to  
volunteer, we  
would warmly  
welcome your  
help

[www.knaphill-methodist-church.com/clothes4U](http://www.knaphill-methodist-church.com/clothes4U)

[clothes@knaphill-methodist-church.com](mailto:clothes@knaphill-methodist-church.com)



## **WE NEED YOUR CLOTHES!**

### **PLEASE DONATE UNWANTED CLOTHES**

to

Clothes4U Clothes Bank

Knaphill Methodist Church

We give clothing to anyone who needs it.



## **WINTER CLOTHES**

## **NEEDED URGENTLY!!**

## **PLEASE DONATE CLOTHES FOR MEN WOMEN BOYS GIRLS & BABIES**

### **HOW TO DONATE**

**bring your clothes to Knaphill Methodist Church**

(use glass door down side passage)

1-2pm on these dates:

20 Jan & 17 Feb 2024

**Can't make those dates?**

email us to arrange another time