



King's Court First School
A School for Children
Caring, Sharing and Learning Together
Issue 3, Spring



Dear Parents and Carers,

It was mental health week last week. Here are some of the messages we have been sharing in school:

Get a good night's sleep

1. Sleep is when our bodies and our brains recover. It's when our brains sort out information that we've taken in during the day and process it.

So, remember to tell your parents - when you are asleep, you're still working!

2. Get outside and get active

Exercise and physical activity aren't just good for our bodies, they are good for our brains as well, Dr Ranj says.

Exercise makes our bodies produce happy hormones, which have chemicals which help us to feel good.

3. Feed your mind

Our brains need energy too! Eating lots of different things of different colours and drinking lots of fluids too helps to keep your brain ticking over and your mind working better.

4. Speak up

If you're struggling, feeling down or worried about something then find a trusted grown-up you can speak to about it.

Asking questions can get you the answers you need, but just talking can also make you feel better.

5. Look out for each other

Being kind to one another not only helps us feel good about ourselves, but it's also beneficial to our mental health.

So, another reason to be sociable and be friendly!

These tips are from Dr Ranj's latest book: Brain Power.

We were delighted to welcome Paul Hay into school to talk about Internet Safety. He worked with our parents and went into every class across the school to share these important messages. He has left his contact on our website page which you can access if you have any questions. Please follow the link below to see our updated Online Safety page:

[Online safety | King's Court First School](#)

And finally, we would like to take this opportunity to wish you a wonderful half term break with your family and friends. The children have continued to be ready, respectful and safe. They should be very proud of everything they have achieved this term, as we are!

With best wishes,

Mrs. Pye-Beraet
Headteacher

WHAT ARE THE CHILDREN LEARNING ABOUT THIS WEEK?

This week in Team Magic:

Wow what a super term we've had, some particular highlights have been outdoor learning, searching for mystery marks and working so hard to earn our stars to use the trim trail on the school field. We started our week with a special assembly about how to stay safe online through the story of smartie the penguin. See if the children are able to tell you the song they learnt... "If you tap and click...." We have been exploring the vocabulary from last week's story Billy's Bucket and reading the story of Kipper's birthday as we have been very excited about working towards our 10 star treat of having a party. We've made birthday cards and decorations. As mathematicians we have been exploring the numerals 6,7 and 8 and finding one more or less than a number.



This week in Team Believe:

This week has been a really busy week for Squirrel class. As writers, we have finished writing our innovated story about a hungry farmer who goes on an adventure. As readers we have shared our story with Deer class and in turn listened to their innovated stories too. The children enjoyed our visit from Paul Hay and demonstrated a good understanding of how to stay safe when using the internet or playing games. As artists, we have finished our batik designs, using the skills and famous paintings from Van Gogh for inspiration.

This week Hedgehogs have consolidated their learning in narrative writing and have worked hard writing their stories. As artists, we have created our own landscape painting. As scientists, we have completed our investigation on materials and their properties.

This week in Team Inspire:

This week in Deers we have been writing our version of Little Red Riding Hood. We used adjectives and similes to engage the audience. As mathematicians we have focused on perimeter and how to find this. The children were keen to talk through the ideas and collaborate together. As scientists we have consolidated our understanding of sound. We explored how to hear sounds and looked at our interpretations.

As always it has been a super busy week in Owls! The children have really stepped up when learning about perimeters and how to measure the perimeter of 2D shapes. They really had to apply their calculation skills when totaling up the lengths of the various shapes! The children have produced some wonderful ancient roman mosaics, they did get a little messy – but well worth the outcome!

In English, we have been exposed to some super writing, the children have used their imagination and knowledge of the features of adventure stories to write their very own version of Nail Soup. All in all, a great half-term for Owls!



Children's Corner

Following on from Children's Mental Health week, make some time this week to have a go at a mindfulness activity. This might be completing a mindfulness colouring, a cosmic yoga, keeping a gratitude diary of 3 things you are grateful for each day. Whatever it is be sure to share it with your class teacher via Class Dojo.

We delighted to announce that Mrs Martin is a DSL Designated Safeguarding Lead. She will join our safeguarding team and work alongside Mrs Pye-Beraet, Mrs Johnson and Miss Powell to keep our children safe in school.

Calendar dates for the coming months

Monday 24th February 2025 –

Term Starts

Friday 28th February 2025 -

Attachment Aware Coffee Morning

Tuesday 4th March 2025 –

Shrove Tuesday (Pancake Day)

Wednesday 5th March 2025

Ash Wednesday

Thursday 6th March 2025 –

World Book Day (More details coming soon)

Monday 10th March 2025 – Friday 14th March 25

Science Week

Wednesday 12th March 2025

Parent/Teacher Consultations

Friday 14th March 2025 –

Red Noses on Sale

Monday 17th March 2025

St.Patrick's Day

Friday 21st March 2025 –

Comic Relief (Red Nose Day)

Friday 28th March 2025 -

Attachment Aware Coffee Morning

Top Tips Poster: **How to Keep Safe Online**



Top Table

Congratulations Top Table 12/02/2025



RE: Outdoor Active Camps at Bishopsgate School

We are excited to introduce an opportunity for your students to attend a Holiday Camp at Bishopsgate School in Englefield Green during the upcoming Easter holidays. In recent months, we have had a number of children attend the camp from your school and wanted to take the opportunity to share the details.

Our company is called [Outdoor Active Camps](#). We aim to create fun, stimulating and enjoyable sessions, with every day being different. A typical day blends Outdoor Learning opportunities, various sports and selected arts and crafts activities. The day has structure, but there is also ample time for the children to relax, play and enjoy the company of their friends and peers. We feel fortunate to be able to utilise all of the school's impressive facilities, including a 25m swimming pool, large sports hall, climbing wall, astroturf and tennis courts, as well as the extensive grounds. Here is a sample [timetable](#). The OAC Team comprises teachers, support staff and qualified sports coaches with decades of experience.

The camp is open to children from Nursery to Year 8 and will run weekdays from Monday 31st March to Thursday 17th April.

A standard day is from 09:00 to 16:00 and costs £35.

Early Drop - 08:00 (+£5) and Late Pick Up - 17:00 (+£5)

You can use this [LINK](#) or the QR Code on the leaflet to book. If you have any questions, please contact us via email at info@oacamps.co.uk.

BISHOPSGATE

9am to 4pm
£35 per Day
wraparound care available
Age 4 - 13

Wednesday 19th February to
Friday 21st February 2025

BISHOPSGATE HALF TERM CAMPS

Action packed days full of fun for all ages
Outdoor Learning, Swimming, a variety of Sports,
and lots more...

Run by qualified teachers and sports instructors



Half Term Day Camps

Wednesday 19th and Friday 21st February

Wild Discovery Day Camps at Windsor Great
Park Environmental Centre

Our day camps are wildlife themed days for 8-12 year olds. The day is packed full of fun games and activities to help children connect with the fantastic natural world that surrounds them.

Find out more or book at:
windsorgreatpark.co.uk/bbowt



BBOWT Registered charity no. 204330

Berks, Bucks & Oxon Wildlife Trust
working in partnership with

**THE CROWN
ESTATE**

February Holiday Activities

Create a Mini Basketball Game

18th Feb 2025

11am-12pm or 2pm-3pm

Cost: £3.50

Create your own mini basketball game out of cardboard and cups. Then decorate it and start playing!

Age: 5-12. (5 year olds with an adult)

Chertsey Abbey Tiles

20th Feb 2025

11am-12pm or 2-3pm

Cost: £4.50

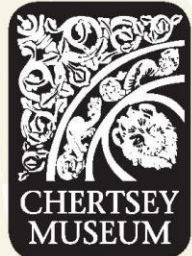
Learn about the tiles made at Chertsey Abbey, and then make your own Chertsey Abbey-style tile.

Age: 5-12 (5 year olds with an adult)

BOOKING IS ESSENTIAL

<https://chertsey-museum.arttickets.org.uk/>

Or by phone 01932 565764



www.chertseymuseum.org/events

Call 01932 565764 to book your place

The Olive Matthews
COLLECTION

Runnymede
BOROUGH COUNCIL



Friends of King's Court First School Update: Looking forward to the year ahead!

As ever, the success of our group and its fundraising efforts is driven by the pool of amazing volunteers who offer their time and support. If you would like to get involved (in any way!), please do join our WhatsApp group to find out more.



Scan the QR code:

