



# Kildwick Chronicle

**Summer Term 2023 Friday 14th July**

**Learning to Live**

**Living to Love**

**Loving to Learn**

## **KS2 Sports Day**

Sports Day is scheduled to take place for KS2 on Wednesday 19th July on the Peggy Wilson Playing Field between 9.30 –11am approximately. Parents and Carers are welcome to attend.

A polite reminder that during sports day the children are the responsibility of school. Please do not take children to the toilet or to sit with you, as this makes it difficult for the teachers to keep track of the children's whereabouts and causes safeguarding issues. Please do not bring drinks and snacks for children as they will have their school water bottles with them.

We hope that you will relax and enjoy watching the children taking part in their sporting events.

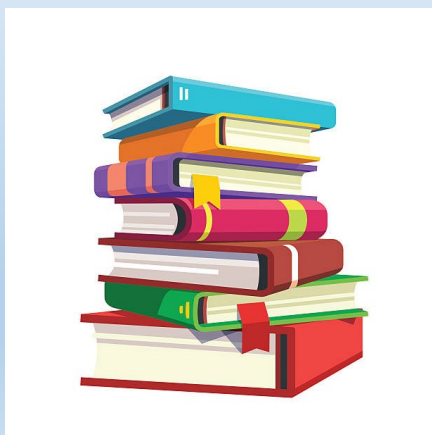


## **Governing Board Update**

Please see our website [here](#) for an update from our Chair of Governors John Perry.

### Reading Books

Please could all school reading books be returned before the end of next week. Thank you.



### Drop off and Collection

Reminder when dropping children off - EYFS / KS1 children should be handed over to an adult - do not crowd the areas outside doors (particularly the Robins entrance which is an entrance/exit to school) - please do not engage staff in long conversations when they are on the door, this distracts them from safeguarding the children.



### Communication from school

A reminder that communication from school comes in various ways as preference varies from family to family. We send a weekly newsletter with up and coming events in school. This should be read weekly by parents and carers as dates, time and information may be updated. Curriculum information is sent home at the end of each half term for the following half term, this includes curriculum related vocabulary to share and explore with your children. End of term round ups are written by Class Teachers so that you can see what your child has been doing over the half term.

Whilst we do try to keep other communication to a minimum we are a busy school providing lots of opportunities for the children and therefore we will sometimes need to send further communication via email and otherwise.

Thanks for your continued support.



## **Reports**

School reports have been sent home this week. We are asking parents to complete the short Google Form in response to this. The form can be found [here](#).

## **Non Uniform On The Last Day Of Term**

We are inviting children to come in non uniform on the last day of term. We hope this will encourage families to donate preloved uniform, school coats and shoes for a uniform sale in September. We would welcome donations of book bags from those Year Five children who have decided to have a rucksack in Year Six. Please bring all items on Friday 21st July. Thank you to Mrs Parker who washes and coordinates the preloved uniform sales.



## **Free School Meals / Pupil Premium**

Did you know that you may be eligible for Free School Meals? If your annual household gross income is below £16, 190 then you can submit a confidential application to the local authority. School does receive funding for every pupil that is in receipt of free school meals and you may have heard this being called Pupil Premium. This is currently £1455 per year. Currently, all Reception, Year One and Year Two children receive a free school meal which is part funded by the government (Universal Free School Meals). For this reason, even if your child is in Reception, Year One or Year Two, it is still worthwhile applying for Free School Meals/Pupil Premium as the school will receive the £1455 allocated per pupil. Furthermore, this funding will remain in place until your child reaches the end of primary school, even if your income rises above the threshold. If you think you may qualify then please see our website page [here](#) or if you would like a confidential conversation about this then please do get in touch with Mr Whitehead.

# Core Value Awards



<b>Robins</b>	<i>No awards this week but certificates were given for Sports Day</i>
<b>Swallows</b>	<i>No awards this week but certificates were given for Sports Day</i>
<b>Kingfishers</b>	<i>Learning to Live — Primrose Living to Love — Susanna Loving to Learn — Rosie</i>
<b>Owls</b>	<i>Learning to Live — Nic Living to Love — Blossom Loving to Learn — Chloe</i>
<b>Eagles</b>	<i>Learning to Live — Euan Living to Love — Willow Loving to Learn — Juliet</i>

## School clubs next week



<b>Monday</b>	Kanga—All key stages
<b>Tuesday</b>	
<b>Wednesday</b>	Running Club / KS2 Girls Football
<b>Thursday</b>	Cooking—EYFS / KS1

Our end of half term newsletter will be  
Friday 21st July 2023





# Summer Term 2023

***Monday 17th July—Y6 Performance—6pm***

***Tuesday 18th July—Y6 Pendle Wavelengths trip***

***Wednesday 19th July - KS2 Sports Day—9.30am***

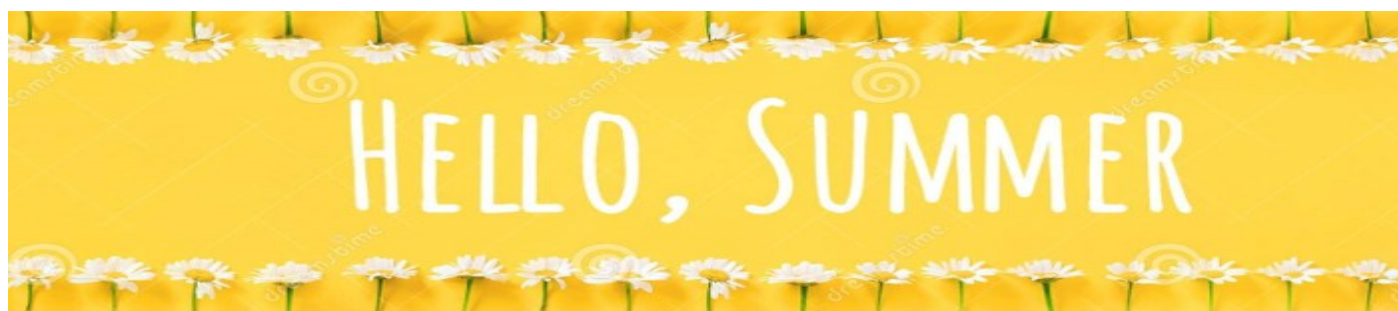
***Thursday 20th July—Y6 Leavers' service in church - 2pm***

***Friday 20th July—Non Uniform Day (see notice above)***

***Friday 21st July—Y6 Leavers' assembly—9.15am***

## End Of Year Celebration Events

There are a number of celebrations taking place as we reach the end of term. We understand that you will want to take pictures of your child at such occasions. A polite reminder that you must only take pictures of your own child and that any pictures featuring other children (including children in the background) must not be posted on social media. Thank you for your cooperation with this safeguarding matter.





It's nearly the Summer holidays and let's face it, the transition from school days to less-structured summer holiday days can bring on all of The Zones at home! Using The Zones of Regulation language and strategies at home may help to navigate this transition, as well as maintaining and building upon regulation skills used in school. Here's five easy ideas for exploring The Zones at home this summer.



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### 1. Make a Zones Check-in for Home

Follow the steps on the video (below) and make your own family Zones visual and check-in. You can use your Zones Check-In as a mindful moment and a point of connection throughout your day and week. Remember ALL our feelings and Zones are okay! #ownyourzone

<https://www.youtube.com/watch?v=66ogmkG98pl>

## 2. Build a “Comfort Corner”

Create a place for family members to go when they want a break. Choose a space that is comfortable and quiet. A Regulation Station at home! You may like to include items such as stuffed animals, colouring books, fidgets and reading books. Practice using your comfort corner a few times together, caregivers can even model by using it themselves.

## 3. Try out a “Tool of the Week”

Choose a regulation tool or strategy to try each week as a family. Some examples are colouring, listening to music, going for a nature walk, eating a healthy snack and screen breaks. Collect your favourite tools in a family Zones Toolbox. Here are a few Tools To Try that we use in school:





## CONNECT ZONES CHECK-IN

I  feel 

I'm in the  zone



The Zones of Regulation™



Regulation strategies to  
focus, calm, think, move,  
breathe, and connect

## DO IT BE A HELPER



The Zones of Regulation™

## DO IT BE A HELPER

Be a helper or lend a hand while  
moving your body.

- Take out the trash.
- Pass out papers.
- Hold the door open.
- Erase the board.

How do you feel?

What Zone would this  
help in?    



## FEEL IT BELLY BREATHING



The Zones of Regulation™

## FEEL IT BELLY BREATHING

1. Put your hands on your belly.
2. Take a deep breath in and out five times.
3. Notice your belly filling up with air like a balloon as you breathe in and out.
4. Feel your hands going up and down as you are breathing.

How do you feel?

What Zone would this  
help in?    



## DO IT BUILD A FORT



The Zones of Regulation™

## DO IT BUILD A FORT

1. Gather some pillows and blankets to build a fort where you can relax.
2. Take a deep breath.
3. Read a book you like.
4. Spend some time by yourself.

How do you feel?

What Zone would this  
help in?    



## DO IT EAT WISE







The Zones of Regulation™

## DO IT EAT WISE

What are the healthy foods you  
like to eat? Carrots? Apples?  
Yogurt? Cheese sticks? Nuts  
or seeds? Making healthy food  
choices is important for your  
body and brain.

How do you feel?

What Zone would this  
help in?    



## THINK IT EMBRACE MISTAKES







The Zones of Regulation™

## THINK IT EMBRACE MISTAKES

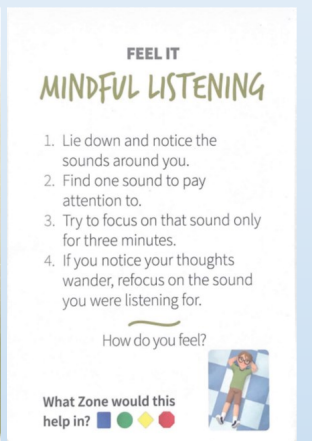
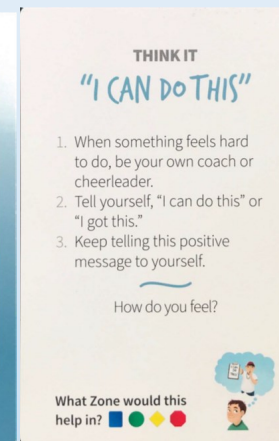
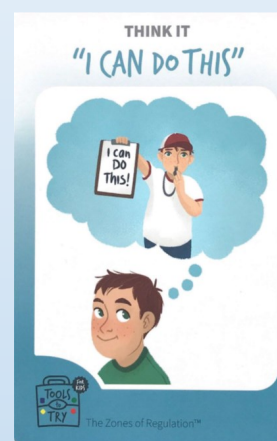
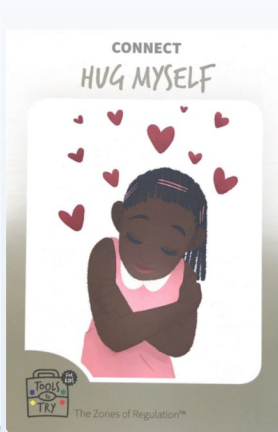
When something doesn't go as  
planned, remember that it's okay  
to make mistakes. Tell yourself  
that making mistakes is part of  
learning new things.

How do you feel?

What Zone would this  
help in?    







#### 4. Family Game Night

Family-friendly games like UNO, Jenga (4 colour version), and Twister can easily be turned into opportunities to practice and reinforce The Zones. Take turns naming an emotion or experience for each red, yellow, green, or blue coloured Zone during the game.



#### 5. Explore The Zones of Regulation Apps

Use summer screen time as an opportunity to build and reinforce regulation using The Zones. There is a Regulation App and Exploring Emotions App (available to buy on Apple or Android). Another way to keep up skills whilst having fun!

# Parent/Carer Support Group

## Supporting Emotional and Mental Health



Tuesday  
15th August



10:30am  
or 7:30pm



Zoom

Email the address  
below for the link

### THIS MONTHS TOPIC: **CHILL AND CHAT**



In this month's Parent Support Group we are holding a 'Chill and Chat'. We will discuss what is going well and any barriers you are currently facing- along with strategies that we can implement.



[mhstparentsupport@bdct.onmicrosoft.com](mailto:mhstparentsupport@bdct.onmicrosoft.com)

# RED SHOE FITNESS



presents

## THE FIT FIVE CHALLENGE

5 days of morning workouts

Monday - 'The Works' cardio & strength

Tuesday - Hetti's Hiit

Wednesday - 'The Recovery' stretch & strength

Thursday - Work it circuit

Friday - Fun & games

Glusburn Park, Park Road, Glusburn

24th - 28th July

7:45-8:45 The Early bird session

9-10 The Civilised session

£7 per session or £25 for all 5

Children are free

Contact Heather to book on 07900248938

[heathersredshoe@gmail.com](mailto:heathersredshoe@gmail.com)



Red Shoe Fitness & Wellbeing



[red\\_shoe\\_fitness](https://www.instagram.com/red_shoe_fitness)



CHILDREN



# SUMMER ACTIVITIES FOR CHILDREN

AT THE YORKSHIRE ARBORETUM



INSPIRATION EDUCATION CONSERVATION  
**THE YORKSHIRE  
ARBORETUM**

## NATURE RANGERS DAYS

**Wednesday 26 July**

10am – 3pm

**Plants and Growing**

**Thursday 31st August**

10am – 3pm

**The Creatures in our Environment.**

**Monday 30th October**

10am – 3pm

**Seed Dispersal and Nocturnal Animals**

Indoor and outdoor activities to explore the arboretum and learn about the creatures we share it with. Bring a bag to take creations home. Packed lunch recommended or lunch money for the Arboretum Café.

**£15 per child – must be accompanied by an adult (Adult admission free)**

Booking essential. Suitable for age 5 years & above.

## NETTLE AND DOCK WORKSHOPS

**Mon 21st, Wed 23rd & Fri 25th August**  
2pm – 3pm

Fun workshop with songs and stories.

Drop in sessions – Suitable for age 5 years & above.

## BAT FEST DAY

**Saturday 19th August**

10am – 4pm

Visit the local bat group's stand during the day to chat all things bats along with for bat crafts and colouring.

**Saturday 19th August**

6.30pm – 10pm

The arboretum will be going batty about bats to celebrate 'International Bat Night'. Bat talks, bat activities and an evening BBQ and bat walk – with bat detectors and infrared camera over our lake.

**£25 per child £35 per adult**

For all ages – Booking essential for evening.

## GROW YOUR OWN OAK

**Sunday 29th October**  
10am, 11am and 1pm

**Wednesday 1st November**  
10am, 11am and 1pm

Drop in sessions – Booking not required.

## MINI-BEASTS

**Monday 15th August**

10am, 11am, 1pm and 2pm

Look for and identify mini beasts with our education team. Look for the creatures that hide under logs and stones

Drop in session – Booking not required.

For more information & to book,  
visit [yorkshirearboretum.org/events](http://yorkshirearboretum.org/events)





CROSSHILLS AND DISTRICT ALLOTMENTS ASSOCIATION

# Allotment Gardens



## CENTENARY CELEBRATIONS

10AM - 2PM, SATURDAY 5TH AUGUST 2023

2PM - 4PM, SUNDAY 6TH AUGUST 2023

REFRESHMENTS

TOMBOLA

SCARECROWS

## COMPETITIONS FOR CHILDREN & ADULTS

BUILD A TIN CAN BUG HOTEL  
BEST CHARACTER MADE FROM VEGETABLES  
BEST MINATURE GARDEN IN  
AN ICE CREAM CARTON OR BISCUIT TIN  
& MUCH MORE!

TAKE A TOUR OF THE PLOTS AND GET YOUR NAME ON THE WAITING LIST.

PLEASE NOTE THERE IS NO PARKING AT THE ALLOTMENT SITE.