

WHITEKNIGHTS ARROW



Date 7th February 2025

No.: Issue #20

WHAT'S ON NEXT WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 FEB	11 FEB	12 FEB	13 FEB	14 FEB
	Year 1 (Jade Class) Trip to Lower Earley Library		Last Day Swimming for Jasper Class	Last Day of Term School Finishes at Normal Time of 15:20 (ASC and Extra Curricular Clubs Running as Normal) Pupils Return to School Monday 24th February
			Year 1 SPLAT 2pm in School Hall	
			REInspired Visit to Year 6	
				Non-Uniform Day £1.00 donation at the gate Wear Something Red! (more info on last page)

KEY:

WHOLE SCHOOL

YEAR GROUP SPECIFIC

OTHER

+ONLINE SCHOOL CALENDAR

SCHOOL ATTENDANCE

OVERALL TOTAL: 95.8%

REC—Crystal	97.0%	Y4—Amethyst	98.3%
REC—Pearl	94.0%	Y4—Jasper	98.3%
Y1—Amber	96.5%	Y5—Emerald	94.7%
Y1—Jade	99.3%	Y5—Onyx	XX%
Y2—Opal	97.3%	Y5—Sapphire	97.3%
Y2—Topaz	100%	Y6—Obsidian	XX%
Y3—Diamond	87.0%	Y6—Ruby	98.0%
Y3—Garnet	94.7%	Y6—Tiger's Eye	95.8%



ATTENDANCE MATTERS!

Every Child | In School | On Time | Every Day

DATES FOR THE DIARY

Spring 1 Term 2025

Tuesday, 11th February	Year 1 Jade Visit to Lower Earley Library
Thursday, 13th February	Last Day of Swimming for Jasper Class
Thursday, 13th February	Year 6 REInspired Session
Thursday, 13th February	Year 1 SPLAT 14:00—15:00
Friday, 14th February	Last Day of Term. School Closes at 15:20. ASC and clubs running as usual. Non-uniform day £1 donation to wear red
17th—21st February	Half Term
Monday, 24th February	Staff and Pupils Return to School

- COMMON WINTER ILLNESSES—PARENT GUIDANCE:**
 In anticipation of the expected rise in viral illnesses among children this winter, the Brookside Group Practice has provided Whiteknights with useful guidance to help you manage common childhood illnesses at home wherever possible, as well as advice on when and where to seek further help if needed.

This brief guide covers coughs, colds, earaches, sore throats, and fevers. [READ THE GUIDE](#)

Please also refer to the NHS Guidance: [Is my child too ill for school?](#) which also gives useful guidelines as to whether or not to keep your child off school.

- AMENDMENTS TO END OF DAY ARRANGEMENTS:** If there are changes to end of day arrangements e.g. different adult picking up children, these need to be communicated to the school office by 14:30 **at the very latest**. We cannot guarantee that messages received after this time will reach the teacher.
- SNACKS YEAR 3—6:** Please provide a break time snack for your child. Free school fruit is only available for children up to Year 2.
- LOST LIBRARY BOOKS/HOME LEARNING DIARIES/KNIGHTHOOD FOLDERS:** A fee of £5.00 will be charged to replace any library books/home learning diaries or Knighthood Folders. This can be paid through Scopay before requesting a replacement.

WHOLE-SCHOOL NOTICES

LET'S GO

ZERO
2030

Schools working together to be zero carbon

WE'RE IN, JOIN US!

WHITEKNIGHTS IS JOINING THE NET ZERO ACCELERATOR PATHFINDER PROGRAMME!

[Read more](#) about this exciting new initiative in school.

- BOLLARD IN OPERATION:** Just a reminder that the bollard at the school driveway entrance is in operation on weekdays during term time between

8:15am—9:00am and
3:00pm—3:45pm.

If these times pose an issue, please ensure you park with due consideration on Fairlawn Green.

- MEDICATION IN SCHOOL:**

For **emergency situations only**, the school office may administer non-prescription medication provided that consent (this includes Arbor consents) has been obtained in advance.



MEDICINE

The medications we hold in school are:

Calpol Infant 2+ month
Calpol SixPlus 6+ years
Nurofen for Children 3 months—12 years
Piriton 1+ years
Nivea Kids Sensitive 50+ Sun Cream.

If you know that your child requires medication during the school day, please pop it into the school office with the relevant medication, and fill out a 'Consent to Administering Medication Form'.

We thank you in advance for your understanding that the medication we hold in school is for EMERGENCY use only.

[Consent to Administer Medication Form](#)

Please also refer to our Administering Medication Policy (page 7)

[Administration of Medicines](#)



What's on the menu?

Monday 10th February—Friday 14th February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pepperoni Pizza with Steamed New Potatoes Margherita Pizza with Steamed New Potatoes Carrots & Sweetcorn Apple Crumble & Custard	Chicken Sausage with Mashed Potatoes & Gravy Spring Vegetable Cottage Pie & Gravy Green Beans & Broccoli Jelly with Fresh Fruit Slices	Roast Gammon, Roast New Potatoes & Yorkshire Pudding Vegetable Loaf with Roast New Potatoes & Yorkshire Pudding Carrots & Peas Chocolate Cake & Custard	Spaghetti Bolognese with Garlic Bread Quorn Bolognese with Garlic Bread Green Beans & Sweetcorn Ice Cream & Fresh Fruit Slices	Breaded Fish Fillet with Tomato Sauce & Chips Quorn Nuggets with Tomato Sauce & Chips Peas & Baked Beans Chocolate & Oranges Sponge with Chocolate Sauce

CHILDRENS MENTAL HEALTH AWARENESS—USEFUL RESOURCES FOR FAMILIES

The theme of this year’s Children’s Mental Health Week is **Know Yourself, Grow Yourself**, this past week, in our school assemblies we looked at self-awareness and explored what this means.

Below, we have included two helpful resources for families. The first provides useful tips to help children get to know themselves better, while the second introduces the **circle of control**, helping children understand what is within their power to change. By focusing on their actions, responses, and mindset—rather than worrying about things beyond their influence—children can build resilience and emotional well-being.

Supporting children in developing self-awareness enables them to recognise when they need support and empowers them to navigate challenges with confidence. **To download the images below, click on the images.*

Children’s Mental Health Week
3-9 February



TOP TIPS FOR CHILDREN




**KNOW YOURSELF,
GROW YOURSELF**

<p>Be a Feelings Detective Your feelings are like clues that tell you how you are doing. Try to notice them during the day or when you’re winding down. You could write in a diary, draw, or sit quietly to figure out what they’re telling you.</p>	<p>What Matters Most Think about what makes you, you! Are you kind, funny, adventurous, or creative? Knowing what matters most to you can help you make choices that feel right. It’s okay if this changes as you grow up!</p>
<p>Ask for Feedback Friends, family, and teachers can help you see things you might not notice about yourself. They can point out your superpowers or areas to work on. Don’t be afraid to ask!</p>	<p>Express Yourself! Art, music, dance, or drama are great ways to show how you’re feeling. When you’re happy, try singing or dancing. When you’re sad, painting could help. Find your creative outlet and share it with others.</p>

When we take notice of ourselves and our feelings, we can make better choices and develop a stronger connection with our emotions and behaviours.






My Circle of Control

- Asking for help when I need it
- How I respond
- My thoughts
- Working hard and my effort in learning
- My actions
- Taking care of myself
- The friends I choose
- My goals
- My words
- My attitude
- The way I treat others
- Choices I make

I Can Control

- The weather
- Other people’s thoughts and opinions
- World Events
- What other people feel
- Being ill
- What other people say or do
- If I’m liked or disliked
- The future
- Being ill
- The past

I Cannot Control



GROUP-SPECIFIC NOTICES

NURSERY : Notices and Reminders

We have a wonderful new Curiosity area available to our EYFS children. It has mud, sand, construction and gardening activities. To use the area the children will need named wellies, (preferably to leave at school) and if possible a puddle suit to protect their uniform. We are so excited to use this new area.

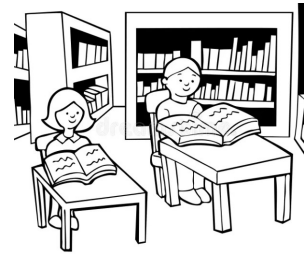


RECEPTION : Notices and Reminders

Next week Pearl class will be attending the school library.

Monday	Wednesday	Thursday	Friday
Blue house (Bedevere)	Yellow house (Galahad)	Red house (Lancelot)	Green house (Melion)

Please can your child bring their library book back to school on the day their house is due to visit the library. Then, they can return their book and take out a new one.



YEAR 1 and YEAR 2 : Notices and Reminders

- YEAR 1: Maths homework due dates:

Homework due date	Pages to complete
14 th January	45-47
22 st January	48-50
28 th January	51-53
4 th February	55-57
11 th February	58-60

YEAR 3 and YEAR 4 : Notices and Reminders

- No notices this week.

YEAR 5 and YEAR 6 : Notices and Reminders

- YEAR 5 TRIP TO HENGISTBURY HEAD 8TH MAY 2025:** Although the deadline for payment is 31st March 2025, it will creep up very quickly! This trip will be hugely beneficial to the children, but we are relying on parental contributions to cover the coach costs. Please pay as soon as you possibly can, so we can determine if this trip will go ahead.


Thanking you in advance for your cooperation.

CELEBRATING WHITEKNIGHTS

Shining a spotlight on school life and pupil achievement

COMPOSER OF THE WEEK

Week 5



Composition Title: Appalachian Spring

Date: 1944


Composer: Aaron Copland

Musical Elements:
Andante: slow
Legato: smooth
Interlude: break between movements

Where in the World? USA

DID YOU KNOW?
Appalachian Spring is the name of a Ballet created by Copland and the choreographer Martha Graham.

Era: Modern



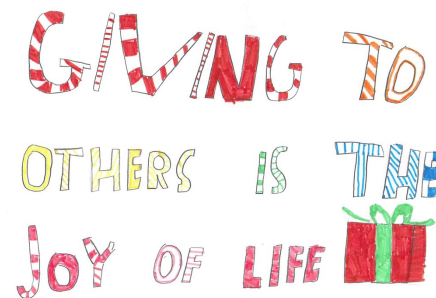
'Appalachian Spring' is composed by Aaron Copland from the USA. Its name is taken from a ballet by the same name that was also created by Copland.



PSHE CONNECT

"Help others without any reason, and give without expectation of receiving anything in return."

This half term we are working on;
GIVING TO OTHERS



LEARNER SHOWCASE : SCHOOL LIFE , NEWS AND LEARNING ACHIEVEMENTS

Discover the latest school news, including classroom highlights, sporting events, school trips and more, click on the links below:-

- NO NEWS THIS WEEK.

USEFUL LINKS

[SCHOOL FORMS](#)

[SCHOOL MEALS](#)

[TERM DATES](#)

WHITEKNIGHTS PARENT COMMUNITY ASSOCIATION NOTICE BOARD



NON-UNIFORM DAY—FRI 14 FEB

£1 DONATION | WEAR
SOMETHING RED



WHITEKNIGHTS PARENTS COMMUNITY ASSOCIATION (WPCA) EXTRAORDINARY GENERAL MEETING (EGM)

Notice is hereby given of a Whiteknights Parents
Community Association
Extraordinary General Meeting to be held on:

Wednesday, 26th February at 15:30 at
Whiteknights Primary School in Obsidian Class-
room

We wish to make a couple of minor
amendments to our constitution (sections 5.1
and 7.1) to reflect that meetings can be held
on-line. In line with our constitution, to make
these changes, we need to hold an EGM to seek
members' agreement. This short meeting is
open to all members of WPCA (parents/carers of
all pupils and staff). For those that wish to view
a copy of the new constitution prior to the
meeting, please ask the school office or email:

whiteknightspca@gmail.com



UPCOMING DATES:

Be sure to save these dates in
your diary:

23rd May: Summer Fair and Sports Day

18th July: Happy's Circus visits the school





The Whiteknights Parent Community Association (WPCA) organises fun activities for pupils throughout the year while also raising funds to enhance their educational experience. However, we rely on the support of a small group of dedicated parent and carer volunteers to make this possible.

To continue running these events, we need more volunteers. Without additional help, we may have to reduce the number of activities we organise and the funds we raise for the school. We understand that everyone is busy, but even a couple of hours over the year can make a huge difference!

We have put together a list of roles where we need support, with details on the time commitment involved. Many of these tasks can be shared, and you'll receive guidance from the WPCA committee and experienced volunteers.

We'd love to hear from you!

If you're interested in volunteering or have any questions, please email us at whiteknightspca@gmail.com.

Did you know?

WPCA is a registered charity (No: 1114018). Some employers allow time off for charity work—could you use this opportunity to support WPCA?

Upcoming Vacancy - Treasurer (from September 2025)

We are looking for a new Treasurer and would love to allow time for a proper handover. As Treasurer, you'll be a Trustee of WPCA, attend committee meetings (held on Zoom every couple of months), manage the bank accounts, record income and expenditure, handle event cash, and submit annual Charity Commission reports.

WHITEKNIGHTS PARENT COMMUNITY ASSOCIATION



Even a small contribution of time makes a big difference! If you can help, please get in touch at: whiteknightspca@gmail.com

Panto Tickets (Hexagon Theatre, Reading)

The WPCA arranges a group booking for discounted Panto tickets each year.

Main tasks: Liaise with the theatre, advertise and sell tickets (with help from the school office), distribute tickets.

Time frame: Reserve tickets in early summer, sell in autumn, distribute in November.

Tea Towels (EYFS & KS1)

The WPCA sells tea towels and coasters featuring the childrens' portrait drawings of themselves.

Main tasks: Liaise with the tea towel company, co-ordinate drawings with an EYFS teacher, distribute tea towels.

Time frame: October to December.

Christmas Decorations

Pupils decorate wooden Christmas ornaments, with a prize for the best in each year group.

Main tasks: Buy decorations, co-ordinate sales via the school office, organise prizes within budget.

Time frame: November to December.

Christmas Cards

The WPCA partners with an external company to sell Christmas cards featuring pupils' designs.

Main tasks: Apply for packs, distribute them via the school office, return completed artwork, manage orders.

Time frame: September to November.

Legoland Tickets (Inset Day - June 2025)

The WPCA are exploring the possibility of securing discounted group tickets.

Main tasks: Contact Legoland for group booking options.

Time frame: Spring.

Supporting Events (Disco, Movie Nights, Summer Fair, Circus)

We always need volunteers for events throughout the year. This summer, our biggest fundraisers are the Summer Fair and Circus—the more volunteers we have, the smoother the events will run, and the more we can raise for the school!

Main tasks: Sell items, set up/tidy up, join the planning team, seek sponsorship or raffle prizes, promote events on social media.

Time frame: Summer.