



Newsletter

Academy
Transformation
Trust

15/05/21

Dear Parents and Carers,

I hope you are well and keeping safe. We have had a very busy time at Kingsmoor Academy with lots of great learning taking place. I have been particularly impressed by the Maths learning that I have seen in lessons this week as well as the work in books, we have super mathematicians making us very proud here. As you may know it is 'Mental Health Awareness Week' and this is something we are continuously working on with our children as well as our staff. We are currently receiving great support for our pupils from the charity 'Mind' and our staff have also delivered some outstanding sessions providing the pupils with guidance and support on how to manage their feelings and behaviours, as well as talking through coping strategies. We continue to be so proud of how our children have coped during the current circumstances and we hope this summer term will be wonderful for them all.

Miss Lymbouris -Acting Principal

Important Dates:

28th May—Inset day -
School Closed

31st May –4th June School
Holiday

Please remember to check
your School Gateway for
important info

STAY SAFE



WASH
YOUR
HANDS



KEEP
SAFE
DISTANCE

IMPORTANT INFORMATION

Please be aware that if your child displays any symptoms that are the same as COVID symptoms you will need to have a PCR Test **NOT** Lateral Flow test.

This is the government guidance.

Your child will only be able to return to school once you have received a **negative** result and this has been shared with the school.

Please note that PCR Tests **DO NOT** provide an instant result.

If you **do not** take a test you will need to isolate for the 10 days.

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>



Usually, Year 6 take part in Crucial Crew in the summer term. This is put on by Essex County Council and it helps Year 6 with their transitions to secondary school. In a normal year, the children go and learn basic first aid, road safety, fire safety, talk with community police officers, discuss the potential dangers of social media and look at appropriate and inappropriate relationships.

Due to Covid, this year, Essex County Council are trying to deliver some sessions remotely. Last week this focused on County Lines. Children watched a dramatisation of a teenager who got caught up in a county lines gang. The children then had a live Q&A session with the production company who created the video on Zoom. Here, the actors stayed in character (the children thought it was all real) and they were able to find out more about why this happened, what the consequences were and how they got help. It was a really good session; the children learnt a lot around the topic of County Lines and the company who put on the performance were excellent.



Health Information

Head lice can be difficult to spot, even when the head is closely inspected. They're very small whitish or grey-brown insects that range from the size of a pinhead to the size of a sesame seed.

The only way to be sure someone has head lice is to find a live louse by combing their hair with a special fine-toothed comb. This is called detection combing. Treatments to get rid of head lice are available to buy from pharmacies, supermarkets and online. You don't usually need to see your GP

The main treatments are:

lotions or sprays that kill head lice – these can be very effective, but some aren't suitable for pregnant or breastfeeding women, or for children under two.

removing head lice with a specially designed comb – this is suitable for everyone and relatively inexpensive, but needs to be repeated several times and can take a long time to do thoroughly

A pharmacist can advise you about the treatments available if you're not sure which is best for you or your child. Make sure you carefully follow the instructions



<https://www.mentalhealth.org.uk/our-work/campaigns>

Meaningful May 2021

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Make a list of what matters most to you and why	2 Do something kind for someone you really care about	3 Focus on what you can do rather than what you can't do	4 Take a step towards an important goal, however small	5 Send your friend a photo from a time you enjoyed together	6 Look for people doing good and reasons to be cheerful	7 Let someone know how much they mean to you and why
8 Set yourself a kindness mission to help others today	9 Notice the beauty in nature, even if you're stuck indoors	10 What values are important to you? Find ways to use them today	11 Be grateful for the little things, even in difficult times	12 Listen to a favourite piece of music and remember what it means to you	13 Look around for things that bring you a sense of awe and wonder	14 Find out about the values or traditions of another culture
15 Do something to contribute to your local community	16 Look up at the sky. Remember we are all part of something bigger	17 Show your gratitude to people who are helping to make things better	18 Find a way to make what you do today meaningful	19 Send a hand-written note to someone you care about	20 Reflect on what makes you feel valued and purposeful	21 Share photos of 3 things you find meaningful or memorable
22 Find a way to help a project or charity you care about	23 Share a quote you find inspiring to give others a boost	24 Recall three things you've done that you are proud of	25 Make choices that have a positive impact for others today	26 Ask someone else what matters most to them and why	27 Remember an event in your life that was really meaningful	28 Focus on how your actions make a difference for others
29 Do something special and revisit it in your memory tonight	30 Today do something to care for the natural world	31 Find three reasons to be hopeful about the future				

ACTION FOR HAPPINESS **Happier · Kinder · Together**



Lunch Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Meal	Cheese and Tomato Pizza with With dough balls (v)	Chicken Burger With Potato Wedges	Roast Chicken with Roast Potatoes and Gravy	Pasta Bolognaise	Golden Fish Fingers and Chips
Alternative Dish	Burrito (V) Soft Wrap filled with lightly spiced veggies and rice	Baked Macaroni (V)	Sweet Potatoes and Chickpea Roast with Roast Potatoes and Gravy (V)	Veggie Hotdog and Potatoes Wedges	Quorn Nuggets and Chips (V)
Jacket Potatoes	Jacket Potato with a choice of fillings Cheese Beans Tuna Mayo	Jacket Potato with a choice of fillings Cheese Beans Tuna Mayo	Jacket Potato with a choice of fillings Cheese Beans Tuna Mayo	Jacket Potato with a choice of fillings Cheese Beans Tuna Mayo	Jacket Potato with a choice of fillings Cheese Beans Tuna Mayo
Vegetable	Coleslaw Sweetcorn	Peas Broccoli	Carrots Cabbage	Sweetcorn Broccoli	Baked Beans Peas
Desert 1	Secret Brownie	Raspberry Ripple Ice Cream	Shortbread Biscuit	Apple and Berry Crumble with Custard	Strawberry Swirl Sponge

Selection of Fruit Available Daily
 Fresh Water Available
 Bread Available Daily

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Lunch Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Meal	Cheese and Tomato Pizza with Dough Balls (V)	Chicken Tikka Masala with Rice	Roast Gammon with Roast Potatoes and Gravy	Lasagne with a Garlic & Herb Bread Wedge	Southern Fried Chicken Tasters with Chips
Alternative Dish	Veggie Sausage and Mash With Gravy (V)	Vegetable Lasagne with a Garlic and herb bread wedge	Pumpkin and Potatoe Pastry Slice with Roast Potatoes and Gravy (V)	Chilli Macaroni (V) Lightly spiced Mac & Cheese	Soft Taco and Chips (V) Soft Taco shell filled with a yummy veggie Tomato Chilli
Jacket Potatoe	Jacket Potato with a choice of fillings Cheese Beans Tuna Mayo	Jacket Potato with a choice of fillings Cheese Beans Tuna Mayo	Jacket Potato with a choice of fillings Cheese Beans Tuna Mayo	Jacket Potato with a choice of fillings Cheese Beans Tuna Mayo	Jacket Potato with a choice of fillings Cheese Beans Tuna Mayo
Vegetable	Sweetcorn Broccoli and Cauliflower Medley	Peas Broccoli	Cabbage Carrots	Sweetcorn Broccoli	Baked Beans Peas
Desert 1	Cheese and Biscuits	Fruity Apricot Bar	Strawberry Ice Cream	Chocolate Cake	Oatie Biscuit with Fruit Slices

Selection of Fruit Available Daily

Fresh Water Available

Bread Available Daily

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Lunch Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Meal	Chinese Veggie Noodles (V)	Sausages Mash with Gravy	Roast Turkey with Roast Potatoes and Gravy	Pasta Bolognese	Golden Fish Fingers with Chips
Alternative Dish	Cheese and Tomato Pizza with Dough Balls (V)	Quorn Bolognese (V)	Quorn Roast with Roast Potatoes	Mild Bean Chilli With a Rice Side	Quorn Dippers with Chips
Jacket Potatoe	Jacket Potato with a choice of fillings Cheese Beans Tuna Mayo	Jacket Potato with a choice of fillings Cheese Beans Tuna Mayo	Jacket Potato with a choice of fillings Cheese Beans Tuna Mayo	Jacket Potato with a choice of fillings Cheese Beans Tuna Mayo	Jacket Potato with a choice of fillings Cheese Beans Tuna Mayo
Vegetable	Sweetcorn Broccoli	Peas Carrots	Carrots Cabbage	Sweetcorn Broccoli	Baked Beans Peas
Desert 1	Raspberry Ripple Ice Cream	Peach Shortbread Pudding with Custard	Flapjack With Fruit Slices	Chocolate Apricot Brownie	Vanilla Ice Cream

Selection of Fruit Available Daily

Fresh Water Available

Bread Available Daily