



Dates for Your

DIARY



School Events

**Energisers – Year 6– Every Tuesday,
Wednesday and Thursday morning—8.10-
8.40am up until SATS week**

Year 6 SATS—12th May-15th May

Y6 Cinema Trip - 16/05/2025

Y6 Duxford –03/06/2025

Y3 Thorndon Country Park - 03/06/2025

Y6 - East Mersea—09/06/25–11/06/2025

Y1&2 Walton On the Naze - 27/06/2025

Rec—Hertfordshire Zoo—02/07/25

Y4 Thorndon Country Park - 08/07/2025

NEWSLETTER

A message from the Head of Academy



Dear Parents and Carers,

Welcome back after Easter. I hope that you had some good quality time with your families. I am delighted to share some of the wonderful achievements and events that have taken place at our school over the last month. Our pupils have shown remarkable progress in their academic pursuits, and their enthusiasm for learning continues to inspire us all.

This term, we introduced several new initiatives aimed at enhancing the educational experience for our pupils. Our after-school clubs have been a great success, offering a variety of activities that cater to different interests and talents with a greater emphasis upon being active throughout the Summer Term.

Year One have enjoyed an immersive learning experience in a Florence Nightingale workshop which was enjoyed by all. Years Five and Six went to watch the Stewards production of Disco Inferno and saw some past Kingsmoor pupils performing. Our PTA organised a fantastic Spring event and Kingsmoor's Got Talent was a huge success where performances showed hard work and talented pupils. In addition to this, PCSO Emma Stevens visited us to spend time with the pupils at lunchtime and the I-Rock performance was hugely successful with children showing such talent when it comes to singing and playing an instrument. Year Five visited The Tower of London where they represented our academy really well and further enhanced their Historical knowledge. Essex Cricket sessions have begun and Year Four Brazil have started Swimming lessons every week further enhancing our PE curriculum.

Our commitment to fostering a nurturing and inclusive environment remains steadfast and this was exemplified through the Attendance Awards assembly which took 30 minutes due to the number of children who have been in school 98% of the time or above. This is an excellent achievement which we are all extremely proud of. Ofsted also visited us in April and we are really proud of the outcome which has been brought about by hard work by all. Our pupils made us extremely proud and do this on a daily basis. More on this will follow.

Thank you for your continued support and partnership. Together, we can achieve great things for our children.

Warm regards

Mrs Angie Skinner

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!

Buy Milk

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

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.01.2023

**STAYING SAFE WHILE
IN THE WATER**

Drowning Prevention Week

Over the last 5 years there was an average of **307** **ACCIDENTAL DROWNINGS** per year across the UK and Ireland*

Always follow the **WATER SAFETY CODE**

Know your BEACH FLAGS	ALWAYS SWIM with others
Acclimatise to avoid COLD WATER SHOCK	Read ALL SIGNAGE before entering the water

Choose LIFEGUARDED VENUES

LOOK AROUND before entering the water

If in open water, **PLAN YOUR ENTRY AND EXIT POINTS**

NEVER USE INFLATABLES in open water

If you get into trouble or feel tired, **STAY CALM AND FLOAT ON YOUR BACK**

*Source: HM Coastguard (2017-2022) and Water Safety Ireland (2017-2022)

**STAYING SAFE WHILE
ON THE WATER**

Drowning Prevention Week

Take note of **LOCAL CURRENTS AND WIND DIRECTION**

TAKE YOUR PHONE in a waterproof pouch

CALL 999 in an emergency

Always wear a **FLOATATION AID**

Know your **LIMITS**

COLD WATER SHOCK was cited in **38%** cases of outdoor drownings in the UK*

Always follow the **WATER SAFETY CODE**

Go with others and STAY TOGETHER	Never set out in OFFSHORE WINDS
Take steps to acclimatise IT'S COLDER THAN YOU THINK	Read ALL SIGNAGE before entering the water

*Source: HM Coastguard (2017-2022) and Water Safety Ireland (2017-2022)

**STAYING SAFE WHILE
AROUND WATER**

Drowning Prevention Week

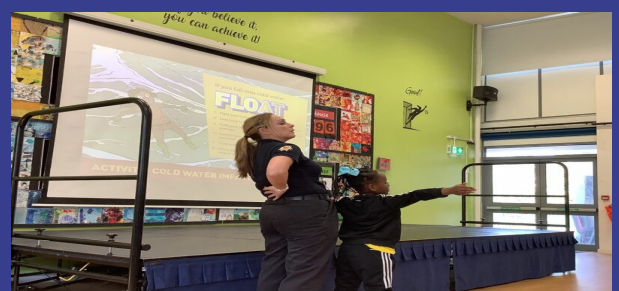
In 2023, **50%** **ALWAYS LET SOMEONE KNOW** where you're going and when you intend to get back

accidental drowning fatalities never intended to enter the water*

Make sure your **PHONE IS CHARGED** before setting off

If at the coast, BE AWARE OF LOCAL TIDES	Try to stick to WELL-LIT, HIGH-TRAFFIC AREAS	STAY WELL CLEAR of the edge
Never drink alcohol while NEAR WATER. OR WALK NEAR WATER WHEN DRUNK	If you see a person or animal in trouble, NEVER ENTER THE WATER TO ATTEMPT RESCUE. CALL 999	If you accidentally fall in, STAY CALM. FLOAT ON YOUR BACK AND SHOUT FOR HELP

*Source: HM Coastguard (2017-2022) and Water Safety Ireland (2017-2022)



Water Safety Visit from Essex Fire Service

We had a visit from Essex Fire Service who taught us about how to keep ourselves safe around water with the Summer coming up.

<https://www.rlss.org.uk/Listing/Category/splash-safety-at-your-pad>

<https://www.rlss.org.uk/share-summer-water-safet>

THANK YOU TO OUR WONDERFUL PTA!



Spain Class enjoyed taking part in the Easter Word Hunt organised by the PTA.



On Monday 31st March Year 1 had a special visitor from One Day Creative who did a workshop with us on the life of Florence Nightingale.

We shared our knowledge of what we knew and learned some new information about what life was like in the Victorian times and even saw a picture of Florence's house where she grew up. We did lots of drama and role play to become immersed into the life of a nurse in Scutari, how she travelled there and other key events in her life. We had lots of fun!





On Friday 21st March, Year 2 enjoyed a Great Fire of London workshop where they were able to roleplay and act out the key events of the key event in history.

Thank you to One Day Creative for providing a fun and immersive day of learning.



For Saint George's Day Spain Class made flags, dragons and hats and we also had a go at Morris Dancing.

Safeguarding

Information from the National College:

The social media network formerly known as Twitter has undergone numerous alterations since its change of ownership and rebranding as X – and many of these recent developments have proved controversial. With any user now simply able to pay a fee for account verification, for example, the once-reliable 'blue tick' system has become largely meaningless.

It's just one of several changes that have set the social media giant on what many consider a concerning path in online safety terms. Our #WakeUpWednesday guide provides a run-down of the most significant tweaks made to X; their potential safeguarding implications; and how to help ensure young people minimise the risks while they continue to use the service.

We remind our children to be SMART online

Online Safety

Follow the SMART rules to help stay safe online.

Safe

S

Stay **safe** online by not sharing your personal information.



Meet

M

Do not **meet** anyone who you have only become friends with online.



Accept

A

Do not **accept** messages and friend requests from people you do not know.



Reliable

R

Not everything online is **reliable**. People online are strangers and you can't always trust everything they say.



Tell

T

Tell an adult you trust if anything happens online that you do not like.



Be careful what you share online!

Stop and think before you share information online. Don't say or do anything that you wouldn't do in the real world!



Getting Your Child to School Really Matters!

Did you know...?

In a school year, if your child is late every day by...

Your child would have lost approximately...

or they would have missed approximately...

5 minutes	3.5 days from school	20 lessons
10 minutes	7 days from school	41 lessons
15 minutes	10 days from school	55 lessons
20 minutes	14.5 days from school	82 lessons
30 minutes	22 days from school	123 lessons

Please encourage punctuality to maintain attendance

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.

Attendance

This term

Year 1 Ghana: 92%

Year 1 Italy: 94%

Year 2 Poland: 96%

Year 2 Egypt: 97%

Year 3 Cuba: 96%

Year 3 India: 96%

Year 4 China: 95%

Year 4 Brazil: 96%

Year 5 Japan: 95%

Year 6 Kenya: 96%

Year 6 Australia: 95%

