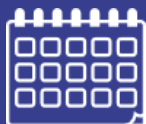




Dates for Your

DIARY



School Events

Year 6 - East Mersea—09/06/25–11/06/25

**INSET day— school closed to pupils-
20/06/25**

Transition day – Year 6 go to their new secondary schools – 26/06/25

Years 1&2 Walton On the Naze - 27/06/25

Reception classes—Trip to Hertfordshire Zoo—02/07/25

Sports Day—04/07/25

Year 4 Thorndon Country Park - 08/07/25

Year 6 Prom—16/07/25

**Year 6 Leaver's assembly—17/07/25 at
2.00pm**

i-Rock performance—18/07/25

Last day of term—18/07/25

Year 4 China Swimming lessons every Friday until the end of term

NEWSLETTER

A message from the Head of Academy



Dear Parents and Carers,

As we continue through this exciting term, I want to take a moment to thank you for your continued support and partnership. It's been a joy to see our pupils growing in confidence, curiosity, and kindness each day.

Our classrooms are full of energy and enthusiasm as children engage in creative learning, build friendships, and explore new ideas. Whether it's a new book in English, a science experiment, or teamwork on the playground, we are so proud of their progress and positive attitudes.

May has been a very busy time, especially for our Year 6 pupils who have completed their SATS assessments. The pupils were an absolute credit to themselves, their families and our academy. They embraced the challenge with dedication and effort and deserve to reap the benefits of their hard work. Year 6 enjoyed their visit to the cinema to celebrate the end of SATS week and we now await the results which are due back in July. A huge thank you must also go to all of the staff who have worked tirelessly to prepare the children for this and helped to keep them reassured and calm during SATS week.

In addition to this, the whole school celebrated VE Day with a wonderful assembly where the children sang war-time songs and enjoyed a whole school picnic with musical entertainment. One child commented, "This has been the best day of my life!" That's why we all love working in our school. At the heart of everything we do is our commitment to helping each child feel safe, supported, and inspired to learn. Thank you for being such an important part of that journey.

Just a gentle reminder from us, as the weather gets warmer, please ensure your child brings a water bottle and sunhat each day and have sunscreen applied at home before they come to school.

Many thanks for your ongoing support.

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

Monday 9th June - Wednesday 11th June - East Mersea residential trip

Friday 13th June - Inflatables Day (PTA)

Tuesday 17th June - Kooth Transition Webinar 9.00 -9.45

Friday 20th June - INSET Day: School closed to pupils

Thursday 26th June - Year 6 transition day: all pupils go to their new secondary school.

They do not come to Kingsmoor at all on this day

Monday 30th June - Sports Week

Friday 4th July - Sports Day

Tuesday 8th July - SATs results day

Wednesday 16th July - Year 6 Prom. 5.00pm for 5.30pm start

Thursday 17th July - 2.00pm - Leaver's assembly - Parents invited

Friday 18th July - Last Day! Autograph books/shirt signing.

3.10pm: Guard of Honour by the rest of the school as Year 6 leave for the last time

Should you have any questions, please speak to your child's class teacher.



Kingsmoor celebrated VE Day with a special assembly where they sang wartime songs such as "We'll meet again" and "The White Cliffs of Dover." All children learnt about VE day and it's importance as well as preparing food for a picnic which was held outside in the afternoon. The children enjoyed their afternoon tea and sang and danced to music from the time. A great day was had by all. Thank you to Miss Toal for organising such a memorable event.





Congratulations to Yoan on his signing to
Luton Town Football club.

This is such a great achievement for him as a young
growing footballer.

We are all really proud of him.



Well done to Year Six on completing their SATs this week. We are so proud of all of our amazing pupils, who have worked so hard in preparation for these tests. They have shown such resilience, maturity and focus across the week and we are looking forward to seeing how amazingly well they have done.

To celebrate Year Six enjoyed a lovely morning at the cinema watching Mufasa, a well deserved post SATs treat. They loved the VIP treatment of a whole screen to themselves!

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!



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.

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

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: 95%

Year 4 China: 95%

Year 4 Brazil: 96%

Year 5 Japan: 95%

Year 6 Kenya: 97%

Year 6 Australia: 95%

